

Meet **Pam Shernuk** from Overland Park KABC board member since 2022



"I worked closely with Dan Goodman, the current Executive Director of KABC, while serving as Chair of the Johnson County Commission on Aging. After working with Dan in his capacity as director of the Johnson County Area Agency on Aging, I knew I wanted to continue my advocacy for our senior population, especially as it pertains to long-term care. I was the sole caregiver for my own parents and, most recently, for my 98-year-old mother-in-law. Being a caregiver opens your eyes to the needs of families going through this transition, as well as to the needs of the person being displaced. Caring for a

senior loved one is very stressful but can also be joyful and fulfilling with the right support system in place.

My hope is that the Kansas legislature will start to pay more attention to the needs of our seniors. Being able to age-in-place and grow old in their own homes or in the home of a family member should not be a luxury afforded just to those who have money. At-home care is expensive, but not nearly as expensive as full-time nursing home care. We must work together to find a way to allow our seniors to grow old and be surrounded by those who love them, rather than putting them in a nursing home to be cared for by strangers. There are many adult care homes out there that provide a caring, nurturing environment. But at the end of the day, I firmly believe most seniors would prefer to live out their days surrounded by family in their own home."

Pam was born and raised in Winfield, Kansas and has lived in Johnson County since 1990. Pam and her husband, Kurt, have two married sons and two grandsons. She received her master's degree in public administration from the University of Kansas and worked in communications and project management for the Blue Valley School District until her retirement in 2015. Since retiring, she has been very active in the community, serving on several boards and committees, including serving as chair of the Johnson County Commission on Aging. She currently serves on the communications advisory board for Blue Valley Schools, as well as on the board of KABC.