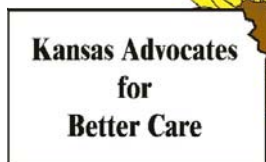


Kansas Advocate News



“Advocating for Quality Long-Term Care” since 1975

Member Feedback

Q: The nursing home where my spouse resides suddenly increased the cost of a daily medical supply service. Is the facility allowed to do this without proper notice or justification?

A: According to Kansas Department on Aging (KDOA) regulations regarding Resident Rights: **26-39-103, Resident Rights (c) Notice of rights and services.**

(1) Before admission, the administrator or operator shall ensure that each resident or the resident's legal representative is informed, both orally and in writing, of the following in a language the resident or the resident's legal representative understands:

(A) The rights of the resident;

(C) the current rate for the level of care and services to be provided; and

(D) if applicable, any additional fees that will be charged for optional services.

(2) The administrator or operator shall ensure that each resident or the resident's legal representative is notified in writing of any changes in charges or services that occur after admission and at least 30 days before the effective date of the change. The changes shall not take place until notice is given, unless the change is due to a change in level of care.

If a question arises about any sudden cost increases for services or products not covered by Medicare, it's a good idea to go back to earlier bills and see what had been charged historically. Look for any notice received from the facility about the change of cost.

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KABC to Create New Legal Resource

Thanks to a grant from the Kansas Bar Foundation through the Interest on Lawyers' Trust Accounts (IOLTA) fund, KABC will develop a new user's guide to the civil legal issues that families encounter when using long-term care. The grant will help KABC offer low-income elders and caregivers useful information about their rights and responsibilities when signing contracts for long-term care services.

Older adults and family caregivers often have little time to find the right place for care and the right care services when long-term care is needed.

Many of us do not know how to guard our rights and exercise our responsibilities when signing an admission contract or purchase of service contract. The guide will equip consumers with helpful information about the contracts they sign when using long-term care services.

KABC salutes attorneys Molly M. Wood, Margaret Farley, and Rachel Monger for volunteering legal expertise to KABC staff as we create this guide. Watch for the guide in 2010.



Member feedback *cont'd*

Check the admissions contract and review all of the contents regarding what services, supplies and equipment are covered by the contract, at what rate (was it set or variable), and if the contract states what requirement the facility has to notify the resident or guardian of a change. Is there an appeal process outlined to request review of the charge? If there was an increase in charge without notification, there might likely be a reimbursement due from the facility.

After looking at the admissions contract, talk with the director of nursing about the reason or need for the change in level of care, what additional services are they providing? Talk with the administrator about the reasonableness of any increase in expense.

If no relief is received from the facility, call:

- The **State Long-Term Care Ombudsman (toll-free, 877-662-8362)** to advocate for the resident.
- The **Kansas Department on Aging (800-842-0078)** to ask about usual charges for similar services/equipment/supplies throughout the state and what rights for assistance you might have through the state agency.
- If it's a question of whether or not the charges may be covered by Medicare, contact the **Kansas Foundation for Medical Care (KFMC) toll free, 800-432-0407** for assistance.

Join Us for Person-Centered Care Training

KABC invites you to join us for a free, exciting training on **Person-Centered Care** when we are in your part of the state. Consultant trainer, Isla Richards RN is making presentations at 15 nursing homes through September 2009. Featured in this training is how to put “Resident Choice First” and how to build a care team that involves elders, family members and staff. Creating a setting that is more homelike and person centered, means that elders living in nursing homes have choice over the things that impact their quality of life such as when to sleep and wake, eating what sounds good and when hungry, and that staff use elders’ preferences to guide how and when care is provided.

Pratt Rehab & Residence Center	Friday July 17	2:10 pm
Cherryvale Nursing & Rehab	Monday July 20	2:00 pm
Prairie Manor, Sharon Springs	Monday July 27	2:00 pm
Leisure Homestead, Stafford	Tuesday August 4	1:30 & 3:00 pm
Fowler Nursing Home	Wednesday August 5	2:00 pm
Memorial Home, Moundridge	Thursday August 6	2:00 pm
Elmhaven West, Parsons	Thursday, August 13	2:00 pm
Homestead Health Center, Wichita	Friday, September 18	2:00 pm

We hope you will join us. We'll provide you with a helpful booklet in addition to the training. Please share this invitation with any one you know living in a nursing home, and their families. If we aren't coming to the nursing home where you or your loved one lives, feel free to join us at a nearby location. Call us for more information.

“Cerfer” Members

KABC is thankful that many of our members have joined or renewed at the \$100 “Cerfer” level, in honor of founder Petey Cerf. A Cerfer is entitled to five newsletters per year plus their choice of KABC reports and publications. We currently have 106 Cerfers - we need **1000 Cerfer members annually to sustain the work Petey started**. If you know someone who could benefit from any of KABC’s services, please let us know. We will be happy to send them a copy of our latest newsletter, and membership information.

We are grateful to the following Cerfer members for their commitment to KABC’s mission.

- Pauline Alexander
- Portia Allbert
- Lou & Deanne Bacco
- Barbara Bailey
- Jill Baker
- Ross & Marianna Beach
- Bert & Joan Berkley
- Lloyd C. Bloomer
- Mick & Barbara Braa
- Carolyn Brushwood
- Janet Buttery
- Daisy Caress
- Linda & Chuck Carlsen
- Charles Cerf & Cynthia Dunbar
- Cherrylee Nursing & Rehab
- Robert & Cynthia Claus
- Carol Clifford
- J. T. Compton/ABC Foundation
- Wayne & Nancy Cottril
- Charley & Lynne Crabtree
- Morton C. Creditor
- W. Hobson & Helen Crockett
- Warren Culver
- Bob & Evie Curtis
- William Cutler
- William Dann
- J W & Florence Drury
- Terry Edwards
- Elder & Disability Law Firm
- Evergreen Community of Johnson County
- Robert & Anita Epps
- James & Sara Farley
- Margaret Farley & Ron Schneider
- Harold Friess
- William & Jackie Hadl-Fromm
- Robert Fullman
- Sidney A. Garrett
- Helen Gilles
- Annette Graham
- Philip Hemphill
- Emily Hill
- Stephen & Marcia Hill
- James K. Hitt
- Joseph Hollowell Jr. & Emily Russell
- Donald Janes
- Jill Johnson
- Brock Jones
- Elizabeth Dann Jones
- Lee Ketzler
- Rex Klein
- Jean Krahn
- Graham Kreicker
- Lakepoint Nursing & Rehab
- Leavenworth Co. Council on Aging
- Mr. & Mrs. Herbert Lewis
- Bill & Jeanine Lienhard
- Joan Loehr & Jerry Howell
- Eloise Lynch
- Suzanne McColl
- H R McFarland
- Mitzi E. McFatrigh
- Toby McIntosh
- Meadowlark Hills
- Lynn Megaffin
- Midland Hospice
- Sally M. Morse
- Earl Nehring
- Nancy Nehring
- Neil & Maria Nehring
- Will Orvedal
- Pratt Family Foundation
- Val Quant
- Mary Rack
- Jeanne Reeder
- Cathy Reinhardt
- Warren Robinson
- Joyce Hess Rodda
- Carol Sader
- Richard & Katharine Schowen
- Arthur Alan Shaw
- Simpson Foundation
- Fred & Lilian Six
- Beverly Smith Billings
- John Solbach
- Solomon Valley Manor
- Linda & John T. Stewart, III
- Stoneybrook Retirement
- Jeff Tevis/Accident Recovery
- Peter & Judith Thompson
- Robert & Ruth Tomasek
- Unity Church of Lawrence
- Eleanor Unruh
- Linda Upstill
- Karen Vincent
- Mark Vollmer
- Ruth Weir
- Rebecca J. Wempe
- Peter Whitenight
- Jan Williams
- Windsor Place, LLC
- Julia Wood
- Molly Wood
- Linda Wright
- Wyandotte Co. AAA
- Ina Kay Zimmerman
- Richard & Diane Zinn

Notice of Change for KABC Annual Meeting

Earlier this year, the KABC board voted to amend the by-laws to move the date for the Annual Membership Meeting from Spring to Fall. Starting in 2010, the Annual Meeting will be held in **September**. KABC will notify members in advance of the meeting date via the newsletter, website and targeted mailings. If you have topics to suggest for the training portion of the meeting, please let us know.

2009 Legislative Action of Interest

The Kansas Legislature battled steeply declining revenues to address program needs for all Kansans for fiscal year 2009 and 2010. The results are loss of services that will negatively impact older adults along with persons with disabilities living at home or in nursing homes, assisted living or other adult care homes. The Area Agencies on Aging (AAA) which serve older Kansans in a variety of ways, including evaluations to assess suitability for nursing homes, lost significant funding and will likely be forced to discontinue services to some low-income frail elders. Cuts in Senior Care Act funding (for AAA's) were \$1.3 million or 17 % out of \$7.5 million. Kansas Department on Aging surveyors are responsible for investigating complaints and conducting annual surveys of nursing homes. Of the 57 surveyor positions, nine are vacant and will remain so indefinitely. The KDOA and legislators agreed to a one-year freeze on rates paid to nursing homes, which means nursing home reimbursement rates will not be cut but will not increase to address additional costs for care.

Silver Alert Plan / Signed by the Governor: The Silver Alert Plan provides public notice of a missing elderly person. It authorizes, but does not require, a prompt broadcast or a timely search. Implementation is done by the Attorney General's Office in collaboration with state and local law enforcement and other public and private agencies and organizations. Kansas becomes one of about a dozen states that have implemented similar programs.

Geriatric Medicine / Signed by the Governor: Amends current law to allow fellowship training in geriatric medicine to be included in the approved postgraduate residency training programs required for participation in the Medical Student Loan Program or the Osteopathic medical Service Scholarship Program. Both programs require one year of service for each year of assistance provided through the programs, in a rural or medically underserved area.

Geriatric Mental Health Bill (HB 2057) Remains in Committee: To establish a geriatric mental health program administered by the Kansas Department on Aging. The bill, identical to a bill introduced in 2008, was heard in the Aging and Long-Term Care Committee but was not acted upon primarily due to budget restrictions.

Public Smoking Ban (HB 2221) Remains in Conference Committee: Prohibits smoking in public places but includes an exemption for adult care homes. Adult care homes are the residents' home, first and foremost. It is the decision of the home whether it allows residents to smoke in designated areas and if so, it is a contractual agreement between the resident and the facility. For those reasons, KDOA requested the exemption and followed the legislation to assure it remains in the bill.

State Long-Term Care Ombudsman Bill (HB 2242/SB 31) Requires reintroduction in 2010: Would extend the authority of the state long-term care ombudsman to advocate for residents who would qualify to live in a facility but who live outside the facility (like in their home). KABC and the Ombudsman were very supportive of this legislation introduced by Rep. Tom Sloan of Douglas Co. We will support its reintroduction in 2010.

Credit Freeze Bill (HB 2292) Signed by the Governor: Allows Kansans to place a security “freeze” and protect their credit information against identify theft for less cost and in a more standardized manner. The cost will be \$5 per person per credit reporting agency to place a freeze, or temporarily lift the freeze (so that information can be provided to a company chosen by the consumer, such as a bank or credit union), or to permanently remove the freeze.

Memorials & Honors

KABC gratefully acknowledges the following remembrances

Jeanne Proctor
from
Rebecca Wempe
Mitzi McFatrigh

Jean E. Soldan
from
Linda Mason

In honor of Barbara & Mick Braa
from
The Cerf-Dunbar Fund of the
Community Foundation for the
National Capital Region

Anne Dann Compton
from
J. T. Compton

Col. Thomas Buttery
from
Kerry Bower Chapman



Memory Grows Less Efficient Very Early in Alzheimer's Disease

Even very early in Alzheimer's disease, people become less efficient at separating important from less important information, a new study has found. Knowing this, clinicians may be able to train people in the early stages of Alzheimer's to remember high-value information better, according to a report in the May issue of *Neuropsychology*, published by the American Psychological Association.

Remembering what's most important is central to daily life. For example, if you went to the grocery store but left your shopping list at home, you'd at least want to remember the milk and bread, if not the jam. Or, when packing for a trip, you'd want to remember your wallet and tickets more than your slippers or belt.

Participants in the study were recruited from the Alzheimer's Disease Research Center at Washington University in St. Louis. They included 109 healthy older adults (average age 75), 41 people with very mild/early Alzheimer's disease (average age 76), 13 people with mild/early Alzheimer's (average age 77), and 35 younger adults (all 25 or under).

The researchers asked participants to study and learn neutral words that were randomly assigned different point values. When asked to recall the items, participants were asked to maximize the total value. All participants, even those with Alzheimer's, recalled more high-value than low-value items. However, the Alzheimer's groups were significantly less efficient than healthy age peers at remembering items according to their value. It meant they no longer maximized learning and memory, which in healthy people are fairly efficient processes.

The authors speculated that Alzheimer's disease makes it harder for people to “encode” what they learn in a strategic way. Because encoding is the first step in long-term memory, this affects their ability to remember things according to their value.

The findings also demonstrate that value-directed learning stays intact in healthy aging. Older adults might not remember as much as younger adults, but when healthy, they remain able to distinguish what's important.

This research suggests the potential for improved memory training. People with early-stage Alzheimer's might remember important information better by learning to be more strategic and selective when encoding high-value information, even though it comes at the expense of neglecting less-important information, the authors said.

Article: "Memory Efficiency and the Strategic Control of Attention at Encoding: Impairments of Value-Directed Remembering in Alzheimer's Disease," Alan D. Castel, PhD, University of California, Los Angeles; David A. Balota, PhD, Washington University in St. Louis; and David P. McCabe, PhD, Colorado State University; *Neuropsychology*, Vol. 23, No. 3. (Full text of the article is available from the APA Public Affairs Office and at <http://www.apa.org/journals/releases/neu233297.pdf>)

Alzheimer's Disease Education & Referral Center Newsletter

“Connections” newsletter of the Alzheimer's Disease Education & Referral Center is now available online. New features, include tips for caregivers; summaries of recently published National Institute on Aging (NIA)-funded Alzheimer's research; new NIA consumer publications; and facts about NIA, the ADEAR Center, and Alzheimer's Disease Centers across the country. As in the past, each issue will highlight National Institute on Aging -sponsored research, clinical trials, upcoming events, and items recently added to the Alzheimer's Disease Library:

<http://www.nia.nih.gov/Alzheimers/ResearchInformation/Newsletter/Spring2009/>

Consumer Assistance

To report abuse, neglect and exploitation occurring in adult care homes, contact the KDOA hotline:

800-842-0078

8:00 AM to 5:00 PM Monday-Friday

by FAX: **785-296-0256**

(fax must be addressed to Carolyn Anderson,
Mary Jane Kennedy **and** Ernie Beery)

by email: **CarolynAnderson@aging.ks.gov**

OR

Adult Abuse (in the community or a facility) hotline:

800-922-5330 (24/7)

OR

Kansas Attorney General's
Consumer Protection Division

800-432-2310

OR

Victims' Rights

800 828-9745



For assistance with concerns/problems with adult care homes,
call the State Long-Term Care Ombudsman:

877-662-8362

www.kansasombudsman.ks.gov

To receive preliminary information on legal issues, call the Elder
Law Hotline:

888-353-5337

To report suspected Medicare fraud:

800-876-3160

For info about Medicaid, call SRS

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



For questions/comments regarding
CMS “5-Star” Nursing Home Ratings:

bettercare@cms.hhs.gov

For **one-stop** long-term care home information:

Kansas Advocates for Better Care

Toll-free: **800-525-1782**

Email: **info@kabc.org**

Website: **www.kabc.org**

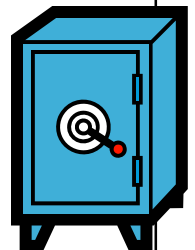
Licensing Categories & Abbreviations

ALF	Assisted Living Facility
ADC	Adult Day Care
BCH	Boarding Care Home
HP	Home Plus
IMR	Intermediate Care Facility for the Mentally Retarded
LTCU	Long-Term Care Unit in a hospital
NF	Nursing Facility
NFMH	Nursing Facility for Mental Health
RHCF	Residential Health Care Facility
CMP	Civil Monetary Penalty (Fines)
CO	Correction Order
d/b/a	doing business as
IDR	Informal Dispute Resolution
LSC	Life Safety Code Survey
NOTC	No Opportunity To Correct
QIS	Quality Indicator Survey
SFF	Special Focus Facility - historically noncompliant facility providing substandard quality of care, and is inspected two times per year, per 1998 CMS initiative.

****indicates regulation violated***

KABC Privacy Policy

Kansas Advocates for Better Care (KABC) protects your privacy. KABC maintains password-protected computerized data files regarding financial support. We do not sell or share our membership list or member financial information with any other agency, and will not divulge any personal information about any members, contributors or contacts without express written permission.



“Advocating for Quality Long-Term Care” since 1975

Survey Results - Recommended Remedies

The Kansas Department on Aging (KDOA) is responsible for regulating most licensed adult care homes. The following information is reproduced from its records, and is **the most current made available to KABC as of May 15, 2009**. Notations such as *payment denial*, or *terminate provider agreement* are **recommended remedies** made to CMS by KDOA. An *abbreviated survey* is an investigation resulting from a complaint. Remedy letters do not constitute formal notice of imposition of remedies or termination of provider agreement. If homes have not achieved substantial compliance by the date indicated, the remedies may go into effect. If CMS determines that any remedy is warranted, homes receive formal notification. (KABC does not receive notification of subsequent compliance.) Homes may appeal these actions, except when a final settlement agreement is reached with KDOA. Some homes were inspected using the new Quality Indicator Survey (QIS) process. Homes listed here are having problems with regulatory compliance, and should be scrutinized carefully before making placement decisions. **Questions regarding the accuracy of this information or compliance status should be directed to KDOA, 800-432-3535.**

- Bel Aire**
Catholic Care Center-NF/ALF/RHCF
4/27/09: Abbreviated survey. Offsite desk review only.
- Belleville**
Republic Co. Hospital - LTCU
5/5/09: Health survey, actual harm cited. Recommend payment denial for new admissions 8/5; terminate provider agreement 11/5.
- Beloit**
Mitchell Co. Hospital Health Systems - LTCU
4/23/09: Abbreviated survey. Offsite desk review only.
- Chapman**
Chapman Valley Manor - NF
4/14/09: Abbreviated survey. Offsite desk review only.
- Clay Center**
Clay Center Presbyterian Manor - NF/RHCF
4/9/09: Health survey, actual harm cited. Recommend payment denial for new admissions 7/9; terminate provider agreement 10/9.
- De Soto**
Hillside Village of De Soto - NF/ALF
5/4/09: Second revisit of health survey. Payment denial for new admissions imposed 5/2 continues; recommend terminate provider agreement 8/2.
- Elkhart**
Morton Co. Hospital - LTCU
4/15/09: Revisit of health survey. Recommend payment denial for new admissions 6/9; terminate provider agreement 9/9.
- Great Bend**
Great Bend Health & Rehab - NF
4/23/09: Revisit of health survey. Payment denial for new admissions imposed 4/12 continues; recommend terminate provider agreement 9/20.
- Herington**
Medicalodges Herington - NF/ALF
5/4/09: Revisit of health survey. Payment denial for new admissions imposed 4/25 continues; recommend terminate provider agreement 9/30.
- Holton**
Medicalodges Jackson County - NF
4/7/09: Abbreviated survey, actual harm cited. Recommend payment denial for new admissions 7/7; terminate provider agreement 10/7.
- Horton**
Tri-County Manor Living Center - NF/RHCF
4/1/09: Abbreviated survey. Offsite desk review only.
- Hutchinson**
Good Samaritan Society - NF/ALF
4/24/09: Abbreviated survey. Offsite desk review only.
- Junction City**
Good Samaritan Society - NF
(SFF since 1/2009)
4/23/09: Revisit of health survey, NOTC. Payment denial for new admissions imposed 3/29 continues; recommend terminate provider agreement 6/5.
- Lansing**
Golden LivingCenter - NF
5/8/09: Abbreviated survey, actual harm cited, history of noncompliance, NOTC. Recommend payment denial for new admissions 6/2; terminate provider agreement 11/8.
- Louisburg**
Louisburg Healthcare & Rehab - NF
5/15/09: Abbreviated survey, actual harm cited. Recommend payment denial for new admissions 8/15; terminate provider agreement 11/15.
- Olathe**
Pinnacle Ridge Nursing & Rehab-NF
4/21/09: Abbreviated survey. Offsite desk review only.
- Oskaloosa**
Hickory Pointe Care & Rehab - NF
4/24/09: Revisit of health survey. Recommend payment denial for new admissions 6/16; terminate provider agreement 9/16.
- Quinter**
Gove Co. Medical Center - LTCU
4/23/09: Survey, actual harm cited, history of noncompliance, NOTC. Recommend payment denial for new

admissions 5/17; terminate provider agreement 10/23.

Topeka

Eventide Convalescent Center - NF
4/16/09: Abbreviated survey.
Offsite desk review only.

Manorcare Health Services - NF
5/4/09: Abbreviated survey. Offsite desk review only.

Plaza West Regional Health Ctr-NF
4/30/09: Abbreviated survey.
Offsite desk review only.

Rolling Hills Health Center - NF
4/13/09: Health survey, actual harm cited. Recommend payment denial for new admissions 7/13; terminate provider agreement 10/13.

Topeka Community Healthcare Center - NF
4/28/09: Health survey, actual harm cited. Recommend payment denial for new admissions 7/28; terminate provider agreement 10/28.

Wichita

Deseret Nursing & Rehab - NF
5/4/09: Abbreviated survey. Offsite desk review only.

Family Health & Rehab Center - NF
4/13/09: Revisit of health survey. Recommend payment denial for new admissions 5/20; terminate provider agreement 8/20.

Medicalodges Wichita - NF
4/2/09: Abbreviated survey.

Enforcement Actions

The Kansas Department on Aging is responsible for regulating most licensed adult care homes. The following information is reproduced from KDOA records. This listing represents civil monetary penalties (fines), bans on admission, license revocation actions and other enforcement proceedings by KDOA against licensed adult care homes other than nursing facilities, and for nursing homes that are private pay. All homes may appeal any of these actions except when they have reached a final settlement agreement with KDOA. **This information is the most current available to KABC as of May 15, 2009. Comments regarding the accuracy of this information should be directed to KDOA, 800-432-3535.**

Overland Park

Sunrise Senior Living Management, Inc. d/b/a Sunrise Assisted Living of Overland Park - ALF/RHCF
Case #09-LCEB-6 5/15/09
Ban on new admissions.
Case #09-LCE-63 5/15/09
CMP \$500: *Staff treatment of residents.

Spring Hill

AHG - Blackhawk LLC d/b/a, Assisted Lifestyles of Blackhawk - ALF
Case #09-LCEB-5 4/14/09
Ban on new admissions. (lifted 4/21)
Case #09-LCE-54 4/14/09
CMP \$10,000: *Staff treatment of residents.

Topeka

Topeka Adult Care Center -
Case #09-LCE-28 4/8/09
CO: *Admission Policy; *Staff treatment of residents; *Telephone; *Functional capacity screen; *Negotiated service agreement; *Restraints; *Dietary services; *Emergency preparedness; *Infection control; *Medication management; *Drug regimen review; *Heating & air conditioning.
Case #09-LCE-28 4/8/09
CMP \$2,500: *Emergency preparedness.

**indicates regulation violated*

KABC is here because of YOU!

Petey Cerf organized Kansans for Improvement of Nursing Homes in 1975 when she and others recognized a need for oversight of long-term care facilities. Nearly 35 years later, Kansas Advocates for Better Care is here for YOU and because of YOUR financial support.

To better serve our members needs, and the needs of residents in Kansas LTC facilities, we hope you'll let us know what we can do to better help you. We encourage our readers to call, write, or email us with questions and concerns or suggestions.



Money Follows the Person

Nursing home residents and residents of other institutions who want to move back into the community and receive home based-services are doing so through Money Follows the Person (MFP). MFP is a federal demonstration grant awarded to Kansas through the Centers for Medicare & Medicaid Services. Since the program began last July 1, 2008, 42 persons have moved out of a nursing facility and into the community under federal eligibility guidelines for the program. In addition, another 42 persons have transitioned out of a nursing facility under state eligibility guidelines. 69 individuals have transitioned out of state facilities serving developmentally disabled adults.

The grant is administered by the Kansas Department of Social & Rehabilitation Services and Department on Aging. To qualify, individuals must reside in a nursing facility or an Intermediate Care Facility/Mental Retardation (private or state hospital) for individuals with developmental disabilities. Individuals must qualify for Medicaid; and for one of the following Home & Community Based Services waiver programs: Frail Elder, Physical Disabilities, Mental Retardation/Developmental Disabilities, or Traumatic Brain Injury.

Anyone wishing to explore moving from a facility out into the community through Money Follows the Person, can contact Deb Schwarz at the Kansas Department on Aging at 1-800-432-3535. There are supports in the form of money to help fund the transition including the set up for home furnishings and assistive technology. There is assistance from case managers who can help to determine whether or not a safe and reasonable plan for living in the community can be made for a specific individual.

KDOA Secretary Greenlee Nominated for National Post

When President Barack Obama announced new nominees to serve, which included Kathy Greenlee, for Assistant Secretary, Administration on Aging, Department of Health and Human Services, he asserted that, “The American people will be well-served by these skilled and dedicated individuals. I am confident that they will be assets in my administration as we work to bring about real change in our country, and I am grateful for their decision to serve and their commitment to my reform agenda.” Greenlee awaits Senate confirmation before heading to DC.

As head of the Administration on Aging, Greenlee will oversee the agency’s mandate to help elderly individuals maintain their dignity and independence in their homes and communities through comprehensive, coordinated and cost effective systems of long-term care and livable communities across the US. She will oversee programs vital to seniors welfare including important programs such as senior nutrition, in-home services and the ombudsman program. Her previous service in Kansas gives her first hand experience in understanding these programs.

Since January 2006, Greenlee has served as Kansas Secretary of Aging. As Secretary, she has led a cabinet-level agency with 192 full-time staff members and a total budget of \$495 million. Her department oversees the state’s Older Americans Act programs, the distribution of Medicaid long-term care payments, and regulation of nursing home licensure and survey processes. From 2004-2006, Greenlee served as State Long-Term Care Ombudsman in Kansas, and prior to that, was the state’s Assistant Secretary of Aging. From 1999-2002, Greenlee served as general counsel at the Kansas Insurance Department. Greenlee also served as Chief of Staff and Chief of Operations for Governor Kathleen Sebelius. She is a graduate of the University of Kansas with degrees in business administration and law.

KABC congratulates Secretary Greenlee on her nomination to this important position. We trust she will bring her passion for elders, commitment to consumer choice and thoughtful innovation to her new post.



Safe Medicine Use – New Hotline & Brochure

The Health Resources and Services Administration, Healthcare Systems Bureau, Poison Control Program is pleased to announce the availability of its newest brochure, **Safe Medicine Use & Poison Prevention Tips: A Guide for Older Adults and Caregivers**. The brochure includes useful tips for the safe use of prescription and over-the-counter medicine.

Developed in partnership with the Administration on Aging, the brochure promotes the use of the **Poison Help toll-free number (1-800-222-1222)** as a resource for questions about medicine use and poison prevention. The brochure is available for printing online at http://www.poisonhelp.hrsa.gov/resourcecampaign_info.htm. This web site presents a variety of poison prevention resources; you will find the Safe Medicine Use Brochure at the bottom of the page. A limited number of brochures are available from the HRSA Information Center by calling 1-800-ASK HRSA or by visiting <http://ask.hrsa.gov>.

Economic Downturn Taking Toll on Family Caregivers and the Care They Provide for Loved Ones

A new study finds that during the past 12 months, almost 20 percent of caregivers report a decline in the quality of care their loved ones receive as a direct result of the recession. Fourteen percent say the amount of care they have been able to provide for others during this time period has decreased. The survey is published jointly by Evercare, United Healthcare, and the National Alliance for Caregiving.

The survey shows 43 percent of family caregivers who work have experienced workplace pay cuts or a reduction in work hours, while 15 percent have lost their jobs in the past year, adversely impacting their ability to continue caring for their loved one. Additionally, 51 percent of all caregivers surveyed are suffering from greater stress over caregiving responsibilities as a result of the economic downturn. Half of working caregivers are less comfortable since the downturn began asking for time away from work for caregiving duties. The potential impact is that care recipients will experience greater risk to their health and well-being during these challenging economic times. To view the entire study, visit: www.caregiving.org

Medicare Interactive: a One-Stop, Online Resource

A free service called Medicare Interactive, a one-stop, user-friendly online resource where consumers, caregivers and professionals can find accurate, up-to-date information on Medicare is now available. This one-of-a-kind tool explains complex issues such as the Medicare prescription drug benefit, enrolling in Medicare, long-term care, Medicare-covered treatments and much more. Medicare Interactive is offered by the Medicare Rights Center, a national non-profit organization that works to ensure that older adults and people with disabilities receive affordable quality health care.

Learn more about Medicare Interactive at www.MedicareInteractive.org. For more information on the Medicare Rights Center visit their website at <http://www.medicarerights.org/>

Douglas County Voices Needed

On Wednesday, July 15th come together with interested folks from Douglas County as we build the future we want to inhabit. Come together with elected officials, neighbors, service providers and others from 3-4:30 p.m. at the Public Health Department, 200 N. Maine (2nd floor), Lawrence. The Douglas County Coalition on Aging is hosting a community meeting to look at where we are with the needs of transportation, public safety, and housing and how that will affect citizen's ability to successfully age where they live. Your contribution of knowledge, vision, and interest are needed to give the future a shape that will make living at home possible.

Hope...

There is a potent way to fight symptoms of depression that doesn't involve getting a prescription. According to a growing body of research, what's this potent weapon? **Hope.**

"We're finding that hope is consistently associated with fewer symptoms of depression. And the good news is that hope is something that can be taught, and can be developed in many of the people who need it," said Jennifer Cheavens, assistant professor of psychology at Ohio State University. Cheavens and Laura Dreer of the University of Alabama at Birmingham discussed some of the latest research on how hope can battle depression during a symposium at a meeting of the American Psychological Association in Boston.

Cheavens measures hope in people using a questionnaire developed by her mentor, the late C.R. Snyder of the University of Kansas. In this measure, hope has two components: a map or pathway to get what you want, and the motivation and strength to follow that path. "If you feel you know how to get what you want out of life, and you have that desire to make that happen, then you have hope," Cheavens said.

Hope is different from optimism, which is a generalized expectancy that good things will happen. Hope involves having goals, along with the desire and plan to achieve them. The potential of hope as a way to fight depression is apparent in a recent study of patients and caregivers that Cheavens discussed in her APA presentation.

Cheavens and Dreer examined 97 adults, most over age 60, who had been diagnosed with macular degeneration or other sight-loss conditions. The researchers looked at measures of hope and depression in these people with low vision, along with their caregivers. As expected, the researchers found that, in general, caregivers were more likely to have significant depressive symptoms if the patients themselves had symptoms of depression. But caregivers who scored higher on measures of hope showed fewer depressive symptoms, even if the people they care for were depressed. Higher-hope caregivers also showed higher satisfaction with life, and felt less of a sense of burden. "Hope seems to be protective for caregivers," Cheavens said. In a separate study they looked for people not diagnosed with depression or mental illness but who felt dissatisfied with where they were in life. "Many of the people who seek therapy are not mentally ill - they don't meet criteria for depression or other illnesses," Cheavens said. "So if you focus primarily on what is wrong with them, there may not be much progress."

"Hope therapy seeks to build on strengths people have, or teach them how to develop those strengths. We focus not on what is wrong, but on ways to help people live up to their potential."

Article adapted by Medical News Today from original press release.



Advocacy Alert

Please contact the Kansas Governor's office to voice your support for **no further reductions in aging services**. The state continues to receive less income than expected, and the Governor will make cuts to address the shortfall. You may email him at this webpage <http://www.governor.ks.gov/comments/comment.htm> or call 1-877-579-6757 toll free.

Gov. Mark Parkinson has indicated he will make the decisions about needed spending cuts while the legislature is out of session. So it is important for him to hear about the hardships created by the cuts that have already happened.

"Advocating for Quality Long-Term Care" since 1975



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