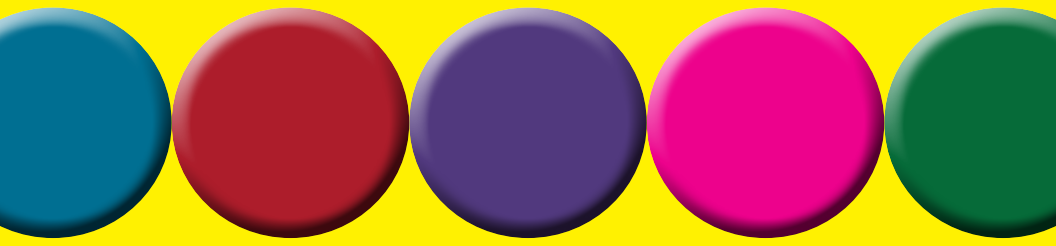
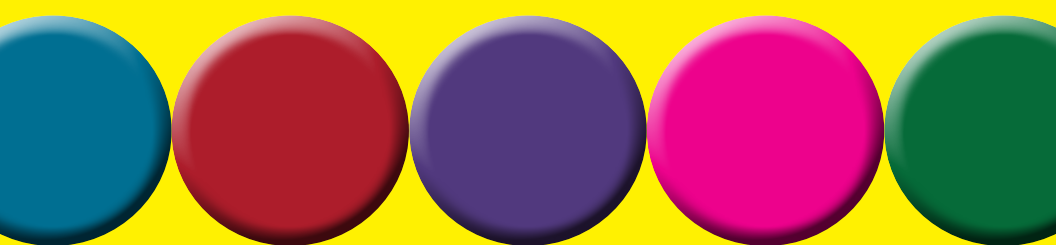


the active age's 2017-18



55+ Resource Guide



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Dear readers,

This is the one booklet you should keep for a year.

The information contained in this annual guide can help you navigate the many changes — some unexpected — that may affect you, your parents, your relatives, your friends and your neighbors as we grow older.

It's arranged in a way that makes it easy to find what you're looking for. And, as you look through it, you may discover something that could make your life easier that you didn't know was available.

This booklet's content was checked by the folks at the Central Plains Area Agency on Aging and/or *the active age* staff. We are both dedicated to making your life easier as you age.

From the advertisements to the services to the housing options to the programs, you will discover a wealth of choices and opportunities.

There is a community-wide effort to help you and yours navigate the process of aging. This booklet contains information about those areas of assistance.

Are we missing something? Email fran@theactiveage.com and share your suggestion.

This is your *Resource Guide*.



Frances Kentling, editor

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COMMUNITY RESOURCES

DISABILITY PROGRAMS

Another Day, Inc	316-201-1730 anotherday.info
Arc of Sedgwick County, The.....	316-943-1191 arc-sedgwickcounty.org
Arrowhead West.....	316-722-4554 arrowheadwest.org
Catholic Charities Adult Day Services	316-942-2008 catholiccharitieswichita.org
Cerebral Palsy Research Foundation.....	316-688-1888 cprf.org
Envision	316-440-1600 envisionus.com
Episcopal Social Services.....	316-269-4160 esswichita.org
Goodwill Industries	316-744-9291 goodwillks.org
Independent Living Resource Center.....	316-942-6300; 800-479-6861 ilrcks.org
KETCH	316-383-8700 ketch.org

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DISABILITY PROGRAMS CONT.

- New Hope Services****316-755-1288**
medicalodgesnewhope.com
- Paradigm Services Inc****316-260-8834**
paradigmservicesinc.org
- ResCare Kansas, Wichita****316-651-2585**
rescare.com
- Starkey, Inc****316-512-4125**
starkey.org
- Wichita Association of the Deaf**.....**deafwichita.com**

EMPLOYMENT

- Catholic Charities Foster Grandparent Program****316-264-8344**
catholiccharitieswichita.org
- Episcopal Social Services**.....**316-269-4160**
esswichita.org
- Foster Grandparent Program
 Butler County Department on Aging** **316-775-0500; 800-279-3655**
bucoks.com
- Senior Community Service Employment Program****316-771-6750**
workforce-ks.com
- Senior Companion Program****316-651-1249**
mhasck.org

Mid-Kansas Senior Outreach

A community gatekeeper program designed to identify and make contact with seniors, who are experiencing difficulties that threaten their ability to live independently and safely.

- In-Home Counseling
- Depression Screening
- Care Coordination
- Substance Abuse Screening
- Medical Referrals
- Abuse Intervention & Education
- Gatekeeper Identification & Training



Call 685-1821

if you know a senior in need



**Mental Health Association
of South Central Kansas**



Senior Companion Program
Make Independence a Reality.



- Companionship
- Peer Support
- Respite Care
- Stipend & Benefits

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EMPLOYMENT CONT.

Senior Employment Program.....**316-267-1771**
seniorservicesofwichita.org

FINANCIAL MANAGEMENT

Consumer Credit Counseling **316-265-2000 ; 888-257-6899**
kscccs.org

Episcopal Social Services, Representative Payee Program.**316-269-4160**
esswichita.org

Kansas Support Services for Elders**855-200-2372**
cpaaa.org

St. Matthew's Payee Program.....**316-283-3310**
stmatthewsnewton.org

FOOD RESOURCES

DISCOUNTED GROCERIES

Bountiful Baskets.....**bountifulbaskets.org**

FOOD PANTRIES

Bread of Life.....**316-689-6866**
breadoflifewichita.com

Community Food Ministry.....**316-267-4201**

Episcopal Social Services.....**316-269-4160**
esswichita.org

First Metropolitan Community Church**316-267-1852**
mccwichita.com

Helping Hands.....**316-262-3425**

His Helping Hands.....**316-838-8528**
foodpantries.org

Open Door**316-265-9371**

Our Daily Bread**316-264-8344 ext.1504**
catholicdioceseofwichita.org/outreachprevention/food-pantry

Salvation Army Newton.....**316-283-3190**

Salvation Army Wichita**316-263-2769**
centralusa.salvationarmy.org/wichita

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FOOD RESOURCES CONT.

- Simple House316-722-1111
westlinkchurch.org/simplehouse
- Twelve Baskets.....twelvebaskets@gmail.com
- Union Rescue Mission.....316-687-4673
urmwichita.org
- Westside Good Neighbor Center316-942-7349

FREEZER MEALS

- Butler County Department on Aging 316-775-0500; 800-279-3655
bucoks.com

HOME DELIVERED

- Aging Projects, Inc620-629-8201

MEALS ON WHEELS

- Augusta, Lake Point of Augusta316-775-6333
lakepointnc.com/augusta/services/html
- El Dorado, Susan B. Allen Hospital.....316-321-3300ext.4573
sbamh.com/services_departments/case_management?view=mobile
- Hesston620-327-0400
- Newton316-283-3500
- Wichita316-267-0122
seniorservicesofwichita.org

MEAL SITES

- Andover Senior Center316-733-4441
- Augusta Senior Center316-775-1189
- Douglass Senior Center316-746-3227
- El Dorado Senior Center316-321-0142
- Halstead (Congregate/Home Delivered).....316-835-2283
- Leon Senior Center316-745-9200
- Newton - Grand Central.....316-283-2222
- Rose Hill Senior Center316-776-0170
- Wheat State Manor (Whitewater)316-799-2181
- Wichita - Aging Projects, Inc620-629-8201

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Atwater Resource Center, 2755 E 19th.....316-303-8016
 Evergreen Recreation Center, 2700 N. Woodland.....316-303-8036
 Hilltop Community Center, 1329 S. Hillside.....316-266-4966

HOTLINES AND HELPLINES

AARP Kansas866-448-3619
 states.aarp.org/region/kansas

Abuse - To Report Suspected Abuse In Community800-922-5330
In Nursing Home or Long Term Care Facility800-842-0078

Alzheimer’s Association of Central and Western Kansas ..800-272-3900
 alz.org/cwkansas

American Cancer Society.....800-227-2345
 cancer.org

American Diabetes Association800-342-2383
 diabetes.org

American Heart Association800-242-8721
 heart.org

American Lung Association Helpline800-548-8252
 lung.org

Attorney General’s Office/Consumer Protection.....800-432-2310
 ag.ks.gov/about-theoffice/contact-us/file-a-complaint

Better Business Bureau800-856-2417
 bbbinc.org

Central Plains Area Agency on Aging.....855-200-2372
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Crime Victim’s Rights	800-828-9745 ag.ks.gov/victim-services
Elder Law Hotline	888-353-5337
Grandparents as Caregivers Cash Assistance	888-369-4777
HUD Fair Housing.....	800-743-5323; 913-551-6958
KanCare (Kansas Medicaid Consumer Assistance).....	800-792-4884 kancare.ks.gov
KanCare Ombudsman.....	855-643-8180 kancare.ks.gov/ombudsman.htm
Kansas Advocates for Better Care.....	800-525-1782 kabc.org
Kansas Aging & Disability Resource Center Call Center	855-200-2372
Kansas Corporation Commission/Consumer Protection	800-662-0027 kcc.state.ks.us/pi/index.htm
Kansas Housing Resource Corporation	785-217-2001 kshousingcorp.org
Kansas Long-Term Care Ombudsman	877-662-8362 ombudsman.ks.gov
Medicare Enrollment and Part A & B Claims	800-633-4227 medicare.gov
Mid-Kansas Senior Outreach	316-651-1813 mhasck.org/what_we_do/seniors/mkso.html
National Council on Problem Gambling	800-522-4700 ncpgambling.org
Parkinson Foundation of the Heartland.....	800-4PD-INFO parkinsonheartland.org
Sedgwick County Consumer Protection	316-660-3600 sedgwickcounty.org/da/consumer.asp
Sedgwick County Suicide Prevention	316-660-7500
Support Groups in Kansas.....	800-445-0116 supportgroupsinkansas.org
Sedgwick County Sheriff’s Office SENIORS	316-660-3920 ssc.sedgwickcounty.org/seniors

24 Seven
HELPLINE
 800.272.3900

alzheimer’s  association®

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HOTLINES AND HELPLINES CONT.

- Senior Health Insurance Counseling for Kansas (SHICK)800-860-5260**
kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick
- Senior Services Inc. of Wichita.....316-267-0122ext.201**
seniorservicesofwichita.org
- Social Security Administration 800-722-1213; 866-931-9173**
ssa.gov
- Telemarketers No Call List888-382-1222**
donotcall.gov
- United Way 2-1-1 Helpline 211**
211kansas.org
- Victims of Crime Advocacy Program844-651-1260**

LEGAL RESOURCES

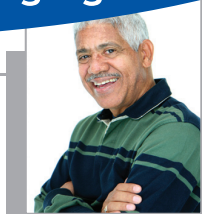
- Elder Law Hotline888-353-5337**
kansaslegalservices.org
- Kansas Legal Services.....800-723-6953**
kansaslegalservices.org
- Sedgwick County District Attorney316-660-3600**
sedgwickcounty.org/da

SAFETY

- Adult Protective Services800-922-5330**
dcf.ks.gov
- Alzheimer’s Association Central & Western Kansas888-572-8566**
medicalert.org/safereturn

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is not a normal part of aging...



Are you
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- Has had a change in physical status, such as a stroke or heart attack
- Has had a loss of independence
- Feels like life is no longer worth living



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SAFETY CONT.

- Butler County Sheriff's Office(non-emergencies)**316-320-1294**
bucoks.com/384/sheriff
- Central Plains Area Agency on Aging
Fire and Fall Safety Education and Assessment**855-200-2372**
cpaaa.org
- Guardianships LLC**316-670-9833**
guardianshipsllc.com
- Harvey County Domestic Violence/Sexual Assault**316-284-6920**
- Harvey County Sheriff's Department**316-284-6960**
harveycounty.com/departments.sheriff.html
- Kansas Guardianship Program **316-269-2525; 800-672-0086**
ksgprog.org
- Mid-Kansas Senior Outreach**316-651-1813**
mhasck.org/what_we_do/seniors/mkso.html
- Sedgwick County Sheriff's Office SENIORS Program..... **316-660-3920**
ssc.sedgwickcounty.org/seniors/
- Wichita Area Sexual Assault Center 24-Hour Crisis Line.....**316-263-3002**
wichitasac.com
- Wichita Police Office**316-268-4111**
wichita.gov

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Anytime Anywhere Transportation3	16-775-1591
Best Cab	316-838-2233 bestcabsinc.com
Butler Co. General Public Transportation .	316-775-0500; 800-279-3655 ks-butlercounty.civicplus.com/158/Transportation
Common Courtesy Kansas, LLC	316-299-1705 commoncourtesyrides.org
Derby Dash	316-788-RIDE(7433) derbyweb.com
Harvey County Public Transportation/Harvey Interurban	316-284-6802; 866-680-6802 harveyinterurban.com
LOVE, Inc	316-265-0500 loveincwichita.com
Medwise Services	316-708-1830; 316-925-3248



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Fax **316-942-2078**

Email **mern@ilrcks.org**

TRANSPORTATION CONT.

- Sedgwick County Transportation316-660-5150**
sedgwickcounty.org/aging
- Tornado Transit316-650-5080**
tornadotransit.com
- TransPro LLC316-260-3441**
transprowichita.com
- Wichita Transit Authority- Fixed Routes316-265-7221**
wichitatransit.org
- Wichita Transit Paratransit316-352-4828**
wichitatransit.org

VETERANS' SERVICES

- Kansas Commission on Veterans Affairs785-296-3976**
kcva.ks.gov
- Robert J Dole VA Medical Center 316-685-2221; 888-878-6881**
wichita.va.gov
- Veterans Coming Home.....kpts.veteranscominghome.org**
- Veteran's Crisis Hotline.....800-273-8255**
veteranscrisisline.net

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ABUSE AND NEGLECT

- Adult Protective Services**800-922-5330
dcf.ks.gov
- Council for Adult Abuse Prevention, The Triad Council**
..... 316-685-1821; 844-651-1260
- Kansas Guardianship Program** 316-269-2525; 800-672-0086
- Mid-Kansas Senior Outreach** 211 or 316-685-1821
- Wichita Area Sexual Assault Center**.....
..... 24-hour Crisis Line316-263-3002; 877-927-2248

ADULT DAY CARE

- Caring Hearts for Senior Living**316-993-8942
- Catholic Care Center, Inc.**.....316-771-6550
viachristi.org/locations/seniors/catholic-care-center
- Catholic Charities Adult Day Services**316-942-2008
catholiccharitieswichita.org
- ComfortCare Homes**316-685-3322
comfortcarehomeswichita.com
- Covenant Care**316-733-1700
covenantcareseniorliving.org
- Chisholm Place**316-500-7540
anthemmemorycare.com
- Diversicare of Haysville**316-524-3211
diversicareofhaysville.com

Jennifer Stultz

Jennifer brings years of experience, deep knowledge and high-touch client service to her estate and elder law practice. Her legal services include trusts, wills, powers of attorney, probate, estate planning, gifting and long-term care planning.

316.268.7911
jennifer.stultz@stinson.com



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ADULT DAY CARE CONT.

El Dorado Care & Rehabilitation Center	316-321-4444 diversicareofhaysville.com
Kansas Christian Home	316-283-6600 kschristianhome.org
Kidron-Bethel Village	316-284-2900 kidronbethel.org
Meadowlark Adult Care Homes, Inc.	316-773-2277 meadowlarkcarehomes.com
Newton Presbyterian Manor	316-281-4363 newtonpresbyterianmanor.org
Schowalter Villa	888-388-7445 schowalter-villa.org
Via Christi HOPE	316-858-1111 via-christi.org
Wheat State Manor	316-799-2181 wheatstatemanor.org
Wichita Care & Rehabilitation Center	316-683-7588
Wichita Presbyterian Manor	316-942-7456 wichitapresbyterianmanor.org

ASSISTIVE TECHNOLOGY

ATK - TAP	800-526-3648 atk.ku.edu/ks-tap
Audio Reader	785-864-4600 reader.ku.edu
Comfort Keepers Grand Pad Device	316-773-7775 wichita-174.comfortkeepers.com
ENVISION3	16-440-1600 envisionus.com
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- K-Loan.....**k-loan.net**
- Kansas association for the Visually Impaired **316-722-4291**
kabvi.com
- Kansas Truck Mobility..... **316-722-4291**
kansastruckmobility.com
- N-Focus Inc., Low Vision Solutions Kansas**866-963-6287**
ncfocuslowvision.com
- Nikken Health & Wellness Solutions**316-945-8903**
- Resource Center for Independent Living**800-580-7245**
rcilinc.org
- South Central Kansas Assistive Technology**316-942-5444; 800-526-3648**
atk.ku.edu
- Talking Books.....**800-362-0699ext.1**
kslib.info/talking
- Via Christi Home Medical**316-265-4991**
via-christi.org

If you have correction or an addition to be considered for inclusion in next year's *55+ Resource Guide* please send email to info-sc@cpaaa.org



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- Read labels on bottles or print in newspapers or books?
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CAREGIVER SUPPORT RESOURCES & RESPITE CARE

- Alzheimer's Association** 316-267-7333; 800-272-3900
alz.org/cwkanas
- Butler County Department on Aging** 316-775-0500; 800-279-3655
bucoks.com
- CPAAA Caregiver Information & Assistance** 855-200-2372
cpaaa.org
- Good Grief of Kansas Inc** 316-612-0700
goodgriefokansas.org
- Harvey County Department on Aging** 316-284-6880; 800-750-7993
harveycounty.com/departments/department-on-aging.html
- Prairie View** 800-992-6292
prairieview.org
- Self-Care Specialists** 316-393-8243
selfcarespecialists.com
- Senior Companion Program** 316-651-1249
mhasck.org

CASE MANAGEMENT

- Central Plains Area Agency on Aging** 855-200-2372
cpaaa.org
- Harvey County Department on Aging** 316-284-6880; 800-750-7993
harveycounty.com/departments/department-on-aging.html
- Independent Living Resource Center** 316-942-6300
ilrcks.org
- Mental Health Assoc. of South Central Kansas** 316-685-1821
mhasck.org

COUNSELING & MENTAL HEALTH

- Breakthrough Club** 316-269-2534
esswichita.org
- Community Assessment Program for Seniors**
C.A.P.S. COMCARE 316-660-7500
sedgwickcounty.org/comcare/crisis.asp

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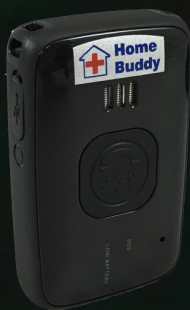
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To our readers

Welcome to the 2017 the active age 55+ *Resource Guide* provided through a partnership between *the active age* and Central Plains Area Agency on Aging (CPAAA).

Our agencies have been partners for more than 27 years, working together to educate and provide resources to seniors, caregivers and professionals in Butler, Harvey and Sedgwick counties.

The active age provides thought provoking information every month through the newspaper. CPAAA provides information, assistance and support to help people adapt to changes as they age and learn about resources and services when facing challenges.

Together we make a great team that you can rely on throughout the year.

Life can create a variety of stumbling blocks for seniors, caregivers and persons with disabilities. Some solutions may be simple; others complex. That's where we come in.

The active age and CPAAA are trusted resources available to help you find the support and resources you need. CPAAA helps seniors, persons with physical disabilities and caregivers to navigate individualized steps and address questions about options.

To offer you easy access to answers, CPAAA provides the statewide Aging and Disability Resource Center (ADRC) call center and knowledgeable staff familiar with community resources. Through the call center professionals offer information, assistance and referrals to all Kansans regardless of age or situation.

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CPAAA is proud to partner with and help fund local agencies such as *the active age*, to support the community and promote independence for all. We hope you find this year's Resource Guide, useful and easy to use.

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Newton Housing Authority	316-283-8500	
Next Phase Senior Solutions.....	316-854-5266	nextphases.net
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Sedgwick County Housing Authority.....	316-660-1990	sedgwickcounty.org
Sedgwick Housing Authority	316-772-5354	
Wichita Housing Authority.....	316-462-3700	wichita.gov

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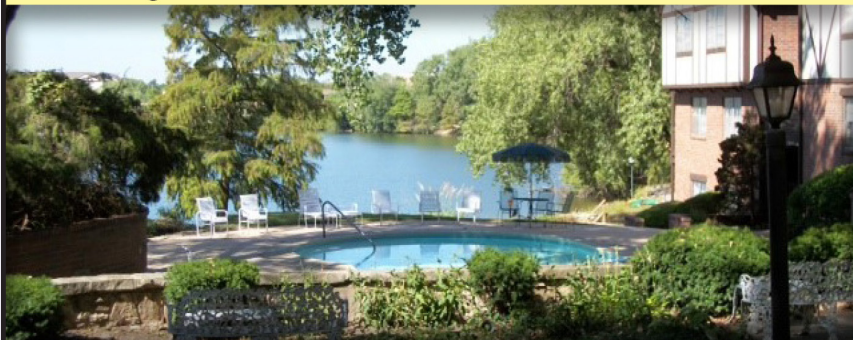
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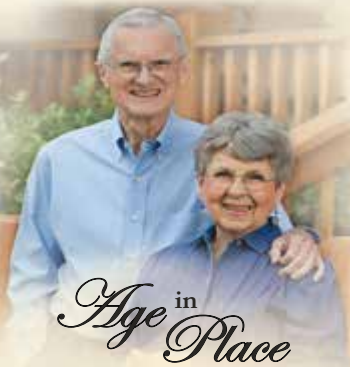
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- Ulrich Museum of Art (Wichita State University)316-978-3664**
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The screenshot displays a genealogy software interface. On the left, a family tree diagram shows three individuals: Cecil Robert Clark (1918-1999, LV26-KXW), Mina Pearl Johnson (1919-1994, LV26-KN9), Ora Elmer Clark (1886-1971, LV26-KKZ), Maggie Louiska Struble (1891-1965, 2M41-DN5), William Johnson (1893-1962, LTPJ-GDX), and Minnie Anna Christein (1898-1985, LTPJ-GIM). A marriage date of 6 Jan 1909 is noted for Cecil and Maggie, and 29 February 1916 for William and Minnie. In the center is a historical photograph of three children, dated 1862.

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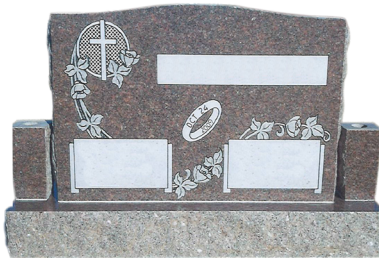
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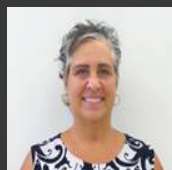
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Thank you for being a huge link in this community to our 55+ readers



Teresa Schmied
Advertising Director

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