

# SENIOR RESOURCES DIRECTORY

A pull-out section in the  
January 2020 issue of  
Kaw Valley Senior Monthly



# 2020

**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 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. Take a tour to experience the difference Neuvant can make or learn more at [neuvanthouse.com](http://neuvanthouse.com).

**ASSISTED LIVING**

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

**Phone:** 785-267-2960  
**Email:** [cwilliams@mccriteretirement.com](mailto:cwilliams@mccriteretirement.com)  
(Marketing)  
**Web:** [www.McCritePlaza.com](http://www.McCritePlaza.com)  
**Contacts:** Melanie Butler, Administrator,  
Cindee Williams and Anna Gemmer,  
Apartments

Established in 1975 by Pat and Judy McCrite, McCrite Plaza is the only continuously family-owned and operated full continuum of care community in northeast Kansas. Our elegant environment, robust activity program and strong commitment to 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.

**ALZHEIMER'S & DEMENTIA CARE**

**Phone:** 785-856-8181 (Lawrence)  
785-272-6101 (Topeka)  
**Web:** [www.homeinstead.com/584](http://www.homeinstead.com/584)

Home Instead Senior Care is a State Licensed Class B Home Health Agency and 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). We provide classroom-style Alzheimer's training for our CAREGivers and host Alzheimer's Family caregiver workshops for the community. We do pre-employment and random drug screens and regular quality assurance visits.

**AUDIOLOGY/ENT PHYSICIANS**

1112 W. 6th Street, Suite 216  
Lawrence, KS 66044  
Additional location in Ottawa

**Phone:** 785-841-1107  
**Web:** [www.lawoto.com](http://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' plugs.

**ASSISTED LIVING**

**VINTAGE PARK  
AT BALDWIN CITY**  
A GRACE MGMT COMMUNITY

**Vintage Park at  
Baldwin City**  
321 Crimson Ave.  
Baldwin City, KS. 66006

**Phone:** 785-594-4255  
**Email:** [brussell@vintageparkassistedliving.com](mailto:brussell@vintageparkassistedliving.com)  
**Web:** [www.vintageparkassistedliving.com](http://www.vintageparkassistedliving.com)  
**Contact:** Bob Russell, 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.

**DISABILITY SERVICES**

Monte Mace Disability  
Winning disability claims

**Monte Mace Disability**

803 E 1259 Rd.  
Lawrence, KS 66047

**Phone:** 785-331-6452  
**Email:** [montemace2000@yahoo.com](mailto:montemace2000@yahoo.com)  
**Web:** [montemacedisability.org](http://montemacedisability.org)  
**Contact:** Monte Mace

I act as your legal representative to help you win Social Security disability or Veterans Administration disability ratings. Compassionate and caring (my daughter uses a wheelchair). Fees are paid by SSA or VA if you win out of back pay due you. You pay nothing. I help with initial applications as well as denials.

**ASSISTED LIVING RESIDENCE**

**VINTAGE PARK  
AT OTTAWA**  
A GRACE MGMT COMMUNITY

**Vintage Park at Ottawa**  
2250 S. Elm  
Ottawa, KS 66067

**Phone:** 785-242-3715  
**Email:** [TCaruthers@vintageparkassistedliving.com](mailto:TCaruthers@vintageparkassistedliving.com)  
**Web:** [www.vintageparkassistedliving.com](http://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 AdventHealth Ottawa. 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.

**FINANCIAL INSTITUTION**

**Central Trust  
Company**

**Central Trust Company**  
300 West 9th Street  
Lawrence, KS 66044

**Phone:** 785-865-1064  
**Email:** [trust.midwest@centralbank.net](mailto:trust.midwest@centralbank.net)  
**Web:** [centraltrust.net/lawrence](http://centraltrust.net/lawrence)  
**Contacts:** Andy Holmes, Barbara Braa and Brent Weber

Central Trust Company is one of the regions' leading providers of asset management services. We currently manage client assets of more than \$5 billion, and our staff includes portfolio managers, attorneys, Certified Financial Planners (CFP), Certified Public Accountants (CPA) and Chartered Financial Analysts (CFA).

**HEALTH INSURANCE**

### Truly Affordable Health Solutions

PO Box 245  
Pomona, KS 66076

**Phone:** 785-979-0722

**Email:** DBarkley.KRNI@gmail.com

**Web:** www.TrulyAHI.com

**Contact:** Don Barkley

Local Agent! For individuals under 65 AND small businesses, we provide customized health insurance solutions that have lower premiums, lower deductibles, nationwide networks, and no open enrollment restrictions. If you're in good health, we can usually save 20-40% over anyone else's quote!

For people 65 and above, we provide Medicare supplements, Home Health care plans, and dental/vision plans.

Visit our website and contact us for a FREE consultation today! 785.979.0722 ask for Don.

**HOME HEALTH**

### Midland Care Connection

200 SW Frazier Circle  
Topeka, KS 66606

**Phone:** 800-491-3691

**Web:** www.midlandcare.org

At Midland Care, our specially-trained home health team works with your current doctors to provide the best post-acute care you will need. Your team provides care, focused on recovery and independence in the comfort of your own home. Our goal is to listen carefully to create a plan focused on your lifestyle and what you want to do to achieve those goals. The sooner you call, the sooner we can help.

**HEARING AIDS**

### Marston Hearing Center, LLC

1112 W. 6th St., Suite 100  
Lawrence, KS 66044

**Phone:** 785-843-8479

**Email:** marstonhc@sunflower.com

**Web:** www.marstonhc.com

**Contact:** Gerald Whiteside, Au.D.  
CCC-Audiology

Marston Hearing Center, a trusted name in hearing healthcare in the Lawrence community for over 40 years, is also a leader in bringing you the greatest selection of high quality hearing aids. Dr. Whiteside, a graduate of the University of Kansas, will provide a thorough hearing examination and recommendations that meet your personal needs. Call for an appointment for a complimentary demonstration.

**HOME HEALTH AND HOSPICE AGENCY**

### Interim Healthcare

1251 SW Arrowhead Rd., Suite 103  
Topeka, KS 66604-4061

**Phone:** 785-272-1616

**Email:** jharrison@interimhealthcare.com

**Web:**

www.interimhealthcare.com/topeka

**Contacts:** Jill Harrison, Owner  
Tina Downey, LMSW, General Manager

Interim HealthCare is a family owned home health agency, which has been in business for 30 years. We offer a full range of care from personal care and support services, to skilled nursing and therapies. We also now have Hospice Services. Our services are available 24 hours a day, 7 days a week.

**HOME CARE**

### Grace Home Care

1835 NW Topeka Blvd, Ste 205  
Topeka, KS 66608-1892

**Phone:** 785-286-2273

**Web:** www.gracehomecare.com

**Email:** kate@gracehomecare.com

Great News! You can stay at home and Grace Home Care can help! We provide services such as Companion Care, Homemaker Services, Personal Care, Medication Reminders and Transportation. Learn more at [www.gracehomecare.com](http://www.gracehomecare.com) or give us a call at 785-286-2273.

**HOME HEALTH, HOSPICE, HELP AT HOME, REHABILITATION**

### 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:** KansasVNA.org

For more than 50 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.

**HOME HEALTH**

**Phone:** 785-856-8181 (Lawrence)

785-272-6101 (Topeka)

**Web:** [www.homeinstead.com/584](http://www.homeinstead.com/584)

Home Instead Senior Care is a State Licensed Class B Home Health Agency and 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). We provide classroom-style Alzheimer's training for our CAREgivers and host Alzheimer's Family caregiver workshops for the community. We do pre-employment and random drug screens and regular quality assurance visits.

**HOME PLUS, ADULT DAY CARE**

### Prairie Wind Senior Living

5227 SE 77th St.  
Berryton, KS 66409

**Phone:** 785-862-5318

**Email:** [priariwindhome@gmail.com](mailto:priariwindhome@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.

**HOSPICE**
**Midland Care  
Connection**

200 SW Frazier Circle  
Topeka, KS 66606

**Phone:** 800-491-3691

**Web:** www.midlandcare.org

Hospice care is a supportive health care option, meeting end-of-life needs, for those who are facing a life-limiting illness focusing on quality of life. Care takes place in your own home, long-term care facility, assisted living environment, or The House at Midland Care, our inpatient hospice house. If you are interested in learning more, contact Midland Care. You do not have to wait for a doctor's referral to call us to find out more information. The sooner you call, the sooner we can help.

**IN-HOME CARE**

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

**Web:** www.homeinstead.com/584

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**HOUSING**

1016 Orchard Lane  
Baldwin City, KS 66006

**Phone:** 785-594-6996

**Email:** apartmenthomes4u@centurylink.net

**Contacts:** Wendy Cherry, Manager,  
Sarah Lober, Rental Consultant

Newly renovated and nicely maintained senior community. Orchard Lane Leisure Living offers one-level maintenance-free independent living for seniors or disabled. Income-based rent from \$390 to \$415 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 Baldwin City Healthcare & Rehab. Community room with full kitchen, reading library, social activities, exercise equipment, craft room, in-door laundry & mail, plus much more.

**INSURANCE**

**Kim McPherson,**  
**Health Insurance Broker**  
Lawrence, Kansas

**Phone:** 785-766-9022

**Email:** kmcpherson@myhst.com

**Contact:** Kim McPherson

Kim McPherson is a licensed health insurance broker who specializes in Medicare Supplement plans, Part D drug plans, Medicare Advantage plans, dental, vision, and cancer plans, life insurance and long term care insurance. Kim has over 20 years' experience working with Medicare recipients as an Occupational Therapist in the state of Kansas and is available to guide you with selecting a custom plan for you.

**HOUSING**

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

**Phone:** 785-267-2960

**Email:** cwilliams@mccriteretirement.com  
(Marketing)

**Web:** www.McCritePlaza.com

**Contacts:** Melanie Butler, Administrator,  
Jennifer Gabel, Long Term Care and  
Rehab, Cindee Williams, Apartments

Established in 1975 by Pat and Judy McCrite, McCrite Plaza is the only continuously family-owned and operated full continuum of care community in northeast Kansas. Our elegant environment, robust activity program and strong commitment to 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.

**INSURANCE**

**Osladil Insurance  
Service**

411 1/2 S. Main St.  
Ottawa, KS 66067

**Phone:** 785-242-6955

**Email:** bruceins@weblink2000.net

**Contacts:** Bruce, John and Shirley  
Osladil

Medicare Supplements. Prescription Drug Plans. Short Term Medical. Up to 6 months at a time. (No ACA penalties). Life insurance for all ages. Affordable life insurance for grandchildren—small premium for two years, paid up to age 25. Long Term Care. Call 785-242-6955 or stop in.

**INDEPENDENT LIVING  
RETIREMENT COMMUNITY**

**Arbor Court Retirement  
Community at Alvamar**

1510 St Andrews Drive  
Lawrence, KS 66047

**Phone:** 785-841-6845

**Emails:**

tracy.harmon@healthmarkgroup.com

susan.cook@healthmarkgroup.com

**Web:** arborcourt-lawrence.com

**Contacts:** Tracy Harmon, Susan Cook

Arbor Court Retirement Community is a beautiful community for seniors over the age of 55. Spacious, private apartments with full kitchens include housekeeping, flat linen laundry service, most utilities, breakfast and lunch, activities galore and many other amenities for easy, carefree living. Please contact us today to schedule lunch and a tour.

**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

**Contact:** 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.

**LEGAL**

**Grant Glenn  
Law Office**  
913 SE 29th St.  
Topeka, KS 66605

**Phone:** 785-217-0117

**Email:** grant@gmglennlaw.com

**Web:** gmglennlaw.com

**Contact:** Grant Glenn

I can provide estate and real estate advice. I have over 40 years' experience and can write your will, power of attorney, durable power of attorney for health care and any related trusts. I also can assist your family with probate needs following the death of a loved one. I am available to meet you in your residence.

**LONG-TERM CARE ADVOCACY**

making elder care better every day

**Kansas Advocates for  
Better Care**

516 Fireside Ct., Suite B  
Lawrence, KS 66049

**Phone:** 785-842-3088

**Email:** info@kabc.org

**Web:** www.kabc.org

**Contacts:** Mitzi McFatrach, Lenette Hamm, Claire Shanovich

Kansas Advocates for Better Care provides guidance and information about quality elder care at home and in all adult care facilities. Ask about our Quality Care Checklist for in-home care and our care facility quality reports. We improve elder care through support and education with older adults and caregivers, and advocacy with public policy makers. We provide training to prevent elder abuse and improve quality of care. No cost, just help when you need it. Visit our website or call for more info.

**MEAL SERVICES**

**MEALS on WHEELS**  
EASTERN KANSAS

**Meals on Wheels of  
Eastern Kansas**

2134 SW Westport Dr.  
Topeka, KS 66614

**Phone:** 785-430-2186

**Web:** www.mowks.org

Meals on Wheels of Eastern Kansas serves homebound seniors in Shawnee, Jefferson and Douglas counties. Clients can enjoy nutritious meals delivered Monday – Friday. Utilizing Meals on Wheels helps seniors remain in their home independently while receiving a daily safety check at the time of meal delivery.

**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.

**MEMORY CARE**

**Bridge Haven Village  
Madel's House**

1701 Research Park Drive  
Lawrence, KS 66047

**Phone:** 785-371-1106

**Email:** srandolph@mybridgehaven.com

**Web:** www.mybridgehaven.com

**Contact:** Sarah Randolph

One of three 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  
Oma's House**

1701 Research Park Drive  
Lawrence, KS 66047

**Phone:** 785-371-1106

**Email:** srandolph@mybridgehaven.com

**Web:** www.mybridgehaven.com

**Contact:** Sarah Randolph

One of three 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  
Opa's House**

1701 Research Park Drive  
Lawrence, KS 66047

**Phone:** 785-371-1106

**Email:** srandolph@mybridgehaven.com

**Web:** www.mybridgehaven.com

**Contact:** Sarah Randolph

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**MEMORY CARE**

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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

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# IMPORTANT PHONE NUMBERS

## ABUSE & NEGLECT PREVENTION & INTERVENTION

Center For Safety And Empowerment... 888-822-2983  
 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 Legal Services ..... 888-353-5337  
 Kansas Protection Report Center .... 800-922-5330  
 Long-Term Care Ombudsman ..... 877-662-8362

## ADULT DAY PROGRAMS

Baldwin Health Care ..... 785-594-6492  
 Brewster Place Retirement Comm.... 785-274-3314  
 Brookdale Topeka ..... 785-271-5100  
 Cooper's Home Care..... 785-865-2525  
 Hickory Pointe Care & Rehabilitation.. 785-863-2108  
 Kelly House of Meriden North..... 785-484-0100  
 Legend Healthcare..... 913-369-8705  
 Midland Care (Lawrence) ..... 785-842-3627  
 Midland Care (Topeka) ..... 785-232-2044  
 Prairie Wind Home Pro ..... 785-862-5318  
 Tanglewood Nursing & Rehabilitation ... 785-217-1523  
 Wellsville Retirement Community .... 785-883-4101  
 The Windsor of Lawrence..... 785-832-9900

## ADVOCACY

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  
 Kansas Advocates for Better Care.... 785-842-3088  
 OR ..... 800-525-1782  
 KS Dept. for Aging & Disability Services.. 800-432-3535  
 Kansas Foundation for Medical Care.. 800-432-0770  
 Kansas Health Consumer Coalition.. 785-232-9997  
 Kansas Health Care Association ..... 785-267-6003  
 Lawrence-DG Co. Health Department Project  
 LIVELY ..... 785-843-3060  
 Senior Resource Center for Do. Co... 785-842-0543

## ALZHEIMER'S/DEMENTIA SUPPORT

Alzheimer's Helpline..... 800-272-3900  
 Brookdale Topeka ..... 785-271-5100  
 Home Instead, Lawrence..... 785-856-8181  
 Home Instead, Topeka..... 785-272-6101  
 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..... 785-274-3314  
 Bridge Haven Village Madel's House... 785-371-1106  
 Bridge Haven Village Oma's House... 785-371-1106  
 Bridge Haven Village Opa's House... 785-371-1106  
 Brookdale Topeka ..... 785-271-5100  
 Country Place Senior Living ..... 913-662-7330

Countryside Health Center..... 785-234-6147  
 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  
 Lawrence Presbyterian Manor ..... 785-841-4262  
 Legend at Capital Ridge ..... 785-272-9400  
 Lexington Park Assisted Living..... 785-233-7511  
 Meriden Adult Services Plus ..... 785-484-2380  
 McCrite Plaza Topeka..... 785-267-2960  
 Midland Care at Linnwood Park..... 785-945-3634  
 Monterey Village ..... 785-227-9101  
 Morningstar Care Homes of Baldwin City . 785-594-2603  
 MorningstarCare Homes of Ottawa ... 785-242-1809  
 Neuvant House of Lawrence..... 785-856-7900  
 Oak Creek Senior Living..... 785-272-2601  
 Pioneer Ridge Assisted Living..... 785-749-4200  
 Rolling Hills Health Center ..... 785-273-2202  
 Topeka Presbyterian Manor ..... 785-272-6510  
 Vintage Park at Baldwin City ..... 785-594-4255  
 Vintage Park at Gardner..... 913-856-7643  
 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  
 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  
 Library Outreach Services..... 785-580-4545  
 Lincare Inc ..... 785-354-1000  
 Medical Arts Pharmacy..... 785-843-4160  
 OCCK, Inc ..... 785-827-9383  
 Resource Center for Independent Living  
 ..... 785-528-3105  
 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  
 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

East Central Kansas AAA ..... 785-242-7200  
 OR ..... 800-633-5621  
 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  
 Shawnee County Health Agency Project Access  
 ..... 785-291-2490  
 TARC ..... 785-232-0571 ext. 311  
 Wyandotte/Leavenworth AAA..... 913-573-8531

## COMPUTER TRAINING

Computer Learning Center, Independence, Inc.  
 ..... 785-841-0333  
 Lawrence Workforce Center..... 785-840-9675  
 Topeka-Shawnee County Public Library.. 785-580-4400  
 Topeka Workforce Center ..... 785-235-5627  
 Washburn Tech ..... 785-273-7140

## CONSUMER INFORMATION/ADVOCACY

Attorney General's Consumer Hotline.. 800-432-2310  
 Better Business Bureau..... 703-276-0100  
 Insurance Commissioner's Hotline... 800-432-2484  
 Kansas Advocates for Better Care.... 800-525-1782  
 Kansas Legal Services ..... 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  
 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



# IMPORTANT PHONE NUMBERS

CONTINUED FROM PAGE SIX

- Senior Resource Center for Do. Co. ... 785-842-0543
- E.C.K.A.N ..... 785-841-3357
- Salvation Army ..... 785-843-4188

## DENTAL SERVICES

- Douglas County Dental Clinic..... 785-312-7770
- Health Care Access ..... 785-841-5760
- Johnson County Community College Dental Hygiene Program ..... 913-469-3808, ext. 1
- Marian Dental Clinic ..... 785-233-2800
- Peterson Krische Van Horn DDS ..... 785-842-0705

## 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 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
- Monte Mace Disability..... 785-331-6452
- Resource Center for Independent Living..... 785-267-1717
- 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

- Centro Hispano Resource Center ..... 785-843-2039
- Computer Learning Center, Independence, Inc. .... 785-841-0333
- K-State Research & Extension ..... 785-843-7058
- KU Continuing Education..... 785-864-4790
- Lawrence Adult Learning Center ..... 785-832-5960
- Lawrence Parks & Recreation ..... 785-832-7920
- Let's Help ..... 785-234-6208
- Senior Resource Center for Do. Co. ... 785-842-0543
- Stormont Vail HealthWise..... 785-354-6787

## EMERGENCY ALERT DEVICES

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

## EMPLOYMENT ASSISTANCE

- 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
- Topeka Rescue Mission..... 785-354-1744
- Topeka Workforce Center ..... 785-235-5627
- Washburn University Career Services... 785-670-1450

## FINANCIAL ASSISTANCE

- Housing and Credit Counseling, Inc. 785-749-4224
- Kansas Legal Services ..... 785-354-8531
- Kansas Veterans Commission ..... 785-843-5233
- Low Income Energy Assistance Program ..... 785-296-2649
- Social Security..... 866-698-2561
- 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
- YMCA (Bonner Springs)..... 913-422-9348
- YMCA (Topeka) ..... 785-354-8591
- YWCA (Topeka)..... 785-233-1750

## FOOD ASSISTANCE

- Antioch Family Life Center ..... 785-232-1937
- Ballard Community Center ..... 785-842-0729
- 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 and Faith ..... 785-354-7262
- Harvester's Community Food Network.. 816-929-3220
- ICARE, Inc. .... 785-267-5910
- Joyful Harvest Church..... 785-354-8154
- Just Food..... 785-856-7030
- Let's Help, Inc. .... 785-234-6208
- Meals on Wheels (Lawrence) ..... 785-830-8844
- Meals on Wheels (Shawnee and Jefferson counties)..... 785-295-3980
- Salvation Army (Lawrence) ..... 785-843-4188
- Salvation Army (Topeka) ..... 785-233-9648

## GOVERNMENT OFFICES

- Kansas Attorney General ..... 800-432-2310
- KS Dept. for Aging & Disability Services .. 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

- AdventHealth Ottawa ..... 785-229-8200
- American Red Cross ..... 785-843-3550
- Douglas County Health Dept ..... 785-843-0721
- Health Care Access ..... 785-841-5760
- HealthWise - Stormont Vail Health... 785-354-6787
- Kansas Rehabilitation Hospital..... 785-235-6600
- KU Health System St. Francis Campus... 785-295-8000
- LMH Health ..... 785-505-5000

## HEARING RESOURCES

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

## HOME CARE

- A Helping Hand Home Health..... 785-856-0192
- Advantaged Home Care, Inc. .... 785-267-4433
- Advocare..... 785-456-8910
- Angels at Home Care ..... 785-271-4376
- Caregivers Home Care..... 785-273-2829
- East Central Kansas AAA ..... 785-242-7200
- Graceful Home Healthcare..... 785-424-2785
- Grace Home Care ..... 785-286-2273
- Home Instead (Lawrence)..... 785-856-8181
- Home Instead (Topeka)..... 785-272-6101
- Interim Healthcare, Inc..... 785-272-1616
- Mason's Memory LLC..... 785-242-8882
- McCrite Plaza Topeka..... 785-267-2960
- Midland Care ..... 800-491-3691
- Midland Care (Topeka) ..... 785-232-2044
- Resource Center for Independent Living ..... 785-242-1805
- Topeka Independent Living Resource Center, Inc. .... 785-233-4572
- Trinity In-Home Care ..... 785-842-3159
- Visiting Angels..... 785-284-5500
- Visiting Nurses Association (Lawrence).. 785-843-3738
- Visiting Nurses Association (Topeka)..... 785-234-2700
- Windsor Place At-Home Care ..... 785-843-4800

## HOME MODIFICATION & REPAIR

- Bath Innovations Walk-in Bathtubs .. 913-912-1750
- E.C.K.A.N. (Weatherization)..... 785-841-3357
- Independence, Inc. .... 785-841-0333

## HOME PLUS

- Aldersgate Village ..... 785-286-7490
- Bridge Haven Village Madel's House... 785-371-1106
- Bridge Haven Village Oma's House.. 785-371-1106
- Bridge Haven Village Opa's House... 785-371-1106
- Cooper's Home Care..... 785-865-2525
- Hillsdale Place ..... 785-383-7094
- Linnwood Park Home Plus (Meriden).. 785-224-8023
- Morningstar Care Homes of Baldwin City .. 785-594-2603
- Morningstar Care Homes of Ottawa .. 785-242-1809
- Prairie Wind Home Pro ..... 785-862-5318
- Tammy the Home Pro Plus ..... 785-383-7094

## HOSPICE

- Avalon Hospice ..... 785-246-6520
- Elara Caring ..... 800-396-7778
- Heartland Hospice Care ..... 785-271-6500
- Jefferson County Health Department.. 785-863-2447
- Kansas Palliative & Hospice Care .... 913-353-6525
- Midland Care (Lawrence) ..... 785-842-3627
- Midland Care (Ottawa)..... 785-242-0002
- Midland Care (Topeka) ..... 785-232-2044



# IMPORTANT PHONE NUMBERS



■ CONTINUED FROM PAGE SEVEN

PRN Home Health and Hospice..... 785-456-7764  
 Visiting Nurses Association..... 785-843-3738

## HOTLINES

Crime Stoppers (Lawrence) ..... 785-843-8477  
 Crime Stoppers (Topeka)..... 785-234-0007  
 Headquarters (24-hr hotline for personal crises)  
 ..... 785-841-2345  
 Insurance Department ..... 800-432-2484  
 Kansas Senior Medicare Patrol ..... 800-432-3535  
 KDOA Nursing Facility Complaint Hotline  
 ..... 800-842-0078, 785-296-0133 (Topeka)  
 Kansas Legal Services ..... 888-353-5337  
 Kansas Protection Report Center .... 800-922-5330  
 National Eldercare Locator..... 800-677-1116  
 Public Assistance Fraud Hotline ..... 800-432-3913  
 Willow Domestic Violence Center ..... 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  
 Bethel Estates of Gardner ..... 913-856-4107  
 Bethel Estates of Lawrence ..... 785-424-7819  
 Brandon Woods At Alvamar ..... 785-838-8000  
 Brewster Place ..... 785-274-3314  
 Bridge Haven Village Madel's House... 785-371-1106  
 Bridge Haven Village Oma's House... 785-371-1106  
 Bridge Haven Village Opa's House... 785-371-1106  
 Brittany Court Apartments..... 913-562-6133  
 Cedar Lake Village ..... 913-780-9916  
 Cedar Square ..... 785-242-8110  
 Cedarwood Senior Cottages ..... 785-842-5494  
 Century Plaza ..... 785-267-0960  
 Clinton Place ..... 785-841-1000  
 Community Village Lawrence ..... 785-505-0187  
 Cooper's Home Care..... 785-865-2525  
 Country Place Senior Living ..... 913-662-7330  
 Edgewood Homes ..... 785-842-8110  
 First Apartments ..... 785-272-6700  
 Hillside Village of De Soto..... 913-583-1266  
 Knightsbridge Manor Apartments.... 785-233-0870  
 La Colonia ..... 785-354-4225  
 Landmark Plaza..... 785-233-5769  
 Lawrence Community Housing Trust.... 785-842-5494  
 Lawrence Housing Authority Section 8 Housing  
 ..... 785-842-8490  
 Legacy Senior Apartments ..... 913-728-2049  
 Legend at Capital Ridge ..... 785-272-9400  
 Lexington Park ..... 785-440-0500  
 Luther Place ..... 785-273-2944  
 Madison Street Senior Apartments .... 785-234-3386  
 Maple Ridge Senior Living Comm .... 913-667-3380  
 Martin Creek Place ..... 785-273-2944  
 McCrite Plaza at Briarcliff ..... 816-888-7930  
 McCrite Plaza Topeka..... 785-267-2960

Meadowlark Estates ..... 785-842-2400  
 Medicalodges of Eudora ..... 785-542-2176  
 Medicalodges of Gardner ..... 913-856-6520  
 Mission Towers ..... 785-233-5656  
 Monterey Village ..... 785-227-9101  
 Morningstar Care Homes of Baldwin City .. 785-594-2603  
 Morningstar Care Homes of Ottawa .. 785-242-1809  
 Nettleton Manor Apartments ..... 913-422-7671  
 Neuvant House of Lawrence..... 785-856-7900  
 Orchard Lane Leisure Living ..... 785-594-6996  
 Pebblebrooke Villas..... 913-724-2103  
 Peterson Acres ..... 785-842-8358  
 Pinecrest Apartments ..... 785-542-1020  
 Pioneer Curtis Homes ..... 785-232-8715  
 Pioneer Ridge Independent Living... 785-749-6785  
 Pioneer Ridge Retirement Community... 785-749-2000  
 Plaza West Apartments ..... 785-272-5660  
 Plaza West Care Center ..... 785-271-6700  
 Prairie Ridge Place..... 785-841-8660  
 Prairie Commons ..... 785-843-1700  
 Prairie Wind Senior Living ..... 785-862-5318  
 Presbyterian Manor, Lawrence ..... 785-841-4262  
 Presbyterian Manor, Topeka ..... 785-272-6510  
 Rock Creek of Ottawa ..... 785-242-5399  
 Rolling Hills Retirement Community 785-273-2202  
 Rose Hill Place..... 785-228-3666  
 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 ... 785-217-1523  
 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 Gardner ..... 913-856-7643  
 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  
 Wesparke Village Two ..... 785-228-3666  
 Windsor, The ..... 785-832-9900  
 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  
 East Central Kansas AAA ..... 785-242-7200  
 El Centro of Topeka ..... 785-232-8207  
 Eldercare Locator ..... 800-677-1116

HealthWise - Stormont Vail Health.... 785-354-6787  
 Jayhawk Area Agency on Aging ..... 785-235-1367  
 Kansas Commission of Veterans Affairs . 785-843-5233  
 KS Dept. for Aging & Disability Services.. 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  
 Senior Resource Center for Do. Co..... 785-842-0543  
 United Way Information and Referral .. 785-273-4804  
 Vieve Health ..... 785-813-1851

## INSURANCE INFORMATION

Insurance Commissioner's Office .... 800-432-2484  
 Jayhawk Area Agency on Aging ..... 785-235-1367  
 Jim Garrison's State Farm Insurance .. 785-272-0332  
 Kansas Foundation for Medical Care... 785-273-2552  
 Kansas Insurance Department..... 800-432-2484  
 Kansas Medical Assistance Program..... 800-766-9012  
 Kim McPherson, Benefits Advisor .... 785-766-9022  
 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  
 Stephens Chapin Insurance..... 785-841-9538  
 HealthWise - Stormont Vail Health.... 785-354-6787

## LEGAL AID

Douglas County Legal Aid Society .... 785-864-5564  
 East Central Kansas AAA ..... 785-242-7200  
 Kansas Attorney General ..... 785-296-2215  
 Kansas Bar Association..... 800-928-3111  
 Kansas Legal Services ..... 800-723-6953

## 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  
 Johnson County Library - Gardner .. 913-826-4600  
 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

■ CONTINUED ON PAGE NINE





# IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE EIGHT

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
Salvation Army .....	785-233-9648
Madison Street Senior Apartments .....	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 .....	785-242-2604
Wellsville Community Center.....	785-883-4334
YMCA - Southwest .....	785-271-7979

**MEDICAL EQUIPMENT**

Apollo Medical Services .....	785-272-1257
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
Munns Medical Inc.....	785-228-0187

**MEMORY CARE**

Arbors at Monterey Village, The.....	785-592-6188
Bridge Haven Village Madel's House..	785-371-1106
Bridge Haven Village Oma's House..	785-371-1106
Bridge Haven Village Opa's House....	785-371-1106
Brookdale Topeka .....	785-271-5100
Legend at Capital Ridge .....	785-272-9400
Morningstar Care Homes of Baldwin City ..	785-594-2603
MorningstarCare Homes of Ottawa...	785-242-1809
Neuvant House of Lawrence.....	785-856-7900

**MENTAL HEALTH**

Bert Nash Community Mental Health Center	785-843-9192
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

**NURSING FACILITIES**

Aldersgate Village .....	785-478-9440
Baldwin Healthcare & Rehab Center .....	785-594-6492
Brandon Woods.....	785-843-4571
Brewster Health Center.....	785-267-1666
Hillside Village of De Soto.....	913-583-1266
Lawrence Presbyterian Manor .....	785-841-4262
Legend Healthcare.....	913-369-8705
Lexington Park Nursing & Post Acute Care ..	785-440-0500
Life Care Center of Burlington.....	620-364-2117
McCrite Plaza Topeka.....	785-267-2960
Medicalodges Eudora.....	785-542-2176
Medicalodges Gardner .....	913-856-6520
Pioneer Ridge Retirement Community...	785-749-2000
Plaza West Regional Health Center...	785-271-6700
Rock Creek of Ottawa .....	785-242-5399
Rolling Hills Health Center .....	785-273-5001
Tanglewood Nursing & Rehabilitation ..	785-217-1523
Topeka Center for Rehab and Health .....	785-271-6808
Topeka Presbyterian Manor .....	785-272-6510
Woodland Health Center .....	785-233-0544

**NURSING HOME COMPLAINTS**

Long-Term Care Ombudsman .....

800-842-0078

**ORGANIZATIONS**

Lawrence Action Civitan Club .....	785-691-8520
Lawrence Bridge Club .....	785-760-4195
Lawrence Partners in Aging .....	785-842-0543
NAACP - Lawrence Chapter .....	785-841-0030
N.A.R.F.E. (Lawrence) .....	785-843-7481
N.A.R.F.E. (Topeka) .....	785-640-7317
O.U.R.S. ....	785-842-8034
Topeka Genealogical Society .....	785-233-5762

**PHYSICAL FITNESS/EXERCISE**

Baldwin City Recreation.....	785-594-3670
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
Topeka Senior Adult Programs .....	785-368-3798
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 &amp; Recreation .....

**REHABILITATION**

Baldwin Healthcare and Rehab Center...	785-594-6492
Center for Rehabilitation (LMH) .....	785-505-6477
Gollier Rehabilitation Center.....	785-229-8343
Hillside Village of De Soto.....	913-583-1266
Kansas Rehabilitation Hospital.....	785-232-8524
Life Care Center of Burlington.....	620-364-2117
LMH Therapy Services .....	785-505-2712
McCrite Plaza Topeka .....	785-267-2960
Meadowbrook Rehabilitation Hospital .....	913-856-8747
Medicalodges Eudora.....	785-542-2176
Medicalodges Gardner .....	913-856-6520
Rehab Center at Brewster Place .....	785-215-3411
Rock Creek of Ottawa.....	785-242-5399
Tanglewood Nursing & Rehabilitation ..	785-217-1523
Topeka Center for Rehab and Health .....	785-271-6808
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 Rehab Center..	785-594-6492
Brandon Woods.....	785-838-8000
Brookdale Topeka .....	785-271-5100
Cascade Health Services .....	785-228-9922
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
Jefferson County Memorial Hospital..	913-774-4340
Lawrence Presbyterian Manor .....	785-841-4262
Medicalodges Eudora.....	785-542-2176
Medicalodges Gardner .....	913-856-6520
Midland Care .....	800-491-3691
Midland Care (Topeka) .....	785-232-2044
Rossville Healthcare and Rehab Center .	785-584-6104
Senior Resource Center for Do. Co.....	785-727-7873
Tanglewood Nursing & Rehabilitation ..	785-217-1523
Topeka Community Health Care .....	785-234-0018
Trinity In-Home Care .....	785-842-3159
V.A. Eastern Kansas Healthcare System ..	785-350-3111
Visiting Angels.....	785-284-5500
Wellsville Retirement Community .....	785-883-4101
The Windsor of Lawrence.....	785-832-9900
Windsor Place At-Home Care .....	785-843-4800

**SENIOR CENTERS**

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 .....	913-845-2787
Gardner Senior Citizen Comm. Center....	913-856-0936

CONTINUED ON PAGE 10



# IMPORTANT PHONE NUMBERS



■ CONTINUED FROM PAGE NINE

LULAC Senior Center .....	785-234-5809
Papan's Landing Senior Center .....	785-232-7968
Senior Resource Center for Do. Co... ..	785-842-0543
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
Better Breathers Club .....	785-505-5820
Better Breathers Club .....	785-273-3560
Breast Cancer Support Group .....	785-979-8362
Cancer Support Group .....	785-505-2807
Caregiver Support Group .....	785-842-0543
Caregiver Support Group .....	785-580-4662
Caregiver Support Group .....	785-235-1367
Chronic Pain Support Alliance .....	785-218-8848
Dementia Support Group .....	785-218-4083
Diabetes Education Group .....	785-505-3062
General Grief Support Group .....	785-430-2194
Grandparent & Caregiver Support Group.....	785-286-2329
Grief Support Group .....	785-505-3140
Healing After Loss By Suicide .....	785-478-4947
Individual Bereavement Support .....	785-271-6500
LMH Health Ostomy Support Group .....	785-505-6265
LMH Heart Beats .....	785-505-2850
Lunch After Loss .....	785-271-6500
Midland Care .....	800-491-3691
Midland Care (Topeka) .....	785-232-2044
Prostate Cancer Support Group.....	785-230-4422
Spouse/Partner Loss .....	785-430-2194
Stroke Support Group .....	785-235-6600
Stroke Support Group .....	785-505-2850
Topeka Area Ostomy Support Group .....	785-295-5555

## TELEPHONE REASSURANCE

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 Medical Transportation .....	785-233-8212
Auburn Senior Center.....	785-256-2917
Capitol City Taxi.....	785-267-3777
East Topeka Senior Center .....	785-232-7765
Franklin Co. Services for the Elderly .....	785-242-7440
Grace Home Care .....	785-286-2273

Independence, Inc., Transportation. 785-843-5576	
Lawrence Transit System T-Lift .....	785-312-7054
LULAC Senior Center .....	785-234-5809
Papan's Landing (North Topeka) .....	785-232-1968
Rossville Senior Center .....	785-584-6364
Senior Wheels (Douglas County) .....	785-865-6925
Silver Lake Senior Center .....	785-582-5371
KU Health System St. Francis Campus....	785-295-8008
Topeka Transit Bus Service .....	785-354-9571
VA Volunteer Transportation .....	785-350-4323
Visiting Angels.....	785-284-5500

## UTILITIES

Electricity: Evergy, Emergency Service (24 hours) 800-544-4857	
Gas: Black Hills Energy, Emergency Calls ..	800-694-8989
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

Ballard Community Center .....	785-842-0729
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
Project DESERVE (Evergy) .....	800-383-1183
Salvation Army (Lawrence) .....	785-843-4188
Salvation Army (Topeka) .....	785-233-9648

## VISION RESOURCES

Audio-Reader Network.....	800-772-8898
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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 .....	800-432-2923

## 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
Headquarters Crisis Center .....	785-841-2345
Jayhawk Area Agency on Aging .....	785-235-1367
Lawrence ACTION Civitan Club .....	785-631-9354
LMH Health .....	785-505-5000
Meals on Wheels (Lawrence) .....	785-830-8844
Meals on Wheels (Topeka) .....	785-295-3980
Midland Care .....	800-491-3691
KU Health System St. Francis Campus....	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 2021 Senior Resources Directory.*

“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+. Clearly, the numbers don’t add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

Source: Huffington Post, [huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending\\_b\\_6815876.html](https://www.huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html)

**Kaw Valley**  
**SeniorMonthly**  
**785-841-9417**

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:** CarolRealtor.com  
**Contact:** Carol Ronnebaum

Thinking of a move? A later-in-life move can be overwhelming creating many questions. A Senior's Real Estate Specialist understands issues that you and your family are facing. From eliminating house hold items to selling your home, seniors deal with problems not found with traditional home sales. Why not work with a team of specialized professionals who will answer your questions, guide you, help you make decisions, and let you control of your move. Call Carol, your friend in real estate for skilled advice about your move.

RETIREMENT COMMUNITY



LIFE PLAN 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, Home Plus, Memory Care, Skilled Nursing and Rehabilitation.

REAL ESTATE RESOURCE



**Karena Schmitendorf,**  
**KW Integrity**  
545 Columbia Drive  
Lawrence, Kansas 66049

**Phone:** 785-813-1851  
**Email:** karenahomes@kw.com  
**Web:** www.karenahomes.kw.com  
**Contact:** Karena Schmitendorf

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RETIREMENT COMMUNITY



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

**Phone:** 785-267-2960  
**Email:** cwilliams@mccriteretirement.com (Marketing)  
**Web:** www.McCritePlaza.com  
**Contacts:** Melanie Butler, Administrator, Cindee Williams Anna Gemmer, Apartments

Established in 1975 by Pat and Judy McCrite, McCrite Plaza is the only continuously family-owned and operated full continuum of care community in northeast Kansas. Our elegant environment, robust activity program and strong commitment to 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.

REHABILITATION



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

**Phone:** 785-267-2960  
**Email:** admissions@mccritretirement.com (Jennifer Gabel, Admissions - LTC & Rehab)  
**Web:** www.McCritePlaza.com  
**Contacts:** Melanie Butler, Administrator, Jennifer Gabel, Long Term Care and Rehab

Established in 1975 by Pat and Judy McCrite, McCrite Plaza is the only continuously family-owned and operated full continuum of care community in northeast Kansas. Our elegant environment, robust activity program and strong commitment to 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.

RETIREMENT COMMUNITY



**Prairie Commons**  
5121 Congressional Circle  
Lawrence, KS 66049

**Phone:** 785-843-1700  
**Email:** prairiecommons01@gmail.com  
**Web:** liveatprairiecommons.com  
**Contact:** Sheri VanAuken

Affordable living for independent seniors age 55+. Prairie Commons features one and two bedroom apartments nestled in a park-like setting but still close to a variety of retail shops and restaurants. We offer a cozy clubhouse with our own library, fitness room and a variety of on-going resident activities. Call us today to set an appointment for a personal tour. We would love to help you find your new home.

RENTAL REAL ESTATE



**Historic GEM Building**  
P.O. Box 506  
Topeka, KS 66601

**Phone:** 785-233-9930  
**Contact:** Jan W. Leuenberger

Loft, 2-bedroom, National Historic GEM Apartments, 10th and Topeka Boulevard. Heat, water, trash paid. Fair rent, laundry, elevator, secure, well-lighted. Also, office and retail space available on ground level at 506 and 510 S.W. 10th, Topeka.

RENTAL REAL ESTATE

## SENIOR APARTMENTS



National Church Residences  
EXCELLENCE THAT TRANSFORMS LIVES

### 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.



## SENIOR HOUSING



### Cedarwood Senior Cottages

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 newly built units to seniors 62+. These units are all electric with energy efficient heating and cooling systems, come with smart technology safety features, offer attractive landscaping with gardening opportunities and a lovely community building for all tenants to use!

## SENIOR MAGAZINE

# SeniorMonthly

### Kaw Valley Senior Monthly

9703 Hayes St.  
Overland Park, KS 66212

Phone: 785-841-9417

Email: kevin@seniormonthly.net

Web: www.seniormonthly.net

Contact: Kevin Groenhagen

Kaw Valley Senior Monthly covers news and issues of interest to active individuals who are "50 and better." Each issue offers columns on personal finance, health and fitness, and other senior issues. Other features include puzzles, cooking, humor and a calendar of events. Advertisers in *Senior Monthly* can reach readers in both the Lawrence and Topeka markets for rates that are comparable to those found at community newspapers with much smaller circulation numbers.

## STATE FARM INSURANCE



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

6750 SW 29th St.  
Topeka, KS 66614

Phone: 785-272-0332, 785-220-0804 (cell)

Email: jim@jimgarrison.biz

Web: www.jimgarrison.biz

Contacts: Jim Garrison, CASL  
Marci Daugherty

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.

# Kaw Valley SeniorMonthly



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