

Kaw Valley Senior Monthly

FREE!
Take One Home With You

April 2022

Serving Active Seniors in Northeast Kansas since 2001

Vol. 21, No. 10

INSIDE



COURTESY PHOTO

Martha Barnhill: Celebrating the Lawrence Community Orchestra's 50th anniversary.

See story on page three



SENIOR
profile **R**

The Lawrence Area Partners in Aging will host the 16th annual Senior Resource Fair on April 19. - page 6

| | |
|------------------------------|--------|
| America's Test Kitchen | 25 |
| Business Card Directory... | 26, 27 |
| Calendar | 16 |
| Financial Focus | 14 |
| Health & Wellness..... | 11, 12 |
| Humor..... | 19 |
| Humor Hotel..... | 18 |
| Jill on Money..... | 15 |
| Mayo Clinic | 10 |
| My Answer | 30 |
| My Pet World | 24 |
| Painting with Words | 20 |
| Puzzles and Games..... | 22, 23 |
| Rick Steves' Europe | 20 |
| Savvy Senior..... | 31 |

www.seniormonthly.net

**NOW accepting
55 and over!**


National Church Residences
CEDAR SQUARE

Affordable Apartments for
Seniors age 62+



- One-bedroom and studio floor plans available
- Resident Service Coordinator
- Community and game room
- On-site transportation available
- Central air
- Emergency call system and elevator

Call us today for a personal
tour of your new
Cedar Square Home!

1550 South Cedar • Ottawa, Kansas 66067 • Phone: 785.242. 8110 • TDD: 614.442.4390 • www.nationalchurchresidences.org/cedarsquare



PRSR STD
U.S. Postage
PAID
Lawrence, KS
Permit No. 19



Bridge Haven

**We Never Forget
The Individual Within.**

**Learn about our Alzheimers and Dementia Care Homes:
www.mybridgehaven.com or call us at 785.371.1106**

Barnhill takes part in LCO's 50th anniversary

By Kevin Groenhagen

The word “orchestra” came to English from the Greek *orkheisthai*, which means “to dance.” As Martha Barnhill and other members of the Lawrence Community Orchestra (LCO) celebrate the orchestra’s 50th anniversary this year, you may not see them dance, let alone perform a dance for joy. However, they definitely will be performing “Ode to Joy.”

Barnhill, the daughter of Dr. Ronald and Geraldine Livers, grew up in Hays, Kansas. She developed an interest in music at an early age and began taking piano lessons from her mother at the age of five. She later took piano lessons from Cheryl Duitsman, whose family, like the Livers family, lived in a house at the Fort Hays Experimental Station. It wasn’t long before she also became interested in string instruments.

“I started playing the cello in fourth

grade when I was 10,” she said. “Hays has had an orchestra for as long as anyone can remember. It’s a very musical town. I played in the orchestra all the way from the fourth grade through 12th grade. I then went to Fort Hays State University for two years as a music education major.”

She met her future husband, Curtis Barnhill of Salina, while she was a student at Fort Hays.

“From Fort Hays I went to Arizona State University in Tempe for the last two years of my undergraduate studies,” Barnhill said.

After receiving her Bachelor of Music degree in instrumental music from Arizona State University in 1976, Barnhill and her husband, then also a teacher (he later became an attorney), returned to Kansas. One of her first goals when moving to Topeka was to find an orchestra to play with. She joined the Topeka Symphony Orches-

■ CONTINUED ON PAGE FOUR

COURTESY PHOTO



Martha Barnhill (front row, center) with other musicians. Barnhill, a cellist, will be one of many musicians helping the Lawrence Community Orchestra celebrate its 50th anniversary this year.

TimeShareBeGone Trust Is Our Reputation



“Stop the Worry”

TimeShareBeGone will get you a legal cancellation for less. An experienced consumer protection attorney specializing in timeshare law will personally handle your case. Ask about our Low flat fee payment plans.



TimeShareBeGone
Since 2007

Timesharebegone.com
800-223-1770

Kaw Valley
SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$9.50 for 12 monthly issues.

Contact us:

MAIL

9703 Hayes Street
Overland Park, KS 66212

PHONE / TEXT

785-841-9417

E-MAIL

kevin@seniormonthly.net

Senior Monthly is veteran owned and operated.

“Lever dood as Slaav”



Meals on Wheels serves hot, nutritious meals to homebound seniors in Shawnee, Jefferson, and Douglas counties through home-delivery and congregate meal sites.



MEALS ON WHEELS
EASTERN KANSAS

785-430-2186 • www.mowks.org

Barnhill

■ CONTINUED FROM PAGE THREE

tra and has been a member ever since then.

Barnhill also began teaching music in the Seaman School District.

"I was a stay-at-home mom at that time and I ran their after-school orchestra program for several years," she said. "I then taught in the Shawnee Heights School District."

As the orchestra director at Shawnee Heights, she taught orchestra to students in grades four through 12.

When her two children were a little older, Barnhill joined the Lawrence Chamber Players. The Lawrence Chamber Players can trace its origins to Jessie Branson, whose husband, Dr. Vernon Branson, a Lawrence pediatrician, built a harpsichord for her after they attended a chamber music concert at St. Martin-in-the-Fields in London in 1970. Wanting to play her new harpsichord in an ensemble, Jessie invited a small group of string and wind players into her home for rehearsals. The Lawrence Chamber Players gave its first public performance on April 30, 1972.

While Barnhill continued to play with the Topeka Symphony Orchestra, her busy schedule with work and family forced her to take a break from playing with the Lawrence Chamber Players, which began using the

name Lawrence Chamber Orchestra in 1998.

In 2013, Dr. Matthew O. Smith, Associate Director of Bands at the University of Kansas, and Rachel Dirks, then director of orchestras at Lawrence High School, became the co-directors of the Lawrence Chamber Orchestra, which became the Lawrence Community Orchestra that year. Dirks replaced David Littrell as conductor of Kansas State University's Orchestra when he retired in 2018. Like Barnhill, Dirks is a cellist.

"Rachel called me when she was getting ready to start conducting the orchestra and asked me if I would like to play cello with the orchestra," Barnhill said. "I really like to play cello. If someone asks me to play, I generally like to do that. I have been playing consistently with the Lawrence Community Orchestra since then. I remember playing Beethoven's Fifth Symphony at our first concert under Rachel and Matt. I think we played at the Theatre Lawrence and that it was a Mother's Day concert. I think we did a Mother's Day concert the next year as well. We gradually grew to include two or three big concerts per season. We also did a few smaller concerts during each season."

"I have played all over Lawrence with this orchestra," Barnhill continued. "We've played at churches, Lawrence High School, the Lawrence Arts Center, Liberty Memorial Central

Middle School, and Liberty Hall."

A special treat for the Lawrence community was when the LCO played the music for the 1920 silent film *The Mark of Zorro* at Liberty Hall in 2017.

LCO kicked off its 50th anniversary celebration on March 27 with *A Golden Jubilee: Beethoven Begins* concert at the Plymouth Congregational Church in Lawrence. The concert featured music by Felix Mendelssohn, Jean Sibelius, and Ludwig van Beethoven's Symphony No. 1 in C major, Op. 21.

LCO will perform its next concert, *Tantalizing Tchaikovsky*, at Lawrence High School on May 7 at 7:30 p.m. This concert will feature Giuseppe Verdi's Overture: *La forza del Destino* and Pyotr Ilyich Tchaikovsky's Symphony No. 4 in F minor, Op. 36.

"Tchaikovsky's Fourth Symphony is a big, exciting, and fun piece," Barnhill said.

During the fall (date to be announced), LCO will perform an *Ode to Joy* concert at the Lied Center of Kansas. This concert will feature Franz von Suppé's Morning, Noon, and Night in Vienna and, of course, Ludwig van Beethoven's Symphony No. 9 in D minor, Op. 125.

"One very exciting thing we have planned for the anniversary season is a performance of Beethoven's 9th Symphony in the fall," Barnhill said. "It will be huge, with a large orchestra, large choir, and hired vocal soloists. It will be at the Lied Center and should be an amazing event. I really urge people to come hear the LCO this year. The quality of the group is outstand-

■ CONTINUED ON PAGE FIVE

Come see what has changed! Tour the newly renovated Tanglewood Nursing and Rehabilitation!



Call today for a tour!

785-217-1523

5015 SW 28th St.

Topeka, Kansas 66614

Tanglewoodnursingandrehabilitation.com



Sunflower HEALTH ADVOCATES

Overwhelmed by a new diagnosis or the complexity of healthcare?

We can help.

- Accompany you to doctors' appointments and take notes
- Facilitate communication between you and your providers
- Coordinate your appointments
- Manage care for your loved one

Call for a free 30-minute consultation • (785) 813-1414
Jill Ice, MSN, RN • sunflowerhealthadvocates.com

ENT | **LAWRENCE OTOLARYNGOLOGY**
HEAD & NECK SPECIALISTS

Hearing Loss Affects One In Three American Adults
How is hearing loss affecting you? Learn more at lawoto.com/hearing

Serving the Lawrence area for over 30 years
Lawrence • Ottawa
785-841-1107

Our Audiology Team

Misti M. Ranck, M.S., CCC-A Jami S. Johnson, M.S., CCC-A
Meryl R. Lockling, Au.D., CCC-A Katie E. Turner, Au.D., CCC-A
Kay Bassett, H.I.S.

Barnhill

■ CONTINUED FROM PAGE FOUR

ing and the music selections are great. We're opening up our 50th year with Beethoven's 1st Symphony and closing it out with the 9th—one of the most joyful and thrilling works of classical music!"

In 2020, Barnhill retired from the Shawnee Heights School District after serving as the district's orchestra director for 35 years. However, she has not yet retired from teaching.

"I still consider myself a teacher," she said. "I now teach private studio cello and I do some substitute teaching."

In 2021, the Kansas - American String Teachers Association (KASTA) inducted Barnhill into its Hall of Fame. She was nominated by Rachel Dirks. "The KASTA Hall of Fame is a lifetime achievement award in recognition of outstanding contributions to string music education," KASTA's website notes. "Recipients of this

award should have clearly demonstrated selfless devotion, outstanding service, and a long-term commitment to the cause of string teaching and building of string programs in the state of Kansas and/or the United States. Recipients must be a current member of KASTA. This is the highest award given by KASTA and it is awarded to one individual annually."

Awards are great, but, to Barnhill, they play second fiddle to the enjoyment of playing music.

"What keeps me playing with LCO is it's such a friendly atmosphere," she said. "We have a really nice community feeling. I can look around at that group and see my friends, my colleagues, former students, former student teachers. Everyone in the orchestra is someone I know. It's fun to make music with them."

For more information about LCO, its history, and its upcoming concerts, visit the orchestra's website at lawrenceorchestra.org and/or its Facebook page at facebook.com/LawrenceCommunityOrchestra.

COURTESY PHOTO



Martha Barnhill (far right) began playing the cello when she was 10 years old. She continues to do private instruction.

"I've survived a heart attack, a bear attack, and a cyber attack."

A life well lived should continue at home.

Home Instead® offers customized services, from personal care to memory care, so older adults can stay safe at home.

 **Home Instead.**
To us, it's personal

Call (785) 272-6101 or visit
Homelinstead.com/584

Each Home Instead® franchise is independently owned and operated. ©2021 Home Instead, Inc.

"We Serve and Enhance the Lives of Others With Caring Hands."

100% Employee
Owned Company!


MEDICALODGES
Eudora

"Professional Therapy & Nursing Services in Your Hometown!"

 KEY REHAB

- ★ Physical Therapy
- ★ Occupational Therapy
- ★ Speech Therapy
- ★ Skilled Nursing for Post Surgical Care



We accept MEDICARE, KANCARE & other major insurances.

Medicalodges Eudora

1415 Maple Street, Eudora Kansas

(785)542-2176

WWW.MEDICALODGES.COM

LAPA to host Resource Fair for Seniors on April 19

By Billie David

After having elected to skip its yearly event in 2021 due to COVID safety issues, the Lawrence Area Partners in Aging (LAPA) will host the 16th annual Senior Resource Fair from 10 a.m. to 12 p.m. on Tuesday, April 19, at the Rock Chalk Park Sports Pavilion in Lawrence.

“This would have been our 17th annual fair, but because of COVID, we ended up just postponing it until it was safer for people to get together,” said Lori Yocum, owner of Helping Hands Home Care and Vice President of LAPA.

Yocum described the fair as a one-stop shop where people can learn about the resources available to seniors in Lawrence and the surrounding area.

“People don’t know what they don’t know. A lot of them are surprised that there are so many resources available locally,” she said, and referring to the expedience of gathering information about local resources now rather than frantically searching for that information when an emergency comes up, added that fairgoers can often be overheard saying, “I wish this had existed years ago, when I needed it.”

This information is available thanks to the 40 to 45 vendors who set up booths at the fair each year to dispense information about the services they provide, including home health care, hospice and home care companies, trusts, representatives from LMH, assisted and independent living and long-term care facilities, memory care facilities, and

Audio Reader.

“It brings a lot of people there,” Yocum said, adding that in addition to Lawrence seniors and their families and caregivers, people from Baldwin City, Eudora, Ottawa, and the surrounding area also attend.

In addition to information about resources, visitors to the fair will receive LAPA bags when they enter, and the vendors will also have gifts and prizes.

“All the different vendors like to pass out information and talk one-on-one with the visitors,” Yocum said.

And as a special treat, Hank Booth will be there with KLWN.

“He will be doing his show live from Rock Chalk,” Yocum said.

LAPA, the host for the event, is a group of businesses and professionals who provide services to the senior population in the Lawrence area. It was started as a way to network and strengthen communication among those who support, advocate and care for area seniors.

“It was established for growing knowledge of community resources and for working together so that everything can be more streamlined,” Yocum said.

In addition to meetings where speakers present information about what the different members have to offer and what they can bring to the table, LAPA also provides information to the community about these resources.

For answers to questions concerning the Senior Resource Fair, readers can send an email to lawrencepartnersinaging@gmail.com.



Assisted Living – First Month Free!

Thanks to our experienced and dedicated staff, Hillside Village has been able to keep our assisted living unit completely Covid-free for the past 20 months! To celebrate this milestone, we are offering a move-in special of one month of free rent. We have 38 assisted living apartments in a variety of floorplans starting at just \$3,600 per month and we accept Medicaid/HCBS. Give us a call to schedule a tour. We are locally owned and operated.



100% of residents and 99% of staff are fully vaccinated!

Call 913-583-1260 ext. 107 today to schedule a tour!

**33600 W. 85th Street • De Soto, KS
www.hillsidedesoto.com**



Carol Ronnebaum

SENIORS REAL ESTATE SPECIALIST

- Simplifying Senior Moves
 - Baby Boomer Moves - Up, Down, Relocate
- 785-640-2685 • Carol@CarolRealtor.com
2222 SW 29th St. • Topeka, KS 66611

TopekaSeniorLiving.com



16TH ANNUAL LAWRENCE AREA PARTNERS IN AGING

RESOURCE FAIR FOR SENIORS

FREE!
No cost to
attend!

Many
vendor
giveaways!



Tuesday, April 19, 2022
from 10 a.m.-1 p.m.

Sports Pavilion at Rock Chalk Park, 100 Rock Chalk Ln., Lawrence

- Freebies, handouts, brochures.
- Drawings for grocery store gift cards – Courtesy of LAPA.
- Exhibits featuring a wide range of businesses and organizations.
- And much, much more!

Come by anytime between 10:00 a.m. and 1:00 p.m. to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.

This is the 16th annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call Steph Hewitt at 785-424-5848 or email LawrenceAreaPartnersInAging@gmail.com.

Meals on Wheels of Eastern Kansas joins March for Meals celebration commemorating the 50th anniversary of the Older Americans Act Nutrition Program

Meals on Wheels of Eastern Kansas, a program of Midland Care participated in a special March for Meals celebration honoring the 50th anniversary of the Older Americans Act Nutrition Program, the federal legislation that helps to fund community-based programs like Meals on Wheels. Throughout the month of March, Meals on Wheels of Eastern Kansas joined the national Meals on Wheels network to raise awareness and rally support for this vital public-private partnership that has helped provide the seniors in Shawnee, Jefferson and Douglas Counties with an essential service needed to remain healthy and independent at home.

“Meals on Wheels helps combat the growing issues of senior isolation and hunger, said Shawn Sullivan, president and CEO of Midland Care. Through the generosity of our community, we are able to help seniors

stay in their homes longer and feel more secure.”

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This year, Meals on Wheels programs from across the country joined forces for the awareness campaign to celebrate 50 years of success and

garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

“The Older Americans Act Nutrition Program is the only federally supported program designed to be an antidote for both senior hunger and isolation,” said Ellie Hollander, President and CEO of Meals on Wheels America. “Despite decades of proven success and biparti-

san support, funding for this program has failed to keep pace with the rapidly growing need for its services. With the nation’s senior population increasing dramatically, now is the time to support local Meals on Wheels programs—through volunteering, donating and speaking out—to ensure we are able to deliver for another 50 years.”

For more information on how you can volunteer, contribute, or speak out for the seniors in visit www.mowks.org or call 785-430-2186.



If you think you might have ancestors who participated in the American Revolution, contact us. Let us help you find them and join the local chapter of Daughters of the American Revolution.

Betty Washington
Chapter
Mary Burchill, Regent
785-843-9199

Welcome to the family!



VINTAGE PARK
GRACE MGMT COMMUNITIES

We believe in the power of community. Our passion for elevating senior living is proof of our commitment to you — our family.

Call to schedule a personalized visit and have a meal with us!

1-800-876-3144

Visit a Vintage Park community near you

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

Vintage Park at
Gardner
869 Juniper Terrace
Gardner, KS 66030

Vintage Park at
Ottawa
2250 S. Elm
Ottawa, KS 66007

Vintage Park at
Tonganoxie
120 W. 8th St.
Tonganoxie KS 66086



www.VintageParkAssistedLiving.com



The Watkins Museum acquires Mary Ward Smith Means works

Three recent acquisitions will provide visitors to the Watkins Museum with new insights into the life of a remarkable Lawrence resident. Mary Ward Smith (1848-1916), the daughter of a prominent lawyer, Union Army general, and member of President Rutherford B. Hayes's cabinet, was born in Marietta, Ohio, married James Williamson Means, and settled on a 40-acre property outside Lawrence after the Civil War. This property is now the Douglas County Fairgrounds, where their stone farmhouse still stands. James and Mary's son, Hugh Means, who became a prominent attorney, served as an officer in World War I and as a leading judge in Douglas County. The Douglas County Inn of Court is named in his honor. Their second son, James, married the daughter of Lawrence merchant, Theodore Poehler.

At a time when most women's lives focused primarily on their duties as wife and mother, Mrs. Means also pursued art studies in Florence, Paris,

Chicago, Boston, and San Francisco, becoming a talented and well-respected painter.

She served as a member of the committee that organized the women's art exhibition at the 1893 Chicago World's Fair. She moved to California in the early 1900s and spent much of her later life in Italy, where she died in 1916.

In 2020, the Adrienne Hiscox Mitchell Trust, established by the estate of James Means' granddaughter, donated to the Watkins Museum an 1890 portrait of Mrs. Means by the distinguished artist Oliver Dennett Grover and a landscape painted by Means during a 1904 trip to Holland. Last year, the Watkins acquired another Means work from much earlier in her life, *Pasture By the Sea* (1874), painted while she was residing in Lawrence. We invite you to come view these three beautiful paintings, now installed in the Community Room along with other examples of works by local artists or featuring local scenes.

COURTESY PHOTO



Mary Ward Smith Means

A History of
Lawrence, Kansas



From the First Settlement to
the Close of the Rebellion
By Richard Cordley
Edited by Bruce Heston

The History of Lawrence, Kansas

by Richard Cordley

Available at the Watkins Museum of
History, 1047 Massachusetts St.,
Downtown Lawrence.

**100% Lawrence Owned
& Operated By
People From Your
Community**



WARREN-McELWAIN
MORTUARY

Lawrence 843-1120 • Eudora 542-3030
www.warrenmcelwain.com

America's Choice in Homecare®
Visiting Angels®
LIVING ASSISTANCE SERVICES



Offering services in Topeka, Lawrence, and the surrounding areas.

A partial list of in-home services include:

- Senior Home Care • Respite for Family Members
- Up to 24 hour care • Meal Preparation
- Medication Reminders • Light Housekeeping
- Errands and Shopping • Transportation
- Bathing and dressing assistance • Companionship

To schedule a free consultation –

Call 785-284-5500 or email bbruns@visitingangels.com

Babcock Place

**Affordable Independent
Senior Living**
Applications Being Accepted

1700 Massachusetts in Lawrence
Secure, age-restricted apartments
adjacent to downtown & grocery.
Amenities include transportation
and meals programs. Rent based
on income, utilities included.

www.ldcha.org



842-8358



MAYO CLINIC

What are high-dose flu vaccines?

DEAR MAYO CLINIC: I just turned 65 and had my annual physical. This year, my doctor recommended that I receive a high-dose flu vaccine. Why do I need a high-dose vaccine?

ANSWER: Influenza is a viral infection that attacks your respiratory system, including your nose, throat and lungs. Influenza, commonly called the flu, is not the same as stomach flu, which is an intestinal infection marked by watery diarrhea, abdominal cramps, nausea or vomiting, and sometimes fever.

For most people, the flu resolves on its own. But sometimes the flu and its complications can be deadly.

People at higher risk of developing flu complications include:

- Children under 5, especially those under 6 months.
- Adults 65 and older.
- Residents of nursing homes and other long-term care facilities.
- Pregnant women and women up to two weeks postpartum.
- People with weakened immune systems.

- Native Americans.
- People who have chronic illnesses, such as asthma, heart disease, kidney disease, liver disease and diabetes.
- People with a body mass index of 40 or higher.

Although the annual flu vaccine isn't 100% effective, it is the best defense against flu. Experts recommend that those 6 months and older get vaccinated for flu. Given your age, that is the likely reason why your health care provider recommended the high-dose vaccine.

High-dose flu vaccines are like other flu vaccines in that they are made up of the flu strains most likely to cause an infection during the upcoming season and they are given by injection. But they are only approved for people 65 and older.

High-dose vaccines include four times as much flu virus antigen—the part of the vaccine that stimulates the immune system—as standard flu vaccines. This can give older people a higher immune system response against flu.

Some older adults may have weaker immune systems, which can lead to them being less protected after a regular flu vaccine. In response to a regular flu shot, older people produce 50% to 75% fewer antibodies than younger adults. These antibodies protect against vaccine antigens.

Studies have found higher antibody levels in older adults who received high-dose flu vaccines than in those who received standard-dose flu vaccines.

In addition, one study found almost 25% fewer cases of influenza in adults 65 and older who took the high-dose vaccine, compared with those who took the standard-dose vaccine.

As with any vaccination, the high-dose flu vaccine has side effects. In a large study comparing standard and high-dose flu vaccines, those who received the high-dose vaccine were more likely to develop side effects the week after getting vaccinated. Side effects included a headache, soreness at the injection site, muscle aches and fatigue. Typically, side effects ease after a few days.

Studies continue to evaluate the out-

comes of high-dose flu vaccines. If research finds outcomes to be better than standard flu vaccines, high-dose flu vaccines may eventually become the vaccine of choice for most adults, not just those 65 and older. But for now, it's most important to get vaccinated for flu annually, whether it's a standard or high-dose flu vaccine.

As COVID-19 also remains a threat, consider protecting yourself further by getting vaccinated for COVID-19. Talk with your health care provider about what is right for you. Also, be mindful of the different symptoms you may develop to accurately diagnose whether you may have side effects from a vaccination, flu, COVID-19, or another virus or coronavirus. -- Compiled by Mayo Clinic staff

- *Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org.*

© 2022 Mayo Foundation for Medical Education and Research. All Rights Reserved.

Distributed by Tribune Content Agency, LLC.

Do you have the coverage you need for 2022?

- Medicare Supplement Plans
- Dental and Vision Plans
- Cancer, Heart Attack and Stroke Plans
- Hospital Indemnity Plans
- Bridge to Medicare plans (for those under age 65 waiting to become Medicare eligible)



**Contact Kimberly McPherson
at 785-766-9022 or**

kmcpherson@myhst.com

Licensed insurance broker with Healthcare Solutions Team



NOW LEASING!

1 BEDROOM APARTMENTS

Income-based Housing for Seniors Over 62!

- 24-hour Emergency Maintenance
- On-site Laundry Facility
- Medical Alarm Systems
- Pet Friendly
- Close to Shopping

Call 785-267-0960 today!


**CENTURY PLAZA
APARTMENTS**



2200 SE 28th Street • Topeka, Kansas

www.centuryplazaapts.com



HEALTH & WELLNESS

Medicinal uses of elderberry

Elderberry (*Sambucus nigra*) has been used for centuries as a medicinal plant. Elderberry is also a common ingredient in many foods and drinks. The flowers of the *Sambucus* plant are often used to produce an elderberry flower cordial. The elderberry syrup is used for many different purposes in Europe. As a delightful break-

ting down the tree. Elderberry gained popularity in the movie Harry Potter. In the Harry Potter films, the most powerful wand that belonged to Albus Dumbledore was made of *Sambucus*, or elder wood, and is famously known as the "Elder Wand."

Medicinal uses of this berry are widespread. Hippocrates referred to this plant as the "medicine chest," and research has proven this to be true. Classical Greek healers considered the elderberry one of the best healing plants on this earth. One of the significant benefits of elderberry includes its immune-boosting properties. Its immune-boosting properties provide relief in common conditions such as colds, flu, coughs, nasal and chest congestion, and tonsillitis. Elderberry juice was used to treat a flu epidemic in Panama in 1995. It is currently being used for various conditions, including cancer, AIDS, asthma, diabetes, and cardiovascular disease. Elderberry juice has been used to improve vision, especially night vision, in many people. Other uses of elderberry include being used as a mild laxative, diuretic, and weight loss.

The next time you are feeling under the weather, consider having a bottle of elderberry in your medicine chest. Its sweet taste and solid immune support can make feeling sick less harmful.

- Dr. Deena Beneda, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. She can be reached at 785-749-2255.



Dr.
Deena
Beneda

fast, syrup is added to pancake mixes instead of blueberries. The syrup can be diluted with water to make a hot beverage during the winter months. Wines, soda pop, cordials, sweet desserts, and jams all have been made from these delicious and nutritious berries. The berries themselves have been used for their ornamental purposes. However, one has to be careful that this plant's leaves, twigs, branches, and seeds can be toxic and cause a build-up of cyanide in the body.

Historically, the elderberry was used to ward off evil influences and spirits in folklore. The elderberry gave people protection from witches. If an elder tree were cut down, a spirit known as the Elder Mother would be released and take her revenge on the person cut-

Your loved one never leaves our care.

Lawrence's only locally owned crematory



Rumsey-Most
FUNERAL HOME
& Crematory

Our family serving your family since 1920
6th & Indiana • 843-5111



NEUVANT HOUSE
OF LAWRENCE

Person Centered Care



Considering nursing home care? Check out Neuvant House of Lawrence!



One Campus, two specialties of care!

WEST HOUSE

Designed to care for individuals living with Alzheimer's and dementia.

EAST HOUSE

Designed to care for individuals with physical needs.

KEY FEATURES

- Beautiful home and surroundings
- Secure environment
- Private Suites
- Nutritious home-cooked meals
- Personalized care and services
- Engaging programs and activities
- 24 hour staff and assistance
- Many more amenities

Learn more about Neuvant House!

785-856-7900

NeuvantHouse.com

admin@neuvanthouse.com

Take a video tour at www.NeuvantHouse.com

1216 Biltmore Drive, Lawrence, KS 66049

HEALTH & WELLNESS

LMH staff stories

By Jessica Thomas

LMH Health

We see the beauty of being a community health system every day at LMH Health. Stories about our staff members are some of our favorites to tell, from being the third generation to deliver a baby at the hospital to the staff who have been here for decades, there is something special about the community helping the community.



Holly Hamilton, director of the LMH Health laboratory, joined the team almost 28 years ago, straight out of college. She was searching for available jobs and came across the LMH listing in the back of a lab professional magazine.

"I came to Lawrence from central Iowa. I graduated from the University of Iowa and there were very few available jobs for new grads at that time in Iowa City, so I decided to explore the Kansas City area," Hamilton said. "I found a couple of other options in the Kansas City and Topeka areas, but Lawrence was the best fit for me, and so I moved and I've been here ever since."

Hamilton's bachelor's degree was in clinical laboratory science and her first position at LMH Health was as a lab technician. She took a role working the evening shift, then moved to night shift and then eventually day shift. She then transitioned to more of an IT role in the lab, which worked well for her then-young and growing family. She made the move into the lab manager role in 2015 and in 2022, she became the director.

"I am involved in a professional group called CLMA, Clinical Laboratory Management Association, and it provides me a great way to network and get to know other people who are in my field locally. No matter the opportunity that came up, I still felt that working at LMH Health was where I was the best fit," Hamilton said. "The size and impact we have on the community at LMH is special. If I was at a larger institution, I may not be able to make the most impact in my role, as I can right here in my community."

She and her husband met a year after Hamilton moved to Lawrence and have both continued to work in community service fields. When the opportunity for the promotion from manager to director came about, Hamilton said it was an obvious choice that she would stay versus looking for a role elsewhere.

"The director before me, Connie Broers, was the director of the LMH Health Laboratory for 21 years," she said. "For the last ten years, she had been mentoring me and saw me as a future leader. Had it not been for her, I think I may have gone down the IT path. Connie's leadership, the people, the patients, the staff and seeing how you can make a direct impact in the community have kept me here."

Hamilton says she always encourages young professionals and college students looking to go into healthcare to consider clinical laboratory science. Especially this last year with COVID, the importance of lab testing has come to the forefront. The lab can provide many different opportunities and the ability to help patients behind the scenes. It could be a great career fit for many.

Continuing to grow

As we look to our team members who have been at LMH Health for years, we also look to add new members to our team who embrace the same mission and purpose.

Sarah Scoular, systems engineer for

the LMH Health IT department, came on board with the organization in late 2021. Though new to LMH Health, she is very familiar with the Lawrence area.

"I moved to Lawrence in 1999 to go to school at KU and never left," she said. "In 2011, I went to work for Cerner in Kansas City, and one of my clients was LMH Health. I always felt drawn to live and work in the same community."

Scoular said what made LMH Health appealing was more than being close to home. When she would come onsite, the connections she made were fantastic. She said all of the interactions she had made her want to be a part of the health system.

"Any time I would walk in the hallways, I was met with smiles and kindness," Scoular said. "When I would host training, people were excited and open to learning. I knew it was a great health system and having visited often, I knew the people were great too."

Since starting her role, Scoular said her favorite things have been learn-

■ CONTINUED ON PAGE 13



MISSION TOWERS

Offering Clean, Safe, Affordable Housing for qualified seniors and non-elderly disabled.

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group • Library
- Entertainment • Well Maintained

For more information, call Dee

(785) 266-5656 • 2929 SE Minnesota • Topeka

Everyone has a story.

Let VNA help you live your story
with quality, compassionate
end-of-life care.

Learn more at [KansasVNA.org](https://www.KansasVNA.org)
or call (785) 843-3738

LMH staff

■ CONTINUED FROM PAGE 12

ing the ins and outs of LMH Health and meeting with department heads to see what their needs are and how she can help. She said she continues to be impressed by how kindness doesn't occur in one area, but in all areas of the hospital and clinics she has interacted with.

"I love that people are not afraid to share positive feedback," Scoular said. "In the past, I have either had to ask for feedback or someone comes to me with negative feedback. Now I receive constructive feedback across the board and it's never given rudely."

Working in Lawrence has been gratifying, she said. She enjoys knowing the work she does every day goes back into helping the community.

"The work I do can help a clinician provide better care," Scoular said. "I can impact patient outcomes even if I am not the one giving direct patient care. I feel like I am contributing to the health of our community just by working in it."

- Jessica Thomas is the social media & digital communications specialist at LMH Health.

Kaw Valley Senior Monthly
accepts

INSERTS!

We can insert your circulars or flyers for just \$55 per 1,000.* Call 785-841-9417 for more information.

*10% discount when you do 6,000 inserts.



Looking for personal care in a beautiful country setting? Let Prairie Wind be home for your Mom or Dad.

We are a small, family owned and operated Home Plus (assisted living) located on 8 acres and convenient to Topeka and Lawrence. We have more than 60 years of experience in caring for seniors.

Ask about our Adult Day Program for seniors who don't need residential care. They can stay with us for up to 10 hours a "day," which can be daytime, evening or overnight hours.

Let our family care for you or your loved one.



5227 SE 77th St., Berryton • 785.862.5318 • prairiewindhome@gmail.com



Arbor Court Retirement
Community at Alvamar
Lawrence, Kansas



1510 ST ANDREWS DRIVE
LAWRENCE, KS 66047
785-841-6845

www.arborcourt-lawrence.com



LIKE US ON FACEBOOK at
Arbor Court - Retirement
Community at Alvamar

**Arbor
Court**
*Start enjoying
your retirement!*

Studios start at
\$1650 per month
including
breakfast,
lunch, utilities,
housekeeping,
transportation,
and so much
more!

*Call us for our
move-in
specials and a
complimentary
tour and lunch!*

YOUR LIFE. YOUR STYLE. YOUR HOME.

FINANCIAL FOCUS

How to be a good money manager in retirement

If you reach retirement with a significant amount of assets, you've done a great job of saving and investing. But now comes another challenge—making that money last.

You might think that this task, as important as it is, won't be as hard as



Derek Osborn

accumulating the money in the first place. Yet, a sizable number of people have reached a different conclusion. In fact, 36% of retirees say managing money in retirement is *more* confusing than saving for retirement, and 56% say they wish they had budgeted for more unexpected expenses in retirement, according to the Edward Jones/ Age Wave Four Pillars of the New Retirement study.

What steps can you take to help you become an effective money manager during your retirement years? Here are a few to consider:

- *Set your goals.* Your money management needs will certainly depend, to some extent, on what your goals are for the coming years. Will you travel

extensively? Stay close to home and pursue your hobbies? Or maybe even open a small business? Once you identify your vision for retirement, you can estimate how much it will cost, which will then dictate much of your spending and saving needs.

- *Stick to a budget.* If you've followed a budget throughout your working years, there's no reason to stop now—in fact, budgeting may be even more essential when you retire. Of course, you don't necessarily want to force yourself to be as frugal as possible—after all, you worked hard, saved and invested so you can enjoy a comfortable retirement lifestyle. Look for reasonable cost-cutting opportunities, such as eating out less often or eliminating streaming services you don't use.

- *Don't underestimate health care costs.* Even when you're on Medicare and pay for supplemental insurance, health care costs could still be one of your biggest expenses during retirement. Initially, budgeting for \$4,500 to \$6,500 per person annually may be a good starting point for traditional health care expenses in retirement. However, depending on your health, prescription drug usage and other factors, your costs could be higher or lower. And you may also want to estimate long-term care expenses as part of your plan.

- *Look for senior discounts.* Once you're a senior, you may be able to find discounts on a wide range of items and activities, such as movies, transportation, groceries, gym memberships and more. By taking advantage of these discounts, you can save a surprising amount of money and ease pressure on your cash flow.

- *Establish a sustainable withdrawal strategy.* For decades, you've been putting money into your IRA and 401(k). But once you're retired, you will likely need to start taking withdrawals from these accounts. It's essential that you don't withdraw so much early in your retirement that you eventually run the risk of outliving your money. You may want to work with a financial professional, who can analyze your entire situation—assets, expenses, lifestyle, expected longevity, etc.—and recommend a sustainable withdrawal rate. Keep in mind that once you turn 72, you may be required to take out a certain amount each year from your 401(k) and your traditional IRA, so you'll want to incorporate these withdrawals into your overall income strategy.

Do whatever it takes to become a good money manager during retirement. You'll find that it's well worth the effort.

- Derek Osborn is with Edward Jones, 1311 Wakarusa Drive, Suite 2200, Lawrence. He can be reached at 785-371-1301 or Derek.Osborn@edwardjones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

**Peterson
Acres II**
*Affordable Housing
Based on Income.*
Applications being accepted.

Senior Community at 2930 Peterson Road in Lawrence. 2 bedroom duplexes with handicap accessibility, W/D hookups, emergency maintenance and resident service program. Applicants must be 50 years of age or older. One pet allowed.
842-8358 or www.ldcha.org



QUALITY Service You DESERVE

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

Accepts Medicare, Medicaid and most insurances.

For more information, call

620-364-2117

601 Cross Street • Burlington, Kansas
lifecarecenterofburlington.com

THE FIRST APARTMENTS

"Home without the hassles"

A self-supporting community for 62 and older & under 62 100% disabled.

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour on-site staff
- Restricted entrance
- Lit parking lot with surveillance
- On city bus route
- Beauty salon
- First Floor Laundry Room
- Multiple resident activities
- Meals on Wheels Congregate meal site
- On site maintenance
- Library Red Carpet Services
- Service Coordinator
- Walking distance to multiple churches, grocery store and pharmacy

Call 272-6700 to schedule a tour and pick up an application.
3805 SW 18th St. • Topeka • www.thefirstapartments.org



JILL ON MONEY

Russia, Ukraine, and You

The recent ratcheting up of Russian aggression into Ukraine has prompted a dusting off of the term “geopolitical risk.” Beyond accepting the massive uncertainty surrounding this situation, what does the conflict mean for you and your money?



Jill
Schlesinger

In the largest sense, there could be far-reaching economic consequences associated with the hostilities, which could halt or slow down the broad, post-COVID economic progress the world and the U.S. have seen over the past two years.

Economists are busy trying to predict by how much growth could slow down overall, but the immediate impact of the Russian action, along with Western sanctions, would be most severe for Ukraine and Russia. Unfortunately, as we have learned over the past two years, snags in one part of the world can disrupt the globe.

Russia is a big exporter of everything from petroleum products to wheat, to aluminum, especially to Europe—Russia supplies about 40% of natural gas and 25% of oil to the continent. That means that worldwide supply

chains could slow down, either due to material shortages, potential disruption to production, logistics route and capacity constraints, or potential cybersecurity breaches. Taken together, this could cause companies to temporarily slow down the pace of their capital spending and more importantly, will add to inflation pressures this year.

“The biggest impact is likely to come through commodity prices,” according to Neil Shearing, Group Chief Economist at Capital Economics. Although the U.S. does not rely on Russia for oil, energy markets are global, so any disruption to one part of the world would be felt here. Crude oil prices were already soaring towards \$100 per barrel on a surge in demand, which caused prices at the gas pump to rise by 40% from a year ago. Shearing warns “In a worst-case scenario, we estimate that oil prices could rise to \$120-140 per barrel,” which could add around “two

**Know an
interesting senior
citizen who would
be a great subject
for a Senior
Profile? Call Kevin
at 785-841-9417.**

percentage points to headline inflation in advanced economies this year, with Europe being hit particularly hard.”

There had been some hope that American frackers could step in and increase their production to alleviate the strain, but that would require a big change of strategy for many players in the industry. Experts say that the time and logistics of getting U.S. product to Europe amid the afore-mentioned supply chain clogs could be problematic. Similarly, there has also some talk that a renewed nuclear deal with Iran could help ease the strain, because that country is sitting on about 80 million barrels of oil in storage. Again, this would take time, so no quick fixes.

Beyond the impact on gas prices, which no doubt will hurt Americans, the inflationary effect of the conflict means that the Federal Reserve is still on track to raise short-term interest rates at its March meeting, as previously telegraphed. Investors had already been concerned about higher rates, but the Ukrainian situation adds another level of worry to the picture. That means that

we are going to see more volatility in financial markets.

You can help yourself by taking a deep breath and getting some perspective. Thankfully, the economy and labor market are coming into this period with strength and while it is undoubtedly tough to endure gyrating account values, investors have just enjoyed three phenomenal years of market performance (the S&P 500 was up nearly 27% last year, 16% in 2020 and 29% in 2019).

Before you scratch the itch of trying to “do something” to prepare your portfolio for the Russia-Ukraine conflict, a stern warning/friendly reminder: When you see big moves in the market, sit still and comfort yourself with your diversified portfolio.

- Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com.

© 2022 Tribune Content Agency, LLC

Rechargeable Hearing Aids

*Now available at
Marston Hearing
Center*



Rechargeable hearing aids allow you to charge your hearing aids overnight so that you can count on a full charge in the morning. There's no need to replace batteries every few days. You don't even have to open the battery drawer. In addition, rechargeable hearing aids save the time, money and environmental impact of buying hundreds of batteries every year.

Call to schedule an appointment for a free demonstration of rechargeable hearing aids that connect to smart phones.



**MARSTON
HEARING
CENTER**

785-843-8479
1112 W. 6th St. Ste. 100
Lawrence, KS
www.marstonhc.com

Luther Place APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff
On City Bus Route • Ample Laundry Facilities

Stop by or call today to schedule an appointment
to reserve your new apartment home!

5000 & 4900 SW Huntoon • 785-273-2944

Some restrictions apply. Age 62 & older. Mobility Impaired.



SENIOR CALENDAR

Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. **Please confirm any event you plan to attend.**

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417 or email kevin@seniormonthly.net. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

During the ArtsConnect First Friday Artwalk, you will find every corner of Topeka filled with art, friends and exciting special events. It's an opportunity to shop local, buy art and see the best that Topeka has to offer. Every month is different - and every business is different, so please check our website at www.artstopeka.org for information each month, including an interactive map of First Friday Artwalk businesses and a guide to public art all across Topeka. Free. TOPEKA, artstopeka.org/firstfriday

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

2nd Saturday of each month in East Lawrence Warehouse Arts District. Come see a local art market. Art Emergency, Delaware & E. 9th St., 9 a.m.-2 p.m. LAWRENCE

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of the month. See website for participating locations.

LAWRENCE, 785-842-3883

unmistakablylawrence.com

EDUCATION

APR 4

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

<https://events.tsclpl.org/events>

APR 7

INTERNET GENEALOGY CLASS

Get started in genealogy and learn how to build your family tree online. Learn how to use the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library, Virtual Room 01, 10-11:30 a.m.

TOPEKA, 785-580-4400

<https://events.tsclpl.org/events>

APR 14

INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to locate local resources from online resources, libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library, Virtual Room 01, 10-11:30 a.m.

TOPEKA, 785-580-4400

<https://events.tsclpl.org/events>

APR 18

MEDICARE PART D DIY

Jayhawk Area Agency on Aging staff will help you navigate Medicare Part D using your laptop or one of the library's laptops. Topeka and Shawnee County Public Library, Learning Center, 1-2 p.m.

TOPEKA, 785-580-4400

<https://events.tsclpl.org/events>

APR 19

16TH ANNUAL LAWRENCE AREA PARTNERS IN AGING RESOURCE FAIR FOR SENIORS

Come by anytime between 10 a.m. and 1 p.m. to visit the booth and displays from local businesses and organizations that serve seniors in Douglas County. Freebies, handouts, brochures, drawing for grocery store gift cards (courtesy of LAPA), and much more. Sports Pavilion at Rock Chalk Park Dr.

LAWRENCE, 785-424-5848

APR 26

INTRODUCTION TO GENEALOGY RESEARCH

Would you like to know more about your family history, but don't know where to start, or where to look next? This is an introductory-level class for those who are curious about their family history or just getting started in researching it. Class will cover basic methods and tools, organizing your information, and basic online and offline sources. Topeka Genealogical Society Library, 2717 S.E. Indiana Ave. Free, but pre-registration is required.

TOPEKA

<https://tinyurl.com/tgsintrogenal>

APR 28

ESTATE PLANNING SEMINAR

How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Those attending receive a free copy of the book Estate Planning Overview. Senior Resource Center, 745 Vermont Street, 2-3:30 p.m. Attendance is limited to 15 to allow for social distancing. To

secure a seat, go to <https://yoursrcdouglasco.as.me/Presentations> to register online or call the SRC at 785-842-0543.

LAWRENCE

APR 28

STEPS TO PUBLISH YOUR FAMILY STORY USING AMAZON

Topeka Genealogical Society Monthly Meeting. TGS member Terry Stahl & publisher Anne Spry, owner of "Personal Chapters", share how they collaborated to prepare Terry's family history book for publication. Attend by Zoom or in Marvin BC. Topeka and Shawnee County Public Library, 7-8:30 p.m.

TOPEKA, 785-580-4400

<https://events.tsclpl.org/events>

MAY 2

NEW TO MEDICARE - ADVICE IF YOU ARE ABOUT TO TURN 65

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

<https://events.tsclpl.org/events>

MAY 5

INTERNET GENEALOGY CLASS

Get started in genealogy and learn how to build your family tree online. Learn how to use the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library, Virtual Room 01, 10-11:30 a.m.

ENTERTAINMENT

SECOND & FOURTH SATURDAYS OF THE MONTH GRAND OTTAWA OPRY

Enjoy our live Branson-style Old Country music shows! Ottawa Memorial Auditorium, 301 S. Hickory. The doors open at 4:30 p.m., the pre-show performance starts at 5:30 p.m., and the Grand Ottawa Opry begins at 6 p.m. Call for more info! Fee. Tickets available at the door. OTTAWA, 785-241-6762

APR 8

STORY SLAM | GO WITH THE FLOW

Real stories, live and uncensored. Stories told live, MOTH-style, with a new theme each month. Never the same story (or evening!) twice. Adults, 18+ only. Free livestream link here: <https://vimeo.com/event/1714505>. Lawrence Arts Center Main Stage, 940 New Hampshire St., 7 p.m. \$10 suggested donation. LAWRENCE, 785-843-2787 lawrenceartscenter.org/event

APR 19

KU PERCUSSION GROUP WITH SPECIAL GUEST JASON TREUTING

A founding and current member of the influential quartet Sō Percussion, composer and percussionist Jason Treuting has appeared in performance throughout the world, from the Barbican to Lincoln Center, to Carnegie Hall, DOM Moscow, Walt Disney Hall and elsewhere. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

<https://lied.ku.edu/calendar>

APR 22

LEE GREENWOOD CONCERT

Lee Greenwood has started his 40 Years of Hits Tour. His hits include "God Bless the USA," "Somebody's Gonna Love You," "Going, Going, Gone," and many more. Prairie Band Casino & Resort, 12305 150th Road, 7 p.m. Fee. MAYETTA, 785-966-7777

APR 22

POPOVICH COMEDY PET THEATER

Popovich Comedy Pet Theater is entertainment for the whole family, featuring former Moscow circus veteran Gregory Popovich—who was named by The New Yorker as "one of the world's best physical comedians"—combined with the extraordinary talents of his performing pets. His entourage consists of world-class jugglers, Diamond the Shetland Pony and over 30 pets, including house cats and dogs (all rescued from animal shelters), geese, white doves and parrots. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee. LAWRENCE, 785-864-2787 <https://lied.ku.edu/calendar>

MAY 5

ROSANNE CASH

Rosanne Cash, one of the country's pre-eminent singer-songwriters, has released 15 albums of extraordinary songs that have earned four Grammy Awards and 11 nominations as well as 21 top-40 hits, including 11 No. 1 singles. She also served as the 2015 Artist-in-Residence at the Country Music Hall of Fame and Museum in Nashville and was inducted into the Nashville Songwriters Hall of Fame that same year. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

<https://lied.ku.edu/calendar>

MAY 6

STORY SLAM | GRAND SLAM

Real stories, live and uncensored. Stories told live, MOTH-style, with a new theme each month. Never the same story (or evening!) twice. Adults, 18+ only. Free livestream link here: <https://vimeo.com/event/1714505>. Lawrence Arts Center Main Stage, 940 New Hampshire St., 7 p.m. \$10 suggested donation. LAWRENCE, 785-843-2787 lawrenceartscenter.org/event

EXHIBITS & SHOWS

FEB 4-MAY 1

SUE THE T. REX EXPERIENCE

Part of Topeka Dino Days, SUE the T. rex Experience from the Chicago Field Museum features a cast of the largest Tyrannosaurus rex fossil ever discovered. See a 14-foot-tall x 30-foot-long recreation of a Tyrannosaurus rex opposed by its nemesis, the Triceratops. Great Overland Station, 701 N. Kansas Ave., 10 a.m.-7 p.m. Fee. TOPEKA, 785-251-6991

FEB 25-AUG 19

CONFRONTING THE PAST: THE DOUGLAS COUNTY COMMUNITY-REMEMBRANCE PROJECT

Recurring weekly on Tuesday, Wednesday, Thursday, Friday, Saturday. In 1882, a vio-

■ CONTINUED FROM PAGE 16

lent mob took George Robertson, Isaac King, and Pete Vinegar, arrested under accusations of murdering a white man, from the Douglas County jailhouse and hanged them. Thirteen-year-old Margaret "Sis" Vinegar, the survivor of an assault that prompted Robertson, King, and Pete Vinegar's defense, was also arrested, and sent to Leavenworth penitentiary where she later died of illness. For years, the story of their deaths remained a quiet burden on the community, remembered among the Black citizens of Lawrence but largely forgotten in the telling of the city's history. The Community Remembrance Project, a group of community organizations — including Watkins Museum of History—working to install a marker near the site of the lynching held a soil collection ceremony in fall 2021. The event served as an opportunity for the public to mourn and created a tangible remembrance of the lynching's victims through the collected soil. Soil for each victim of the lynching, including Margaret Vinegar, is now part of the Watkins' permanent collection. The Watkins will partner with the Community Remembrance Project to create an exhibit on the 1882 lynching and remembrance efforts. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free. LAWRENCE, 785-841-4109 watkinsmuseum.org/confronting

MAR 12-MAY 31 ROSEDALE 150TH ANNIVERSARY EXHIBIT

The Wyandotte County Museum is celebrating 150 years of Rosedale History, with a new exhibit. Incorporated in 1872, Rosedale was an independent city until it was consolidated into Kansas City, Kansas, in 1922. Despite 100 years of being part of KCK, Rosedale has retained its unique community identity and the museum is proud to partner with the Rosedale Development Association to celebrate its unique history. Wyandotte County Historical Society & Museum 631 North 126th, 9 a.m.-4 p.m. Free. BONNER SPRINGS, 913-573-5383

UNTIL APR 22 LAWRENCE MEMORIAL HOSPITAL: A CENTURY OF CARE

Recurring weekly on Tuesday, Wednesday, Thursday, Friday, Saturday. For 100 years, Lawrence Memorial Hospital has served the people of our city. With unique artifacts and compelling images, this exhibit chronicles the emergence of the hospital from its origins in the early twentieth century all the way through the challenges of COVID-19. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free. LAWRENCE, 785-841-4109 watkinsmuseum.org/century-care

FAIRS & FESTIVALS

APR 12-16 FREE STATE FESTIVAL ACT TWO!

We continue where the fun left off last summer to welcome filmmaker John Waters, comedian Cameron Esposito, visual artist Dario Robleto, an Indigenous Experimental Film Art Walk, and music by The Black Creatures. Lawrence Arts Center, 940 New Hampshire, 5-11 p.m. LAWRENCE, 785-843-2787

APR 29 & 30

FIRST CITY HISTORY FESTIVAL

Our goal is to bring all of the local Historical Societies, Museums, community, and local businesses together as we showcase the rich history of the First City of Kansas. We will feature vendors, food trucks, re-enactments, music, and games. The old-fashioned outhouse race, beard contest, mustache contest and marble shooting contest are just a few of the events planned. Haymarket Square, 7th and Cherokee Streets. April 29, 5-10 p.m., April 30, 8 a.m.-7 p.m. Free.

LEAVENWORTH, 785-682-7759

HEALTH & FITNESS

APR 6, 13, 20, 27 & MAY 4

EVENING CHAIR YOGA

Chair yoga is designed for everyone to develop strength and stability targeting hips, low back, glutes and quads. Join us in person in the Learning Center or click event title for Zoom link. Topeka and Shawnee County Public Library, Learning Center, 5:30-6:30 p.m. TOPEKA, 785-580-4607 <https://us02web.zoom.us/j/87339864611>

HISTORY & HERITAGE

APR 9

CELTIC ROOTS FESTIVAL

Traditional Celtic instrument and dance workshops with the region's best instructors from 1-3 p.m. Performances by five excellent local Celtic bands beginning at 4 p.m. inside the Union Pacific Depot. A traditional Irish session will be held at the end with all players welcome to join in the fun. Adult beverages will be offered onsite by Kaw Valley Public House. The schedule of classes and performers will be posted online. Union Pacific Depot 402 N. 2nd St. Fee. TOPEKA, 913-515-9246 CelticintheHeartland.org

MAY 2

KANSAS AFRO-AMERICAN HISTORICAL AND GENEALOGICAL SOCIETY MEETING

The Kansas Chapter of AAHGS, meets monthly to discuss African American family history and to learn more about African Americans in Kansas history. Topeka and Shawnee County Public Library - Virtual Room 01, 5:30-7 p.m. Register online. TOPEKA, <https://events.tscpl.org/events>

MAY 13 & 14

HEARTLAND FAMILY HISTORY CONFERENCE

Join us for two days of programming to learn more about researching and preserving your family history. Our conference theme and featured speaker this year will focus on preserving and caring for family photos, documents, and heirlooms. Plus, more than 20 additional presentations on various family history topics—something for all interests and experience levels. Maner Conference Center, 1717 S.W. Topeka Blvd. Fee. For details and registration, see web address below. TOPEKA <https://heartlandfhc.org>

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

Join us for an online grief support group. This group is held weekly via Zoom. For more information about this group or to sign up contact our grief and loss department. Midland Care Connection, 4 p.m. TOPEKA, 785-232-2044

FIRST WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Meet with other caregivers in the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. This support group is for caregivers of individuals age 60 or older. Baldwin Methodist Church, 704 Eighth St., 1-2 p.m. BALDWIN CITY

SECOND MONDAY OF THE MONTH

KLAH FUN LUNCHEON

Keep Living at Home is hosting a fun senior event every second Monday from 11 a.m.-1 p.m. Join us at Perkins restaurant, 1711 W. 23rd St., for lunch (on your own) and a group activity. April activity is Bunco. Call for more information or to sign up. LAWRENCE, 785-294-3408

THIRD FRIDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 S.W. Topeka Blvd., 12-1 p.m. TOPEKA, 785-235-1367

APR 4

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m. TOPEKA, 785-235-1367

APR 11

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 3:30-4:30 p.m. TOPEKA, 785-235-1367

APR 21

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Perkins Room 201, 1515 SW 10th Ave., 2-3 p.m. TOPEKA, 785-235-1367

MAY 2

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m. TOPEKA, 785-235-1367

MISCELLANEOUS

SECOND AND FOURTH THURSDAYS

PITCH PALS

Join us for Pitch and fun. We play 10 point pitch, which is a fast-paced, partnership, trick-taking game. The goal is to capture cards representing at least the number of points bid. We will explain "house rules" and assist new players. Wellsville Senior Center, 6 p.m. WELLSVILLE, 913-314-0819 or 785-248-9470

APR 8-24

JEROLD BINKLEY TULIP TIME

See 100,000 multi-colored tulips and spring flowering bulbs in three public gardens: Ted Ensley Gardens/Lake Shawnee, Doran Rock Garden/Gage Park and Old Prairie Town/Ward Meade Botanical Garden. \$5 suggested donation. TOPEKA, 785 251-6800



HUMOR HOTEL

Anybody have a Barry Manilow mask?

By Greg Schwem

Tribune Content Agency

Sorry, New Zealand Parliament. While I support mask mandates, my allegiance is also to Barry Manilow.

Last month, while attempting to disperse anti-mask protesters who gathered outside the government's headquarters in Wellington, New Zealand, Parliament officials resorted to a rather, um, unique tactic: blasting the songs of Barry Manilow, the guy who writes the songs.

Had I been part of the protest, I would have politely tapped a Parliament member on the shoulder and said, "Please turn up the volume. And don't just limit it to the hits. Dig deeper into the Manilow catalogue. Get my blood flowing with a little 'Riders to the Stars' and then tug at my heartstrings with 'Lonely Together.'"

Admit it, we all have that one artist we're secretly embarrassed to admit we admire. For me, it's Barry. Yes, I am on a first name basis with him. Deal with it, haters! You have your Kanye; I have my Barry.

I've been a Barry fan since winning tickets, via a radio station giveaway, to a Manilow—sorry, a Barry—concert at Chicago's Auditorium Theatre in January 1977. Snippets from that

tour can be found on "Barry Manilow Live," the album cover featuring Barry in a royal blue, sequin-studded outfit that he probably was lowered into via hydraulics.

Not only did Barry deliver the hits but he also entertained his fans by singing his "VSM" (Very Strange Medley), a series of well-known commercial jingles that Barry either wrote or sang before the big bucks came his way with "Mandy" and "It's a Miracle." Seriously, how many artists can have an entire audience singing, "Get a bucket of chicken, finger lickin' good, have a barrel of fun, goodbye ho-hum"?

Who knows? Parliament may have waved the white surrender flag and allowed the entire country to discard their masks had protesters begun crooning those lyrics.

If your goal is to annoy an audience, you can't play the music of somebody who, at 78, is still packing them in, either on the road or at his Las Vegas residency, despite a raspy voice and far too much plastic surgery. Similar stars approaching octogenarian status don't receive that kind of treatment. I'm sure it never entered Canadian Prime Minister Justin Trudeau's mind to remove Ottawa truckers from blocking the Canada-U.S. border by blasting Elton John. Or the Rolling Stones.

So, why single out Barry? His songs too are ingrained in our mental jukeboxes, even if we're afraid to say it. Several years ago, I saw one of those pedal bar tours—basically a keg party on wheels—making its way through downtown Chicago. Its passengers, all half of Barry's age and in various stages of inebriation, were singing, "Her name was Lola, she was a showgirl..." in whatever key was comfortable.

Nobody asked them to disperse.

In Parliament's defense, officials did choose other tunes besides Barry's. "Macarena," the Los Del Rio song that spawned a dance craze in 1996, got numerous spins and, yes, that would have had the desired effect on me. I probably would have offered to not only wear a mask but distribute masks if it meant never having to hear it again.

Barry songs are played often but not ad nauseum, making them unlikely "nails on a chalkboard" candidates. Next time Parliament, consider the following:

- "Call Me Maybe" by Carly Rae Jepsen.



Are you **certain** you are taking advantage of *every* tax break you deserve?

Call **TODAY** for your **COMPLIMENTARY Tax Review!**

TOPEKA
785-232-6923

LAWRENCE
785-838-4380

LENEXA
913-764-1127

www.MidwestTF.com

Delivering simple solutions
in a complex world

- "Blurred Lines" by Robin Thicke.
- "All I Want for Christmas" by Mariah Carey.

- Anything by the Spice Girls.

Just leave Barry alone to do his thing while he still can. His concerts are bucket list candidates for fans of a certain age, and even younger audience members who get dragged to see him usually end up singing along at some point. I have hopes that my daughters, ages 19 and 25, might accompany me to a Barry concert someday.

OK, that would be a miracle. A true-blue spectacle miracle.

- Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at www.gregschwem.com.

© 2022 Greg Schwem.

Distributed by Tribune Content Agency, LLC.



PETERSON
KRISCHE
VAN HORN DDS

Gentle &
Comfortable Care

- Cosmetic Dentistry

- Teeth Whitening

- Insurance Processed

- New Patients &
Emergencies Welcomed

Mention you saw this ad in Senior Monthly



(785) 842-0705

530 FOLKS RD • LAWRENCE
www.pkvdds.com

Martin Creek Place

- 1 & 2 Bedroom Apartments
- Townhomes
- Washer/Dryer Connections
- Emergency Monitoring System Available
- 24 Hour Emergency On-Site Staff
- Organized Activities & Day Trips
- Library Red Carpet Service
- Weekly Grocery Van
- On Site Storage
- Exercise Room

Age 62 & older.

4950 SW Huntoon • Topeka 785-273-2944

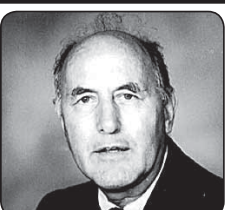


HUMOR

Bigger, Better Screw Ups

(Editor's note: This Larry Day column appeared in an earlier issue of Kaw Valley Senior Monthly.)

There's interesting news about that super secret U.S. government facility on Highway K4Z north of Letongaloosa. The facility—known as the Clarington Center—was due to be shut down. Instead it has been privatized.



Larry
Day

The Clarington Center is surrounded by a 10-foot-tall industrial strength chain link enclosure that goes all the way around the property. Folks in town never went out there and Clarington Center employees never came in to town. People in Letongaloosa thought of it as their own Area 51. Helicopters brought in supplies, and black SUVs with opaque windows brought in the center's clientele.

The Clarington Center was designed to rehabilitate screw ups—diplomats, judges, military officers, politicians, and other pooh-bahs who embarrassed the government.

People were sent to the Clarington Center for near-terminal dumbness—like the U.S. cabinet secretary who told a crude racist joke to a *Rolling Stone* reporter, and the U.S. ambassador who got caught putting a whoopee cushion on the seat of the chair of the Secretary General of the United Nations.

A while ago the government sold the Clarington Center to Bilgewater USA on a no-bid contract. Bilgewater USA runs a chain of luxurious screw up rehabilitation centers for the rich and famous.

The transition of the Clarington Center from a government to a private facility went smoothly until Ludicrous Lauramäkiäinen, the multi-billionaire

Finnish airplane manufacturer, checked in.

Mäkie, as he prefers to be called, misunderstood the words on an invitation he received to attend an exclusive wedding reception at a swank Budapest Hotel. The invitation was written in Hungarian, Russian and Farsi. There was a phrase that said “no gifts please.” Mäkie thought the invitation said: “clown costumes please.” To a Finn that sounded like a really fun party, so he walked in to the elegant white tie affair dressed as Red Skelton's “Freddie the Free Loader.”

The compliance committee of the Society for the Preservation and Dignity of Super Rich People fined Mäkie 40 million Euros and ordered him to report to the newly privatized Clarington Center for screw up rehabilitation.

Mäkie felt he'd been wronged. The Hungarian and Finnish languages have common linguistic roots, but they have very different syntax. Mäkie appealed the decision arguing that he had simply made a translation error, but his appeal was denied.

Mäkie's first days at the center were marked by conflict. One of the Clarington Center rules was: “If you screw it up, you screw it up for everyone else, too.” When Mäkie caused trouble, the staff withheld privileges from all the residents of his wing. If he repeated an offense, all the residents of the center lost privileges. It was then that Mäkie decided to apply the acumen that had made him one of the world's most powerful manufacturers. Overnight he became compliant, tractable and friendly.

The old Clarington staff members would have recognized Mäkie's new behavior as bogus. But those professionals had been fired. They had been replaced by individuals whose credentials wouldn't pass even cursory professional inspection, but whose salary demands suited the accountants in the Bilgewater USA corporate office just fine.

Mäkie used his vast financial resources, his considerable personal

charm, and black mail and extortion to convince the residents of the Clarington Center to join him in carrying out a quirky protest against Bilgewater USA and the Clarington Center. Mäkie bribed key security personal to cooperate with the protest.

When everything was ready, Mäkie contacted five world renowned photo-journalists and two top flight cinematographers. They came to Letongaloosa in disguise and set up a super fast clandestine transmission facility.

On C-day a tour bus pulled up the Clarington Center. The bribed guards opened the gates and Mäkie and the residents climbed aboard. Then everyone but Mäkie changed into clown costumes. Each had a sign that read, “I'm a Bilgewater USA Screw Up.”

When the bus stopped on Main Street in Letongaloosa, 65 high profile clowns—men and women—got off and began walking around town carrying their signs.

Digital cameras rolled and electronic feeds flashed images of the clowns' antics to newspapers, magazines, and television networks throughout the

world. U.S. and Latin American, European, Asian, and African media ran scores of photos and hours of footage of the Great Clown Caper.

The headquarters of the Society for the Preservation and Dignity of Super Rich People is in Madrid. Madrid's largest newspaper, *El Diario Magnifico*, ran an exclusive front page photo of a Mäkie in a business suit standing on the steps of the Letongaloosa City Hall with 25 clown clad Clarington Center celebrities. They were all holding their “I'm a Screw Up” signs. Mäkie was smiling.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.



Please recycle this copy of Kaw Valley Senior Monthly when you are through with it.

Kaw Valley Senior Monthly



Have Kaw Valley Senior Monthly delivered right to your home. Just **\$9.50** for 12 issues!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Mail this completed form along with \$9.50* to:

Groenhagen Advertising, L.L.C.

9703 Hayes Street

Overland Park, KS 66212-5034

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

PAINTING WITH WORDS

Spring

Poet: Christina Rossetti
Poem: "Spring"

Christina Rossetti, born in London in 1830, was the youngest child of four in a gifted Italian family. Her father was Gabriele Rossetti, an Italian poet and Frances, her mother, a Dante scholar. Christina Rossetti was 12 when she had her first poems printed on her grandfather's private press. When



Tom
Mach

Rossetti was 20, she used the pseudonym Ellen Alleyne, for seven poems she contributed to a journal called *The Germ*. Later, she distinguished herself as one of the finest poets in the Victorian era when she published *Goblin Market and Other Poems* (1862), *The Prince's Progress* (1866), and other works.

In her poem "Spring," Rossetti shows how plant life was "locked in" by winter. But now, with the arrival of spring, tender green has sprung up. Sap ascends. Rossetti says that which was "nursed in its grave by Death" is reborn. It's a resurrection of plant life

and it is now a new season.

Several elements, Rossetti says, accompany spring, the rains, the "waking" sun, and the leaves that "clothe" the trees. The poet then moves on to talk about birds, which collectively, are the very signs of peace and a new life. She then mentions God in her poem, suggesting that He guides the wings of the birds while controlling the birth of flowers.

The last lines of her poem suggests the cycle of the seasons. For her, "spring passes by" and that the "newly born" are "hastening" to die. But they are raised again in the next spring.

Here is Rossetti's poem:

Spring

By Christina Rossetti

*Frost-locked all the winter,
 Seeds, and roots, and stones of fruits,
 What shall make their sap ascend
 That they may put forth shoots?
 Tips of tender green,
 Leaf, or blade, or sheath;
 Telling of the hidden life
 That breaks forth underneath,
 Life nursed in its grave by Death.*

*Blows the thaw-wind pleasantly,
 Drips the soaking rain,
 By fits looks down the waking sun:
 Young grass springs on the plain;*

*Young leaves clothe early hedgerow
 trees;
 Seeds, and roots, and stones of fruits,
 Swollen with sap, put forth their shoots;
 Curled-headed ferns sprout in the lane;
 Birds sing and pair again.*

*There is no time like Spring,
 When life's alive in everything,
 Before new nestlings sing,
 Before cleft swallows speed their journey back
 Along the trackless track, –
 God guides their wing,
 He spreads their table that they nothing lack, –
 Before the daisy grows a common flower,
 Before the sun has power
 To scorch the world up in his noontide hour.*

*There is no time like Spring,
 Like Spring that passes by;
 There is no life like Spring-life born to die, –
 Piercing the sod,*

*Clothing the uncouth clod,
 Hatched in the nest,
 Fledged on the windy bough,
 Strong on the wing:
 There is no time like Spring that passes by,*



*Now newly born,
 and now
 Hastening to die.*

If you love to go to plays, you may want to read a comedy play I wrote called *You're a Real Character*. It is written in the style of playwright Neil Simon, and you will laugh your head off when you read it. Go to www.Amazon.com/books and search for it. However you can contact me if you can't find it on Amazon. I have extra copies of the book, and I can arrange to get you a copy. Should you have comments or questions, please email me at tom.mach@yahoo.com. My bio is at TomMach.com.

Affordable
Senior Living

2125 Clinton Parkway
 in Lawrence
 Rent Subsidized
 Apartments for
 Qualified Seniors

Applications being accepted
 841-1000 www.ldcha.org

Clinton Place Apartments

Apartments starting at just \$1650 per month

- Complimentary housekeeping
- Free on-site laundry
- Social activities and entertainment
- Scheduled transportation
- Breakfast and lunch
- And much more!

Call us today at 785.273.6847 for a personal tour.

Andrea Graham, Director

4200 SW Drury Lane • Topeka



Guard your card

By Norm Franker

Social Security District Manager in Lawrence, KS

We encourage you not to carry your Social Security card with you every day. The best way to “Guard Your Card” is to keep it in a safe place and share it only when required. In fact, in most cases, just knowing the Social Security number should be enough. In 49 states and the District of Columbia, a Social Security card isn’t required to request a Real ID. Only Pennsylvania requires it.

Please be careful about sharing your number when asked for it. You should always ask why your number is needed, how it will be used, and what will happen if you refuse. Also, you shouldn’t carry documents that display your number.

If you need a replacement Social Security card, we make it easy. You may be able to use a personal *my* Social

Security account to request a replacement on our website. If you live in one of 46 participating states or the District of Columbia, and are requesting a replacement card with no changes, like a name change, you can use our free online service at www.ssa.gov/myaccount/replacement-card.html.

Visit our Social Security Number and Card page at www.ssa.gov/ssnumber to learn more about your Social Security card.

Please read our factsheet, How You Can Help Us Protect Your Social Security Number and Keep Your Information Safe, at www.ssa.gov/pubs/EN-05-10220.pdf

Our Guard Your Card infographic at www.ssa.gov/ssnumber/assets/EN-05-10553.pdf, is another great resource to understand whether you need to show your card.

Please share these resources with your friends, and family—and post them on social media.



Do you have silver coins you would like to sell?

Contact Kevin Groenhagen at 785-841-9417 or groenhagen@sbcglobal.net.



MIDLAND CARE

ARE YOUR ADVANCE CARE PLANS READY?

“I don’t want to be a burden.” “I plenty of have time to plan.”

Have you ever made one of those statements? Many of us feel that way and yet, we don’t know how to bring up the topic of our end-of-life care or final wishes.

Advance care planning is the process of thinking about, discussing, and writing down your future healthcare wishes. It includes a conversation with your physician and family and completing documents that communicate those wishes.

Midland Care wants to help and invites you to a healthcare decisions planning event.

Saturday, April 9, 2022 | 10 a.m. – Noon

Compass Center | 2134 SW Westport Drive Topeka, KS 66614

Please RSVP to Monica Gottschamer

785-232-2044 | mgottschamer@midlandcc.org



The Midland Care Celebration Walk is a family friendly event, to honor loved ones who have died. The event features live music, food, a children’s area with face painting and inflatables, luminaries, and a butterfly release. Your loved one did not need to be served by Midland Care for you to remember them at this event. For more information, visit our website.

May 13, 2022 | 6 p.m. - Dusk

200 SW Frazier Circle | Topeka, KS

www.midlandcare.org/22walk | 785-232-2044

GOREN ON BRIDGE

WITH BOB JONES

©2021 Tribune Content Agency, LLC

DON'T BE GREEDY

None vulnerable, South deals

NORTH

♠ A K 6 4 2

♥ Void

♦ 6 4

♣ Q 8 5 4 3 2

WEST

♠ Void

♥ J 9 7 6 5

♦ 8 3

♣ A K J 10 9 7

EAST

♠ J 9 7

♥ Q 8

♦ K Q J 10 9 7 5

♣ 6

SOUTH

♠ Q 10 8 5 3

♥ A K 10 4 3 2

♦ A 2

♣ Void

The bidding:

| SOUTH | WEST | NORTH | EAST |
|-------|----------|-------|------|
| 1♥ | 3♣ | Pass | Pass |
| 3♠ | Pass | 5♠ | Pass |
| 6♠ | All pass | | |

Opening lead: Ace of ♣

South bid his hand aggressively, finding an excellent fit, and ending up in a slam contract that had chances for an overtrick. South should have realized that his aggressive bidding would not be duplicated at many tables and few North-South pairs would reach slam. This was a time to play safely, but South came to grief by playing for the overtrick.

South ruffed the opening club lead, cashed the ace of hearts to discard a diamond from dummy, and ruffed a heart in dummy. The ace of spades revealed the 3-0 trump split, and South crossed back to his hand by leading a spade to his 10. He ruffed another heart in dummy and was shocked when East over-ruffed. There was only one trump left in dummy and South still needed to ruff another heart as well as a diamond. He struggled for a while but drifted down one. The major suit splits were very unlucky, but the contract should have been made.

Cashing the ace of hearts early was not necessary. South should have ruffed a low heart at trick two and then cashed the ace of spades and led a spade to his 10. Another heart ruff, a diamond to his ace, and another heart ruff with the king of spades would have worked perfectly. South could now ruff a club in hand, draw the last trump, and cash three heart tricks. The defense would have to settle for one diamond trick at the end.

(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001.)



CAA STEPHENS CHAPIN
INSURANCE

Combined Agents of America, LLC

Turning 65?

We offer your choice of
MEDICARE Supplement,
Advantage and
Prescription Drug plans



Call Chris Chapin
785-841-9538

CAA STEPHENS CHAPIN INSURANCE
2711 West 6th St., Ste. A
Lawrence, KS 66049
www.sciagency.com



By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST EIGHT LAND FORMATIONS in the grid of letters.

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

PUZZLES & GAMES

CROSSWORD

Across

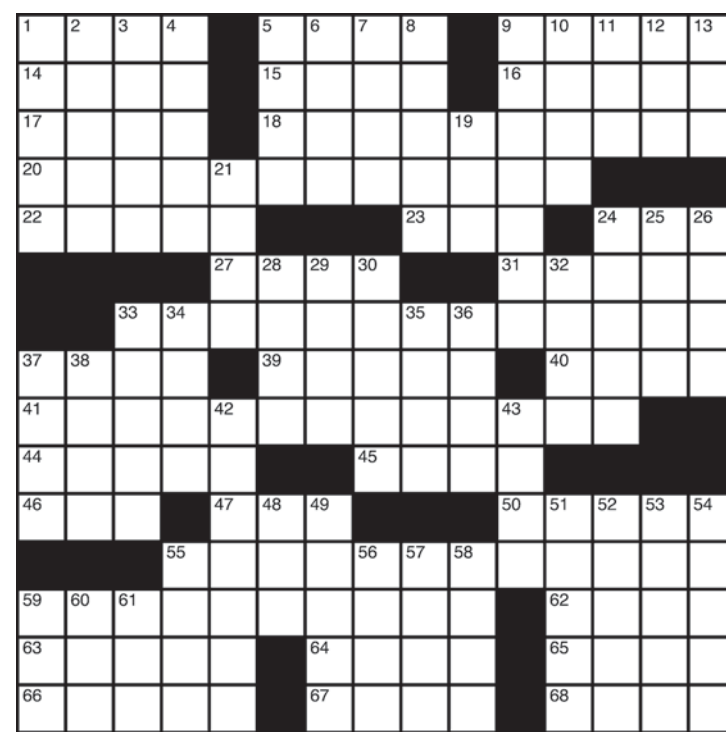
- 1 “__ All That”: 1999 movie
- 5 Diver’s gear
- 9 “Fancy seeing you here!”
- 14 Hoof it on a bad knee, say
- 15 Ecstatic internet shout
- 16 Driver’s choice
- 17 Oberlin’s state
- 18 “We tried, but this won’t work”
- 20 Give up on
- 22 Superman’s makeup?
- 23 Fashion plate
- 24 Kerfuffle
- 27 Construction girder
- 31 Dubuque denizen
- 33 Serve as a reminder
- 37 Mic __: triumphant move
- 39 Finnish company that created Angry Birds
- 40 James Patterson hero __ Cross
- 41 Do an accountant’s job

- 44 Cheaper
- 45 Subtle summons
- 46 Run-of-the-mill
- 47 Nonsense
- 50 Yellowfins, e.g.
- 55 Write briefly and quickly
- 59 Cause of a crash
- 62 Family __
- 63 Cup or star
- 64 Emerald City princess
- 65 “Haven’t decided yet”
- 66 Uses WhatsApp, say
- 67 Eject
- 68 Tibetan title

Down

- 1 Slackens the pace
- 2 Drum kit item with a pedal
- 3 “Into the Wild” star Hirsch
- 4 Took the mic
- 5 “Just saying,” in 66-Across
- 6 Kappa preceeder
- 7 Meddlesome
- 8 Nonsense companion?

- 9 Black-and-white dessert
- 10 Ian who plays Bilbo Baggins
- 11 It might be adjusted in Photoshop
- 12 Kang and Kodos, on “The Simpsons”
- 13 “Affirmative” 19 Sellout letters
- 21 Sacha Baron Cohen alter ego
- 24 Mil. truants
- 25 “You wouldn’t __!”
- 26 Black gemstone used to make beads
- 28 Snooze inducer
- 29 Auth. unknown
- 30 Gun
- 32 Actor Epps
- 33 Fish story notable
- 34 Backs (out)
- 35 Popular video game series, with “The”
- 36 Unruly groups
- 37 Scot’s Scotch order
- 38 Yahoo
- 42 Foreshadows
- 43 R&B great James
- 48 Ending with malt
- 49 Ache
- 51 “__ we meet again”
- 52 Fashionista Kamali
- 53 Likely roster for the big



- game
- 54 “I’m outta here”
- 55 Bar flier
- 56 Rice-shaped pasta used in salads
- 57 Acronymic anxiety about being excluded from the fun
- 58 Group with pledges
- 59 The 1% in 1% milk
- 60 Flabbergast
- 61 Sales __

© 2022 Tribune Content Agency, LLC.

| | | | | | | | | |
|---|---|---|---|---|---|---|--|---|
| | | 6 | 1 | 9 | 3 | 5 | | |
| 8 | 9 | | 4 | | | | | 2 |
| | 5 | | | | | 7 | | 3 |
| 2 | | 8 | | 1 | | | | 6 |
| 3 | 4 | | | | | 1 | | |
| 6 | | | | 1 | | 2 | | 7 |
| | | | | | | | | |
| | | 8 | 2 | 6 | 5 | 3 | | |

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

VIRRE

○ □ □ □ ○

ZELGA

□ ○ ○ □ ○

MYIKPS

○ □ ○ □ □ ○

TREEJS

□ □ ○ □ □ ○

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Check out the new, free JUST JUMBLE app

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

SCRABBLE G.R.A.M.S.

Double Word Score

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

1st Letter Triple

PAR SCORE 265-275

BEST SCORE 339

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. “Blanks” used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgams@gmail.com

Answers to all puzzles on page 30

SUDOKU: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

MY PET WORLD

Dog owner walking on eggshells around her dog

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I have a one-year-old rescue dog who came from a shelter. He is sweet and loving with my husband and kids and our parents, however, he gets nervous with anyone new coming to the home and will growl and snap. I took him to reactive dog training, but it has not gotten better. This is his second home that I know of. I do not want to give up on him but need guidance on how to train him to be OK with new people. My kids are teenagers and have friends coming and going. I feel like I am living on eggshells. -- Nicole Velozo, via the internet

Dear Nicole: While there are things you can do to increase his comfort around people, when a dog is aggressive and can't be persuaded otherwise, it's time to bring in a professional dog trainer. They will observe what your dog's doing, what you're doing, and give you a custom program to address his specific behaviors.

Until you find a trainer though, you can expose him to people gradually. Go outside and ask a friend or family member to stand about 20 feet away. Make sure your dog is on a leash.

Ask your helper to toss high-value (yummy) treats over to the dog for the next five minutes while you two talk to each other. (Do not talk to the dog.) Do this twice a day for five minutes. Over time, your friend or family should be able to move closer to you both each time. The idea is to get your dog to associate good things with people who are approaching.

If you don't see some results after a few weeks, please get a professional dog trainer to help.

Dear Cathy: When I adopted our seven-year-old cat, Darla, my wife and I were told to isolate her from our other nine-year-old cat, Columbia. Both cats are female. We were told by the shelter that it is in the best interest of the new cat to keep them separated. We found that this was the worst advice ever. We did isolate her for eight days, and when we opened the door for her to come out, Darla, wouldn't budge.

The next day I picked up Darla and took her into the living room and put her on the floor. She found a spot to hide in the hide-a-bed couch and wouldn't come out. We took the cushions off the couch and put her food and water bowl on the couch and waited. In the evening, she finally came out to

eat. My wife and I were watching TV at the time and Darla would take a bite of food and look up to watch the television. We let the situation stay like this overnight and, as they say, the rest is history.

Darla is the sweetest most lovable cat anyone could hope for. She and Columbia tolerate each other so I guess you could say they are getting along. They chase each other through the house and have their silly little spats but nothing gets out of hand. I guess what I'm trying to say is that maybe isolating an animal is not always the best answer. We got a diamond in the rough with Darla. -- Dennis, Austintown, Ohio

Dear Dennis: With any animal, it's always good to give deference to the animal living in the home, which means one shouldn't just bring an animal into the home and expect the resident pet to be OK with it. Isolating new cats initially can help each feline get used to the other before a face-to-face meeting. What needed to happen is a scent swap during that time, which involves swapping out blankets and toys between

the new and resident cat, so each cat gets the chance to smell the other cat's distinct scent. You also can switch the cats—putting the resident cat into the room temporarily and the new cat into the house to explore. Scent swapping is an important way for cats and dogs to learn about each other.

This process should only take a few days. If everyone in the home seems content, then open the door and let the cats meet. There will be some initial hissing as the resident cat communicates his or her territory. As long as they are only hissing and chasing and not physically fighting with each other, things should work out just fine. Most cats quickly work out their territories, especially if there is just one other feline in the home.

- *Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.*

© 2022 Tribune Content Agency, LLC



1 BEDROOM APARTMENTS

Income-based Housing for Seniors Over 62!

- 24-hour Emergency Maintenance
- Medical Alarm Systems
- On-site Laundry Facility
- Pet Friendly
- Close to Shopping



JEFFERSON VILLAS
APARTMENTS

Call
785-357-6227
today!



421 SE 21st Street • Topeka, Kansas

www.liveatjeffersonvillas.com



TRINITY In-Home Care

- Light housekeeping
- Personal Care
- Meal assistance
- Local errands and transportation
- Community integration
- Caregiver support



Douglas County's hometown,
nonprofit in-home support provider.

Sliding scale available to those who qualify.

842-3159

| www.tihc.org

AMERICA'S TEST KITCHEN

A secret ingredient makes this meaty sauce **SUPER** meaty tasting: mushrooms!

By America's Test Kitchen

Tribune Content Agency

Many meat sauce recipes begin by cooking chunks of meat until browned bits stick to the bottom of the pot. Those browned bits are called fond, and they're absolutely packed with savory umami taste. But this recipe uses ground beef rather than chunks of meat, which will turn dry and pebbly if cooked long enough to create a fond.

So, we turned to mushrooms! Mushrooms are packed with umami flavor compounds, too. As you cook them, they begin to brown and form flavor-packed fond on the bottom of the pot. Scraping up all that fond adds loads of umami flavor to your sauce. Bonus: Mixing the ground beef with baking soda helps keep it tender and moist.

Pasta with Meat Sauce

Serves 4 to 6

1 pound 85% lean ground beef
2 tablespoons water
1 teaspoon plus 1/2 teaspoon salt, divided, plus salt for cooking pasta
1/2 teaspoon baking soda
4 ounces white mushrooms
1 onion, peeled and chopped
1 tablespoon extra-virgin olive oil
3 garlic cloves, peeled and minced
1 tablespoon tomato paste

1 teaspoon dried oregano
1 (28-ounce) can tomato puree
1 (14.5-ounce) can diced tomatoes
1 pound pasta
1/4 cup grated Parmesan cheese (1/2 ounce), plus extra for serving

1. In a medium bowl, combine beef, water, 1 teaspoon salt and the baking soda. Mix until well combined. Set aside.

2. Trim off the ends of the mushroom stems and discard. Cut mushrooms in half if small or into quarters if large. Add mushrooms and onion to food processor. Pulse until vegetables are chopped fine, about eight 1-second pulses.

3. In a large pot, heat oil over medium heat for 1 minute (oil should be hot but not smoking). Add mushroom mixture to pot. Cook, stirring occasionally, until vegetables are softened and well browned, 8 to 10 minutes. Stir in garlic, tomato paste and oregano, and cook for 1 minute.

4. Carefully add beef mixture. Use wooden spoon to break up meat into small pieces.

5. Carefully stir in tomato puree, diced tomatoes and their liquid, and 1/2 teaspoon salt. Use a wooden spoon to scrape up browned bits on bottom of pot. Bring to simmer then reduce heat to low. Cook, stirring occasionally, until sauce thickens, about 30 minutes.

AMERICA'S TEST KITCHEN/TINS



This recipe uses a baking soda trick to keep the meat tender.

6. Meanwhile, set a colander in the sink. Add 4 quarts water to a second large pot. Bring to boil over high heat. Carefully add pasta and 1 tablespoon salt to pot. Cook, stirring often with wooden spoon, until pasta is al dente, 10 to 12 minutes.

7. Drain pasta in the colander, reserving 1/2 cup cooking water. Return drained pasta to now-empty pot.

8. Stir Parmesan cheese into sauce. Add sauce and 1/4 cup reserved pasta cooking water to drained pasta. Toss until pasta is well coated with sauce. If needed, add remaining 1/4 cup pasta cooking water, a little bit at a time, until sauce is loosened slightly and coats

pasta well. Serve with extra Parmesan cheese.

Recipe notes: If you don't own a food processor, you can chop the mushrooms and onions very finely by hand using a chef's knife. This sauce makes enough for 1 pound of pasta. Sauce can be frozen for up to one month.

- For 25 years, confident cooks in the know have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. See more online at www.americastestkitchen.com/TCA.

© 2022 America's Test Kitchen.

Distributed by Tribune Content Agency, LLC.

Restaurant Guide



**Voted Best BBQ
in Lawrence**

University Daily Kansan
Top Of The Hill 2011

2120 W. 9th St. • Lawrence • 785-842-0800

**Chic-A-Dee
CAFÉ**

"Good Home Cooked Food"

Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm
3036 SE 6th • Topeka • 785-233-0216



Serving Topeka Since 1969



Open 7 Days A Week
6:00 a.m.-3:00 p.m.

1034 S. Kansas Ave.
785-232-1111



You're Gonna Love It!

**Pizza, Sandwiches,
Pasta, Salads**

**Family Dining
Carryout**

510 E Front St. • Perry • 785-597-5133

Old 56

Family Restaurant

2227 S. Princeton St.
Ottawa, KS 66067
785-242-7757



912 S. Chestnut
Olathe, KS 66061
913-390-9905

**Seniors dine out an average of
4-5 times per week! If you would
like to add your restaurant to the
Senior Monthly Restaurant
Guide, please call Kevin at
785-841-9417 for details.**

**1 BR
starts at
\$450**



**2 BR
starts at
\$475**

**-Leisure Living Offering the Best of Both Worlds-
A Peaceful Country-like setting, At Rates That Can't Be Beat!
We rent to those 62 and older or disabled, regardless of age.**



**Call (785) 594-6996 for more info.
1016 Orchard Lane • Baldwin City**



\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

**CRITICARE**
Home Health Services, Inc.

- Home Oxygen
- Sleep Apnea
- Equipment & Supplies
- Wheelchairs
- Mastectomy & Compression Products

*Medical Equipment with Home Comfort*1006 W. 6th St. • Lawrence
785-749-4878 • 800-527-9596
www.criticarehhs.com**Medicare
Accredited***We Improve People's Lives*Home Health • Skilled Nursing
Physical, Occupational and Speech Therapy
Private Duty Care • Hospice**Interim**
HEALTHCARE INC.1251 SW Arrowhead Rd., Suite 103 • Topeka
785-272-1616**Rest In Peace****Honor the Life & Memory
of a Dear One or Friend**Create a Respectful Tribute
on the Internet**nowinheaven.com***Aldersgate*
VILLAGE

LIFE PLAN COMMUNITY

| | |
|----------------------|-------------------------|
| Independent Living | Rehabilitation Services |
| Assisted Living | Sub-Acute Program |
| Memory Care | Transportation |
| Skilled Nursing Care | |

Call (785) 478-9440 or visit aldersgatevillage.org!
7220 SW Asbury Drive | Topeka, KS 66614**Bath Innovations****WALK-IN BATHTUBS
& Remodeling****CALL TODAY
for a FREE**
"no high pressure"
consultation
913-912-1750**www.BathInnovationsMidwest.com****CUCUMBER SANDWICHES**

A New Stage Play by Theodore & Nicholas Biff

**COMEDY
TRAGEDY
FAMILY
IDIOCY**BUY IT. READ IT. EAT IT.
SEE YOUR DOCTOR.**cs.webmire.com***We're Just Your Style!*Over 50
Unique Shops,
Restaurants
and Stores.21ST & FAIRLAWN
*We're Just Your Style!*21st & Fairlawn
Topeka, Kansas

Questions about

MEDICARE OR SOCIAL SECURITYSTEPHENS • CHAPIN
INSURANCECall Chris Chapin
for answers.**785-841-9538**STEPHENS CHAPIN INSURANCE
2711 W. 6th St. • Suite A • Lawrence, KS**This Space
is Available!**Contact Kevin at kevin@seniormonthly.net
or 785-841-9417 for more information.**Add full color to your Business Card Ad for
just another \$5 per month.****Call Kevin at 785-841-9417 for details.****BUSINESS CARD DIRECTORY SPECIAL**

Six months for \$85.00 (color extra) when paid in advance. That's like getting one month for free.

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

PEAVLER & ASSOCIATES**MEDICARE QUESTIONS?****John McGrath**

SENIOR BENEFITS SPECIALIST

785-418-7298

Email:

johnm1738@outlook.com

Fax:

866-514-2919

LEARN A LANGUAGE

French * Italian
 Spanish * Greek
 Russian * German
 Japanese * Korean
 plus Many More ...

Multimedia Interactive Software

LINGO.WEBMIRE.COM**Medicare SupportCenter**
at **CVS**

A non-Government Entity

Jeb Jenkins

Licensed Insurance Agent

913-257-2941

JenkinsJ7@carefreeinsurance.net

Want a **NEW** or
BETTER JOB?

We Create Your Perfect Resumé
 with Your Own Internet Web Address
yourname.toolbox.org

Let All Employers Find You on the Internet

toolbox.org

villagecooperative.com/lawrence-ks

785-838-3317

M-F 8:30 am - 12:30 pm

651 Branchwood Drive
Lawrence, Kansas 66049

The Village Cooperative of
 Lawrence is a community of
 52 one & two bedroom homes
 designed for active adults 62+
 who want a maintenance-free
 lifestyle with the financial
 benefits of home ownership

**Moving? Downsizing?
Need Storage?****PROFESSIONAL
Moving & Storage****3620 Thomas Court • Lawrence, KS 66046****785-842-1115****Is Advertising in the
Daily Newspapers
Getting a Bit
Burdensome?**

Check out Kaw Valley
 Senior Monthly's low
 advertising rates. Call
 Kevin at 785-841-9417.

Cedar Square Senior Apartments

We offer affordable quality housing

For persons 62 and over

Now accepting 55 and over!

One Bedroom & Studio Floor Plans

We are renovating come take a Look!

1550 S. Cedar Ottawa KS 66067

Call today to schedule an appointment

Phone: 785-242-8110

TDD: 614-442-4390



Office Hours Monday—Friday 8:30am to 4:00pm

ATTENTION SENIORS:

Bruce Osladil

See how much we can
 save you on your Medicare
 Supplement. Call Bruce
 today at (785) 242-6955.

OSLADIL INSURANCE SERVICE

411½ S. Main St. • Ottawa, KS 66067

**Natural
Medical
Care****Dr. Farhang R. Khosh, ND****Dr. Mehdi L. Khosh, ND**

Member American Association of Naturopathic Physicians

4935 Research Parkway, Lawrence, Kansas 66047

Phone: (785) 749-2255

**Day Dreaming: Tales from the
Fourth Dementia**

Larry Day's *Day Dreaming* features
 humorous short stories, which have
 disparate plots, topics and
 characters. This book is divided into
 the following theme sections: Media
 Marvels, Weird Rich Folks, Clueless,
 Alien Encounters, Marital Blitz,
 Hilarious Higher Ed, Home Town
 Folks, Fairy Tales Redus, Luv a
 Guvmint. Available at Amazon.com.

Sons of The American Revolution

Can you trace your family tree back to a point

of having an ancestor who supported the cause
 of American Independence during the years
 1774-1783? If so, please consider joining the
 Sons of the American Revolution. Local
 contacts can guide you through the membership process.

Charles Robinson Chapter
(Lawrence)John Sayler (President)
785-841-5756**Thomas Jefferson Chapter**
(Topeka)Brian Vazquez (President)
785-272-7647**BUSINESS CARD DIRECTORY SPECIAL**

Six months for \$85.00 (color extra) when paid in advance. That's like getting one month for free.

RICK STEVES' EUROPE

Communicating in Italy

By Rick Steves

Tribune Content Agency

I am terrible at foreign languages. Despite traveling around Europe four months a year since I was a kid, I can barely put a sentence together anywhere east or south of England. But with some creative communica-



Rick Steves

tion, I manage just well enough to write guidebooks, produce TV shows, and enjoy Europe on vacation. And nowhere do I have more fun communicating than in Italy.

Because Italians are so outgoing and their language is such fun, interactions are a pleasure. Italians have an endearing habit of speaking Italian to foreigners, even if they know they don't speak their language. If a local starts chattering at you in Italian, don't resist. Go with it. You may find you understand more than you'd expect. Italians want to connect and try harder than any other Europeans. Play along.

I find Italian beautiful, almost melodic. It's fun to listen to and even more fun to speak. It has a pleasing rhythm and flow, from buon giorno and buona sera ("good day" and "good evening"), ciao ("goodbye") and per favore ("please") to bellissima ("very beautiful") and La Serenissima ("the most serene," Venice's nickname). Two of my favorite phrases—and sentiments—are la dolce vita ("the sweet life") and il dolce far niente ("the sweetness of doing nothing").

Italians are animated and dramatic,



The passeggiata, Italy's ritual evening promenade.

communicating as much with their reality, they're agreeing enthusiastically as with their mouths. You may think two people are arguing, when in

When I'm in Italy, I make it a point

■ CONTINUED ON PAGE 29

Your In-Home Care Experts

"The care and attention that is given to the patient and family throughout this tough time is above reproach. My dad was a veteran and the hospice team performed a "Stand Down" in his honor. It gave me goosebumps. The hospice team was there to support my mom. Thank you so much!"


KANSAS
Palliative & Hospice Care
kansashc.com



Veteran Owned
Christian Principled
Locally Owned & Operated
24/7 On Call Support
Personalized Care
Medicare/Medicaid



WE HONOR VETERANS

TOPEKA

SHAWNEE

Ashley Dill (785) 250-5074 | Laura Thoden (913) 530-7999


Mojave Beach
PRODUCTIONS
Soar on the Wings of Imagination



A STREAMING ENTERTAINMENT NETWORK
www.mojavebeachproductions.com

Ah! This is living! My wife is listening to mysteries, the grandkids are listening to funny kids stuff, my daughters are listening to romance and inspirational stuff while I ... oh yes!...I am reliving my youth, listening to westerns enacted by the **MOJAVE BEACH PLAYERS!**

Soar on the Wings of Imagination to Mojave Beach Productions' World of Audio Entertainment

Rick Steves

■ CONTINUED FROM PAGE 28

to be just as melodramatic and exuberant. Don't just say, "Mamma mia." Say, "MAMMA MIA!" with arms open wide and hands up in the air. It feels liberating to be so uninhibited. Self-consciousness kills communication.

In Italy, hand gestures can say as much as words. For instance, the cheek screw (pressing a forefinger into the cheek and rotating it) is used to mean cute or delicious. A chin flick with the fingers means, "I'm not interested; you bore me." The hand purse (fingers and thumb bunched together and pointed upward) is a gesture for a question, such as, "What do you want?" or, "What are you doing?" It can also be used as an insult to say, "You fool."

The Italian version of the rude middle finger is to clench the right fist and jerk the forearm up, slapping the bicep with the left hand. This jumbo version of "flipping the bird" says, "I'm superior." If Italians get frustrated, they might say, "Mi sono cadute le braccia!" ("I throw my arms down!")—sometimes literally thrusting their arms toward the floor to say, "I give up!"

Italians appreciate sensuality, which can be heard in their language. Rather than differentiating among the five senses to describe what they're hearing, smelling, or tasting, Italians talk about sensing (sentire):

"Did you sense the ambience as you walked by?"

"Wow, sense this wine."

"Oh, sense these flowers."

Instead of asking, "Are you listening?" an Italian will ask, "Do you sense me?"

One of the best ways to observe Italians communicating—and to communicate with them—is to participate in the passeggiata. This ritual promenade takes place in the early evenings, when shoppers, families, and young flirts on the prowl all join the scene to stroll arm in arm, spreading their colorful feathers like peacocks. In a genteel small town, the passeggiata comes with sweet whispers of "bella" (pretty) and "bello" (handsome). In Rome, the passeggiata is a cruder, big-city version called the

struscio (meaning "to rub"). Younger participants utter the words "buona" and "buono"—meaning, roughly, "tasty." As my Italian friends explained, "Bella is a woman you admire—without touching. Buona is something you want, something...consumable. Bella is too kind for this struscio."

To really immerse yourself in the culture, it's important to take risks in conversation. Italians appreciate your attempts. Miscommunication can happen on both sides, but it's part of the fun.

One night my waiter declared in English, "The cook is in the chicken." Later, when I ordered a tonic water, he asked me, "You want lice?"

On another trip I was eating at a restaurant in Assisi with a guide named Giuseppe and his wife, Anna. Anna greeted each plate with unbridled enthusiasm. Suddenly, Giuseppe looked at me and said in English, "My wife's a good fork."

Shocked, I thought I must have misheard him.

Giuseppe explained, "Una buona forchetta...a good fork. That's what we call someone who loves to eat."

- Rick Steves (www.ricksteves.com) writes European guidebooks, hosts travel shows on public TV and radio, and organizes European tours. This article was adapted from his new book, *For the Love of Europe*. You can email Rick at rick@ricksteves.com and follow his blog on Facebook.

© 2022 Rick Steves

Distributed By Tribune Content Agency, LLC.

Hello, Spring!

Welcome to Prairie Commons

Features...

- 1 & 2 Bedroom Apts.
- Washer & Dryer Connections
- Beautiful Landscaping
- 24 hour Emergency Maintenance
- Gated Entry with Controlled Access
- Valet Trash Service
- Detached Garages
- Fitness Center



Please contact us for
a personal tour and
more information.

(785) 843-1700

5121 Congressional Circle
Lawrence, Kansas



www.liveatprairiecommons.com



CROSSWORD SOLUTION

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|
| S | H | E | S | | F | I | N | S | | O | H | H | E | Y | | | | |
| L | I | M | P | | W | O | O | T | | R | O | U | T | E | | | | |
| O | H | I | O | | I | T | S | U | S | E | L | E | S | S | | | | |
| W | A | L | K | A | W | A | Y | F | R | O | M | | | | | | | |
| S | T | E | E | L | | | F | O | P | | A | D | O | | | | | |
| | | | | | I | B | A | R | | | I | O | W | A | N | | | |
| | | | | | J | O | G | O | N | E | S | M | E | M | O | R | Y | |
| D | R | O | P | | R | O | V | I | O | | A | L | E | X | | | | |
| R | U | N | T | H | E | N | U | M | B | E | R | S | | | | | | |
| A | B | A | S | E | | | P | S | S | T | | | | | | | | |
| M | E | H | | | R | O | T | | | | T | U | N | A | S | | | |
| | | | | | D | A | S | H | O | F | F | A | N | O | T | E | | |
| F | A | T | A | L | E | R | R | O | R | | | T | R | E | E | | | |
| A | W | A | R | D | | O | Z | M | A | | | I | M | A | Y | | | |
| T | E | X | T | S | | B | O | O | T | | | L | A | M | A | | | |

SUDOKU SOLUTION

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 2 | 6 | 1 | 9 | 3 | 5 | 7 | 8 |
| 5 | 7 | 1 | 6 | 8 | 2 | 9 | 3 | 4 |
| 8 | 3 | 9 | 5 | 4 | 7 | 6 | 1 | 2 |
| 1 | 6 | 5 | 4 | 2 | 9 | 7 | 8 | 3 |
| 2 | 9 | 7 | 8 | 3 | 1 | 4 | 5 | 6 |
| 3 | 8 | 4 | 7 | 5 | 6 | 1 | 2 | 9 |
| 6 | 5 | 3 | 9 | 1 | 8 | 2 | 4 | 7 |
| 9 | 1 | 2 | 3 | 7 | 4 | 8 | 6 | 5 |
| 7 | 4 | 8 | 2 | 6 | 5 | 3 | 9 | 1 |

BOGGLE ANSWERS

HILL, MESA, DALE, PLAIN,
KNOLL, RIDGE, VALLEY, RAVINE

© 2022 Tribune Content Agency, Inc.

JUMBLE ANSWERS

Jumbles: RIVER, GLAZE,
SKIMPY, JESTER

Answers: The hot air balloonists
were able to see the sun come
up because they were -- EARLY
RISERS

© 2022 Tribune Content Agency, Inc.

| | | | | | | | | | | | | |
|-------------------------|----------------|----------------|----------------|----------------|----------------|----------------|------------------|-----------|--|--|--|--|
| SCRABBLE GRAMS SOLUTION | | | | | | | | | | | | |
| F ₄ | I ₁ | X ₈ | T ₁ | U ₁ | R ₁ | E ₁ | RACK 1 = | <u>84</u> | | | | |
| B ₃ | R ₁ | E ₁ | W ₄ | E ₁ | R ₁ | Y ₄ | RACK 2 = | <u>65</u> | | | | |
| D ₂ | R ₁ | O ₁ | P ₃ | T ₁ | O ₁ | P ₃ | RACK 3 = | <u>62</u> | | | | |
| C ₃ | U ₁ | L ₁ | V ₄ | E ₁ | R ₁ | T ₁ | RACK 4 = | <u>68</u> | | | | |
| D ₂ | R ₁ | I ₁ | B ₃ | L ₁ | E ₁ | T ₁ | RACK 5 = | <u>60</u> | | | | |
| PAR SCORE 265-275 | | | | | | | TOTAL 339 | | | | | |

Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2021 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.

MY ANSWER

God's Spirit helps us know how to pray correctly

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I know that as a Christian I possess the power of the Holy Spirit, but I don't feel like I do. What's wrong with me? - S.P.

A: The Bible is clear that the Holy Spirit is God Himself! And many Christians do not realize that the Holy Spirit of God prays for us. The Spirit helps us when we are weak. God's Spirit helps us know how to pray correctly. And the Spirit of the living God speaks to God on our behalf, many times in ways that we cannot explain (see Romans 8:26).

Believers have the wonderful gift of relying on the Holy Spirit because Jesus promised when He returned to Heaven that He would send His Spirit

to help us through life (see John 14:26).

Many times, we don't even know how weak we really are and how easy it is for us to make wrong choices. We forget how strong our enemy is. We may even doubt if God is going to really help us. Or we think we can fix everything ourselves. But we should ask the Holy

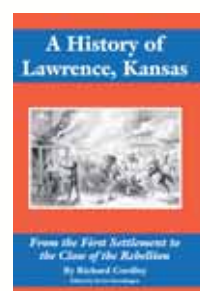
Spirit to guide us in all our choices and decisions, because He will direct us to the will of our Father in Heaven.

When we turn our lives over to Him, we will know victory; not as the world sees victory, but according to how God sees victory. Consecrated, Spirit-filled Christians can have victory over the world, the flesh, and the devil. It is the Holy Spirit who will be with us in the battle, and this is what transforms our lives from ordinary to victorious!

- This column is based on the words and writings of the late Rev. Billy Graham.

© 2022 Billy Graham Literary Trust

Distributed by Tribune Content Agency, LLC.



The History of Lawrence, Kansas

by Richard Cordley

Available at the Watkins Museum of History, 1047 Massachusetts St.,
Downtown Lawrence.



Can you trace your family tree back to a point of having an ancestor who supported the cause of American Independence during the years 1774-1783?

If so, please consider joining the Sons of the American Revolution. Local contacts can guide you through the membership process.

Charles Robinson Chapter
(Lawrence)

John Saylor (President)
785-841-5756

Thomas Jefferson Chapter
(Topeka)

Brian Vazquez (President)
785-272-7647

BARK IRIS GENEALOGY

The B.I.G. Deal: A five-generation (yourself, a loved one or a friend, parents, grandparents, great-grandparents, and second great-grandparents) ancestor chart for just \$99. **A great gift idea!**



The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rade-maker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871.

The B.I.G. Deal includes the required research, a PDF version of the five-generation ancestor chart, and a color version of the chart printed on glossy paper stock.

Contact Kevin Groenhagen at groenhagen@sbcglobal.net or 785-841-9417 for more information.

SAVVY SENIOR

How to get help as an elder orphan

By Jim Miller

Dear Savvy Senior: I need to find someone honest and reliable to look after my estate, health and long-term care when I'm no longer able to do it myself. I'm a 67-year-old recent widow with no children and one sibling I rarely talk to. Any suggestions?
- Solo Ager



Dear Solo: This is big concern for millions of older Americans who don't have a spouse, children or other family they can depend on to watch out for their well-being. While there's no one solution to this issue, here are some tips and resources that can help you plan ahead.

Essential Documents

If you haven't already done so, your first step, before choosing a reliable decision maker, is to prepare a basic estate plan of at least four essential legal documents. This will protect

yourself and make sure you're wishes are carried out if you become seriously ill or when you die.

These essential documents include: a "durable power of attorney" that allows you to designate someone to handle your financial matters if you become incapacitated; an "advanced health care directive" that includes a "living will" that tells your doctor what kind of care you want to receive if you become incapacitated, and a "health care power of attorney," which names a person you authorize to make medical decisions on your behalf if you're unable to; and a "will" that spells out how you'd like your property and assets distributed after you die. It also requires you to designate an "executor" to ensure your wishes are carried out.

To prepare these documents your best option is to hire an attorney, which can cost anywhere between \$500 and \$2,000. Or, if you are interested in a do-it-yourself plan, Quicken Will-Maker & Trust 2022 (\$129, Nolo.com) and LegalZoom.com (\$179) are some top options.

Choosing Decision Makers & Helpers

Most people think first of naming a family member as their power of attorney

for finances and health care, or executor of their will. If, however, you don't have someone to fill those roles, you may want to ask a trusted friend or associate but be sure to choose someone that's organized and younger than you who will likely be around after you're gone.

Also be aware that if your choice of power of attorney or executor lives in another state, you'll need to check your state's law to see if it imposes any special requirements.

If, however, you don't have a friend or relative you feel comfortable with, you'll need to hire someone who has experience with such matters.

To find a qualified power of attorney or executor for your will, contact your bank, a local trust company or an estate planning attorney. If you need help locating a pro, the National Academy of Elder Law Attorneys (NAELA.org) is a great resource that provides online directory to help you find someone in your area.

Another resource that can help you manage and oversee your health and long-term care needs as they arise, and even act as your health care power of attorney, is an aging life care manager.

These are trained professionals in the area of geriatric care who often have backgrounds in nursing or social work. To search for an expert near you, visit AgingLifeCare.org.

Or, if you need help with bill paying and other financial/insurance/tax chores there are professional daily money managers (see AADMM.com) that can help.

Aging life care managers typically charge between \$75 and \$200 per hour, while hourly rates for daily money managers range between \$75 and \$150.

It's also important to note that if you don't complete the aforementioned legal documents and you become incapacitated, a court judge may appoint a guardian to make decisions on your behalf. That means the care you receive may be totally different from what you would have chosen for yourself.

- Send your senior questions to: *Savvy Senior*, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC *Today* show and author of "The Savvy Senior" book.

Kaw Valley Senior Monthly



Have *Kaw Valley Senior Monthly* delivered right to your home. Just **\$9⁵⁰** for 12 issues!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Mail this completed form along with \$9.50* to:

Groenhagen Advertising, L.L.C.

9703 Hayes Street

Overland Park, KS 66212-5034

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

Don't Know Much About Lawrence's History?

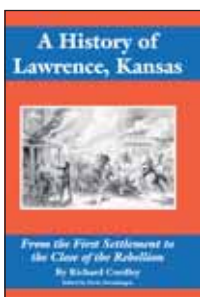
Read Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* (1895)

Now available at

The Watkins Community Museum of History

1047 Massachusetts Street • Lawrence • 785-841-4109

Hours: Tuesday, Wednesday, Friday and Saturday, 10 a.m.–4 p.m.; Thursday, 10 a.m.–8 p.m.; Closed Sunday, Monday and Holidays





Personalized OB-GYN care for every stage of life

Whether you are preparing for adulthood, motherhood or menopause, we provide comprehensive gynecological and obstetrical care that is focused on you and your unique needs. From healthy births and families to preventive screenings and advanced gynecological surgery, we guide our patients on the path to lifelong health.

**Call 785-505-4950 to schedule an appointment or
learn more at [lmh.org/obgyn](https://www.lmh.org/obgyn).**

 **Lawrence OB-GYN Specialists**
LMH Health

330 Arkansas, Suite 300, Lawrence, KS 66044