

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 2024



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



Litte Posie, daughter of Jaimie and Dagan Walters, may not recognize Santa as Grandpa and Mrs. Santa as Aunt Vicki. Story begins on page 3.

A Message from Susan Harris, JAAA Executive Director

Welcome to fall! I enjoy the cooler temperatures and the beautiful colors of nature as the leaves change. Fall is a busy time for Jayhawk Area Agency on Aging as we move into Medicare Open Enrollment, celebrate National Caregiver Month, and complete end of the fiscal year activities.

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



Susan Harris

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 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. 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?

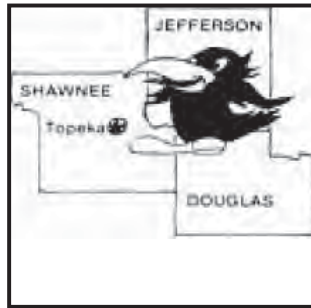
AARP Tax Aides will be at our offices with volunteer tax preparers to help older adults with their state and federal taxes as well as homestead tax refunds. They will be helping February through April 15th on Mondays and Tuesdays at our Topeka office. Assistance is by appointment only and appointments will not begin to be taken until after at least the second week of January.

- 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



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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.

George Goff: Playing Santa for the fun of it

By Marsha Henry Goff
Photos courtesy of
George "Santa" Goff

Imagine playing Santa Claus for the nieces and nephews of your best friends when you were still a kid in junior high! "Mike and Richard Todd had older siblings who had children and they all came for Christmas. I wore a beard and a Santa Suit that belonged to their dad, Ron Todd. The suit was too big and baggy so I stuffed a pillow over my belly," says George Goff of rural Baldwin. Grinning, he adds, "I don't need a pillow now!"

He walked up to the door with a big bag of presents the family gave him to hand out to the visiting children which made his Santa impersonation a huge success. "I did that three or four Christmases and now those little kids are having grandkids of their own."

He didn't play Santa again until his two daughters, Jennifer and Jaimie, were born in the late 1980s. "Their cousins would come over to our house for Christmas," George says, "and I rented a suit to play Santa for them."

Almost a decade ago, George was pressed into service playing Santa at a Christmas party for ICL, the company where he worked. He used their Santa suit and, after a couple of years, thought it would be nice to have Mrs. Santa accompany him to the party. His wife Barbara initially planned to play the part of Mrs. Claus, but surgery prevented that so he asked his sister Vicki Goff-Miller. "She

was thrilled," George said, "and even when I was honest and told her she was my second choice, she said, 'That's OK, I'll do it! I'll do it!'"

Not only does Vicki love children — and George remarks, "they love her right back" — but George and Vicki's late father George, Sr. also worked at and retired from ICL so the association meant something to her and some of the older employees still remembered her. She uses ICL's Mrs. Santa costume and pays to have it cleaned before it is returned.

George thinks it is important that "we don't force ourselves on the kids. We let them run the show and there are parents who didn't think their kids would be comfortable. Not all of them are but most of them feel comfortable with us." He thinks it is important that he and Vicki do not rush children along.

"I've had kids ask about Rudolph and sometimes they ask why the reindeer aren't there. I say they're getting rested up for Christmas Eve. A few questions I have to think quick on and some kids tell me sad things like their grandma died. I just sit there and listen to them. I don't rush kids through. I've had a few kids pull my beard to see if it is real." It is.

At one of the ICL Christmas parties, a little boy told him he didn't want any toys for Christmas and when George asked him what he did want, he replied that he wanted "a case of beer." As George replied that Santa didn't have that on his sled, he noticed the little boy's father laughing



Xavier, Onyx (held by Santa) and Zion, sons of Brittany and Steven Brothers, are excited to see Santa.

and realized he had put his son up to saying that.

After a few years of playing Santa at ICL as well as for his girls and their cousins, he says he began to take the role more seriously when his daughter Jennifer joined Special Olym-

pics. "I decided I'd like to do something more special than just giving money. I bought a great Santa suit for a couple hundred dollars at Hobby Lobby that I am still using. I'm a member of American Legion

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Dental health is important – Smile and see your dentist regularly

By Marsha Henry Goff

Never underestimate the importance of your dental health to your physical well-being. In addition to being the major cause of tooth loss, periodontal (gum) disease can seriously harm you in so many ways:

Heart disease — Periodontal disease makes you twice as likely to have coronary artery disease leading to heart attacks and it contributes to heart valve problems.

Dementia — Some research indicates that memory loss appears to occur more often in people with poor oral health.

Lung problems — The *Journal of Periodontology* claims that gum disease may increase your chance of respiratory infections such as pneumonia and chronic obstructive pulmonary disease (COPD).

Diabetes — Diabetics are more likely to have periodontal disease than those who are not diabetic. Treating gum disease improves diabetic symptoms and makes it easier to control blood sugar.

Child bearing — Women with periodontal disease take longer to become pregnant than women with good oral health and also have higher risks of miscarriage.

Periodontists are specialists who treat gum disease. One of

my friends who had periodontal disease told me and another friend that she thought she would have all her teeth pulled and get dentures. We were horrified, as was her sister, and the three of us managed to talk her out of her plan. The treatment was painful. She said as she sat in the chair and endured it, she mentally cursed us. But the reward for her pain was keeping all her teeth. I think that was a good trade, although I am glad I didn't have to undergo the treatment she did.

Other than the extraction of four impacted wisdom teeth, the worst dental procedures I have endured have been several root canals. Many people — and I am one of them — fear going to the dentist. When I once expressed my cowardice to my dentist, he said, "I can't believe that. You're a wonderful patient."

"Sure," I agreed, "because I just open my mouth, shut my eyes, get a death grip with my hands on the arms of your reclining chair and never say a word. But have you ever noticed that the small of my back never touches the chair?"

An endodontist is a specialist who does root canals. My last trip to an endodontist resulted in a posting on my website (and the doctor's Facebook page) entitled "Nothing but trouble from Tooth #30."

I am old enough to remember visiting a dentist and being

rewarded by his receptionist with a lollipop for being a good little girl. Admittedly, that was a long time ago, but, yes, dentists once handed out candy to their young patients. I don't know if they were simply drumming up future business or whether science had not related consuming sugar to the incidence of cavities among children.

What I do know is that my sister Vicki — 12 years my junior — accompanied Dad to the store every night and was compensated with a sack of candy. Yet Vicki has had only a couple of cavities in her life while I, an avid milk drinker who consumed much less sugar than she, have had several. The reason for Vicki's lack of cavities? Fluoride in our municipal water supply.

The controversy about adding fluoride to drinking water has been going on for over 75 years. Opponents of fluoridated water once depicted it as a communist plot. They do not do that any longer, but still want it removed from every community's water supply because they believe it causes everything from dementia to bone cancer.

Every major health organization contends that, after seven decades of evidence, fluoride is not dangerous to your health and that fluoridated water protects your teeth and strengthens your bones. They cite the proper amount of fluoride in drinking

water as the reason most people no longer require once common dentures. Also, oral problems, including cavities, have declined in communities that fluoridate their water. Health officials also maintain that dental costs are lower because of fluoride.

My father was an elected member of our city government when fluoride was introduced into our municipal water supply in the early 1950s. A University of Kansas chemistry professor was strongly opposed to adding fluoride to our water. Dad kept hundreds of pages of information the professor distributed to him in file cabinets which were stored in my parents' basement after Dad's death. I know this because my husband, sister and brother-in-law helped me burn the files after our mother died. I believe Dad thoughtfully read every word the professor gave him.

Yet Dad supported fluoridation because he knew fluoride, a mineral, naturally occurs in water. He told me that fluoride's ability to prevent cavities was discovered in communities that had optimal levels of fluoride present in their water supply from wells.

I cannot say that a dentist has hurt me badly while in the chair. The only teeth I've lost have been four impacted wisdom teeth that had to be jackhammered out, but I was

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Santa Claus

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so I approached them and they let me set up a little room that we decorated for Christmas." He walked parking lots to place flyers on cars, informing drivers of the opportunity to visit Santa and have photos of their children taken with him and that 100% of their donation, if they chose to give, went to Special Olympics.

George played Santa at American Legion for a couple of years and, although he wasn't charged for the room, there were other rental and advertising expenses and the turnout was not as large as he expected. "We finally decided we were a little late in the year and that the market was saturated with Santas. We were basically breaking even on the amount we raised versus the amount we spent."

That is when he began accepting invitations to visit children in their homes before Christmas. George doesn't charge for his Santa visits saying the way children's eyes light up remind him of the excitement he felt at Christmas as a child. "Christmas was a big deal at our house. I relished everything about Christmas including the American Legion Christmas party where every kid got a stocking stuffed with small toys and goodies. We got to sit on Santa's lap and tell him what we wanted for Christmas. Lots of kids showed up." The downside, he admits, was that he hated standing in line.

He relates once making a bed under the Christmas tree as a child so he wouldn't miss Santa, but he missed him anyway

because he went to sleep. However, when he awakened, he checked and saw that the two chocolate chip cookies he had left for Santa with a glass of milk had bites taken out of them so he knew Santa had been there. As he grew older and began to wonder if Santa was real, his parents invited him into their bedroom to watch the news on TV where a man on the news said they had spotted Santa with his sled and could barely see Rudolph's red nose. "If it said it on the news," George says, "I knew it had to be true."

That Christmas childhood magic has stayed with him all these years. While his Santa visits are free of charge and he admits he spends a lot of money in gas, he says it is worth it. "I don't try to be a Santa Claus for certain people; I'm a Santa for all people. I don't care about color, where you come from, how you speak or disabilities. There's so much more to Santa Claus than a man with a beard and a red outfit. We've lost sight of what it means and if I can bring some of that back in my lifetime, whether to parents or kids, I am happy. I even went through a couple of rest homes, one in Lawrence and one in a little town near Baldwin where my mother-in-law was a patient."

Because he and Barbara are going on a Caribbean cruise with Vicki and her husband, George will miss this year's ICL Christmas party. He regrets that but he does plan to be Santa in conjunction with a Craft Show at an assisted living facility in Lawrence where his father once lived. He also plans to do his Santa home visits.

If you have children or grand-



Santa visited the author one Christmas.

children who would appreciate a visit from Santa, you may email George at ggoff785@gmail.com. If he can fit a visit into his schedule, he certainly will because to

him the smiles of children when they meet Santa are "worth a million dollars!"

Additional photos can be found on pages 6, 7, and 11.

**Please consider
volunteering for
JAAA!**



Witt Stanton, son of Stephanie and Allyson Stanton, sits on Santa's lap bookended by his parents.



Jamey and Mason, sons of Andrew and Amie Coates, warm Santa's knees.



Mason, Jamey and Owen, sons of Andrew and Amie Coates, give Santa a group hug.



Devin and Junior (Dallas, Jr.), sons of Dallas and Lanette Coates, pose with Santa as he visits their home.



Colton, Ivy and Easton, children of Casey and Cybill Coates, sit on the hearth with Santa.



Owen, son of Andrew and Amie Coates, appropriately wearing his elf jammies, is held by Santa.



Mekko, son of Monica Haverkamp, cuddles on the couch with Santa.



Two Georges: father and son in Santa hats.

Sundowning – What is it and how to combat it

By Michele Dillon

JAAA ADRC Supervisor

If you care for someone with Alzheimer's or dementia, you may notice certain behaviors and feelings from your loved one around sunset. This is called sundowning. Symptoms include insomnia, anxiety, pacing, hallucinations, paranoia and confusion. Some behaviors include pacing, increased anxiety, wandering, shadowing and exit seeking. Anxiety behaviors can show as rummaging, opening drawers, and fidgeting. This is more of a problem in the middle to late stages of the disease. For most people, the arrival of Daylight Savings Time means an extra hour of sleep. But for people living with Alzheimer's disease and other forms of dementia, it may accelerate the disorientation that comes with "sundowning" that can last through the winter months. This means that caregivers are more stressed, potentially during the winter months.

According to the Alzheimer's Association there are several factors that may contribute to trouble sleeping and sundowning:

- Mental and physical exhaustion from a full day of activities.



Michele Dillon

- Navigating a new or confusing environment.

- A mixed-up "internal body clock." The person living with Alzheimer's may feel tired during the day and awake at night.

- Low lighting can increase shadows, which may cause the person to become confused by what they see. They may experience hallucinations and become more agitated.

- Noticing stress or frustration in those around them may cause the person living with dementia to become stressed as well.

- Dreaming while sleeping can cause disorientation, including confusion about what's a dream and what's real.

- Less need for sleep, which is common among older adults.

Tips that may help manage sleep issues and sundowning:

- Encourage the person living with dementia to get plenty of rest.

- Schedule activities such as doctor appointments, trips and bathing in the morning or early afternoon hours when the person living with dementia is more alert.

- Encourage a regular routine of waking up, eating meals and going to bed.

When possible, spend time outside in the sunlight during

the day.

- Make notes about what happens before sundowning events and try to identify triggers.

- Reduce stimulation during the evening hours. For example, avoid watching TV, doing chores or listening to loud music. These distractions may add to the person's confusion.

- Offer a larger meal at lunch and keep the evening meal lighter.

- Keep the home well-lit in the evening to help reduce the person's confusion.

- Try to identify activities that are soothing to the person, such as listening to calming music, looking at photographs or watching a favorite movie.

- Take a walk with the

person to help reduce their restlessness.

- Talk to the doctor about the best times of day for taking medication.

- Try to limit daytime naps if the person has trouble sleeping at night.

- Reduce or avoid alcohol, caffeine and nicotine, which can all affect the ability to sleep.

Other things to consider during the winter months:

- Loved ones may not understand that warmer clothing is needed.

- Increased dry skin

- Ice under snow

As always call me, at 785-235-1367, with specific caregiver needs, information on support groups, to get involved in my Adult Day or to receive in home respite.

Dental health

CONTINUED FROM PAGE FOUR

asleep most of the time and did not feel pain. I do remember the sound of the jackhammer in my mouth and then hearing the oral surgeon say, "Get her hand! Get her hand!"

I can only conclude at that point that the anesthesiologist injected a higher dose of medicine into the IV because I did not wake up for a long time. My husband sitting in the waiting room said he lost track of how many patients went back for surgical procedures after I did. He watched them return later with their mouths packed with gauze and leave the building. He could not understand why my surgery was taking so long. In fact, the surgery was over; I was sleeping.

I have a vague recollection of nurses visiting me in a recovery room, lightly slapping my hands and saying, "Wake up, Mrs. Goff, wake up." I eventually woke up and stayed awake long enough to get home and then I began to swell up. The surgery was on Friday. On Monday, I looked like the Grinch, all green and puffy jawed. I cut out a card in the shape of a pear and wrote a poem for the oral surgeon: *Your skill as a surgeon leaves nothing to doubt / no wisdom tooth lurks where you can't wrest it out / Yet if for your patients on Friday you care / Please warn them that Monday they'll look like a pear.*

My husband, on the other hand, had no trouble at all when his wisdom teeth were extracted. They came in just like the rest of his teeth and pulling them was a simple trick which

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Scam me once

By Marsha Henry Goff

I just did something so incredibly stupid that I fear I have set my dearly beloved lawyer father spinning in his grave. I lost count of how many times he told me, "If it sounds too good to be true, it probably is." I guess he should have told me one more time.

I have purchased meat from Omaha Steaks many times. I know the company's logo. So when an ad popped up online offering steaks in damaged packaging for the price of shipping if I'd just take a survey, I bit like a trout on a fly. A nano-second after I entered my Visa credit card number and hit submit, I knew I had messed up. *Question:* Why wouldn't Omaha Steaks simply repackage the steaks? *Answer:* They would. Of course they would. Also, Omaha Steaks' shipping charges are much, much higher than the \$7.95 I placed on my card. Even worse, I entered two credit card numbers, the first a MasterCard because they offered to knock \$2.00 off if I used that card. A box popped up on the screen saying it was not honored which seemed strange to me, but I quickly entered a Visa card which was accepted.

Too late, I was certain I had been scammed so I watched my online credit card transactions like a hawk until one morning a recurring charge of \$79.95 appeared. It was ten times more than the amount of shipping I thought I was paying and from a company I had never heard of.

The original \$7.95 charge was also listed as a recent transaction. Here's where it gets frustrating: FOUR times I tried to dispute the charge online. It made sense to me that if the credit card company knew it was a fraudulent charge, it wouldn't pay the pending amount. Each time I entered the information needed to dispute the charge and have them send a new credit card, I got the message **Something went wrong. Try again. Or call this number**

By that time I was suspicious enough that I looked at an old statement to make sure that phone number was actually the credit card company's customer service number. It was and the agent who answered my call was polite and sounded sleepy (it was then 5 a.m. and I hadn't been to bed so I was sleepy, too), but she told me I couldn't dispute the payment until it was paid and there was nothing she could do to help, making me wonder why they instructed me to call.

The sun was up when I finally went to bed after deciding I would check every day to see when the larger amount was posted as paid so I could dispute the charges on both (the smaller amount to the same company had already been paid). A couple of hours later, the phone awakened me. Seeing it was from a state where I knew no one, I let it go to voicemail and went back to sleep. I listened to the voicemail later and the message was from MasterCard questioning a charge. Say WHAT? I thought it wasn't honored. So I called

MasterCard and they had recognized the charge as fraudulent, did not pay it and put a lock on my card.

So I called Visa and this time when I reached an agent, I asked to speak to a supervisor in the fraud department and was fortunate to be transferred to a knowledgeable woman named Kori who immediately understood what had happened and took charge of the situation, all the time telling me I shouldn't feel stupid (I had told her that I did) and that that particular scam happened all the time. It was a ruse to say the first credit card wasn't honored just so the scammer could get two credit card numbers. She said

the crooks even sell the numbers to other crooks! But the numbers won't do the crooked seller or crooked buyer any good because those two cards are now cancelled. As for the recurring payments, I cannot imagine that someone wouldn't notice a recurring payment on their statement each month. If they don't scan their statements as carefully as I, they must have much more money to waste than I do.

Although I have done my share of stupid things — I was after all once a natural blond — this is the first time I have done something dumb with a credit card. Please stop spinning, Dad. I promise I will never do it again!

Dental health

CONTINUED FROM PAGE EIGHT

did not require an oral surgeon. Also, he was younger when he had them pulled. Dentists like to extract wisdom teeth during the late teens or early-20s. I was scared and waited until I was almost 40.

After ignoring for a couple of decades the advice of several dentists to have my wisdom teeth removed, I finally made the appointment. Why? Because we took an automobile trip to California which was marred by the fact that I was taking antibiotics for an impacted wisdom tooth flare-up. But even that might not have been sufficient to cause me to make the appointment. Rather, it was my

trip to a roadside bathroom to use the lavatory water to take my pill. It was only on my way out after swallowing the pill with a glass of water that I noticed the sign beside the door: DO NOT DRINK THE WATER. IT IS NOT POTABLE.

My husband and I made it our custom to be diligent about seeing our dentist and hygienist every six months. I highly recommend that practice because it enables you to catch a potential problem early when it hurts much less — both physically and financially — to fix it.

*Editor's note: this article is a chapter from the 2nd edition of my book **Everything I know about medicine I learned the hard way on the Wrong Side of the Stethoscope.***

Division of Assets

By Peyton N Weatherbie

Editor's Note: Our thanks to Peyton N. Weatherbie, an associate attorney at Stevens & Brand, LLP, in Lawrence, Kansas, where she confines her practice to Elder Law, especially seniors with long-term care issues.

Learning that your spouse will require expensive long-term care can be overwhelming. Unfortunately, this is a reality for many couples and many find themselves needing assistance with the cost of care, such as Medicaid.

Medicaid has special rules, called division of assets, relating to married couples when one spouse is institutionalized, and the other isn't. The non-institutionalized spouse is known as the community spouse. The division of assets rules modify the Medicaid resource rules which govern the availability and exempt status of resources. Exempt resources include:

- A home and contiguous acreage;
- A car of any value;
- Household goods, tools, personal effects, keepsakes;
- Whole life insurance with a death benefit of \$1,500 or less and unlimited term insurance;
- Medicaid compliant annuities, listing the state of Kansas as the primary contingent beneficiary (secondary contingent beneficiary if annuitant is married);

- Irrevocable burial plans; and
- Real property, equipment, or other materials used in an income-producing business or trade.

When the Medicaid applicant meets a nursing home level of care, all non-exempt resources of the married couple are pooled, regardless of ownership or pre/post nuptial agreements. This process is frequently called the "snapshot." A portion of the assets is set aside for the community spouse. In 2024, the community spouse retains a minimum of \$30,828 and a maximum of \$154,140.



Weatherbie

The community spouse's work-related retirement funds—including IRAs, 401(k)s, and Keogh plans—are exempt and do not count toward the community spouse's resource allowance. The couple's combined non-exempt resources must be reduced below the community spouse's resource allowance, plus the \$2,000 that may be attributed to the institutionalized spouse. This reduction is commonly referred to as the "spenddown."

There are many ways to accomplish the spenddown. Some examples of proper spenddown techniques include:

- Purchasing an irrevocable, prepaid, burial plan for both spouses;
- Any improvements or repairs to the exempt home;
- Any improvements or repairs to exempt income-

producing property (i.e. rental properties);

- Reducing or eliminating any remaining or existing debt owed on the exempt home or vehicle;
- Reducing or eliminating other debt of the marriage partnership;
- Paying any medical or other expenses for either or both spouses; and
- Paying a care provider under an appropriate personal services contract.

During the spenddown period, spouses can use their money to buy anything either of them needs or wants. However, gifting or transferring assets or property for less than fair market value to a third party is not an appropriate spenddown technique within the five-year look-back period. Such transfers or gifts during the look-back period may incur eligibility penalties and delay assistance with the cost of the institutionalized spouse's care.

Only \$2,000 can be attributed to the institutionalized spouse, so the community spouse may need to make changes to their accounts or titling of assets.

Changing the institutionalized spouse's Social Security and retirement benefits can be a headache. I often advise keeping the institutionalized spouse's name on the account receiving their income, while removing their name from any other accounts. Transferring ownership of any real property from both spouses to the community spouse helps protect against estate recovery claims and allocates the income from any income-producing property to the community spouse.

Navigating Medicaid rules, especially the division of assets, can be overwhelming. There are many potential pitfalls, so don't feel like you have to do it alone. There are several Elder Law attorneys in Kansas who are qualified to help you.

You can find an Elder Law attorney through the KBA Lawyer Referral Service: <https://ksbar.org/?pg=clientreferrals>. You can also use the "Find a Lawyer" tool on the National Academy of Elder Law Attorneys website: https://www.naela.org/Web/Shared_Content/Directories/Find-a-Lawyer.aspx.

Call Kevin at
(785) 841-9417 to place
your display ad in the
WINTER 2025 issue of
Amazing Aging! The
deadline is October 15.



Riggs, Dawson and Scout, children of Nick and Renae Walters, have their pictures taken with Santa and Mrs. Santa.



Santa in his toy shop with his wife Barbara.

JAAA gets around! Look for us!

Caregivers' Support Groups

Shawnee County

Topeka and Shawnee Public Library

First Monday of each month, 2:00 p.m.

November 4 December 2 January 6

Topeka and Shawnee Public Library

Second Monday of each month, 3:30 p.m.

November 11 December 9 January 13

Topeka and Shawnee Public Library

Third Thursday of each month, 2:00 p.m.

November 21 December 19 January 16

Douglas County

Baldwin Methodist Church

708 Grove, Baldwin

1st Wednesday of the month, 1:00 p.m.

November 6 December 4 Holiday

First United Methodist Church

946 Vermont Street, Lawrence

2nd Tuesday of the month, 10:00 a.m.

November 12 December 10 January 14

First Southern Baptist Church

4300 W. 6th Street, Lawrence

3rd Monday of the month, 3:30 p.m.

November 18 December 16 January 20

Homestead of Eudora

2725 Church Street, Eudora

3rd Thursday of the month, 3:00 p.m.

November 21 December 19 January 16

Events and Presentations

Grey Wolves in Meriden, United Methodist Church,

Third Tuesday of each month, 11 a.m.

November 19 December 17 January 21

Visit us online at www.jhawkaaa.org



JAAA saves you money by again hosting Shawnee County AARP Tax Preparation

AARP Tax Aide volunteers will be at Jayhawk Area Agency on Aging, 2910 SW Topeka Boulevard, on Mondays and Tuesdays from February 5 through April 15.

This free assistance in preparing federal and state taxes as well as homestead tax refunds is by appointment only by calling 785-235-1367 or 1-800-798-1366 for those outside the Topeka area. **Appointments will not be taken until after at least the second week of January.**

AARP Tax Preparation in Douglas and Jefferson Counties

You may start making appointments on January 21, 2025

Lawrence—First Baptist Church, 1330 Kasold Drive, Monday through Thursday and Saturday mornings. Call 785-691-9737 9 a.m. to 3 p.m. for appointments.

Baldwin — Baldwin City Library, 800 7th Street, Thursday mornings. Call 785-594-3411 for appointments.

Oskaloosa — Jefferson County Service Organization, 410 Liberty Street, Tuesday afternoons. Call 785-863-2637 for appointments.

