

SENIOR RESOURCES DIRECTORY

A pull-out section in the
January 2019 issue of
Kaw Valley Senior Monthly



2019

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. 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)
Web: 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). 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/
MEMORY CARE PROVIDER**

The
Windsor
of Lawrence

ASSISTED LIVING & MEMORY CARE

3220 Peterson Road
Lawrence, KS 66049

Phone: 785-832-9900

Email:

jacob.kerrigan@legendseniorliving.com

Web: www.legendeniorliving.com

Contact: Jacob Kerrigan, Residence Director

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, 2 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.

AUDIOLOGY/ENT PHYSICIANS

ENT | LAWRENCE
OTOLARYNGOLOGY
HEAD & NECK 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.

DEE'S DOLL DRESSES

Dee's Doll
Dresses



Dee's Doll Dresses

2223 Westchester Rd.
Lawrence, KS 66049

Phone: 785-841-3587

Email: boeckdee@gmail.com

Web: etsy.com/shop/DeesDollDresses

Contact: Dee Boeck

I sew doll clothes. The clothes I have in stock fit all 18" dolls (including American Girl); however, I will custom make other sizes and enjoy making new dresses for older, vintage dolls. I use top quality fabrics and trims. You will find professional craftsmanship in the materials and detail that go into my outfits. Snap closures are used rather than Velcro. I have dozens of styles in stock, including Dorothy, my most popular dress.

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

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.

FUNERALS / CREMATIONS

*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.

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 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 or give us a call at 785-286-2273.

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.

HOME HEALTH



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

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 \$375 to \$497 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, indoor laundry & mail, plus much more.

HOME HEALTH 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

Jenny Beaver, BSN, Director of Health Care Services

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.

IN-HOME CARE



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

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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: www.KansasVNA.org

For 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.

INSURANCE

**Kim McPherson,
Benefits Advisor**

Lawrence, Kansas

Phone: 785-766-9022

Email: Kim.McPherson@amba.info

Contact: Kim McPherson

Kim McPherson is a licensed life and health insurance agent and specializes in providing benefit packages to retired educators and retired school personnel. 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 Medicare supplement plan, cancer plan, or long-term care insurance plan to meet your individual needs.

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—premiums for 5 years, paid up for life. Long Term Care. Call 785-242-6955 or stop in.

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.

LONG-TERM CARE ADVOCACY
**Kansas Advocates for
Better Care**

536 Fireside Ct., Suite B
Lawrence, KS 66049

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

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. 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. No cost, just help when you need it. Visit our website or call for more info.

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 four 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 four 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 four 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

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

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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: 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, Memory Care, Skilled Nursing and Rehabilitation.

RETIREMENT COMMUNITY
**BRANDON WOODS
AT ALVAMAR**


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 Alvamar.

RETIREMENT COMMUNITY

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

Phone: 785-267-2960
Email: cwilliams@mccriteretirement.com (Marketing), and admissions@mccritretirement.com (Admissions - LTC & Rehab)
Web: www.McCritePlaza.com
Contacts: Melanie Butler, Administrator, Jennifer Gable, Long Term 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 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 ongoing resident activities. Call us today to set an appointment for a personal tour. We would love to help you find your new home.

RETIREMENT COMMUNITY

4712 SW Sixth Ave.
Topeka, KS 66606-2284
TopekaPresbyterianManor.org

785-272-6510

Contact: Chelsea Watgen
Director of Sales and Marketing
cwatgen@pmma.org

A senior living community offering:

- Independent Living
- Assisted Living
- Health Care Center
- Short Term Rehabilitation/PATH

Just Ask. Together,
we'll find the answers.

**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.





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....	785-274-3314
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 ...	785-217-1523
Tonganoxie Nursing Center.....	913-369-8705
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
DCCA 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
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 at Alvamar.....	785-371-1106
Bridge Haven Care Cottage.....	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
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.....	785-227-9101
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
Ottawa Retirement Village Plaza.....	785-242-1127
Pioneer Ridge Assisted Living.....	785-749-4200
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
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
Friendly Visitors.....	888-737-1137
Home Instead (Lawrence).....	785-856-8181
Home Instead (Topeka).....	785-272-610
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.....	800-633-5621
Jayhawk Area Agency on Aging.....	800-798-1366
Jefferson County Health Department..	785-863-2447
Johnson Co. Area Agency on Aging..	913-894-881
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.
.....	785-841-0333
Lawrence Workforce Center.....	785-840-9675
Topeka-Shawnee County Public Library..	785-580-4400



IMPORTANT PHONE NUMBERS

CONTINUED FROM PAGE SIX

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
 Monte Mace Disability..... 785-331-6452
 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..... 866-698-2561

Tax Counseling for Elderly (Feb.1-Apr.15)
 785-842-0543

FITNESS & RECREATION

Baldwin City Recreation..... 785-594-3677
 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
 LMH Health..... 785-749-6100
 St. Francis Health 785-295-8000
 Stormont Vail HealthWise 785-354-6787

HEARING RESOURCES

Hearing Aid Helpline..... 800-521-5247



IMPORTANT PHONE NUMBERS



■ CONTINUED FROM PAGE SEVEN

Lawrence Otolaryngology Associates..	785-841-1107
Marston Hearing Center.....	785-843-8479
National Institute on Deafness	800-241-1044
Next Gen Hearing.....	785-551-7525

HOME 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
Angels Care Home Health	620-728-0900
BrewsterConnect	785-274-3303
Caregivers Home Care.....	785-273-2829
Cascade Health Services.....	785-228-9922
East Central Kansas AAA	785-242-7200
Graceful Home Healthcare.....	785-424-2785
Grace Home Care	785-286-2273
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
McCrite Plaza Topeka.....	785-267-2960
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

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

Aldersgate Village	785-286-7490
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 Village One	785-371-1106
Bridge Haven Village Two.....	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
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	785-274-3314
Bridge Haven at Alvamar	785-371-1106
Bridge Haven Care Cottage.....	785-371-1106
Bridge Haven Village	785-371-1106
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
Cottages of Topeka	785-232-4300
Courthouse Square.....	785-242-2235
Country Place Senior Living	913-662-7331
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 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
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
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 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
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

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IMPORTANT PHONE NUMBERS



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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 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
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
Senior Resource Center for Do. Co.....	785-842-0543
Stormont Vail HealthWise.....	785-354-6787
United Way Information and Referral ...	785-273-4804
Vieve Health	785-813-1851

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
Jim Garrison's State Farm Insurance ..	785-272-0332
Kansas Foundation for Medical Care..	785-273-2552
Kansas Insurance Department	800-432-2484
Kim McPherson, Benefits Advisor	785-766-9022
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 Chapin Insurance.....	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	785584-6364
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

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

Arbors at Monterey Village, The	785-592-6188
Bridge Haven at Alvarum	785-371-1106
Bridge Haven Care Cottage.....	785-371-1106
Bridge Haven Village Oma's House... ..	785-371-1106
Bridge Haven Village Oma's House... ..	785-371-1106
Brookdale Topeka	785-200-3445
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
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
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
Hillside Village of De Soto.....	913-583-1266
IHS at Highland Park.....	785-234-0018

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IMPORTANT PHONE NUMBERS



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Lawrence Presbyterian Manor	785-841-4262
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
Medicalodges Eudora.....	785-542-2176
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 ...	785-217-1523
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
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
McCrite Plaza Topeka.....	785-267-2960
Medicalodges Eudora.....	785-542-2176
Rehab Center at Brewster Place	785-215-3411
Tanglewood Nursing & Rehabilitation ...	785-217-1523
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
Medicalodges 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 ...	785-217-1523
Topeka Community Health Care	785-234-0018
Trinity In-Home Care	785-842-3159
V.A. Eastern Kansas Healthcare System.. ..	785-350-3111
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).....	785-843-2255
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
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
Grace Home Care	785-286-2273
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

■ CONTINUED ON PAGE 11



IMPORTANT PHONE NUMBERS



■ CONTINUED FROM PAGE 10

Rossville Senior Center	785-584-6364
Senior Wheels (Douglas County)	785-865-6925
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
LMH Health	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 2020 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

Kaw Valley
Senior Monthly
785-841-9417

SENIOR APARTMENTS


**THE FIRST
APARTMENTS**

3805 S.W. 18th
Topeka, KS 66604

Phone: 785-272-6700

Email: fcceooffice@fcctopeka.org

Web: www.thefirstapartments.org

Contacts: Amy Crow, Angela Gast

The First Apartments are designed to meet the needs of retirees over 62 with modest incomes. We also can accommodate some individuals under 62 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.



SENIOR HOUSING



Tenants to Homeowners, Inc.
The Lawrence Community Housing Trust

**Cedarwood
Senior Cottages**

2518 Ridge Court, Ste 103
Lawrence, KS 66046

Phone: 785-842-5494

Email: cbryanth@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**
2612 Cranley St.
Lawrence, KS 66046

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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