



2017

SENIOR RESOURCES DIRECTORY

A special pull-out section in the JANUARY 2017 issue of Kaw Valley Senior Monthly

ADVOCACY



Real Possibilities

AARP Kansas

6220 SW 29th Street, Suite 300
Topeka, KS 66614

Phone: 866-448-3619

Web: www.aarp.org/ks

Email: ksaarp@aarp.org

Contacts: Mary Tritsch, Andrea Bozarth,
Janet Clearwater

AARP is a 38-million-member nonprofit, nonpartisan organization that includes 320,000 Kansas members. We promote independence, choice and control in life choices for 50+ Americans. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. AARP produces *AARP The Magazine*, the world's largest circulation magazine; *AARP Bulletin*; www.aarp.org; AARP TV & Radio; AARP Books; and *AARP en Español*, a Spanish-language website addressing the interests and needs of Hispanics.

ASSISTED LIVING
MEMORY CARE

NEUVANT HOUSE
OF LAWRENCE

Person Centered Care

**Neuvant House Of
Lawrence**

1216 Biltmore Drive
Lawrence, KS 66049

Phone: 785-856-7900

Email: admin@neuvanthouse.com

Web: www.neuvanthouse.com

Neuvant House of Lawrence is a state of the art, assisted living campus with two specialties of care: Memory Care for those living with Alzheimer's and dementia and Advanced Physical Care for individuals with a higher degree of physical care needs. At Neuvant House, we are committed to providing person centered care in a home-like residential setting. Learn more about Neuvant House of Lawrence and take a video tour at neuvanthouse.com.

ALZHEIMER'S & DEMENTIA CARE



Phone: 785-856-8181 (Lawrence)
785-272-6101 (Topeka)

Email: gail.shaheed@homeinstead.com

Web: www.homeinstead.com/584

Home Instead Senior Care is the world's trusted non-medical provider of Alzheimer's and dementia care, cooking, cleaning, shopping/errands & personal care. Our CAREGivers encourage, assist & stimulate clients in daily activities that improve quality of life to help them maintain their independence. We have begun the CARE initiative (Changing Aging thru Research & Education). In 2013 we started a 10 hour classroom Alzheimer's training for our CAREGivers and hosted an Alzheimer's Family caregiver workshop for the community. We do pre-employment and random drug screens and quality assurance visits.

ASSISTED LIVING RESIDENCE



Vintage Park at Ottawa

2250 S. Elm
Ottawa, KS 66067

Phone: 785-242-3715

Email: TCaruthers@vintageparkassistedliving.com

Web: www.vintageparkassistedliving.com

Contact: Tina Caruthers, Executive Director

Vintage Park at Ottawa is located a short distance from Lawrence, Olathe and Kansas City. It is also located near shopping, restaurants, and Ransom Memorial Hospital. Our community is designed to provide a beautiful home for our residents, while offering the care and services needed to maintain an active, quality lifestyle. Our home-like atmosphere allows residents to enjoy the advantages of community living without compromising their individuality, dignity or privacy.

ASSISTED LIVING



**Vintage Park at
Baldwin City**

321 Crimson Ave.
Baldwin City, KS. 66006

Phone: 785-594-4255

Email: sbrown@vintageparkassistedliving.com

Web: www.vintageparkassistedliving.com

Contact: Sue Brown, Senior Executive Director

Vintage Park at Baldwin City is an assisted living community offering residents a comfortable atmosphere and beautiful surroundings. We provide gracious worry-free living in a supportive environment.

Each suite is equipped with an apartment size refrigerator, microwave oven, and a beautiful large dressing suite. Our community also has a beauty shop, cinema room, therapeutic spa, and large living room and dining room.

ASSISTED LIVING/
MEMORY CARE PROVIDER

ASSISTED LIVING & MEMORY CARE

3220 Peterson Road
Lawrence, KS 66049

Phone: 785-832-9900

Web: www.legendsseniorking.com

Contacts: Dee Shaffer, Residence Director; Chelsea Watgen, Sales and Marketing; Amanda Coleman, Health Care Coordinator

YOUR BEST CHOICE – Live your life exactly as you choose, confident that support for those choices is always nearby. Basic services include Life Enriching Activities, 24/7 staffing, 3 Licensed Nurses, wellness monitoring, 3 nutritious meals and snacks daily, weekly housekeeping and laundry, utilities, basic cable TV, and scheduled transportation. The Windsor of Lawrence Assisted Living and Memory Care: A Mission to Serve. A Passion for Care.

ASSISTED LIVING
ADVANCED PHYSICAL CARE

NEUVANT HOUSE
OF LAWRENCE

Person Centered Care

**Neuvant House Of
Lawrence**

1216 Biltmore Drive
Lawrence, KS 66049

Phone: 785-856-7900

Email: admin@neuvanthouse.com

Web: www.neuvanthouse.com

Neuvant House of Lawrence is a state of the art, assisted living campus with two specialties of care: Advanced Physical Care for those needing a higher degree of physical care and Memory Care for individuals living with Alzheimer's and dementia. At Neuvant House, we are committed to providing person centered care in a home-like residential setting. Learn more about Neuvant House of Lawrence and take a video tour at neuvanthouse.com.

AUDIOLOGY/ENT PHYSICIANS



LAWRENCE
OTOLARYNGOLOGY
ASSOCIATES, LLC

Ear, Nose and Throat Specialists

1112 W. 6th Street, Suite 216
Lawrence, KS 66044
Additional locations in
Topeka and Ottawa

Phone: 785-841-1107

Web: www.lawoto.com

Contacts: Robert C. Dinsdale, MD
Stephen L. Segebrecht, MD

Lee A. Reussner, MD, Leo Martinez, MD

The Audiology Department at Lawrence Otolaryngology Associates, LLC strives to provide the best in hearing health care in order to improve individuals' lives through the protection, preservation, evaluation, and treatment of hearing loss, dizziness and balance disorders. We offer a full range of audiological services from hearing and balance evaluations to hearing aid fitting and servicing from a variety of premium manufacturers. We provide custom ear protection for musicians and others in noisy environments. We also provide custom swim plugs, custom fit earplugs, and musicians' monitors.

ESTATE PLANNING & ADMINISTRATION

TRQW

THOMPSON RAMSDELL, QUALSETH & WARNER, P.A.
LAW OFFICES

Thompson Ramsdell Qualseth & Warner, P.A.

333 W. 9th Street
Lawrence, KS 66044

Phone: 785-841-4554

Email: robert.ramsdell@trqlaw.com

Web: www.trqlaw.com

Contact: Robert W. Ramsdell

Death is a certainty. Incapacity a possibility. You need a plan for both. Bob Ramsdell focuses his practice on estate planning and probate administration. In estate planning, he creates documents – a Will or Living Trust, Powers of Attorney, and a Living Will – that reflect each client's unique situation. In probate administration, Bob handles the decedent's estate in the most efficient, least cost manner that ensures all property is accounted for and distributed properly.

HOME HEALTH

Home Instead

SENIOR CARE

Phone: 785-856-8181 (Lawrence)

785-272-6101 (Topeka)

Email: gail.shaheed@homeinstead.com

Web: www.homeinstead.com/584

Home Instead Senior Care is the world's trusted non-medical provider of Alzheimer's and dementia care, cooking, cleaning, shopping/errands & personal care. Our CAREGivers encourage, assist & stimulate clients in daily activities that improve quality of life to help them maintain their independence. We have begun the CARE initiative (Changing Aging thru Research & Education). In 2013 we started a 10 hour classroom Alzheimer's training for our CAREGivers and hosted an Alzheimer's Family caregiver workshop for the community. We do pre-employment and random drug screens and quality assurance visits.

FUNERALS / CREMATIONS



Rumsey-Yost

FUNERAL HOME & Crematory

Your Only Locally Owned & Operated Crematory

Rumsey-Yost Funeral Home & Crematory

601 Indiana St. Lawrence, KS 66044

Phone: 785-843-5111

Email: byost@sunflower.com

Web: www.rumsey-yost.com

Contacts: Bart Yost, Matt Daigh, Patty Dardis

Providing personalized care with dignity since 1920. We are a full-service provider of funeral ceremonies, memorial services, on-site cremations, monuments, merchandise, and other related items. We also offer pre-need counseling and arrangements for those who wish to make note of their preferences and wish to spare their survivors from having to make these difficult decisions. Please contact Gayle Davis at 843-5111 to discuss the many options available and the many advantages to pre-planning. Your Only Locally Owned & Operated Crematory.

HOME HEALTH, HOSPICE, HELP AT HOME, REHABILITATION



VISITING NURSES

Douglas County Visiting Nurses Association

All your home care needs under one roof

200 Maine Street, Suite C
Lawrence, KS 66044

Phone: 785-843-3738

Web: www.KansasVNA.org

For more than 46 years, VNA has provided highly skilled, caring professionals who provide Home Health, Hospice and Help at Home Services in Douglas County and the surrounding areas. As Douglas County's first not-for-profit Home Health agency, VNA is here to serve our community, regardless of their ability to pay.

Our licensed and bonded Home Health, Hospice and Help at Home team is available 24 hours a day, 7 days a week.

HEALTH INSURANCE AGENCY

PEAVLER & ASSOCIATES

Peavler & Associates

Phone: 785-418-7298

Email: John@PFCKC.com

Contact: John McGrath

Medicare Supplement Plans, Medicare Advantage Plans, Prescription Plans, Dental, Vision, Hearing, Life Insurance. Hospital Indemnity Plans.

*All your senior benefit needs.
Help Me Help You!*

HOME PLUS, ADULT DAY CARE



Prairie Wind Senior Living

5227 SE 77th St.
Berryton, KS 66409

Phone: 785-862-5318

Email: prairiewindhome@gmail.com

Contacts: Brooke Fischer, Nancy Benney

Prairie Wind is Home. A private 5-bed home, family owned and operated. Our family, with more than 60 years experience in elder care, is there to provide all the assistance needed to keep you or your loved one as independent and secure as possible. We also provide Adult Day Care around the clock. If you need a safe place for your loved one while you work, sleep or take time to care for your own needs, we can help. Let our family care for yours.

HEALTH OUTREACH



Stormont Vail Health

Stormont Vail

HealthWise

2252 SW 10th St.
Topeka, KS 66604

Phone: Clinic: (785) 354-6787

Programs/Reservations: (785) 354-5225

Web: www.stormontvail.org/healthwise

Stormont Vail HealthWise is a membership and educational program helping adults stay current on health information and resources. Membership is free. Senior Suppers, which feature a low-cost meal and speakers on health topics, are offered monthly from March through December. Free clinic services include blood pressure checks, medication and nutrition counseling, and insurance counseling. HealthWise TV airs Fridays at 9 a.m. on WIBW-TV and features a health topic and exercise segment.

HOSPICE



Grace Hospice

1420 Wakarusa, Ste. 202
Lawrence, KS 66049-3810

Phone: 785-228-0400 (Topeka)
785-814-5300 (Lawrence)

Web: www.gracehospicellc.com

Contacts: Cindy Evans, Becky Harrod, Linda Finch

Locally owned and operated. Available — chaplains, social workers, RN's and LPNs — 24 hours a day, 365 days a year dedicated to our patients' lives. **WE PROVIDE:** Physicians that make house calls for pain control; The most one-on-one individualized care of any other area hospice; Wound care certified nurses; Smaller patient ratios; Bedside compassionate care during the last 48 hours; and Staff that has extra training in Alzheimer and dementia care.

HOUSING

1016 Orchard Lane
Baldwin City, KS 66006

Phone: 785-594-6996
Email: apartmenthomes4u@centurylink.net
Contacts: Christine Waters, Manager
Robin VonBargen, Leasing Agent

Newly renovated and nicely maintained senior community. Orchard Lane Leisure Living offers one-level maintenance-free living for seniors or disabled—Income-based rent from \$345 to \$467 with water/sewer/trash paid. Quiet, “country-like” location with city convenience. Amenities include satellite, internet, patio & garden areas, open floor plans w/spacious walk-in closet & pantry, grocery/pharmacy delivery, bus service, located next door to Senior Center & Baldwin City Healthcare & Rehab. Community room with full kitchen, reading library, social activities, exercise equipment, craft room, in-door laundry & mail, plus much more.

LONG-TERM CARE ADVOCACY

making elder care better every day

Kansas Advocates for Better Care

913 Tennessee, Suite 2
Lawrence, KS 66044

Phone: 785-842-3088
Email: info@kabc.org
Web: www.kabc.org
Contacts: Mitzi E. McFatrigh, Executive Director
Lenette Hamm, Office Manager

Kansas Advocates for Better Care provides guidance and information about quality elder care at home and in all adult care facilities. Ask about the new Douglas Co. Guide to Care. We improve elder care through one-on-one guidance with older adults and caregivers, and advocacy with public policy makers. We provide training to prevent elder abuse and improve quality care. There is never a cost for our help. Visit our website or call for more info.

IN-HOME CARE

Phone: 785-856-8181 (Lawrence)
785-272-6101 (Topeka)
Email: gail.shaheed@homeinstead.com
Web: www.homeinstead.com/584

Home Instead Senior Care is the world’s trusted non-medical provider of Alzheimer’s and dementia care, cooking, cleaning, shopping/errands & personal care. Our CAREGivers encourage, assist & stimulate clients in daily activities that improve quality of life to help them maintain their independence. We have begun the CARE initiative (Changing Aging thru Research & Education). In 2013 we started a 10 hour classroom Alzheimer’s training for our CAREGivers and hosted an Alzheimer’s Family caregiver workshop for the community. We do pre-employment and random drug screens and quality assurance visits.

LONG TERM CARE SENIOR HOMES

ComfortCare Homes

232 Elm St.
Baldwin City, KS 66006
27 E Rockwood Dr.
Ottawa, KS 66067

Phone: 785-594-2603 (Baldwin City);
785-242-1809 (Ottawa)
Email: scott@comfortcareks.com
Web: www.comfortcareks.com
Contact: Scott Schultz

ComfortCare Homes provides personalized memory care at two locations, one in Baldwin and one in Ottawa. The homes are limited to 10-12 residents offering a unique residential-style experience. Private and shared rooms, meals, snacks, medication management, housekeeping and assistance with activities of daily living are all included in our monthly fee. We have a house physician, podiatrist, physical and occupational therapy, hair care, hospice care, oral hygiene, chiropractic care and other services available.

INSURANCE

Osladil Insurance Service

411½ S. Main St., Ottawa, KS 66067

Phone: 785-242-6955

Osladil Insurance Service Specializes in Life and Health Insurance, including Term and Universal Life, Final Expense plans, no medical questions, child life insurance (one premium until age 25), MEDICARE SUPPLEMENTS, PRESCRIPTION DRUG PLANS, Medical Insurance, including Short Term Health for people in between jobs or waiting for open enrollment, Cancer plans and Accident Indemnity Plans. We also have insurance for people traveling out of the USA for short or extended periods of time. Call Bruce or John at 785-242-6955.

MEDICAL EQUIPMENT

Criticare Home Health Services, Inc.

1006 W. 6th St.
Lawrence, KS 66044

Phone: 785-749-4878 or 1-800-527-9596
Email: Criticare@criticarehhs.com
Contacts: Lori Heasty, Owner,
Scott Moore, General Manager,
Tanya Ward, Office Manager

Criticare is a locally owned Company that has been providing high quality home medical equipment, supplies and services in Douglas County and surrounding counties for over 30 years. Criticare specializes in respiratory equipment such as oxygen concentrators, sleep apnea equipment and supplies, and nebulizers. Criticare has two licensed Respiratory Therapists on staff. Also, Criticare provides manual wheelchairs, walkers, canes, hospital beds, bath aids, daily living aids, compression garments, mastectomy prosthetics and bras and much more.

INSURANCE

STEPHENS • CHAPIN
INSURANCE

Stephens Chapin Insurance

2711 West 6th St. #A
Lawrence, KS 66049

Phone: 785-841-9538
Email: customerservice@stephens-ins.com
Web: www.sciagency.com
Contacts: Bill Woody Jr., Chris Chapin

Choosing a Medicare health plan can be very confusing. We can simplify the process. Our office has years of experience assisting people new to Medicare and those interested in changing their current coverage. Let our licensed agents help you select the plan you want. We provide this service at no charge.

MEMORY CARE

Bridge Haven at Alvamar

2147 Quail Creek Drive
Lawrence, KS 66047

Phone: 785-371-1106
Email: srandolph@mybridgehaven.com
Web: www.mybridgehaven.com
Contact: Sarah Randolph

One of five small assisted living homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Memory care. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

MEMORY CARE



Bridge Haven Care Cottage

3109 W. 26th Street
Lawrence, KS 66047

Phone: 785-371-1106
Email: srandolph@mybridgehaven.com
Web: www.mybridgehaven.com
Contact: Sarah Randolph

One of five small assisted living homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Memory care. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

MEMORY CARE



Bridge Haven Memory Care Residence

1126 Hilltop Drive
Lawrence, KS 66044

Phone: 785-371-1106
Email: srandolph@mybridgehaven.com
Web: www.mybridgehaven.com
Contact: Sarah Randolph

One of five small assisted living homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Memory care. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

MEMORY CARE



Bridge Haven Village One

1701 Research Park Drive
Lawrence, KS 66047

Phone: 785-371-1106
Email: srandolph@mybridgehaven.com
Web: www.mybridgehaven.com
Contact: Sarah Randolph

One of five small assisted living homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Memory care. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

MEMORY CARE



Bridge Haven Village Two

1701 Research Park Drive
Lawrence, KS 66047

Phone: 785-371-1106
Email: srandolph@mybridgehaven.com
Web: www.mybridgehaven.com
Contact: Sarah Randolph

One of five small assisted living homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Memory care. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

NON-MEDICAL TRANSPORTATION



Serving Seniors in Topeka & Surrounding Areas

Phone: 785-250-7838
Contact: Debbie

You make the appointment, then call Debbie's Redi-Ride. I will get you or your loved one to:

- **Medical Appointments**
- **Grocery Shopping**
 - Help you carry in and put things away
- **Personal Trips**
 - Hair/Nail Appointments
 - Airport
 - Concerts

Anywhere you want to go, including Kansas City area. I will treat you like family.

Debbie's Redi-Ride

Door to Door & So Much More.

NON-PROFIT



Community Village Lawrence

P.O. Box 183
Lawrence, KS 66044

Phone: 785-505-0187
Email: info@communityvillagelawrence.org
Web: www.communityvillagelawrence.org
Contacts: Heather Cook, Robert Little

Community Village Lawrence (CVL) is a non-profit, volunteer-run, membership organization with a mission to enhance the quality of life for all Lawrence residents by helping neighbors remain in their homes as long as possible. Learn how CVL offers a long-term, affordable option for aging at home. Our network of neighborhood volunteers provide friendly visits, simple home repairs, transportation, reassurance check-ins, and much more. CVL also offers access to vetted and discounted service providers and social and educational opportunities.

REAL ESTATE



June Rockey, Coldwell Banker

2222 SW 29th St.
Topeka, KS 66611

Phone: 785-224-8454
Email: June@JuneRockey.com
Contact: June Rockey

Listing and selling real estate in Northeast Kansas, with emphasis on assisting Baby Boomers and up.

REAL ESTATE

Topeka's Senior's Real Estate Specialist

2222 SW 29th St., Topeka, KS 66611

Phone: 785-640-2685
Email: Carol@CarolRealtor.com
Web: TopekaSeniorLiving.com
Contact: Carol Ronnebaum, Coldwell Banker Realtor

Simplify your later-in-life move with a Senior's Real Estate Specialist who understands the unique concerns that you and your family are facing. From downsizing to selling your home, seniors experience issues not found with traditional home sales. Together we can put together a plan of action that works for you. My team of specialized, senior-friendly experts can help with packing, moving, unpacking, setting up new home, eliminating personal items, and selling your home for the most money.



IMPORTANT PHONE NUMBERS



ABUSE & NEGLECT PREVENTION & INTERVENTION

Center For Safety And Empowerment...	785-354-7927
Headquarters Crisis Center	785-841-2345
Kansas Advocates for Better Care....	800-525-1782
Kansas Attorney General	800-432-2310
KS Dept. of Health and Environment	785-842-4600
OR	800-842-0078
Kansas Elder Law Hotline	888-353-5337
Kansas Protection Report Center	800-922-5330
Long Term Care Ombudsman	877-662-8362

ADULT DAY PROGRAMS

Autumn Home Plus	785-232-0730
Baldwin Health Care	785-594-6492
Brewster Place Retirement Comm....	785-267-1666
Cooper's Home Care.....	785-865-2525
Clare Bridge Brookdale Senior Living...	785-271-5100
Deer Park North	785-484-0100
Hickory Pointe Care & Rehabilitation..	785-863-2108
Midland Care (Lawrence)	785-842-3627
Midland Care (Topeka)	785-232-2044
Prairie Wind Home Pro	785-862-5318
Tanglewood Nursing & Rehabilitation ...	785-338-2979
Tonganoxie Nursing Center	913-369-8705
Village Manor	785-242-5399
Wellsville Retirement Community	785-883-4101
The Windsor of Lawrence.....	785-832-9900

ADVOCACY

AARP, Johnson County Chapter	913-262-6318
AARP Kansas	785-232-4070
Centro Hispano Resource Center	785-843-2039
HealthWise Clinic.....	785-354-6787
Independence, Inc.....	785-841-0333
Jayhawk Area Agency on Aging	800-798-1366
Jefferson Co. Service Organization..	913-863-2637
Kansas Advocates for Better Care....	785-842-3088
OR	800-525-1782
Kansas Department on Aging.....	800-432-3535
Kansas Foundation for Medical Care..	800-432-0770
Kansas Health Consumer Coalition..	785-232-9997
Kansas Health Care Association/Kansas Center for Assisted Living	785-267-6003
Lawrence-DG Co. Health Department Project LIVELY	785-843-3060
Sand Castles, Inc.	785-832-2345
Senior Resource Center for Do. Co... ..	785-842-0543

ALCOHOL/DRUG ABUSE ASSISTANCE

Alcoholics Anonymous	866-247-2207
DCCCA Center	785-318-8478
Headquarters Crisis Center	785-841-2345

ALZHEIMER'S/DEMENTIA SUPPORT

Alzheimer's Helpline.....	800-272-3900
Clare Bridge Brookdale Senior Living...	785-271-1844
Jayhawk Area Agency on Aging	785-235-1367
Life Care Center of Burlington.....	620-364-2117
Senior Resource Center for Do. Co... ..	785-842-0543

ASSISTED LIVING

Aldersgate Village	785-478-9440
Atria Hearthstone Assisted Living....	785-234-6806
Brandon Woods at Alvamar.....	785-838-8000
Brewster Place Assisted Living.....	785-267-1666
Bridge Haven at Alvamar	785-371-1106
Bridge Haven Care Cottage.....	785-371-1106
Bridge Haven Memory Care Residence..	785-371-1106
Bridge Haven Village One	785-371-1106
Bridge Haven Village Two	785-371-1106
Clare Bridge Brookdale Senior Living..	785-271-5100
Comfort Care Homes of Baldwin City..	785-594-2603
Comfort Care Homes of Ottawa	785-242-1809
Country Place Senior Living.....	913-662-7330
Countryside Health Center.....	785-234-6147
Foundation House.....	785-286-6388
Hillside Village of De Soto.....	913-583-1266
Homestead Assisted Living	785-272-2200
Homestead of Auburn	785-256-7100
Kelly House I.....	785-234-8888
Kelly House II.....	785-273-3773
Lawrence Presbyterian Manor	785-841-4262
Legend at Capital Ridge	785-272-9400
Lexington Park Assisted Living.....	785-233-7511
Linnwood Park	785-945-3634
Meriden Adult Services Plus	785-484-2380
McCrite Plaza Topeka.....	785-267-2960
Monterey Village	785-371-9810
Neuvant House of Lawrence.....	785-856-7900
Oak Creek Senior Living.....	785-272-2601
Ottawa Retirement Village Plaza.....	785-242-1127
Pioneer Ridge Retirement Community..	785-749-2000
Rolling Hills Health Center	785-273-2202
Topeka Presbyterian Manor	785-272-6510
Village West	785-242-9378
Vintage Park at Baldwin City	785-594-4255
Vintage Park at Ottawa.....	785-242-3715
Vintage Park at Tonganoxie.....	913-845-2204
Wellsville Retirement Community	785-883-4101
The Windsor of Lawrence.....	785-832-9900

ASSISTIVE TECHNOLOGY

American Care Equipment.....	913-383-3456
Apria Health Care.....	785-272-7191
Assistive Technology for Kansans....	800-526-3648
Audio-Reader.....	800-772-8898
Banner Mobility	785-235-3070
Community Action.....	785-235-9296
Criticare Home Health Services	800-527-9596
East Central Kansas AAA	785-242-7200
Hanger Orthopedic Group, Inc.....	785-232-5382
Helen Keller National Center	913-677-4562
Home Elevator Company	316-721-2225
Independence, Inc.....	888-824-7277
Jayhawk Area Agency on Aging	800-798-1366
Kansas Chapter of the Arthritis Foundation	785-272-8461
Kansas Commission for the Deaf and Hard of Hearing.....	800-432-0698

Kansas Equipment Exchange	866-666-1470
Kansas Telecommunications Access Program	785-234-0200
Knoll Patient Supply	800-234-0514
Lawrence Medical Equipment	785-749-4663
Lawrence Therapy Services	785-842-0656
Library Outreach Services.....	785-580-4545
Lohmann & Rauscher	785-862-1100
Medical Arts Pharmacy.....	785-843-4160
Medventures International	785-862-1806
OCCK, Inc.	785-827-9383
PDS Medical.....	785-856-0909
Resource Center for Independent Living	785-528-3105
Resource Center for Independent Living	785-242-1805
Starr Medical Supply, Inc.	785-456-7827
Talking Books	785-580-4530
Topeka Independent Living Resource Center, Inc.	785-233-4572

CAREGIVER ASSISTANCE

Caregivers Home Health	785-354-0767
Caregiver Support Services.....	785-842-0543
Comfort Keepers.....	785-200-8197
Friendly Visitors.....	888-737-1137
Home Instead (Lawrence).....	785-856-8181
Home Instead (Topeka).....	785-272-6101
Jayhawk Area Agency on Aging	800-798-1366
Midland Care (Lawrence)	785-842-3627
Midland Care (Topeka)	785-232-2044
Trinity In-Home Care	785-842-3159
Visiting Nurses Association.....	785-843-3738

CASE MANAGEMENT

Customized Senior Care.....	785-640-1304
East Central Kansas AAA	785-242-7200
OR	800-633-562
Jayhawk Area Agency on Aging	800-798-1366
Jefferson County Health Department..	785-863-2447
Johnson Co. Area Agency on Aging..	913-894-8811
Leavenworth Council on Aging.....	913-684-0777
Mason's Memory, LLC	785-242-8882
Project LIVELY	785-843-0721
Sand Castles, Inc.	785-832-2345
Shawnee County Health Agency Project Access	785-291-2490
TARC	785-232-0571 ext. 311
Wyandotte/Leavenworth AAA.....	913-573-8531

COMPANIONSHIP FOR LONELY OR HOMEBOUND

Friendly Visitors.....	888-737-1137
Interfaith Caring Neighbors.....	785-749-2005

COMPUTER TRAINING

Antioch Satellite Program.....	785-232-1937
Computer Learning Center, Independence, Inc.	



IMPORTANT PHONE NUMBERS

CONTINUED FROM PAGE SIX

..... 785-841-0333
 Lawrence Workforce Center..... 785-840-9675
 Topeka-Shawnee County Public Library.. 785-580-4400
 Topeka Workforce Center 785-235-5627
 Washburn Institute of Technology ... 785-273-7140

CONSUMER INFORMATION/ADVOCACY

Attorney General's Consumer Hotline.. 800-432-2310
 Better Business Bureau..... 785-766-2009
 Insurance Commissioner's Hotline... 800-432-2484
 Kansas Advocates for Better Care.... 800-525-1782
 Kansas ElderCare Hotline 888-353-5337
 Kansas Insurance Consumer Hotline 800-432-2484
 Kansas Senior Medicare Patrol 800-432-3535
 National Fraud Information Line..... 800-876-7060

COUNSELING

Bert Nash Community Mental Health Center..... 785-843-9192
 Catholic Social Services 785-841-0307
 Consumer Credit Counseling Service..... 785-749-4224
 DCCCA (Drug/Alcohol Problems) 785-841-4138
 Headquarters (24-hour hotline)..... 785-841-2345
 KU Psychological Clinic 785-864-4121
 Life Connections, Inc. 785-213-2342
 Pathways for Life 785-272-2460
 Sand Castles, Inc. 785-832-2345
 Vieve Health 785-813-1851

CRISIS & DISASTER SERVICES

American Red Cross (fire, disaster, crime victim relief) 785-843-3550
 Headquarters (24-hour hotline)..... 785-841-2345
 Emergency Service Council (Rent and Utility Assistance) Apply at any of the following agencies:
 Ballard Community Center 785-842-0729
 Senior Resource Center for Do. Co. 785-842-0543
 E.C.K.A.N 785-841-3357
 Penn House 785-842-0440
 Salvation Army 785-843-4188

DENTAL SERVICES

Douglas County Dental Clinic..... 785-312-7770
 Health Care Access 785-841-5760
 Heinbach Larkin DDS..... 785-251-0428
 Johnson County Community College Dental Hygiene Program 913-469-3808, ext. 1
 Kansas Dental Association 800-432-3583
 Marian Clinic 785-233-2800
 Peterson Krische Van Horn DDS 785-842-0705
 UMKC School of Dentistry 816-235-2111

DISABILITY SERVICES

Assisted Technology for Kansans..... 785-841-1067
 Audio-Reader..... 800-772-8898
 Independence, Inc..... 785-841-0333
 Jayhawk Area Agency on Aging 785-235-1367
 Kansas Commission on Disability Concerns... 785-296-1722
 Kansas Relay Center..... 800-766-3777

Kansas Commission for the Deaf & Hard of Hearing 800-432-0698
 KU Speech, Language and Hearing Clinic 785-864-4690
 Make-A-Difference Information Network..... 800-332-6262
 Resource Center for Independent Living 785-267-1717
 Topeka Independent Living Resource Center 785-233-4572
 Topeka-Shawnee County Public Library Red Carpet Room..... 785-580-4545
 T.T.Y. for Independence, Inc..... 785-841-1046
 T.T.Y. for KU Speech, Language and Hearing Clinic 785-864-5094
 Talking Books (Topeka Public Library) 800-432-2925

DRIVING

AARP 55 Alive Safe Driving Course... 785-354-5225
 AARP Smart Driver Course..... 785-842-0543
 Driver's License/ID Card (Topeka) ... 785-266-7380

EDUCATION

BrewsterConnect 785-274-3303
 Centro Hispano Resource Center 785-843-2039
 Computer Learning Center, Independence, Inc. 785-841-0333
 Douglas County Extension Office..... 785-843-7058
 Elderhostel..... 800-895-0727
 Eldernet Education 913-856-7405
 Kansas Elderhostel Program 620-341-5625
 KU Continuing Education..... 785-864-4790
 Lawrence Adult Learning Center 785-832-5960
 Sand Castles, Inc. 785-832-2345
 Senior Resource Center for Do. Co... 785-842-0543
 Stormont Vail HealthWise 785-354-6787

EMERGENCY ALERT DEVICES

ComForCare Senior Services 913-906-9880
 Comfort Keepers Safety Choice 913-385-2636
 Helping Solution, LLC 913-213-3202
 Metro Security Watch..... 888-785-0625
 Visiting Nurses Association..... 785-843-3738

EMPLOYMENT ASSISTANCE

ERC Resource & Referral 785-357-5171
 Foster Grandparents 785-296-5474
 Lawrence Workforce Center 785-840-9675
 Older Kansans Employ. Program 785-234-6208
 Senior Companion Program .. 785-232-7765, ext. 215
 Senior Staffing 785-272-9999
 Topeka Rescue Mission..... 785-354-1744
 Topeka Workforce Center 785-235-5627
 Washburn University Career Services... 785-670-1450

FINANCIAL ASSISTANCE

Consumer Credit Counseling, Inc. 785-749-4224
 Housing and Credit Counseling, Inc.... 785-234-0217
 Jayhawk Support Services for Elders.. 785-354-8531
 Kansas Veterans Commission 785-843-5233
 Low Income Energy Assistance Program

..... 785-296-2649
 Social Security..... 888-327-1271
 Tax Counseling for Elderly (Feb.1-Apr.15) 785-842-0543

FITNESS & RECREATION

Baldwin City Recreation..... 785-594-3670
 Lawrence Parks & Recreation 785-832-7920
 McLouth Recreation Commission 913-796-6473
 Ottawa Recreation Commission 785-242-1939
 Shawnee County Parks & Recreation.. 785-267-1156
 Topeka Parks & Recreation 785-368-3798
 Washburn Walkers 785-231-1010
 YMCA (Bonner Springs)..... 913-422-9348
 YMCA (Topeka)..... 785-354-8591
 YWCA (Topeka)..... 785-233-1750

FOOD ASSISTANCE

Angel Food Ministries - True Light Baptist Church 785-233-3298
 Antioch Family Life Center 785-232-1937
 Ballard Community Center 785-842-0729
 Doorstep, Inc 785-354-5341
 Senior Resource Center for Do. Co... 785-842-0543
 E.C.K.A.N., 1600 Haskell, 204 785-841-3357
 El Shaddai 785-232-5754
 Fellowship, Inc 785-354-7262
 Harvester's Community Food Network.. 816-929-3220
 ICARE, Inc. 785-267-5910
 Joyful Harvest 785-354-8154
 Just Food..... 785-856-7030
 Let's Help, Inc. 785-234-6208
 L.I.N.K. First Christian Church 785-843-0679
 Meals on Wheels (Lawrence) 785-830-8844
 Meals on Wheels (Shawnee and Jefferson counties) 785-295-3980
 Penn House, 1035 Pennsylvania..... 785-842-0440
 Salvation Army (Lawrence) 785-843-4188
 Salvation Army (Topeka) 785-233-9648

GOVERNMENT OFFICES

Kansas Attorney General..... 800-432-2310
 Kansas Department of Aging..... 800-432-3535
 Kansas Governor 785-296-3232
 Kansas Insurance Department 800-432-2484
 Kansas Secretary of State 785-296-4564
 Kansas State Treasurer 785-296-3171

HEALTH

American Red Cross 785-843-3550
 Assisted Health Care (Lawrence) 785-843-5139
 Assisted Health Care (Topeka) 785-291-2900
 Douglas County Health Dept 785-843-0721
 Health Care Access 785-841-5760
 Hospice Care in Douglas County 785-749-5006
 Kansas Rehabilitation Hospital..... 785-232-8524
 Lawrence Memorial Hospital 785-749-6100
 St. Francis Health 785-295-8000
 Stormont Vail HealthWise 785-354-6787

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IMPORTANT PHONE NUMBERS



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HEARING RESOURCES

Hearing Aid Helpline.....	800-521-5247
Lawrence Otolaryngology Associates..	785-841-1107
Marston Hearing Center.....	785-843-8479
National Institute on Deafness	800-241-1044

HOME MODIFICATION & REPAIR

Community Action.....	785-235-9296
E.C.K.A.N. (Weatherization).....	785-841-3357
Independence, Inc.	785-841-0333
Interfaith Caring Neighbors (ICaN)...	785-749-2005
Lawrence Housing and Neighborhood Development.....	785-832-3100
Mobile Care, Inc.	800-383-9090

HOME PLUS

Anew Home.....	785-230-5158
Autumn Home Plus	785-232-0730
Bogart House, The	785-383-1152
Bridge Haven at Alvamar	785-371-1106
Bridge Haven Care Cottage.....	785-371-1106
Bridge Haven Memory Care Residence..	785-371-1106
Bridge Haven Village One	785-371-1106
Bridge Haven Village Two	785-371-1106
Comfort Care Homes of Baldwin City..	785-594-2603
Comfort Care Homes of Ottawa.....	785-242-1809
Cooper's Home Care.....	785-865-2525
Hillsdale Place	785-383-7094
Linnwood Park Home Plus (Meriden)..	785-224-8023
Prairie Wind Home Pro	785-862-5318
Tammy the Home Pro Plus	785-383-7094
Winter Meadows Homes	785-234-2989

HOSPICE

AseraCare Hospice	785-840-0820
Catholic Community Hospice.....	785-357-5107
Grace Hospice (Lawrence)	785-841-5300
Grace Hospice (Topeka)	785-228-0400
Heartland Hospice Care	785-271-6500
Hospice Care in Douglas County	785-843-3738
Jefferson County Health Department..	785-863-2447
Midland Care (Lawrence)	785-842-3627
Midland Care (Ottawa).....	785-242-0002
Midland Care (Topeka)	785-232-2044
PRN Home Health and Hospice.....	785-456-7764
Visiting Nurses Association.....	785-843-3738

HOTLINES

Aging Hotlines (KS Dept. on Aging)..	800-432-3535
Adult Abuse and Neglect	800-922-5330
Consumer Hotline	800-842-2310
Crime Stoppers	785-843-8477
Douglas Co. Rape Victim Support....	785-841-2345
Headquarters (24-hr hotline for personal crises)	785-841-2345
Insurance Department	800-432-2484
KDOA Nursing Facility Complaint Hotline	800-842-0078, 785-296-0133 (Topeka)
Kansas Elder Law Hotline	888-353-5337

Medicare	800-432-3531
Medicare Fraud Hotline	800-432-3913
National Eldercare Locator.....	800-677-1116
Kansas Senior Medicare Patrol	800-432-3535
Women's Transitional Care Services ...	785-843-3333

HOUSING

Aldersgate Village	785-478-9440
Arbor Court at Alvamar	785-841-6845
Arbor Court of Topeka	785-273-6847
Atria Hearthstone	785-234-6225
Babcock Place	785-842-8358
Brandon Woods At Alvamar	785-838-8000
Brewster Place	785-267-1666
Bridge Haven at Alvamar	785-371-1106
Bridge Haven Care Cottage.....	785-371-1106
Bridge Haven Memory Care Residence ..	785-371-1106
Bridge Haven Village	785-371-1106
Cedar Square	785-242-8110
Century Plaza	785-267-0960
Clinton Place	785-841-1000
Comfort Care Homes of Baldwin City..	785-594-2603
Comfort Care Homes of Ottawa	785-242-1809
Cooper's Home Care	785-865-2525
Cottages of Topeka	785-232-4300
Courthouse Square	785-242-2235
Country Place Senior Living	913-662-7330
Edgewood Homes	785-842-8110
First Apartments	785-272-6700
Foundation House.....	785-286-6388
Hillside Village of De Soto.....	913-583-1266
Jefferson Villas	785-357-6221
Knightsbridge Manor Apartments....	785-233-0870
La Colonia	785-354-4225
Landmark Plaza.....	785-233-5769
Lawrence Housing Authority Section 8 Housing	785-842-8490
Legacy Senior Apartments	913-829-1111
Legend at Capital Ridge	785-272-9400
Lexington Park	785-440-0500
Luther Place	785-273-2944
Maple Ridge Senior Living Comm	913-667-3380
Martin Creek Place	785-273-2944
McCrite Plaza Topeka.....	785-267-2960
Meadowlark Estates	785-842-2400
Medicalodges of Eudora	785-542-2176
Mission Towers	785-233-5656
Monterey Village	785-371-9810
Nettleton Manor Apartments	913-422-7671
Neuvant House of Lawrence.....	785-856-7900
Orchard Lane Leisure Living	785-594-6996
Ottawa Plains	785-242-9333
Ottawa Retirement Village.....	785-242-5399
Park Place I & II	785-242-2004
Pebblebrooke Villas.....	913-724-2103
Peterson Acres	785-842-8358
Pinecrest Apartments	785-542-1020
Pioneer Curtis Homes	785-232-8715

Pioneer Ridge Retirement Community.....	785-749-2000
Plaza West Apartments	785-272-5660
Plaza West Care Center	785-271-6700
Prairie Ridge Place.....	785-841-8666
Prairie Commons	785-843-1700
Prairie Wind Home Pro	785-862-5318
Presbyterian Manor, Lawrence	785-841-4262
Presbyterian Manor, Topeka	785-272-6510
Rolling Hills Retirement Community	785-273-2202
Rose Hill Place.....	785-228-3666
Santa Fe Place.....	785-234-3386
Shawnee Management.....	785-783-2546
Shorey Villas.....	785-233-6269
Signal Ridge Villas.....	785-594-3794
Spring Hill Villas	913-592-5550
Sunflower Plaza	785-242-6655
Tanglewood Nursing & Rehabilitation ..	785-338-2979
Tennessee Town.....	785-357-8842
Thornton Place	785-228-0555
Tyler Towers.....	785-357-8842
Valley Springs Homes	913-585-9998
Valley Springs Senior Apartments ...	785-220-7320
Villa West	785-273-5253
Vintage Park at Baldwin City	785-594-4255
Vintage Park at Ottawa.....	785-242-3715
Vintage Park at Tonganoxie.....	913-845-2204
Vermont Towers	785-841-6026
Walnut Plaza	785-883-4044
Wellsville Retirement Community ...	785-883-4101
Wellsville Senior Housing.....	785-883-4018
Windsor, The	785-832-9900
Winter Meadow Homes	785-234-2989
Wyndam Place.....	785-749-4646

INFORMATION & REFERRAL SERVICES

Alzheimer's Association.....	785-271-1844
Ballard Community Center	785-842-0729
Centro Hispano	785-843-2039
Community Action.....	785-235-9296
Customized Senior & Caregiver Alliance, LLC	785-640-1304
Senior Resource Center for Do. Co.	785-842-0543
East Central Kansas AAA	785-242-7200
El Centro of Topeka	785-232-8207
Eldercare Locator	800-677-1116
ERC Resources & Referral.....	785-357-5171
Jayhawk Area Agency on Aging	785-235-1367
Jefferson Co. Service Organization... ..	913-863-2637
Kansas Commission of Veterans Affairs .	785-843-5233
Kansas Department on Aging.....	800-432-3535
KU Information Center (24 hours)....	785-864-3506
Lawrence Public Library Reference Desk	785-843-1178
Parkinson's Information Service.....	800-457-6676
Stormont Vail HealthWise.....	785-354-6787
United Way Information and Referral ...	785-273-4804

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IMPORTANT PHONE NUMBERS



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Vieve Health 785-813-1851

IN-HOME AND ATTENDANT CARE

A Helping Hand Home Health..... 785-856-0192
 Absolute Home Health Care 785-362-6101
 Advantaged Home Care, Inc. 785-267-4433
 Advocate Home Specialty Care..... 785-456-8910
 Angel Wings Companion Care..... 785-829-1431
 Angels at Home Care 785-271-4376
 Blassingame Home Care 785-286-CARE
 BrewsterConnect 785-274-3303
 Caregivers Home Care..... 785-273-2829
 Cascade Health Services..... 785-228-9922
 Comfort Keepers..... 785-200-8197
 Compassionate Senior Care 785-330-3869
 East Central Kansas AAA 785-242-7200
 Graceful Home Healthcare..... 785-424-2785
 Guardian Angels 785-224-0488
 Home Instead (Lawrence)..... 785-856-8181
 Home Instead (Topeka)..... 785-272-6101
 Homebound Health & Care Service.. 785-267-1010
 Interim Healthcare, Inc..... 785-272-1616
 Jefferson County Health Department... 785-863-2447
 Kansas Elder Care..... 785-856-5555
 Mason's Memory LLC..... 785-242-8882
 Meriden Adult Services Plus 785-484-2380
 Midland Care 800-491-3691
 Midland Care (Topeka) 785-232-2044
 PRN Home Health and Hospice..... 800-222-6344
 Professional Sitters Unlimited..... 785-842-3301
 Resource Center for Independent Living
 785-242-1805
 Shawnee County Health Agency 785-291-2490
 Topeka Independent Living Resource Center, Inc.
 785-233-4572
 Trinity In-Home Care 785-842-3159
 Visiting Nurses Association (Lawrence) .. 785-843-3738
 Visiting Nurses Association (Topeka)..... 785-234-2700
 Windsor Place At-Home Care 785-843-4800

INSURANCE INFORMATION

Centers for Medicare and Medicaid Service
 816-426-5233
 Insurance Commissioner's Office 800-432-2484
 Jayhawk Area Agency on Aging 785-235-1367
 Kansas Foundation for Medical Care... 785-273-2552
 Kansas Insurance Department 800-432-2484
 Medicare Claims Service, Part A..... 800-445-7170
 Medicare Claims Service, Part B..... 800-432-3531
 Osladil Insurance Service 785-242-6955
 Peavler & Associates 785-418-7298
 Senior Health Insurance Counseling
 for Kansans (SHICK) 785-842-0543
 OR 800-860-5260
 Senior Resource Center for Do. Co. 785-842-0543
 Social Security (Medicare cards)..... 800-772-1213
 State Medical Assistance Program ... 800-766-9012
 Stephens Insurance, Inc. 785-841-9538

Stormont Vail HealthWise 785-354-6787

LEGAL AID

Douglas County Legal Aid Society 785-864-5564
 East Central Kansas AAA 785-242-7200
 Jayhawk Support Services for Elders.. 800-723-6953
 Kansas Attorney General 785-296-2215
 Kansas Bar Association..... 800-928-3111
 Kansas Elder Law Hotline 888-353-5337
 Kansas Lawyer Referral Service 800-928-3111
 Washburn Law Clinic..... 785-231-1191

LIBRARIES

Baldwin City Library 785-594-3411
 Basehor Community Library 913-724-2828
 Bonner Springs City Library..... 913-441-2665
 De Soto Public Library 913-583-3106
 Eudora Public Library 785-542-2496
 KU Watson Library 785-864-3956
 KU Law Library 785-864-3025
 KU Science Library 785-864-4928
 Lawrence Public Library 785-843-3833
 Reference Line 785-843-1178
 Delivery for the Homebound 785-843-3833
 McLouth Public Library 913-785-796-2225
 Meriden Community Library 785-484-3393
 Oskaloosa Public Library 785-863-2475
 Ottawa Public Library 785-242-3080
 Perry Lecompton Community Library ... 785-597-5031
 Tonganoxie Public Library 913-845-3281
 Topeka & Shawnee County Public Library
 Main Switchboard 785-580-4400
 Senior Services 785-580-4545
 Ask a Librarian 785-580-4555
 Wellsville City Library 785-883-2870

MEAL SITES FOR SENIOR CITIZENS

Asbury Mount Olive 785-232-6801
 Auburn Senior Center..... 785-256-2917
 Babcock Place 785-842-6976
 De Soto Neighborhood Center 913-585-1792
 CHAMPSS 785-235-1367
 East Topeka Senior Center 785-232-7765
 Edgewood Homes 785-760-1504
 First Apartments 785-272-4290
 Highland Park Methodist 785-266-6555
 Lane Community Senior Center 785-869-2002
 L.I.N.K. 785-331-3663
 Let's Help, Inc. 785-234-6208
 LULAC Senior Center 785-234-5809
 Meals On Wheels (Lawrence)..... 785-830-8844
 Meals On Wheels (Topeka)..... 785-295-3980
 Ottawa Senior Center 785-242-1533
 Papan's Landing Senior Center 785-232-1968
 Pomona Community Center 785-566-3608
 Rossville Senior Center 785-584-6364
 Salvation Army 785-233-9648
 Santa Fe Place..... 785-234-3386
 Senior Meals (Douglas County) 785-727-7881

Silver Lake Senior Citizen Center 785-582-5371
 Sunflower Plaza 785-242-2604
 Topeka North Outreach 785-286-1370
 Tyler Towers..... 785-354-5420
 Washburn Towers 785-242-2600
 Wellsville Community Center..... 785-883-4334
 YMCA - Southwest 785-271-7979

MEDICAL EQUIPMENT

AmeriGlide Topeka 785-260-1801
 Apollo Medical Services 785-272-1257
 Apria Healthcare 888-492-7742
 Banner Mobility Resources, Inc. 866-365-3070
 Breathe Oxygen & Medical Supply .. 785-841-2200
 Breathe Oxygen & Medical Supply .. 785-272-0445
 CPAP Supplies & Services 785-289-3188
 Criticare 785-749-4878
 East Central Kansas AAA 785-242-7200
 Lincare..... 785-242-8481
 Munns Medical Inc..... 785-228-0187
 Ransom Memorial Hospital 785-229-8200
 VFW Loan Closet..... 785-242-7406

MEMORY CARE

Bridge Haven at Alvamar 785-371-1106
 Bridge Haven Care Cottage..... 785-371-1106
 Bridge Haven Memory Care Residence .. 785-371-1106
 Bridge Haven Village One 785-371-1106
 Bridge Haven Village Two 785-371-1106
 Brookdale Topeka 785-200-3445
 Comfort Care Homes of Baldwin City.. 785-594-2603
 Comfort Care Homes of Ottawa 785-242-1809
 Legend at Capital Ridge 785-272-9400
 Monterey Village 785-371-9810
 Neuvant House of Lawrence..... 785-856-7900

MENTAL HEALTH

Bert Nash Community Mental Health Center
 785-843-9192
 Catholic Community Services 785-841-0307
 Christian Psychological Services..... 785-843-2429
 Countryside Health Center 785-234-6147
 Headquarters Crisis Center 785-841-2345
 Heritage Mental Health Center..... 785-272-5566
 Lawrence Therapy Services 785-842-0656
 Menniger at Stormont Vail 785-354-6390
 Sand Castles, Inc. 785-832-2345
 Senior Diagnostic and Treatment Center.. 785-354-6695

NURSING FACILITIES

Aldersgate Village 785-478-9440
 Baldwin Care Facility..... 785-594-6492
 Brandon Woods..... 785-843-4571
 Brewster Health Center..... 785-267-1666
 Eventide Convalescent Center 785-233-8918
 Eudora Nursing Center..... 785-542-2176
 Hillside Village of De Soto 913-583-1266
 IHS at Highland Park..... 785-234-0018
 Lawrence Presbyterian Manor 785-841-4262

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IMPORTANT PHONE NUMBERS



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Lexington Park Nursing & Post Acute Care ..	785-440-0500
Life Care Center of Burlington.....	620-364-2117
ManorCare Health Services	785-271-6808
McCrite Plaza Topeka.....	785-267-2960
Ottawa Retirement Village Manor.....	785-242-5399
Pioneer Ridge Retirement Community... ..	785-749-2000
Plaza West Regional Health Center... ..	785-271-6700
Rolling Hills Health Center	785-273-5001
Tanglewood Nursing & Rehabilitation ...	785-338-2979
Topeka Community Healthcare Center ..	785-234-0018
Topeka Presbyterian Manor	785-272-6510
Woodland Health Center	785-233-0544

NURSING HOME COMPLAINTS

KDOA Nursing Facility Complaint Hotline	800-842-0078, 785-296-0133 (Topeka)
Long-Term Care Ombudsman	785-296-3017

ORGANIZATIONS

AARP, Johnson County Chapter.....	913-262-6318
AARP Kansas	785-232-4070
Lawrence Area Coalition to Honor End-of-Life Choices.....	785-830-8130
N.A.R.F.E.	785-842-3378
Topeka Genealogical Society.....	785-233-5762

PHYSICAL FITNESS/EXERCISE

Baldwin City Recreation.....	785-594-3670
Kansas Senior Olympics	785-368-3798
Lawrence Parks & Recreation	785-832-7920
McLouth Recreation Commission	913-796-6473
Ottawa Recreation Commission	785-242-1939
Senior Resource Center for Do. Co.....	785-727-7873
Shawnee County Parks & Recreation... ..	785-267-1156
Topeka Parks & Recreation	785-368-3798
Washburn Walkers	785-231-1010
YMCA (Bonner Springs).....	913-422-9348
YMCA (Topeka)	785-354-8591
YWCA (Topeka).....	785-233-1750

PRESCRIPTION DRUG ASSISTANCE

Canada Drug	785-272-6100
Partnership for Prescription Assistance ..	888-477-2669

RECREATION/LEISURE ACTIVITIES

Baldwin City Recreation.....	785-594-3670
Eudora Community Center	785-542-1725
Kansas Senior Olympics	785-368-3798
Lawrence Arts Center.....	785-843-2787
Lawrence Parks & Recreation Dept..	785-832-7930
Senior Resource Center for Do. Co.....	785-727-7873
Topeka Parks & Recreation	785-368-3798

REHABILITATION

Baldwin Healthcare and Rehabilitation Center	785-594-6492
Baldwin Therapy Services	785-594-3162
Center for Rehabilitation (LMH).....	785-505-6470
Gollier Rehabilitation Center.....	785-242-8343
Hillside Village of De Soto.....	913-583-1266

Kansas Rehabilitation Hospital.....	785-232-8524
Key Rehab @ Medicalodge.....	785-542-2176
Lawrence Therapy Services	785-842-0656
Life Care Center of Burlington.....	620-364-2117
LMH Therapy Services.....	785-505-2712
ManorCare Health Services	785-554-2685
Rehab Center at Brewster Place	785-215-3411
Tanglewood Nursing & Rehabilitation ...	785-338-2979
Topeka Presbyterian Manor	785-272-6510
Visiting Nurses Association (Lawrence)..	785-843-3738
Visiting Nurses Association (Topeka).....	785-234-2700

RESPIRE CARE

A Helping Hand Home Health.....	785-856-0192
Aldersgate Village	785-478-9440
Atria Hearthstone	785-234-6806
Autumn Home Plus	785-232-0730
Baldwin Healthcare and Rehabilitation Center	785-594-6492
Brandon Woods.....	785-838-8000
Cascade Health Services	785-228-9922
Clare Bridge Brookdale Senior Living... ..	785-271-5100
Cooper's Home Care	785-856-2525
Hickory Pointe & Rehabilitation Center..	785-863-2108
Home Instead (Lawrence).....	785-856-8181
Home Instead (Topeka).....	785-272-6101
Interfaith Caring Neighbors (ICaN)... ..	785-749-2005
Jefferson County Memorial Hospital..	913-774-4340
Lawrence Presbyterian Manor	785-841-4262
Medicalodge Eudora.....	785-542-2716
Midland Care	800-491-3691
Midland Care (Topeka)	785-232-2044
Ottawa Retirement Village Manor.....	785-242-5399
Professional Sitters Unlimited.....	785-842-3301
Rossville Healthcare and Rehab Center .	785-584-6104
Senior Resource Center for Do. Co.....	785-727-7873
Tanglewood Nursing & Rehabilitation ...	785-338-2979
Topeka Community Health Care	785-234-0018
Trinity In-Home Care	785-842-3159
V.A. Eastern Kansas Healthcare System ..	785-350-3111
Wellsville Retirement Community	785-883-4101
The Windsor of Lawrence.....	785-832-9900
Windsor Place At-Home Care	785-843-4800

SENIOR CENTERS

Auburn Senior Center.....	785-256-2917
Bonner Springs Senior Citizens.....	913-441-0169
De Soto Neighborhood Center	913-585-1762
East Topeka Senior Center	785-232-7765
First Baptist Church	785-267-0248
Florence Riford Senior Center, Tonganoxie	913-845-2787
Lawrence Senior Center	785-842-0543
LULAC Senior Center	785-234-5809
Papan's Landing Senior Center	785-232-7968
Rossville Senior Center	785-584-6364
Senior Citizens Center, Oskaloosa	785-863-2411
Silver Lake Senior Center.....	785-582-5371

SOCIAL SECURITY/MEDICARE

Social Security (Lawrence).....	785-843-2254
Social Security (Topeka).....	785-295-0100
Medicare Hotline	800-432-3531
Senior Health Insurance Counseling for Kansas	785-842-0543
OR.....	800-860-5260

SUPPORT GROUPS

Alzheimer's Caregiver Group	785-842-0543
Alzheimer's Early Stage Patient Support Group	785-234-2523
Bereavement Support Group.....	785-842-0543
Cancer Support Group	785-864-9854
Caregiver Support Group.....	785-840-3140
Caregiver Support Group.....	785-235-1367
Caregiver Support Group (SRC).....	785-727-7873
Fibromyalgia Support Group	785-842-3444
Grandparent Support Group	785-286-2329
Grief and Loss Support Group	785-841-5300
Grief Support Group	785-271-6500
Head Injury Support Group	785-842-3619
Loss and Grief Support Group	785-841-5300
Midland Care	800-491-3691
Midland Care (Topeka)	785-232-2044
Parkinson's Support Group	785-843-8692
Project Acceptance.....	785-843-1266
Prostate Cancer Support Advocates ...	785-393-1256
Stroke Support Group	785-840-2712

TELEPHONE REASSURANCE

Catholic Charities of NE Kansas	785-233-6300
East Topeka Senior Center	785-232-7765
Home Buddy.....	866-922-8339
LULAC Senior Center.....	785-234-5809
Papan's Landing Senior Center	785-232-1968

TRANSPORTATION

A Helping Hand Home Health.....	785-856-0192
A&A Specialized Transportation	785-233-8212
American Cancer Society.....	785-283-4422
Auburn Senior Center.....	785-256-2917
BrewsterConnect	785-274-3303
Capitol City Taxi.....	785-267-3777
Debbie's Redi-Ride.....	785-250-7838
East Topeka Senior Center	785-232-7765
Faith Transportation, Inc.....	913-599-7579
First Class Transportation.....	785-266-1331
Franklin County Council on Aging	785-242-7440
Independence, Inc., Transportation .	785-843-5576
Jefferson Co. Service Organization... ..	913-863-2637
Lawrence Transit System T-Lift	785-312-7054
LULAC Senior Center.....	785-234-5809
Monarch Transportation Services....	785-266-0017
Ottawa Retirement Village	785-242-5399
Papan's Landing (North Topeka)	785-232-1968
Rossville Senior Center	785-584-6364
Senior Wheels (Douglas County)	785-865-6925

■ CONTINUED ON PAGE 11



IMPORTANT PHONE NUMBERS



■ CONTINUED FROM PAGE 10

Silver Lake Senior Center.....	785-582-5371
St. Francis Health Center.....	785-295-8008
Topeka Transit Bus Service.....	785-354-9571
VA Volunteer Transportation.....	785-350-3111
Yellow Cab Custom Transportation...	785-357-4444

UTILITIES

Electricity: Westar, Emergency Service (24 hours).....	800-544-4857
Gas: Black Hills Energy, Emergency Calls ..	800-694-8989
Telephone: AT&T Southwest.....	800-464-7928
Repair Service.....	800-246-8464
Water: City of Lawrence, 6th& Mass.	785-832-7878
Baldwin City Utilities.....	785-594-6427
Eudora City Offices.....	785-542-2153
Kansas Corporation Commission.....	800-662-0027
Lecompton City Hall.....	785-887-6407
Topeka Utilities Department.....	785-368-3111

UTILITY SHUT-OFF ASSISTANCE

American Red Cross (Project Deserve)...	888-765-9058
Ballard Community Center, 708 Elm.....	785-842-0729
Breakthrough House.....	785-232-6807
Community Action.....	785-235-9561
Doorstep, Inc.....	785-354-5351

Senior Resource Center for Do. Co... 785-842-0543	
E.C.K.A.N., 1600 Haskell, 204.....	785-841-3357
Let's Help.....	785-234-0568
LIEAP (Low Income Energy Assistance-Program)	
.....	800-432-0043
Penn House, 1035 Pennsylvania.....	785-842-0440
Project DESERVE.....	800-383-1183
Salvation Army (Lawrence).....	785-843-4188
Salvation Army (Topeka).....	785-233-9648

VISION RESOURCES

Audio-Reader Network.....	800-772-8898
American Foundation for the Blind..	800-232-5463
Lions Eye Health Program.....	785-272-6102
National Eye Care Project.....	800-222-3937
Red Carpet/Talking Books.....	785-580-4545
Talking Books.....	800-432-2925
Vision World Wide.....	800-431-1739

VOLUNTEER OPPORTUNITIES

American Red Cross.....	785-234-0568
Catholic Charities of NE Kansas.....	785-233-6300
Civitan Club of Topeka.....	785-580-3873
Foster Grandparents.....	785-296-5474
Friendly Visitors.....	888-737-1137
Headquarters Crisis Center.....	785-841-2345

Jayhawk Area Agency on Aging.....	785-235-1367
Lawrence ACTION Civitan Club.....	785-631-9354
Lawrence Memorial Hospital.....	785-505-5000
Meals on Wheels (Lawrence).....	785-830-8844
Meals on Wheels (Topeka).....	785-295-3980
Midland Care.....	800-491-3691
Roger Hill Volunteer Center.....	785-865-5030
St. Francis Health.....	785-295-8000
Service Corps of Retired Executives ...	785-234-3049
Senior Health Insurance Counseling of Kansas (SHICK).....	800-860-5260
Senior Resource Center for Do. Co... 785-842-0543	
Topeka Rescue Mission.....	785-354-1744
Trinity In-Home Care.....	785-842-3159
United Way of Greater Topeka.....	785-273-4804
United Way of Douglas County.....	785-843-6626

We would like to apologize in advance for any phone numbers we may have missed. If we missed you, please call us at 785-841-9417 so that we can add you to the 2018 Senior Resources Directory.

Kaw Valley Senior Monthly



Have *Kaw Valley Senior Monthly* delivered right to your home. Just **\$8.50** for 12 issues!

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Lawrence, KS 66046

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RETIREMENT COMMUNITY

Aldersgate
 VILLAGE

RETIREMENT COMMUNITY

Aldersgate Village

7220 SW Asbury Dr.
 Topeka, KS 66614

Phone: 785-478-9440

Email: rlolley@aldersgatevillage.org

Web: www.aldersgatevillage.org

Contact: Renessa Lolley

Perhaps you or a loved one have reached the point in life when you're looking for a new place to call home, a community that allows you all the time you desire to spend with family, friends, hobbies, and activities. Aldersgate Village meets that need in a secure environment, offering a wealth of services to make your life easier. Independent Living, Assisted Living, Memory Care, Skilled Nursing and Rehabilitation.

RETIREMENT COMMUNITY

BRANDON WOODS
 AT ALVAMAR

FIVE STAR
 SENIOR LIVING

1501 Inverness Drive
 Lawrence, KS 66047

Phone: (785) 838-8000

Email: JMaddox@5ssl.com

Web: www.brandonwoods.com

Contacts: Jan Maddox, Donna Bell,
 Tom Pfeiler

Brandon Woods is a continuing care retirement community offering equity-owned independent living townhouses, independent living rental apartments, assisted living suites and apartments, long term care and memory care. Brandon Woods is Medicare and Medicaid certified. Please call Jan Maddox at (785) 838-8000 if you would like to learn more about Brandon Woods at Alvarmar.

RETIREMENT COMMUNITY

1608-1610 SW 37th St.
Topeka, KS 66611

Phone: 785-267-2960

Email: cwilliams@mccriteretirement.com
(Marketing), and
admissions@mccriteretirement.com
(Admissions)

Web: www.McCritePlaza.com

Contacts: Melanie Butler,
Administrator, Tina Potter, Health
Care and Rehab, Cindee Williams,
Apartments

Established in 1975 by Pat and Judy McCrite, McCrite Plaza has been the only continuously family-owned and operated full continuum of care community in northeast Kansas. Our elegant environment, robust activity program and strong commitment senior's spiritual, emotional and physical well-being provides peace of mind to residents and their family members. The care that's needed and the lifestyle that's deserved. McCrite Plaza offers the best of both worlds.

SKILLED NURSING / REHAB FACILITY

601 Cross Street
Burlington, KS 66839

Phone: 620-364-2117

Web: www.lifecarecenterofburlington.com

Contact: Tracy Bartley

QUALITY Service You DESERVE

- 24/7 Admissions
- Alzheimer's / Dementia Unit
- InHouse Physical, Occupational and Speech Therapy
- Short Term Rehab
- Outpatient Therapy
- Short Term Rehab
- Wound Care
- IV Therapy
- 24 Hour Nursing Care
- Accepts Medicare, Medicaid and most insurances.

SENIOR APARTMENTS

**Cedar Square
Apartments**
1550 South Cedar
Ottawa, KS 66067

Phone: 785-242-8110

Email:
0074@nationalchurchresidences.org

Web:
www.nationalchurchresidences.org

Affordable Independent Living for Seniors 62 and over (accepting 55 and over for limited time). Spacious 1 bedroom and studio units available.

**SOCIAL SERVICES**

LIFE CONNECTIONS, INC.

Life Connections
305 SE 17th St.
Topeka, KS 66607

Phone: 785-213-2342

Email: Vicky@LCTopeka.com

Contacts: Vicky Walters, Sherry Clayton,
Teresa McQuin

Counseling for seniors in the privacy of your home or apartment.

Addressing life's changes and challenges. Social workers located in Lawrence and Topeka. Insurance accepted. Medicare and other.

SENIOR APARTMENTS

**THE FIRST
APARTMENTS**

3805 S.W. 18th
Topeka, KS 66604

Phone: 785-272-6700

Email: fcceaoffice@fcctopeka.org

Web: www.thefirstapartments.org

Contacts: Amy Crow, Ashley Tolbert

The First Apartments are designed to meet the needs of retirees over 55 with modest incomes. We also can accommodate some individuals under 55 with 100% disability. Rental assistance is available for qualifying individuals. 24-hour staff and the building is secure. The apartments have a part-time service coordinator who can help with Medicare Part D and connect residents with community resources. The apartments are in the Seabrook area with a shopping center nearby.

**STATE FARM INSURANCE**

**Jim Garrison's
State Farm Insurance
and Financial Services**

6750 SW 29th St.
Topeka, KS 66614

Phone: 785-272-0332

Email: jim@jimgarrison.biz

Web: www.jimgarrison.biz

Contacts: Jim Garrison, CASL
Marci Daugherty, Vicki Davis

Jim has helped many clients with retirement and legacy planning concerns. Upon earning the Chartered Advisor for Senior Living designation, Jim has listened to client needs and presented multiple options to help customers confidently address retirement risks. Jim is conveniently located at 29th and Urish on the northeast side of the roundabout in Topeka. Jim's office is open Monday thru Friday until 5:30 p.m. and on Saturdays and evenings by appointment.

SENIOR HOUSING

Tenants to Homeowners, Inc.
The Lawrence Community Housing Trust

**Lawrence Community
Housing Trust**

2518 Ridge Court, Ste 103
Lawrence, KS 66046

Phone: 785-842-5494

Email: cbryantth@gmail.com

Web: www.tenants-to-homeowners.org

Contact: Chassidy Bryan, Rental
Programs Manager

We offer fourteen 1-2 bedroom units, new construction to seniors 62+. Smart technology, energy efficient, garages with most units. Income eligibility required.

TRAVEL

Travellers Inc.
831 Massachusetts St.
Lawrence, KS 66044

Phone: 785-749-0700

Email: khouk@travellersinc.com

Web: www.travellersinc.com

Contact: Kent Houk

Travellers is a full service travel agency for seniors, providing all travel needs for over 60 years. In 2017 we're offering motorcoach tours from Lawrence, Topeka and KC to the Biltmore Estate & Asheville in May, Colorado Springs in July, Mackinac in September, and Nashville in October plus many other trips as well as services for individual travel. Visit our website or call us today!