



2021

SENIOR RESOURCES DIRECTORY

A special pull-out section in the JANUARY 2021 issue of Kaw Valley Senior Monthly

ADVOCACY



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

Contact AARP Kansas by calling 866-448-3619 or by email at kksaarp@aarp.org. Visit our website at aarp.org/ks and follow us on Twitter at twitter.com/aarpks and Facebook at facebook.com/AARPKS.

ASSISTED LIVING



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

Phone: 785-267-2960
Email: mktg@mccriteretirement.com
(Marketing)
Web: www.McCritePlaza.com

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

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
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
Web: 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
Web: 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
Web: www.vintageparkassistedliving.com
Contact: Tina Caruthers, Executive Director

Vintage Park at Ottawa is located a short distance from Lawrence, Olathe and Kansas City. It is also located near shopping, restaurants, and 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**

300 West 9th Street
Lawrence, KS 66044
(Located inside
Central Bank of the Midwest)

Phone: 785-865-1064
Email: trust.midwest@centralbank.net
Web: centraltrust.net/lawrence
Contacts: Andy Holmes, Barbara Braa and Brent Weber

Central Trust Company is one of the region's leading providers of asset management services. We currently manage client assets of more than \$7 billion, and our staff includes portfolio managers, attorneys, Certified Financial Planners (CFP), Certified Public Accountants (CPA), Certified Trust & Fiduciary Advisors (CTFA) 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, Vice President

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 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). 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.

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.

HOUSING

1016 Orchard Lane
Baldwin City, KS 66006

Phone: 785-594-6996
Email: apartmenthomes4u@centurylink.net
Contacts: Wendy Cherry, Manager,
Sarah Lober, Rental Consultant

Nicely maintained with on-site staff in a senior community. Orchard Lane Leisure Living offers one-level maintenance-free independent living for seniors or disabled. Income-based rent from \$420 to \$445 with water/sewer/trash paid. Quiet, "country-like" location with city convenience. Amenities include satellite tv, 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, indoor laundry & mail, plus much more.

INSURANCE

Kimberly McPherson,
Licensed Insurance Agent
Lawrence, Kansas

Phone: 785-766-9022
Email: kmcpherson@myhst.com
Contact: Kimberly McPherson

Kimberly McPherson is a Licensed Insurance Agent 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. Kimberly 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: mktg@mccriteretirement.com
(Marketing)
Web: www.McCritePlaza.com

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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. 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.

**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.

IN-HOME 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). 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.

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: Margaret Farley,
Claire Shanovich, Lenette Hamm

Kansas Advocates for Better Care provides guidance and information about quality elder care at home, and in all KS adult care facilities. We offer several publications at no cost, including facility inspection reports. KABC works to improve elder care through support and education with aging Kansans and caregivers, and through advocacy work 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.

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

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.

NURSING FACILITY

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

Phone: 785-267-2960
Email: admissions@mccritretirement.com (Melanie Butler and 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.

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.

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

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.



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
Douglas County Visiting Nurses	785-843-3738
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 Alvarado	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
OCK, 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
Douglas County Visiting Nurses	785-843-3738
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

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



IMPORTANT PHONE NUMBERS



■ CONTINUED FROM PAGE SIX

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
 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
 Douglas County Visiting Nurses..... 785-843-3738
 Helping Solution, LLC 913-213-3202
 Metro Security Watch..... 888-785-0625

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
 Advocate..... 785-456-8910
 Angels at Home Care 785-271-4376
 Caregivers Home Care..... 785-273-2829
 Douglas County Visiting Nurses..... 785-843-3738
 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
 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
 Douglas County Visiting Nurses..... 785-843-3738
 Elara Caring 800-396-7778
 Heartland Hospice Care 785-271-6500
 Jefferson County Health Department.. 785-863-2447

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IMPORTANT PHONE NUMBERS



■ CONTINUED FROM PAGE SEVEN

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
PRN Home Health and Hospice	785-456-7764

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
Jefferson Villas Apartments	785-357-6227
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
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
Village Cooperative	785-838-3317
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

Don Barkley	785-979-0722
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	785-296-2213
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

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IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE EIGHT

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
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 Homecare of Kansas	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
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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 & Recreation	785-368-3798

REHABILITATION

Baldwin Healthcare and Rehab Center...	785-594-6492
Center for Rehabilitation (LMH)	785-505-6470
Douglas County Visiting Nurses.....	785-843-3738
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

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
Douglas County Visiting Nurses.....	785-843-3738
Hickory Pointe & Rehabilitation Center..	785-863-2108
Home Instead (Lawrence).....	785-856-8181
Home Instead (Topeka).....	785-272-610
Jefferson County Memorial Hospital..	913-774-4340
Lawrence Presbyterian Manor	785-841-4262
Medicalodges Eudora.....	785-542-2716
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

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IMPORTANT PHONE NUMBERS



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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
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
Douglas County Visiting Nurses	785-843-3738
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
American Foundation for the Blind ..	800-232-5463
Lions Eye Health Program	785-272-6102
National Eye Care Project	800-222-3933
Red Carpet/Talking Books	785-580-4545
Talking Books	800-432-2925

VOLUNTEER OPPORTUNITIES

American Red Cross	785-234-0568
Catholic Charities of NE Kansas	785-233-6300
Civitan Club of Topeka	785-580-3873
Douglas County Visiting Nurses.....	785-843-3738
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 2022 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

RETIREMENT COMMUNITY

BRANDON WOODS
AT ALVAMAR

1501 Inverness Drive
Lawrence, KS 66047

Phone: (785) 838-8000

Email: TMetcalf@5ssl.com

Web: www.brandonwoods.com

Contacts: Taira Metcalf, 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 Taira Metcalf 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: mktg@mccriteretirement.com
(Marketing)

Web: www.McCritePlaza.com

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 ongoing resident activities. Call us today to set an appointment for a personal tour. We would love to help you find your new home.

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 APARTMENTS



THE FIRST APARTMENTS

3805 S.W. 18th
Topeka, KS 66604

Phone: 785-272-6700

Email: fcceooffice@fctoepka.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



**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!

Kaw Valley Senior Monthly



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9703 Hayes Street

Overland Park, KS 66212-5034

* Please make out check or money order to "Groenhagen Advertising."

Front Cover Stick-On Ads

Kaw Valley
Senior Monthly

FREE!
Take One Home With You

December 2020 Serving Active Seniors in Northeast Kansas since 2001 Vol. 20, No. 6

INSIDE

Theo Nikolakopoulos, with the help of his twin brother, Nick, recently designed a website that people can use to post tributes to honor loved ones who have passed away. - page 6

Karl Snyder: Supplying fellow veterans with military memorabilia.

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See our ad on page 5

www.seniormonthly.net

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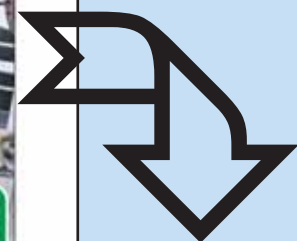
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Size
3" x 3"

In the past, Senior Monthly required a minimum order of 10,000 stick-on ads, which meant an advertiser would have to place ads on two consecutive issues of Senior Monthly. We can now accept a minimum order of 5,000 stick-on ads, so an advertiser can do just one issue. Currently, the February, July, August, September, and October issues are available in 2021. Call Kevin at 785-841-9417 for more details.