

Amazing Aging!

For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

FALL 2021



Our Mission

Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- Is a 501(c)3 non-profit organization
- Is funded by tax-deductible contributions, federal funds, under state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability



Brian and Ginny Kubota, happily married for almost 55 years, pose in a sunflower field near Lawrence. Please see their story, "Love that Lasts a Lifetime," beginning on page 3.

A Message from Susan Harris, JAAA Executive Director

October 15th starts Medicare Open Enrollment, which runs through December 7th. This is the time that Medicare Beneficiaries are given the opportunity to shop and compare Medicare Part D plans as well as Medicare Advantage Plans. We encourage all Medicare Beneficiaries to take the opportunity to review their current Medicare Part D plan or Medicare Advantage Plan to see if that plan is going to continue to be the appropriate plan for you with regard to cost and coverage. Plans can change annually what they charge in premium, as well as costs you will pay at the pharmacy counter...it is in your best interest to review



Susan Harris

your plan and compare coverage options and make changes if necessary. We have a team of individuals ready and able to help you through this process.

National Caregiver Month is in November. Jayhawk Area Agency on Aging has several events planned to celebrate caregivers. We recognize the challenges that family caregivers face and how they manage them day and night. Over half of family caregivers are women. One out of every four caregivers reports diminished family relationships. Most caregivers work outside the home either part-or-full time in addition to their caregiving responsibilities.

Over a million American young people, aged 8 to 18, care for an adult relative on a daily basis. Nearly 70 percent of caregivers report they don't see their doctor regularly because of their responsibilities.

This November, we will remember and celebrate the people who lovingly give baths, clean houses, shop for, cook meals for, and comfort the millions of older adults and ill people who are friends and loved ones. We encourage everyone to reach out to a caregiver for an older adult that they know and ask what

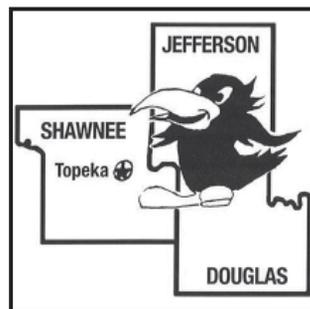
you can do to help make their job a bit easier. Something as simple as going to the grocery store for them or offering to be with their loved one so that they can have a break can go a long way to helping caregivers reduce the stress they can feel. As a caregiver, the healthiest thing you can do for yourself is to fit naps into your schedule. Round-the-clock caregiving is never easy, but when your loved one takes a break, don't do another task, you take a break too. It's important to not wear yourself down or who will take care of you?

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 6,000+

You are encouraged to write us at:

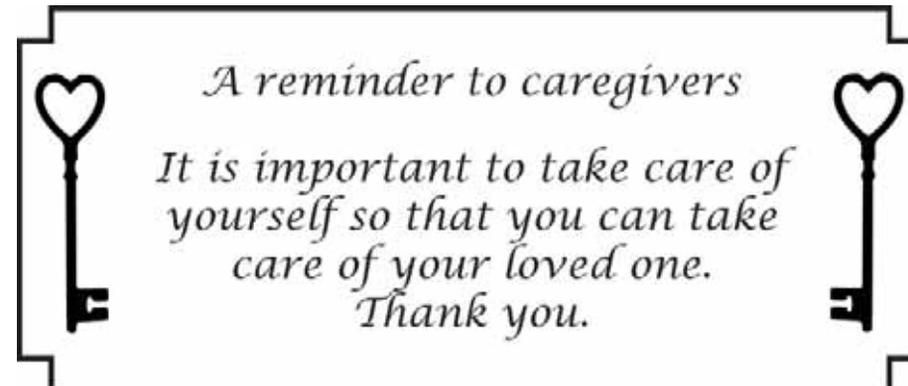
Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd.
Topeka, KS 66611-2121
(800) 798-1366 or (785) 235-1367

Marsha Henry Goff, editor



Amazing Aging is a publication of Jayhawk Area Agency on Aging. Publishing of letters from readers, opinion columns or advertising does not constitute agreement or endorsement by this newsletter or Jayhawk Area Agency on Aging.

Jayhawk Area Agency on Aging does not discriminate on the basis of race, color, national origin, sex, age, or handicap. If you feel you have been discriminated against, you have a right to file a complaint with the Agency. In accordance with ADA regulations, every effort will be made to accommodate people with disabilities. If you need special assistance, please call Susan Harris at Jayhawk Area Agency on Aging, Inc.



Amazing Aging strives to provide readers with the information they need to live independent and productive lives. We also seek to feature stories of seniors who are active as workers, volunteers or engaged in hobbies. If you know a senior you would like to see featured in a future issue, please contact editor Marsha Henry Goff at mhgink@netscape.net or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.

Love that lasts a lifetime

By Marsha Henry Goff

Brian Kubota credits his mother for his long—almost 55 years—and happy marriage to his wife Ginny. “My mother told me to marry a good Christian girl and I’ll tell you what: Ginny has guided my life for 50 years.”

Brian was only 17 when he graduated from high school on his home island of Kauai, Hawaii. He wanted to join the armed services, but his father refused to sign for him and offered him two choices: stay home and work or go to college. He applied to several California universities and was accepted by all but eventually decided to attend Iowa State University in the center of the mainland.

His plane landed at Des Moines and on the drive to ISU at Ames, Brian marveled at mile after mile of corn. The 30-mile trip seemed to take forever to the young man from an island

measuring 33 miles by 25 miles. He attributes a college interest test for pointing him in the direction of landscape architecture and planning, a career that has given him a great deal of creative satisfaction and financial security.

During his time in Ames, Brian shared a house with friends who lived near Fort Dodge, the town where Ginny lived. But the couple was not destined to meet until after Brian had graduated from college and was a rising star at an architectural firm in Kansas City. “I was flying pretty high, meeting with lots of people, you had to dress just so,” admits Brian. Taken under the wing of one of the firm’s senior partners, Brian was traveling all over the country working on important projects and when he needed something from the aerial photo, computer or other of the firm’s departments, they would get it to him in a hurry.

CONTINUED ON PAGE FOUR



Ginny and Brian Kubota on their wedding day, April 29, 1967.



Ginny and Brian are dressed for the West in the Tetons.



Never miss the chance to sit in the back of a pink '57 Chevy.

The Kubotas

CONTINUED FROM PAGE THREE

He was indeed flying high.

As Brian's career star was ascending, Ginny Gutz, pretty and wholesome, attended Fort Dodge Community College, then moved to Kansas City where her older sister lived, and found employment with a law firm. Her sister's friends became her friends and one of those friends worked for Brian as a draftsman. It was she who set up a blind date for the couple. "He graduated from Iowa State," the friend told Ginny, "and you're from Iowa so I think you'd make a good couple."

Ginny is convinced that Brian did not like her — or at least that he did not like the homemade coat she was wearing — when she arrived at his apartment where he made dinner for her. But a second date ensued and soon they were dating regularly. There was a

point, Ginny says, while driving her home from a drive-in movie, he talked about breaking up with her. Still, he later gave her a ring. "It wasn't like a Hallmark Channel movie," she says, "It was more like, 'Here. Do you want to marry me?'"

But Ginny, too, had doubts about the relationship. She has an analytical mind and she had many discussions with her roommate about whether she should marry Brian. "I gave him his ring back after a Monopoly game. I'd go to his house after work and I was playing Monopoly with his roommate and him and I was losing. Anyway, I was giving my houses to his roommate and Brian was ticked off about it. And I said, 'Well if that's the way you are in real life, here's your ring back.'"

Ultimately she decided he was good for her and for the very best of reasons. "He was Christian, he was financially frugal and he was kind." His kindness

CONTINUED ON PAGE FIVE



While on a business trip to the mainland, Brian's father made a special stop in Kansas City to meet Ginny before the wedding.



The one time Brian went fishing with Ginny, they each caught a crappie.



Brian and Ginny cycling down the road in Florida.

CONTINUED FROM PAGE FOUR

was demonstrated when he took her home one evening and found one of her old boyfriends waiting for her. The former boyfriend, an engineering student, had shown up unexpectedly. He left and went to his car where he planned to sleep that cold winter night with his car running. Ginny was concerned and told Brian that they could not let him do that so Brian invited him to sleep at his house.

Brian and Ginny married on April 29, 1967, about six months after they met. Brian's father, an elected official, made a business trip to Washington, D.C. and arranged a stop in Kansas City so he could meet Ginny before she and Brian married. Meeting the rest of his family waited until a year later when she and Brian honeymooned in Hawaii. It was Ginny's first trip to the islands and her first time on a plane.

They had great fun on the island meeting family and attending luaus and receptions in their honor. They spent one day sliding down slippery slides (one natural and one manmade, used in the movie *South Pacific*, that went off a cliff into a pool). "I even tried to climb back up the cliff like the Hawaiians do and I made it once," says Ginny with pride. That night she was sick and she says, "Brian's father said 'the haole couldn't take it.' Haole means white. But I was so sick and throwing up and then Brian's mother, a nurse, came in and gave me a Dramamine and said, "I think you are pregnant."

Her mother-in-law's diagno-

sis was correct and Ginny and Brian's daughter Vicki was born in 1969. Her birth made Brian think about a job change. He was tired of the travel and worried that Kansas City was not the best place for his daughter to grow up. So when the Lawrence

city manager called and offered him a job as Assistant Planning Director and the opportunity to work on his Master's at KU, the family moved to Lawrence. The next year, Brian joined a Lawrence architectural firm and was an assistant professor of Archi-

tecture at KU. Their son Jeff was born in Lawrence in 1973.

In 1978, Brian launched Landplan Engineering and is responsible for the design planning of many well-known Lawrence landmarks ranging from

CONTINUED ON PAGE SIX

Meet Mike Spadafore, Mobility Manager for Topeka/Shawnee County

By Marsha Henry Goff

Mike Spadafore, Kansas Mobility Manager for Topeka/Shawnee County region, cannot control his enthusiasm when he talks about helping people get from Point A to Point B. And he's not just talking about transportation — although that's a big part of mobility if you need to get to your doctor or buy groceries — he is also talking about being able to safely walk around your neighborhood.



Spadafore

A recent concern expressed by a woman who had moved to a different neighborhood was that she was unable to walk safely in her new and unfamiliar surroundings because she was blind. Mike's answer to her problem was to go to her home and walk the neighborhood with her until she was comfortable. "We had a good, long walk and laughed the entire time," he says with satisfaction.

"Mobility is not just about cars and buses," he wants you to know, "it's also about bikes and scooters and walking." He wants moving

around streets and sidewalks to be safe for everyone. When asked what he would do if a person in a wheelchair could not freely move around because a sidewalk needed repair, he answered that while he would not personally show up to repair it, he would put that individual in touch with the proper official to start the repair process.

Not every state has mobility managers but Kansas has five of them currently and expects to add three more so the entire state is covered. The work of the managers is backed by the Federal Transit Administration and funded by the Kansas Department of Transportation (KDOT) with the mission of promoting people's ability to age in place, providing access to regional transit services, creating public and private investments in transit, supporting local businesses and workforce, and encouraging inter-agency and regional routes.

Mike Spadafore's educational background — he has bachelor's degrees in art history and architectural studies and a Master's in Urban Planning and Policy — has prepared him for his job, as has his work experience. He managed the KDOT Public Transit Program, the Bike/Ped Program, and participated in the Coordinated Transportation Planning Unit, overseeing

the Topeka, Manhattan, and Wichita Metropolitan Planning Organizations. He has had his office in JAAA's building since June.

JAAA's Board, Advisory Council and staff have always recognized the importance of transportation in allowing people to age in place. Susan Harris, JAAA Executive Director, leads a group of KDOT transportation providers which includes the three senior centers in Topeka and Senior Resource Center in Douglas County, with the ultimate goal of implementing cross-county transportation. Presently, the group is awaiting response from a national planning grant for planning purposes. "If we get the grant we will convene the group again and start planning how we will accomplish what we hope, which is to have cross county transportation," explains Harris. "This grant would also potentially come with implementation dollars after the planning period."

Clearly, JAAA and Kansas Mobility Management are on the same page in working together to coordinate regional services, establish open lines of communication and promote collaboration among providers. That is a mobility win-win for the people who live in the area served by both.

The Kubotas

CONTINUED FROM PAGE FIVE

Downtown Lawrence and KU's West Campus to Clinton Reservoir. Sadly, there are always some who abhor change and a few of his projects brought angry attacks. But he never brought his problems home to Ginny because, he says, "There's only one thing, the most important thing, that has made me happy all my life and it's Ginny. And I wasn't going to mess that up. Ginny always smiles, she's always in a good mood, she's always happy and she kind of

perks me up at the end of the day."

After his retirement from Landplan, he became the developer of "The Villas," one of the first of Lawrence's empty-nester single family living neighborhoods, and "The Cove" townhomes for empty-nesters. He also serves as a consultant for many developers. Ginny is active in their church where she sang for 15 years in the choir.

The two agree on the big issues of religion and politics, but Ginny still questions how their marriage can be so successful when they have differ-

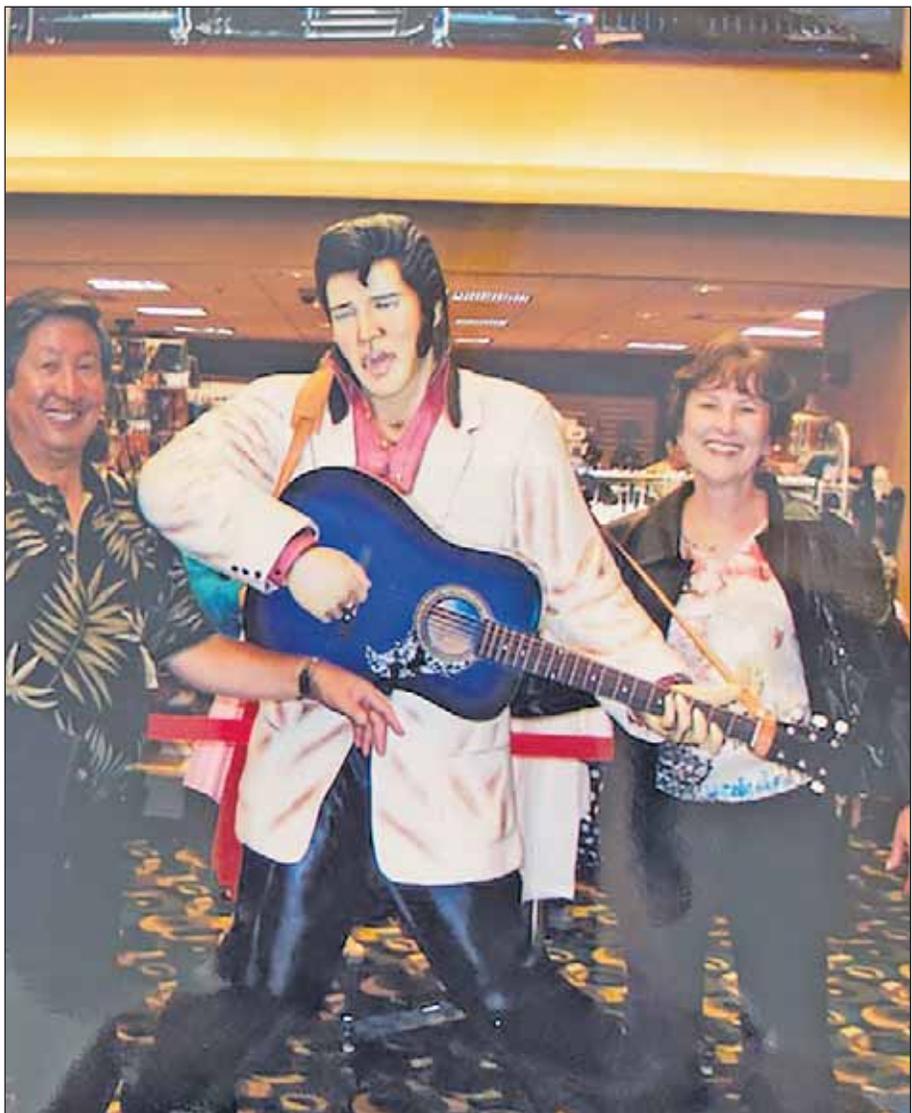
CONTINUED ON PAGE SEVEN



A family reunion in Hawaii. Brian's mother on the front row lived to be a centenarian.



Her big smile tells you how much Ginny loves to fish.



Brian and Ginny pose with an Elvis statue in Branson.

The Kubotas

CONTINUED FROM PAGE SIX

ent interests and likes. She loves to fish and go antiquing; he loves to ride motorcycles and do competitive target shooting. Their son Jeff, a city surveyor who lives in Lawrence, takes Ginny fishing and goes shooting with Brian. Ginny has been a passenger on Brian's motorcycle several times at their home in Florida and rode to Sturgis with him once. "I had enough adventure on that trip to last a lifetime," she exclaims.

As for Brian, he has gone fish-

ing with Ginny only one time at Clinton Lake, an excursion where each caught a crappie.

Brian and Ginny Kubota's marriage is a true partnership filled with love, respect and humor. An example of the latter is the day Brian came home and told her he needed to talk to her about something. "I want a divorce," he said. "Take off your ring." Then he produced a larger and more expensive diamond ring than the one he gave her when they became engaged.

Next April they will celebrate their 55th anniversary. We wish them many more happy years together.



Brian and Ginny celebrate their 50th wedding anniversary with Jeff and Vicki.



Ginny at a Dole rally in Kansas City.



Brian enjoys target shooting at the gun range.

Jayhawk Area Agency on Aging provides grants to the Topeka and Lawrence Habitats for Humanity's Aging in Place Programs

By Marsha Henry Goff

Jayhawk Area Agency on Aging helps seniors live independent and dignified lives. Part of that mission is enabling seniors to stay in their homes where they are comfortable and content. With that goal in mind, JAAA granted \$77,114 to Topeka Habitat for Humanity and \$44,638 to Lawrence Habitat for Humanity for their Aging in Place Programs in Shawnee, Jefferson and Douglas Counties, the three counties served by JAAA.

Susan Harris, JAAA Executive Director, notes "The Aging in Place program aligns perfectly with Jayhawk Area Agency on Aging's mission of helping older adults live independent and dignified lives in the setting of their choice. Jayhawk Area Agency on Aging is excited and pleased to provide Habitat for Humanity's Aging in Place program with these grant funds to further their mission and work in the community.

JAAA does not often have extra funds but, because of the pandemic, our nonprofit business applied for and received a Payroll Protection Plan as did many other businesses. That loan was forgiven leaving JAAA with additional revenue and JAAA's Board of Directors felt the appropriate way to utilize these funds was to provide grants to the local Habitat for Humanity agencies for use in their Aging in Place programs that serve our three-county area.

Leaders of the two habitats are grateful for the unexpected

grants. Erika Zimmerman, Executive Director, Lawrence Habitat for Humanity, says that "The JAAA grant for Aging in Place means that Lawrence Habitat can deepen our impact when it comes to helping seniors stay safely and independently in their homes. These funds will allow us to serve some of Douglas and Jefferson's most vulnerable populations by repairing homes of seniors who otherwise might not be able to financially or physically complete the repairs themselves."

Janice Watkins, CEO of Topeka Habitat for Humanity, admits to being "thrilled" with the additional funding and says, "These funds are such an amazing investment in Topeka Habitat for Humanity's Aging in Place program and will allow us to help many more individuals to address home maintenance and improvement projects to age in their home with dignity, safety, accessibility and affordability."

The two Habitats' Aging in Place Programs help seniors remain in their homes by providing repairs and modifications that the seniors are financially and/or physically unable to do themselves. Applicants must be 55+ years old, own and reside in the home, live in Shawnee, Jefferson or Douglas County and have income less than 80% of the median family income (MFI). (Please note: 80% of the MFI is likely to be much higher than you might think so do not hesitate to inquire to see if you qualify.)

Projects include ramps, hand-

rails, trip-fall hazards, porch repair, gutter/soffit repair, siding repair, exterior house painting, roof work and interior accessibility. Projects are selected based on need, willingness of the homeowner to partner and Habitat's ability to complete the repair.

Repayment involves materials only (on average, homeowners are paying less than 45% of the

materials, based on income), interest-free payment plan, five hours of sweat equity (sweat equity includes greeting volunteers, sharing their experience, helping in the neighborhood, writing thank you notes, etc.).

You may contact Topeka Habitat for Humanity at 785-234-4322 and Lawrence Habitat for Humanity at 785-832-0777.

CHAMPSS and you

By Christine M. Johnson
JAAA CHAMPSS Coordinator

The Choosing Healthy Appetizing Meal Plan Solutions for Seniors (CHAMPSS) program provides a unique approach to meeting the nutritional needs of older adults sixty years and older who desire an alternative to the traditional congregate set meal times. CHAMPSS participants have flexibility **WHEN** they want to eat and **WHAT** they want to eat from the CHAMPSS menu. Individuals interested in participating must be sixty years of age or older, a younger spouse of an individual sixty years age or older, or a disabled family member in the household of an individual sixty years age or older. The Older Americans Act (OAA) and the Kansas Department for Aging and Disabilities Services (KDADS) determine the age eligibility and nutritional guide-



Christine Johnson

lines.

There are only four CHAMPSS programs in the nation, three in Kansas and one adopted by the San Francisco Area Agency on Aging in 2014. In Kansas, the Johnson County Area Agency on Aging continues to manage the original program that started in 2008. Jayhawk Area Agency on Aging (JAAA) became the second agency to join and expand the program in 2011 for Shawnee, Douglas, and Jefferson counties. In 2019, the Wyandotte/Leavenworth Area Agency

on Aging joined. Presently, the JAAA CHAMPSS program is the only one that serves three counties and has more than ten sites. These CHAMPSS programs operate independently of one another based on the designated Area Agency on Aging.

Jayhawk CHAMPSS participants may enjoy one daily

CONTINUED ON PAGE 11

Georgie Stebbins showcases an exhibit of Perry business history

By Marsha Henry Goff

Georgie Stebbins was the perfect business person for the Perry Pride History Committee to feature in its Perry History Pocket Museum exhibit in the lobby of the First State Bank & Trust as part of the 12th annual Perry Pride Fall Festival. Although modest by nature — she admits to worrying about what people would think of her “old” history and pictures — this nonagerian began her business career in Perry in 1946 while still a teenager.

She married M.L. “Bood” Stebbins on a September Saturday of that year and by the next Monday she was working in the grocery store he owned with his brother. In October the honey-

mooners borrowed money and bought out his brother’s interest. She and Bood were Perry’s youngest merchants and while Bood — who had dreamed since childhood of a becoming an auctioneer — spent three weeks in Indiana at an auctioneering school, Georgie very capably managed the store.

When Bood returned, Georgie proudly states that, “The Perry folks supported us in establishing our auction business that we were in for 54 years.” But auctioneering wasn’t a full-time business and when the couple sold the store, Georgie worked in the bank while Bood sold real estate, served the school as custodian and drove a school bus.

Georgie served as Bood’s auc-



Pat Putnam, Christy Bidinger and Georgie Stebbins at the reception honoring Georgie for her exhibit on the business history of Perry.



Georgie answers questions about her exhibit and the Perry business history of which she was a part.

tioning clerk when women simply did not hold that job, never realizing she was breaking a barrier for other women. Georgie and Bood’s business partnership lasted until his illness forced their retirement.

At the reception following the opening of her exhibit in the bank, Georgie greeted many family members, friends and others interested in learning more about the business history of Perry. Cristy Bidinger and Pat Putnum, members of the Perry Pride History Committee who worked on the exhibit, were there to lend a helping hand should she need it, as was Georgie’s daughter, Treva Jean Bunce, who is an employee at the same bank where her mother once worked.

The Perry Pocket Museum’s display cases hold a variety of items, from an egg candling setup similar to the one Georgie used to check the eggs she purchased from area farmers while operating the store, to auction flyers and a sign directing winning bidders to the cashier. In addition to her photos and historical documents, her beautiful and beloved African violets were also on display.

Georgie Stebbin’s exhibit is still on display and will be for the foreseeable future so if you missed it during the Fall Festival, please take the opportunity to see the business history of Perry through the life of the remarkable woman who helped make that history.

Talking to aging parents about long term care

By Michele Dillon
JAAA ADRC Supervisor

Caregiving is a game of what ifs. What if I move Mom too soon? What if I don't hire the right caregiver? What if I can't take care of my loved one? How do you answer these questions?

You start by not asking them in the first place. There will never be a right time, it's too soon or too late, it's not perfect. Know that you do the best you can when you can. Give yourself grace. There are, however, indicators that will give you some clues that it may be time.

When safety and increased falls become prevalent. It could just be a need for Physical therapy, so my suggestion is to try that first. Other concerns regarding safety is the ability to cook a meal (leaving things on the stove, expired canned goods, etc.), housekeeping or hoarding issues develop or yard is in disarray. Maybe they are missing medications.

How is their personal hygiene? Are they changing their clothes, brushing teeth? Any trouble getting in and out of the shower? Maybe a hand-held shower or a bath bench would help. In home services can be an option for a lot of

these issues. The professionals that come into the home can make the observation as well, if long term care is needed.

If changes are needed, how do you talk to your loved ones about moving to long term care? The move is often viewed as a permanent blow to their independence, and many seniors will stubbornly avoid discussing this topic because they're afraid of being forced out of their homes. Tiptoeing around the subject because you are unsure how your loved ones will react is an understandable response.

The truth is that, while moving is a big adjustment, long term care can help extend a senior's independence, improve their social life and provide assistance with activities of daily living (ADLs). Unfortunately, many families postpone this conversation for too long. Don't wait until an emergency when your options might be limited and it is difficult to research options to match needs and preferences.

Broaching the topic of needing long term care before it's needed can help remove some of the anxiety and uncertainty making it easier for all involved. The following tips can help with the discussion about long-term care.



Michele Dillon

How to Talk to Aging Parents about Long Term Care

1. Research all options. Learn about the different types of settings and the levels of care they provide. There is Assisted Living, Homes Plus and skilled nursing care. Some take long term care insurance, and veteran's benefits, which can offset the cost. Learn about your parents' financial situation and their options for funding their care. This can be difficult if your loved one does not want to share financial information with you. If this is the case, research options anyway and just let them know what the prices are.

2. Make future plans a topic of ongoing discussion. Broaching this subject early on while elders are still able to live safely in the community gives you the opportunity to discuss the future in a non-threatening, hypothetical way. Have the conversation in a casual, comfortable spot, like at the kitchen table. Start by saying, "I know this is hard to talk about, but I want to be sure that I honor your wishes. For me to do that, I need to know exactly what they are. We don't have to decide anything today, but let's just start the discussion, so we can keep this in mind and focus on preparing for the future."

3. Promise to keep seniors involved in decisions. Everyone wants to be able to choose where they live and the kind of care they receive. Age does not change this preference. If they are healthy enough to do so, ask your parents to join you in touring senior living communities or going to visit friends and relatives who have already made the move. Seeing these settings firsthand, getting a feel for how

they function, and speaking with current residents candidly about their experiences will help immensely when it comes to making a decision.

4. Present housing options with positive language and tone. One way to ensure this conversation goes smoothly is to be careful about how you present it. When speaking about long term care, use positive, non-threatening words. Refer to it as a "community" rather than a facility. Highlight the activities, amenities and social opportunities rather than the personal care.

The tone of voice you use can make a big difference, too. Make a conscious effort to speak in a calm, quiet and pleasant tone. Let your loved one know it is important to you that they are the ones to make the final decision. This is a two-way conversation, not a lecture, so be sure to be respectful. Listen to and validate their feelings. If they get angry, don't respond with more anger. The more a person feels they are not being heard, the louder they will speak and the more frustrated they will get.

5. Identify the what-ifs. If both parents are still alive and together, ask what may need to happen if one of them dies. Should their home be sold? Should the surviving parent downsize or move into a senior community? This facet of "the talk" can be difficult and sad, but it can help you learn about your parents' wishes for each other and shed some light on what they have already discussed amongst themselves.

Express that this is an unpleasant scenario to consider, but share that your goal

Caregiver support

CONTINUED FROM PAGE 10

is to know what they want for their care to look like. Try saying something like, you are okay now, but what should we do if that changes?" Ask what they would want if the worst were to happen. Ask for suggestions on how you can help ensure these things.

6. Recognize why seniors want to stay at home. Most know deep down that if they move to senior living, it is likely their final residence. They may be unprepared to have their

relationships with you change and fear losing their independence as well. Keeping their concerns in mind during these discussions will help you answer their questions and respond to their objections tactfully. Discuss ways they can remain living in their house longer, such as hiring in-home care or attending adult day programs. Emphasize that a move does not mean they'll no longer have control over their daily life. After settling in, most seniors find that they have more free time for the things they actually enjoy doing because the housekeeping, laundry and meals are taken care of.

CHAMPSS

CONTINUED FROM PAGE EIGHT

meal at any of the participating Shawnee, Douglas, and Jefferson County sites during their normal business hours. Each CHAMPSS site has a card reader to deduct one meal from the participant's card. Once enrolled, individuals receive a card to load credits.

The suggested donation is \$3.50, while the actual cost of a meal may range from \$8.00 to \$9.00 based on current food costs. CHAMPSS providers contract with JAAA to provide meals at a reduced price. While the CHAMPSS program receives partial funding through OAA and KDADS, the donations by CHAMPSS participants help to expand CHAMPSS services to more individuals. Donations are encouraged; however, individuals may participate without contributing. Presently, there are over 2,500 CHAMPSS participants.

JAAA is appreciative of the

partnerships with providers in ensuring that CHAMPSS participants can visit a site near them. These providers include Hy-Vee in Topeka and Lawrence, Dillon's (five locations in Topeka and two in Lawrence), The Country Apple Market in Valley Falls, and FW Huston Medical Center in Winchester. JAAA is actively seeking to expand to area restaurants that can meet the nutritional guidelines and have an interest in supporting the needs of older adults in their community.

Individuals interested in enrolling in the CHAMPSS program must complete either the online or the in-person orientation. Topeka and Lawrence In-person orientation sessions occur based on the number of confirmed pre-registered individuals. The orientation video is online at jhawkaaa.org/nutrition.

Individuals may contact Jayhawk Area Agency on Aging at 785-235-1367 or if outside the Topeka area at 1-800-798-1366 for more information.

JAAA gets around! Look for us!

Our Caregivers' Support Groups are meeting again!

Shawnee County

Topeka and Shawnee Public Library
First Monday of each month, 3:30 p.m.
November 1 December 6 January 3

Topeka and Shawnee Public Library
Second Monday of each month, 3:30 p.m.
November 8 December 13 January 10

Topeka and Shawnee Public Library
Third Thursday of each month, 2:00 p.m.
November 18 December 16 January 20

Douglas County

Baldwin Methodist Church
708 Grove, Baldwin
1st Wednesday of the month, 1:00 p.m.
November 3 December 8 January 5

Westside Presbyterian Church
1024 Kasold Drive
4th Monday of the month, 3:30 p.m.
November 22 December 21 January 24



Events and Presentations

Grey Wolves in Meriden, United Methodist Church,
Third Tuesday of each month, 11 a.m.
November 16 December 21 January 18

Medicare PART D Open Enrollment

SHICK can help you save money

It's that time of year again: Open Enrollment for Medicare Part D from October 15 to December 7. Even if you visited JAAA last year and had help choosing the best plan for you, this year you may find a different plan that fits you better and saves you money. Best of all, the help is free and each year SCHICK (Senior Health Insurance Counseling For Kansas) staff and volunteers save our clients thousands of dollars collectively. Who can't use a little extra money in their pocket each month?

SHAWNEE AND JEFFERSON COUNTY

We will have appointments available at JAAA Monday-Friday 8:00 a.m. to 4:30 p.m. and some Saturdays (November 6 and 20 and December 4) from 9:00 a.m. to 12:00 p.m. during Open Enrollment (October 15 to December 7) unless we are closed for a holiday. We began taking appointments beginning in late September so a number of appointments are already filled. Call JAAA at 785-235-1367 or 800-798-1366 to schedule an appointment. **Appointments fill up fast so don't delay.**

DOUGLAS COUNTY

The Senior Resource Center in Lawrence handles SHICK services for Douglas County residents. Review or change your Part D drug plan or Medicare Advantage plan coverage. Schedule an appointment online at <https://yoursrcdouglasco.as.me/MedicareOpenEnroll>. You may also email us at Medicare@YourSRC.org or call 785-727-7872 to schedule an appointment

FOR THOSE DIYers WHO ARE COMPUTER SAVVY

"Medicare Part D DIY – Navigating the Medicare Part D website" is the third Monday of every month at 1:00-2:00 p.m. in the Learning Center of the Topeka and Shawnee County Public Library. If you want to try it on your own, go to <https://www.medicare.gov> and answer a few simple questions. You will have the opportunity to add the prescription drugs you take, choose the pharmacies you would like to use and compare plans and costs. If you cannot get a SHICK appointment and are not computer savvy, ask a trusted family member or friend who is computer savvy to help you.

**WHATEVER METHOD YOU CHOOSE TO USE,
IT PAYS TO CHECK OUT NEXT YEAR'S PLANS!**