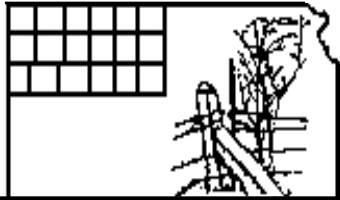


NorthWest Kansas



Area Agency on Aging News

*Serving 18
counties
in
Northwest
Kansas.*

Reauthorize the Older Americans Act

Since 1965, the Older Americans Act (OAA) has gained recognition as a unique and highly regarded statute that has stimulated the development of a comprehensive and coordinated service system. This system has contributed greatly to enhancing the lives of older individuals, family caregivers, and persons with disabilities.

Congress passed the Older Americans Act in response to concern by policymakers about a lack of community social services for older persons. Although older individuals may receive services under many other Federal programs, today the OAA is considered to be the major vehicle for the organization and delivery of social and nutrition services to this group and their caregivers. It authorizes a wide array of service programs through a national network of 56 State agencies on aging, 629 area agencies on aging, nearly 20,000 service providers, 244 Tribal organizations, and 2 Native Hawaiian organizations representing 400 Tribes. The OAA also includes community service employment for low-income older Americans; training, research, and demonstration activities in the field of aging; and vulnerable elder rights protection activities.

Designated as the local single point of entry, the Northwest Kansas Area Agency on Aging serves as the unbiased, trusted source for older Americans and their caregivers. Whether it is information on available options, in-home services, nutrition services, or insurance counseling, a senior only needs to make a call to the local Area Agency on Aging office to connect them with the resources they need. Additionally as a grass-roots organization, advocacy for senior services is a high priority of the Area Agency on Aging. In 2011, Congress will consider reauthorization and amendments to the OAA effective in FY 2012. In anticipation of this process, it is important that citizens educate our elected officials about the importance of our senior community programs. Whether it is your

Fall
2011

Continued on page 2

Older American Act (continued from page 1)

local nutrition site, your worker who helps with your bathing, or the counselor who helped you choose the right Part D drug plan – know that all of these services were made possible by the creation of the Older Americans Act.

It is important that today's Congress understands the importance of the Older Americans Act, just as the Congress in 1965 understood this. It is the major vehicle for the organization and delivery of social and nutrition services to seniors and their caregivers.

**Contact your Federal Legislators today and let them know you want them to
'Vote to Reauthorize the Older Americans Act'!**

Excerpts from the Administration on Aging 2011

Email access and direct numbers for your Congressperson are listed below.

Senator Jerry Moran

Washington: (202) 224-6521
Hays: (785) 628-6401
<http://moran.senate.gov/public/>

Senator Pat Roberts

Washington: (202) 224-4774
Dodge City: (620) 227-2244
<http://roberts.senate.gov/public/>

Representative Tim Huelskamp, 1st District

Washington: (202) 225-2715
Salina: (785) 309-0572
<http://huelskamp.house.gov/>

Representative Lynn Jenkins, 2nd District

Washington: (202) 225-6601
Topeka: (785) 234-5966
<http://lynnjenkins.house.gov/>

Representative Kevin Yoder, 3rd District

Washington: (202) 225-2865
Kansas City: (913) 621-0832
<http://yoder.house.gov/>

Representative Mike Pompeo, 4th District

Washington: (202) 225-6216
Wichita: (316) 262-8992
<http://pompeo.house.gov/>

Agency on Aging News is published yearly by the NWKAAA. This agency complies with the provisions of Title VI of the Civil Rights Act of 1964. This means no persons shall be excluded from participation, denied any benefits, or subjected to any form of discrimination because of his race, religion, color, sex, national origin, ancestry, handicap or political affiliation. If you feel you have been discriminated against, you have the right to file a complaint with the Northwest Kansas Area Agency on Aging at 1-800-432-7422, TDD 1-800-766-3777.

In-Home Services Available for all Seniors

Living independently is important. The Northwest Kansas Area Agency on Aging offers a variety of in-home service programs to help you do just that. Services provided may include personal care such as bathing assistance, homemaker services, shopping, assistance with laundry, lifeline, meals, and respite care.

The Area Agency on Aging staff will provide information on available programs you may qualify for to assist you in choosing the program that best meets your needs.

If you are in need of in-home services, please call us at 1-800-432-7422 or (785) 628-8204.

LIVE AT HOME SOLUTIONS

The Northwest Kansas Area Agency on Aging is excited to offer a new program to assist seniors to live independently in their own homes and communities as long as possible. This new program, *Live At Home Solutions*, can help them.

Live at Home Solutions offers an option for seniors who want more specialized care and do not want to disclose their income and receive subsidized state and federal program services. What makes this program so unique is the specialized case management that addresses the many challenges that a subsidized program can not offer. Family members, who can not be close to home, experience a sense of security knowing that their mother or father is in good hands.

There are choices with this program of Case Management services. As part of the initial consultation with the customer and family, an individual can begin with a comprehensive assessment and care plan development addressing the unique needs of the customer. The family can either choose to implement the care plan themselves or have a professional case manager do it for them. Additionally, if they so choose, the Case Manager will also provide a monthly report of status to the customer and family. This monthly report is especially beneficial for families that live a distance away from their loved one. The *Live at Home Solutions* program fees are affordable compared to the very expensive fees with private managed care and legal groups.

One call to *Live At Home Solutions* can connect you with any of these services

- * Adult Day Care Services
- * Case Management
- * Counseling
- * Emergency Alert
- * Handyman/Contractor
- * Home Health
- * Homemaker Services
- * Hospice
- * Medical Equipment
- * Money Management
- * Personal Care
- * Prepared Meals
- * Prescription Assistance
- * Respite Care
- * Transportation
- * Yard Work

HOMESTEAD Nutrition Project

As the Holiday Season approaches why not give a gift, the gift of a hot nutritious meal. The HOMESTEAD Nutrition Project offers gift certificates that can be purchased and used at any of our meal site locations. The gift certificates are valid for either congregate or home delivered meals.

The HOMESTEAD Nutrition Project serves meals in the 18 counties of northwest Kansas to individuals aged 60 and older. The nutrition sites are open Monday through Friday. Meals contain at least one third of the current Recommended Dietary Allowance and the portions served follow the meal pattern established by the Kansas Department on Aging. The meals program is a very flexible program, allowing you to pick the days that you would like to eat. In addition, up to 2 meals can be ordered per person each day. Having an extra meal for the evening or weekend is an option many people choose.

The requested contribution is \$3.00 per meal for both congregate and home delivery. Persons under age 60 are also welcome but must pay the full cost of the meal which is \$5.50 at the nutrition site and \$5.75 for home delivery. In order to receive home delivered meals, the person must be assessed and determined to be socially homebound, physically homebound, or isolated.

Please call the HOMESTEAD Nutrition Project at 1-800-432-7422 or (785) 628-8204 for more information or to find a nutrition site near you.

Shown below is the first two weeks of the October menu. If you would like a complete menu, call your local meal site, the HOMESTEAD Nutrition Project at the Area Agency on Aging or go to the agency's website, www.nwkaaa.com. Meal reservations need to be made at your local meal site by noon the day before you are planning to eat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Steak Fingers Mashed Potatoes/gravy Peas Bread Peaches 10/3	Baked Spaghetti Mixed Vegetables Tossed Salad Bread Sticks Plums 10/4	Turkey Sweet Potatoes Coleslaw Roll Pineapple Upside Down Cake 10/5	Liver/Onions in gravy AuGratin Potatoes Green Beans Bread Cook's Choice Fruit 10/6	Ground Beef Stew Cinnamon Apples Crackers or Bread Brownie 10/7
Spanish Rice w/hamb Corn Mixed Fruit w/banana Bread Pudding 10/10	Chicken Fried Steak Mashed Potatoes/gravy Spinach Bread Applesauce Gelatin 10/11	Tuna & Noodles Stewed Tomatoes Cook's Choice Vegetables Bread Pears 10/12	Oven Fried Chicken Mashed Potatoes/gravy Seasoned Broccoli Roll Apricots 10/13	Ham & Beans 5 Cup Salad Cornbread Bar Cookie 10/14

ABUSE, NEGLECT & EXPLOITATION

Every year, tens of thousands of elderly Americans are abused in their own homes, in relatives' homes, and even in facilities responsible for their care. You may suspect that an elderly person you know is being harmed physically or emotionally by a neglectful or overwhelmed caregiver or being preyed upon financially. By learning the signs and symptoms of elder abuse and how to act on behalf of an elderly person who is being abused, you'll not only be helping someone else but strengthening your own defenses against elder abuse in the future.

Signs and symptoms of specific types of abuse

Physical abuse

- * Unexplained signs of injury such as bruises, welts, or scars, especially if they appear symmetrically on two side of the body
- * Broken bones, sprains, or dislocations
- * Report of drug overdose or apparent failure to take medication regularly (a prescription has more remaining than it should)
- * Broken eyeglasses or frames
- * Signs of being restrained, such as rope marks on wrists
- * Caregiver's refusal to allow you to see the elder alone

Emotional abuse

In addition to the general signs above, indications of emotional elder abuse include

- * Threatening, belittling, or controlling caregiver behavior that you witness
- * Behavior from the elder that mimics dementia, such as rocking, sucking, or mumbling to oneself

Sexual abuse

- * Bruises around breasts or genitals
- * Unexplained venereal disease or genital infections
- * Unexplained vaginal or anal bleeding
- * Torn, stained, or bloody underclothing

Neglect by caregivers or self-neglect

- * Unusual weight loss, malnutrition, dehydration
- * Untreated physical problems, such as bed sores
- * Unsanitary living conditions (dirt, bugs, soiled bedding and clothes)
- * Being left dirty or unbathed
- * Unsuitable clothing or covering for the weather
- * Unsafe living conditions (no heat or running water, faulty electrical wiring, other fire hazards)
- * Desertion of the elder at a public place

Continued on page 7

ABUSE, NEGLECT & EXPLOITATION (continued from page 6)

Financial exploitation

- * Significant withdrawals from the elder's accounts
- * Sudden changes in the elder's financial condition
- * Items or cash missing from the senior's household
- * Suspicious changes in wills, power of attorney, titles, and policies
- * Addition of names to the senior's signature card
- * Unpaid bills or lack of medical care, although the elder has enough money to pay for them
- * Financial activity the senior couldn't have done, such as an ATM withdrawal when the account holder is bedridden
- * Unnecessary services, goods, or subscriptions

Healthcare fraud and abuse

- * Duplicate billings for the same medical service or device
- * Evidence of overmedication or undermedication
- * Evidence of inadequate care when bills are paid in full
- * Problems with the care facility: poorly trained, poorly paid, or insufficient staff; crowding; or inadequate responses to questions about care

Source: http://www.helpguide.org/mental/elder_abuse_physical_emotional_sexual_neglect.htm

If you are an elder who is being abused, neglected, or exploited, or you know someone who is, tell at least one person. Tell your doctor, a friend, or a family member whom you trust. Other people care and can help you. Or call the Kansas Social and Rehabilitation hotline at 1-800-922-5330.

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If you would like to receive future newsletters electronically, please send an email request to **nwkaaa@nwkaaa.org** along with the name & mailing address on your newsletter.

**Northwest Kansas
Area Agency on Aging
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Hays, Kansas 67601**

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