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INSIDE



2023
SENIOR RESOURCES DIRECTORY

A special pull-out section in the JANUARY 2023 issue of Kaw Valley Senior Monthly

This month's issue features a 12-page "Senior Resources Directory." See inside.

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The theater is Dean Bevan's third career.

See story on page three



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Former soldier, professor is now a playwright

By Kevin Groenhagen

During the early 2000s, members of the EMU Theatre, an independent theater company founded in Lawrence in 1998, asked Dean Bevan to join their playwriting workshop. He accepted their invitation.

“I had never written a play before,” Bevan said. “I had written other things, including a novel, a self-help book, lots of national magazine articles, and a 10-volume study of Bernard Shaw’s plays.”

Bevan, who had recently retired from Baker University as a professor of English and director of creative writing, didn’t know it at the time, but he was about to begin his third career. Since then, he has had a prolific career in the theater. He has written 17 ten-minute plays, five one-act plays, and three full-length plays. He has also written two screenplays.

Theater companies throughout the country, including in San Diego, Cali-

fornia, Manhattan, New York, and Pittsburgh, Pennsylvania, have performed one of Bevan’s plays, “Grim Reaper” (2009).

“‘Grim Reaper’ is an audience favorite,” Bevan said. “It has been performed more than any of my other plays. ‘Grim Reaper’ is about the Grim Reaper visiting this elderly couple who misunderstand everything he says. They can’t hear very well. They mistake the Grim Reaper for a game keeper, a magazine salesman, a Jehovah’s Witness, or one thing or another, and they never do get that he is coming to take their lives. He finally gives up.”

AirPlay of New York City performed “Grim Reaper” several months ago and posted the play on YouTube at [youtube.com/watch?v=dTE2HWIHO7Q](https://www.youtube.com/watch?v=dTE2HWIHO7Q).

When the Blackshaw Theatre in London, England, performed “Grim Reaper” in 2016, the director ran into a bit of a problem. The hard-of-hearing husband and wife are supposed to speak with a country accent. The director asked Bevan what accent they should use in England, but Bevan wasn’t sure. Eventually, the director settled on Geordie, which is a dialect in the Tyne-side area of North East England.

According to Bevan, he often lets his characters write his plays.

“Like the Greeks said, I listen to the Muse,” he said. “Often, all I’m doing is taking dictation from the characters. I hear what they are saying and I’m writ-



KEVIN GROENHAGEN PHOTO

After retiring from careers as a soldier and a professor, Dean Bevan has had a prolific career in the theater.

ing as fast as I can. I don’t really have a preconceived notion of what is going to be, but I know the situation and the characters. They start talking and I write down what they say.”

In addition to writing plays, Bevan has acted in about 36 plays, including the roles of Moonface Martin in “Anything Goes” at the Lawrence Community Theatre in 2004, Franklin Roosevelt in “Annie” at Theatre Lawrence in 2010 and 2018, and Sigmund Freud in “Let

My Mind Flash with Blades,” at the Lawrence Arts Center in 2013.

Bevan’s theater career has gone beyond being a playwright and an actor. He also served on the board of directors of the EMU Theatre from 2004 to 2016 and was a performance arts reviewer for the Lawrence “Journal-World” during the same years. He also served on the board of directors and as a member of the play selection

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Dean Bevan

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committee at the Lawrence Community Theatre/Theatre Lawrence from 2008 to 2017. He helped raise funds to build the new Theatre Lawrence and was serving as the president of the theater's board during the construction of Theatre Lawrence in 2012 and 2013.

After Bevan and his wife, Judy, moved into Lawrence Presbyterian Manor, Bevan began sharing his love for the theater with fellow residents. He asks for volunteers to help perform his plays.

"They're a little hesitant at first," he said. "I don't think there is anyone here who has been on stage except maybe in junior high. But they enjoy doing it. I just give them the script and they read from that. We just started doing the plays at the dinner table after dinner. The director here heard about that and she asked if we could do it for more of the residents. So, we started doing the plays down in the chapel where there is more seating. The director also let the residents living in the duplexes at Presbyterian Manor know about the plays so they could come, too. We've had good audiences. The director said that this is the first resident-initiated entertainment Presbyterian Manor has ever had."

In addition to performing plays for his fellow residents at Presbyterian Manor, Bevan entertains them with piano concerts. He began taking piano lessons with his sister, Jo Ann, when he was in the third grade.

"We took lessons from the same teacher at the same time," Bevan said. "Our teacher would give us the same assignments to take home to practice. We would go home, my sister would practice, but I never did. I would listen to what she was playing and then I would play it. I play by ear and any song I have heard I can play. I can sit down and I know the chords. It's a mysterious process to me. I don't know how it works. The piano teacher soon realized that I wasn't practicing because I didn't always play the correct chords."

Before moving into Presbyterian Manor, Bevan had never played the piano for other people. He played

merely to entertain himself.

"But then residents would start to gather around the piano when I played it," Bevan said. "The next thing you know, they're scheduling me for little concerts. I never expected to be playing for audiences."

Bevan's wife gave him a baby grand piano several years ago and it is now in the dining room area at Presbyterian Manor.

As mentioned above, the theater is Bevan's third career. He noted that this career didn't begin until he ended his second career as a college professor in 2000. However, there is evidence that he dabbled in the theater while he was in college. For example, the April 8, 1958, issue of "The Wichita Eagle" reported that he served as the master of ceremonies and played the role of "the Stranger" in the University of Kansas Children's Theater's production of "Robin Hood."

While his full-fledged theater career didn't begin until more than three decades after playing "the Stranger," Bevan's first two careers—in the Army and in academia—had their roots in his years as an undergraduate at the University of Kansas (KU). He entered KU in 1956 and also joined the university's ROTC program. He graduated from KU in 1960 with a bachelor's degree in English and also received his commission as an Army officer.

"I spent 30 years in the Army," Bevan said. "I had my initial two years of active duty. I liked the Army, but didn't want to do it full-time, so I went into the reserves and spent the next 28 years in the reserves. I retired from the Army in 1990 as a full colonel."

After completing his initial two years of active duty, Bevan returned to KU in 1963 and earned a master's degree in creative writing. He also earned a Master of Philosophy degree.

"When I was in graduate school, they invented the Master of Philosophy degree, which was supposed to keep people from being drafted," Bevan said with a laugh. "That was unnecessary for me."

In 1969, Bevan joined the faculty of Baker University in Baldwin City as a professor of English. He also served as the director of creative writing at

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Dean Bevan

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Baker.

“That worked out well,” he said. “I never taught summer school, so, instead, I took long tours—up to three months at a time—with the Army. It paid better than teaching and it was a nice change of pace.”

Bevan earned his fourth degree, a Ph.D., from KU in 1971.

“Carroll Edwards was my mentor,” he said. “He taught freshman English during my first semester at KU. He ended up guiding me on my dissertation for my Ph.D. He was an inspiration to me as a teacher. He used to say he thought getting a degree in English would make him something like an English gentleman. When I gave the eulogy at his funeral, I said that I wanted to be Carroll Edwards.”

Bevan would spend the next several years teaching at Baker during the fall and spring semesters and then serving in the Army Reserves during the summers. He spent many of those sum-

mers teaching at military intelligence schools around the country. During his last 12 years in the Army, he was the director of the National Military Intelligence Center at the Pentagon.

On a few occasions, Bevan’s orders from the Army would take him to duty stations near large bodies of water. This allowed him to fulfill a dream he had had since he was a four-year-old boy in landlocked Kansas.

“Judy and I were at Fort Sheridan on the shore of Lake Michigan and they had some small sailboats that you could sail in the lake,” he said. “The commanding general’s son was a sailor and he was teaching sailing classes. As soon as we found that out, we signed up for the classes and we learned to sail on Lake Michigan in this little, 14-foot boat. A few summers later, we were at Fort MacArthur in California and the Navy has a big station near there. They also had sailboats, slightly bigger, and they taught classes in ocean sailing. As soon as we found that out, we signed up for those. So, we would take a 27-foot boat out into the Pacific and we were certified as seaworthy.”

The Bevans have sailed in the Atlantic, the Pacific, the Irish Sea, the Caribbean, the Gulf of Mexico, Chesapeake Bay, Lake Michigan, and even Perry Lake.

After mastering the art of sailing, Bevan discovered a way to combine his love for his hobby with teaching Baker students.

“At Baker, we have what we call the interterm in January between the semesters,” he said. “The faculty can offer whatever courses they want. I quickly discovered that we could offer courses off campus. Instead of spending January in Kansas, I decided to offer a course off campus. I decided to teach sailing. I would teach sailing in a classroom for a week and then we would go sailing around the British Virgin Islands. At first, I thought I would recruit a crew and we would sail for the next three weeks. Well, the course was very popular, and it wasn’t just one crew for three weeks, it was three one-week crews. We chartered a 50-foot sailboat. I loved it.”

Bevan noted that Judy was key to the sailing interterm class since she did the

cooking and took care of the female students.

Bevan later developed another interterm class.

“After we started the sailing interterm, I thought it would be nice to do some travel as well, so I started offering courses in touring the British Isles,” he said. “We would visit the birthplaces, the workplaces, and the burial places of famous authors in England, Scotland, and Ireland. Those classes became very popular, not only with students, but some of the mothers asked to come along. We would fill a 55-passenger bus and drive all over the place. We expanded that a bit and I served as a tour guide for Central Europe, Germany, France, and Czechoslovakia. Judy and I would alternate years with sailing and European travel.”

The sailing interterm was so popular that, after Bevan retired from Baker University in 2000, Dan Lambert, the president of the university, asked him to come back to do the sailing. However, Bevan had to decline Lambert’s request.

While Bevan turned down this

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Dean Bevan

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request, he enthusiastically agreed to an earlier request from Lambert.

“Baker has an affiliation with Harlaxton College in England,” Bevan said. “We have a faculty member teach there every year. I was the first one sent there. While I was there, Lambert asked me to look for an unused Methodist church. He said, ‘I’d like to have it over here.’”

According to “The New York Times,” Lambert “had never felt comfortable with the fact that [Baker] university, affiliated with the United Methodist Church, lacked a chapel.”

“So, my wife and I drove around the countryside on weekends with a list I had gotten from the property director of the Methodist Church,” Bevan continued. “We came to this town and here was this perfect, little gem of a neo-gothic church. It was crammed in between a couple of other buildings and it was covered with moss and coal smoke. It wasn’t the best display possible, but I could see the possibilities of the architecture. We contacted the church and they arranged for us to have a look at the interior. They had gotten down to only three members in the congregation. One of the remaining three showed us the church. The atmosphere was pretty chilly. The atmosphere was ‘Here come the Yanks to steal our heritage again.’ But, he was courteous and he showed us the church. While we were there, he said, ‘That little pump organ over there still works if you would like to try it.’ I sat down, pumped up the organ, and played ‘The Old Rugged Cross.’ The apparent temperature of the church went up about 15 degrees after I played that.”

The British Methodists were willing to part with the building if Baker University agreed to put it to a religious use. R. R. Osborne, a retired banker and developer in Olathe, pledged \$500,000 to bring the church to Baldwin City with the understanding that Lambert would raise an equal amount. Osborne later agreed to contribute the full \$1 million to disassemble, move, and reconstruct the chapel.

“As they dismantled the church, they

surveyed the position of each stone,” Bevan said.

The surveying was necessary so the 250-ton church, built in 1868, could be reassembled as it stood in England. Baker University added a basement with an office for the chaplain. In addition, Bevan’s name is now on the cornerstone.

In addition to serving as the president of the board of directors of Theatre Lawrence during the construction of the new theater and finding a church building for Baker University, Bevan served on the board of directors of the Douglas County Citizens Committee on Alcoholism (DCCCA) for 40 years. DCCCA’s First Step at Lakeview has a butterfly garden named after Bevan,

who was president of the board during the construction the DCCCA building at Kasold Drive and Clinton Parkway.

“Buildings cling to me,” Bevan. Could Bevan be preparing to embark on a fourth career as an architect?

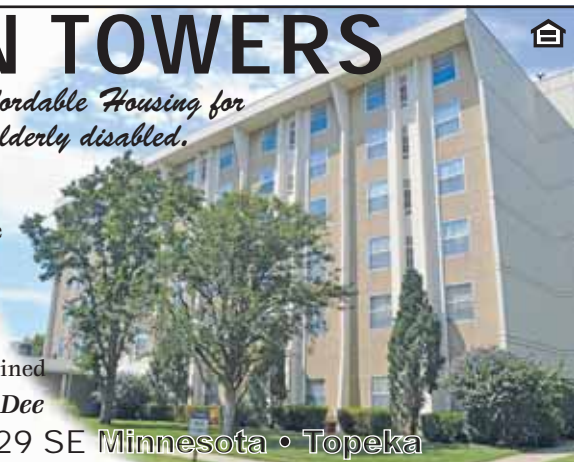
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Jenkins discusses Medicare Advantage plans

By Billie David

Now that December 7 has passed, marking the end of the Medicare Annual Election Period, it is time for the Medicare Advantage Open Enrollment Period, which runs from January 1 to March 31. This can sound a bit confusing, but the key here is the word “Advantage.”

That’s because instead of a focus on beneficiaries of Original Medicare and Medicare Advantage members and the changes they were allowed to make during the Medicare Annual Election Period, we are now entering the period during which beneficiaries with Medicare Advantage plans can make a one-time change.

“If you are enrolled in a Medicare Advantage plan, you can switch to a different Medicare Advantage plan or go back to Original Medicare plus a separate Medicare drug plan once during this time,” said Job Jenkins, who is a licensed agent for senior health plans.

The new plan will go into effect on the first of the month following the switch in plans, he added.

“There are several reasons why someone may want to check to see if they might want a different plan,” Jenkins continued. “You might find out your doctor is no longer in your network, will you be travelling more frequently, or your drug copays may have changed. Drug formularies can change, so people need to check.”

Another item to check on is whether your hospital is still in your network, he added. It’s so important to pay attention to the details.

Medicare Advantage plans offer the same benefits that Original Medicare offers, but they include other benefits as well, including dental, vision and hearing. “Dental has become a big one,” Jenkins said.

Some Medicare Advantage plans may also offer transportation to and from doctor appointments. Silver Sneakers, which is an exercise program that is very popular among seniors, or Part B giveback, which is a premium reduction that some Medicare Advantage plans offer, so Medicare Advantage beneficiaries may want to check on whether their current plan covers these benefits as well.

Other benefits people may want to check on is whether there is a 24-hour nurse line, if chiropractic care is covered, whether meals are home-delivered after hospitalization, and whether there is an over-the-counter (OTC) allowance, which can be an additional money saver, Jenkins said.

If you have an HMO, in addition to checking on whether your doctors are in the plan’s network—including your primary care doctors, specialists and all other providers and hospitals you may be using—you might want to consider whether you travel a lot, plus in addition to the drug formulary and co-pays, you might want to check your maximum out-of-pocket exposure.

“They vary from plan to plan,” Jenkins explained.

There is good news this year in that there are some positive changes for Medicare Advantage plans for 2023.

“They are always improving,” Jenkins said, adding that the copays are improving, recommended vaccines will be covered with a zero co-pay, including COVID, flu, pneumonia, and Hepatitis B, and filling a covered insulin prescription is capped at \$35 a month with no deductible, thanks to the Inflation Reduction Act, which became law in August of 2022.

Jenkins is a lifelong Kansas City resident, has lived in the Shawnee area for over 20 years, and he attended the University of Kansas. He has been in

the insurance industry since 1989 and has specialized in the Medicare field since 2017.

One of the reasons Jenkins gave for specializing in the Medicare field is that as he approaches his senior years, he, too, has experienced issues and the financial stress that goes along with them.

“Seniors don’t need the extra stress,” he said. “If there’s not sufficient coverage, it adds to the illness and stress. It is confusing, and I can take some of that out for them.”

Jenkins’ email address is jebjenkins1@outlook.com, and he can be reached at 913-257-2941.



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SAVVY SENIOR

Simple home safety solutions for aging-in-place

By Jim Miller

Dear Savvy Senior: Falls and fires are the two things I worry most about for my elderly father who lives alone. Do you have any suggestions on what we can do to help keep him safe, and keep an eye on him from afar? - Concerned Daughter

dad's throw rugs which are common tripping hazards or use carpet tacks or double-sided tape to secure them. You may also need to adjust your dad's furniture so there are clear pathways to walk through and position any electrical or phone cords along walls and out of the way.

For hardwood steps, consider attaching a nonslip tread to each one to provide traction and help him see the edge. And for added protection in the bathroom buy some nonskid rugs for the floors and use adhesive nonslip treads or a mat with rubber suction inside his tub or shower stall.

- **Improve his lighting:** Good lighting is essential for safe aging-in-place, so check the wattage ratings on your dad's lamps and light fixtures, and install the brightest bulbs allowed, and add supplementary lighting if necessary.

You should also purchase some dusk to dawn nightlights for the bathroom and in the hallways that light up when the sun goes down. And mount some motion sensor lights outside the front and back doors and in the driveway that automatically come on when he comes

and goes after dark.

- **Get grab bars:** These can significantly reduce his risk of bathroom falls. Install them where he enters the shower or tub and on a wall inside the stall, but don't use grab bars that attach with suction. Instead, have wall-mounted bars put in by someone who can affix them to the wall studs. It's also best to choose bars whose surfaces are slightly textured and easier to grip.

- **Ensure railings are stable:** Whenever he has steps—stairways, entryways or basements—he needs sturdy railings. Ideally, they should be on both sides of the steps.

- **Prevent cooking fires:** There are several affordable products you can purchase to help your dad prevent home cooking fires like BurnerAlert discs that attach to a stove's knob and will continuously blink or beep after the stove has been in use for a preset amount of time, and Ome smart knobs that can control a stove's heating settings from an app. Or you can invest in a more expensive iGuardStove sensor that shuts the stove off when it doesn't

detect motion for five minutes.

- **Install smoke alarms:** Install a smart smoke alarm in your dad's house (buy one for each floor) that will alert him when smoke or carbon monoxide is detected. These smart devices will also send alerts to your phone to let you know when a problem is detected. Google Nest and First Alert both smart smoke and carbon monoxide detectors.

- **Add fire extinguishers:** Get portable multipurpose fire extinguishers for each level of your dad's house and in the garage.

- **Consider a medical alert:** To ensure your dad's safety and provide you some peace of mind, consider getting him a medical alert device that comes with a wearable SOS button that would allow him to call for help if he were to fall or need assistance.

For more tips, get a copy of AARP's "HomeFit Guide" (see AARP.org/HomeFit), which has more than 100 aging-in-place suggestions that can help make your dad's home safer and easier to live in.

Dear Savvy Senior: What steps

■ CONTINUED ON PAGE NINE



Dear Concerned: Of course! There are a number of small adjustments and modifications you can make to your dad's home to help protect him from falls and fires, both of which cause thousands of injuries and deaths each year. Here are some tips to get you started.

- **Eliminate tripping hazards:** Since falls are the leading cause of home injury among seniors, a good place to start is to pack away your

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Savvy Senior

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need to be taken after a loved one dies? My 71-year-old uncle, who's divorced with no children, has terminal cancer. He's asked me to take care of his affairs so I would like to find out what I need to do after he passes away. - Unsure Nephew

Dear Unsure: I'm very sorry to hear about your uncle. The death of a loved one can bring about a host of different tasks and responsibilities. Here's a list of some things you can do now, and after his death, that can help keep a sad event from becoming even more difficult.

Before Death Occurs

There are several tasks you can do now while your uncle is still living that will make things easier for you after he dies.

For starters, find out where he keeps all his important papers like his trust and/or will (also make sure it's updated), birth certificate, Social Security information, life-insurance policies, military discharge papers, financial documents, key or combination to a safe deposit box or a home safe. Also make a list of his digital assets (including usernames and passwords) like his email account, online banking accounts, social media accounts, etc.

If your uncle doesn't have an advanced directive, help him make one (see CaringInfo.org for free state-specific forms and instructions). An advanced directive includes a living will that specifies his end-of-life medical treatments and appoints a health-care proxy to make medical decisions if he becomes incapacitated. In addition, you should also make a do-not-resuscitate (DNR) order. Your uncle's doctor can help you with this.

You should also pre-arrange his funeral, memorial service, and burial or cremation.

Immediately After Death

Once your uncle dies, you'll need to get a legal pronouncement of death. If no doctor is present, you'll need to contact someone to do this.

If he dies at home under hospice

care, call the hospice nurse, who can declare his death and help facilitate the transport of the body.

If he dies at home without hospice care, call your uncle's doctor. You'll then need to call the funeral home, mortuary or crematorium to pick up the body. If your uncle is an organ or tissue donor, contact the funeral home or the county coroner immediately.

Within a Few Days

If funeral plans were not pre-arranged, you'll need to make arrangements and prepare an obituary. If your uncle was in the military or belonged to a fraternal or religious group, you should contact those organizations too, because they may have burial benefits or conduct funeral services.

You should also notify family members, close friends and his employer if he was still working, and make sure his home is secured.

Up to 10 Days After Death

To wind down your uncle's financial affairs, you'll need to get multiple copies of his death certificate, which are typically ordered by the funeral home.

If you're the executor of your uncle's estate, take his will to the appropriate county or city office to have it accepted for probate. And open a bank account for your uncle's estate to pay bills, including taxes, funeral costs, etc.

You also need to contact your uncle's estate attorney if he has one; tax preparer to see if estate or final income taxes should be filed; financial advisor for information on financial holdings; life insurance agent to get claim forms; his bank to locate and close accounts; and Social Security, the VA (if he's a veteran) and other agencies that provided benefits in order to stop payments.

You should also cancel his credit cards, delete or memorialize his social media accounts and, if relevant, stop household services like utilities, mail, etc. His home and personal belonging will also need to be dealt with in the coming weeks.

- 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.



MIDLAND CARE

CARE YOU CAN COUNT ON

Program of All-Inclusive Care for the Elderly (PACE)

Midland Care's Program of All-Inclusive Care for the Elderly (PACE) helps aging seniors safely stay in their homes for as long as possible. This innovative program offers comprehensive medical services using home care and adult day care settings.

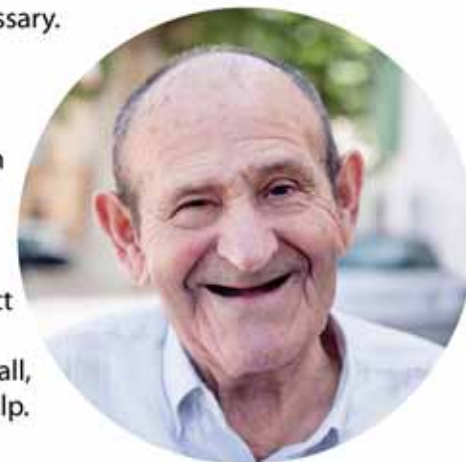
Macrina Anders was the primary caregiver for her family when she found PACE. "I had to take care of my Mom, Dad, and husband all at once," said Anders. Looking for solutions to help ensure quality of care, PACE was able to provide extra support for Anders in caring for her parents.

"We'd get their medication delivered to their door. They helped clean the bathrooms and brought the medical equipment we needed to us," said Anders. "I could also contact their on-call nurse, day or night."

PACE includes an experienced team of doctors, nurses, and other healthcare professionals that work with participants to aid in achieving health goals and simplify access to healthcare. Through Midland Care PACE, participants access their primary care physician, nurses, physical, occupational, speech and nutritional therapy services and social activities at one convenient location with transportation provided if necessary.

"PACE is a really good program. When they said they would be there, we could always count on them," said Anders.

If you or someone you know could benefit from PACE, contact Midland Care for a free informational. The sooner you call, the sooner Midland Care can help.



785-232-2044

www.midlandcare.org/PACE

MAYO CLINIC

How early should I be screened for lung cancer?

By Stephen Cassivi, M.D.

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: I am 62 and recently had a physical. My doctor suggested that I should be screened for lung cancer. I used to smoke a pack of cigarettes a day but quit about a decade ago. I've not had any problems, so I'm wondering if this is necessary. What does screening involve?

ANSWER: More than 600,000 people die annually from cancer in the U.S. Lung cancer remains the leading cause, accounting for about 25% of all deaths. More people die in the U.S. each year from lung cancer than from colon, breast and prostate cancer combined.

Well-conducted and reputable studies have shown, however, that a properly organized screening program can reduce the number of people who die from lung cancer by 20%.

Screening programs are used to find lung cancer at an early stage when it is more likely to be successfully treated.

In general, screening is recommended for people at higher risk of developing lung cancer. That often includes people like you who smoked heavily at some point in their lives.

One research study performed in the U.S., called the National Lung Screening Trial, found that three specific segments of the population benefit the most from screening. The first group includes people who have previously had lung cancer. The second group is people who smoked a pack of cigarettes per day or more for 30 years or longer.

The third group includes people who smoked a pack a day or more for 20 years or longer and who also have another factor that raises their risk of lung cancer. Those factors may include a family history of lung cancer, having emphysema or another lung disorder, having undergone radiation treatment, or a previous cancer diagnosis in another part of the body.

One important component of a lung cancer screening program involves a radiology test of the lungs called low-dose CT. Getting a CT scan of the lungs

involves a medical appointment that lasts about an hour, although the scan itself usually takes less than five minutes.

A low-dose CT scan is a painless procedure, similar to getting an X-ray. The detailed images of the lungs and surrounding structures created during the scan are generated by a computer and reviewed by a radiologist, which is a doctor who specializes in diagnosing conditions with imaging tests.

Using CT scans to screen for lung cancer is important because these scans can reveal lung cancers long before they cause symptoms or show up on a chest X-ray. A CT scan can spot cancers as small as a grain of rice. The importance of finding cancer early is significant because survival after lung cancer treatment is directly related to the stage at which the cancer is first found.

When lung cancer is identified at an early stage with a screening CT scan, the cancer often can be cured with surgery. In addition, treatment for early stage lung cancer usually can be performed using minimally invasive techniques, which allows patients to recover more quickly and return to their usual activities sooner than they would with more invasive surgical approaches.

It is important to know that lung cancer screening, when done correctly, is more than just an imaging exam of your lungs. Rather, proper cancer screening is an integrated multidisciplinary program that includes an initial individualized risk assessment to

determine if participating in a screening protocol would benefit you.

A reputable screening program should include proper analysis and have structured plans to address anything that is identified on the CT scan, since not every spot found in the lung is cancerous. Having an expert evaluation of the radiology images in the context of the individual patient is important, too, along with ensuring that an overview of the findings is shared and explained to the patient. Following the review, next steps may include additional tests, a plan for future testing or discussion of treatment options. For many patients, the plan may simply come down to an annual chest CT.

Quitting smoking was an excellent decision—perhaps the best health care decision you will make in your life. Stopping smoking dramatically lowers the risk for many health problems and increases overall health and well-being. Getting screened for lung cancer simply reinforces that decision by continuing to protect your health now and into the future. -- Stephen Cassivi, M.D., Thoracic Surgery, Mayo Clinic, Rochester, Minnesota

- *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.*

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HEALTH & WELLNESS

Evening Primrose Oil

Evening Primrose Oil (EPO), or *Oenothera biennis*, is a native North American plant. EPO is a plant with brilliant yellow flowers that open up at sunset or in the evening and the flowers are closed during the day. The



*Dr.
Deena
Beneda*

oil from the evening primrose seeds contains omega-6 fatty acids, including gamma-linolenic acid (GLA). Most of its healing benefits may be attributed to the GLA contents. In addition, EPO is rich in other fatty acids besides GLA, including the saturated fatty acids of palmitic acid and stearic acid; monounsaturated oleic fatty acid; and, finally, polyunsaturated fatty acid including linoleic acid and gamma-linolenic acid.

There is a long history of the medicinal uses of EPO. In Europe, EPO was known as the King's cure-all remedy. Native Americans used the seeds from this plant for food and made poultices from the whole plant. These poultices were then applied directly on bruises and wounds. The stems and leaves were used as topical remedies for skin irritations.

EPO can be taken internally in cap-

sule or liquid form. It can also be applied externally to the skin. EPO has been used in the treatment of atopic dermatitis and to relieve eczema, psoriasis, and acne. It has been used to improve the symptoms of premenstrual tension and menopausal symptoms, including hot flashes and weight gain. EPO is an effective way to prevent inflammation. The GLA is especially effective when used to reduce acne by decreas-

ing skin inflammation and acne lesions. EPO helps to improve skin elasticity, moisture, and firmness while making it healthy and smooth. It can help to improve the conditions of dry hair, skin, and nails. Some research shows that GLA is effective in alleviating symptoms of depression, anxiety, bloating, and irritability associated with premenstrual syndrome. In addition, another common symptom of premenstrual syndrome is breast pain. In a recent study, the GLA in EPO helped to inhibit prostaglandins that caused menstrual breast pain. Inflammatory disorders may be treated with evening primrose oil including relieving bone pain that can be associated with rheumatoid arthritis.

Other conditions that EPO may be effective in decreasing the symptoms include peripheral neuropathy associated with diabetes, sore throats, digestive problems, hemorrhoids, bruises, fatigue, high cholesterol, and high blood pressure.

However, with all the beneficial effects of taking EPO, remember that if you take blood thinners, any essential fatty acid, including EPO, may increase bleeding. So always check with your doctor before taking any new medication or supplement.

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



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HEALTH & WELLNESS

Exercise for better health

By Autumn Bishop,
LMH Health

With the start of a new year, many of us seek to make improving our health a priority. Exercise is one of the most important tasks you can undertake to get your health on track.

“Exercise has an immense amount of benefit when it comes to weight loss and improving your blood work, but

How much exercise should I aim for?

Current guidelines from the CDC recommend that adults get at least 150 minutes of moderate-intensity physical activity and two days of strength activity each week. Kids, especially those who are school-aged, should get 60 minutes or more of moderate to vigorous physical activity each day.



Harris

These numbers may seem daunting, but you don't have to tackle it all at once. Malati Harris, MD, a family practice physician with Free State Family Medicine, said that it's important not to have an all or nothing mindset.

“We often think that if we can only get a small amount of exercise in that it isn't enough, so we don't do it,” she explained. “Movement is key, so do what you can in the amount you can. If you wait for things to be perfect, you'll never get it done.”

So how do you find time to exercise and balance that with other commitments such as work, school, family and activities? Breaking exercise into smaller chunks, even short periods of time throughout the day can be beneficial.

Kids in grade school may have an easier time reaching the recommended exercise goal, as many schools have recess built into their daily schedules. Older children may find it more difficult to balance the demands of home-

more than that it also provides mental/emotional benefits,” said Ben Smith, DO, a physician with LMH Health's Internal Medicine Group.

The Centers for Disease Control (CDC) says that regular physical activity can help to improve brain health, reduce disease risk, manage chronic conditions, strengthen muscles and bones, reduce weight and improve your overall health.

Dr. Smith practices what he preaches. Growing up an athlete and continuing to participate in powerlifting competitions, he recognizes the need for exercise to be part of your daily life.

“Anyone can exercise and become active, regardless of age, sex or physical ability. The goal is to get moving in any way possible,” he explained.



Smith

■ CONTINUED ON PAGE 13



“Valuing your trust, keeping our promise”

Graceful Home LLC provides Long-Term Care services, Assisted Living services and Respite Care services 24 hours a day. Graceful Home is a Licensed Adult Care Facility licensed and surveyed by the Kansas Department for Aging and Disability Services (KDADS). Medicaid Licensed Facility. Please see our websites for payment options.

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Exercise

■ CONTINUED FROM PAGE 12

work or a job and getting enough physical activity, so Dr. Harris shared some suggestions.

“You don’t have to participate in an organized sport or activity. If you like to dance, do that on the PlayStation or go out and jump on a trampoline,” she said. “Walk your dog or run around with them in the backyard. Get creative so that it isn’t a chore.”

If you’re not quite sure what you can or should be doing, start by talking with your doctor.

“I talk with my patients about their background, activity level, and learn what they’re interested in,” Dr. Smith said. “It’s important to be realistic with your expectations. Certain folks aren’t able to do what others can. Sort out what you like to do and then aim to do it consistently.”

There isn’t one kind of exercise that’s better for improving your health. Dr. Harris explains that what’s right for you depends on your goals.

“Cardiovascular exercise is wonderful and provides so many benefits, from increased endorphins to keeping your joints warm and mobile,” she said. “Strength training provides the protectiveness for bone density and is a great way to build confidence.”

That doesn’t necessarily mean that you have to hit the gym. Folks may be apprehensive for a number of reasons, from being nervous just starting to exercise or being unhappy with the way they look.

Instead of signing up for a gym

membership, start small. There are many different forms of physical activity you can do, such as:

- Walking the dog
- Dancing
- Raking leaves
- Going for a bike ride
- Playing outside with your kids

“I have patients who want to play sports. You can play pickleball or walk the track at Rock Chalk Park,” Dr. Smith offered. “Even simply getting outside a bit more and getting some sun on your face is hugely beneficial.”

Home workouts gained popularity during the height of the COVID pandemic, as many gyms and rec centers closed. If this appeals to you, but purchasing a Peloton or treadmill is out of your budget, other options are available.

“You can do a lot at home with kettlebells, light dumbbells and bands. And you can do a lot just with your body weight as well. All of these things can make a difference and you don’t need expensive equipment to make measurable progress,” said Dr. Smith.

You can also find a number of beneficial workouts available on streaming platforms such as YouTube and Apple+ Fitness. Whatever you decide to do, make sure that it’s challenging but doesn’t far exceed your current fitness level.

“Start where you’re at,” Dr. Harris said. “Little changes do add up and they do make a difference. Any little bit counts.”

- Autumn Bishop is the marketing manager and content strategist at LMH Health.

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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 and 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

JAN 2

NEW TO MEDICARE

Advice if you are about to turn 65. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

TOPEKA

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

JAN 5

INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

TOPEKA

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

JAN 12

INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to find local resources online and from libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

TOPEKA

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

JAN 18

WRITE YOUR OWN HISTORY

Terry Stahl author of One Kansas Family: Stitched Together with Memories will show you how to write your own family story using various tools. Topeka and Shawnee County Public Library - Learning Center, 1515 SW 10th Ave., 7-8 p.m.

TOPEKA

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

JAN 23

MEDICARE PART D

Jayhawk Area Agency on Aging staff will help you navigate Medicare Part D to make sure you are getting the best prices for your medication. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1515 SW 10th Ave., 1-2 p.m.

TOPEKA

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

JAN 28

CELEBRATION OF WILLIAM STAFFORD: LIVING A POETIC LIFE

The Writers Place invites you to the Watkins Museum for the annual birthday celebration of famed Kansas poet William Stafford. This in-person, drop-in event will feature original readings by Kansas Authors Club and Writers Place members. Watkins Museum of History, 1047 Massachusetts St., 1-4 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org/event

FEB 2

INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

TOPEKA

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

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

JAN 13

FREESTATE STORY SLAM | FROZEN

Real stories, live and uncensored. Stories are told live, MOTH-style, with a new theme each month. Never the same story or evening. Live music and social hour at 7 p.m. Slam begins at 7:30 p.m. Free. \$10 Suggested donation. Ages 18+ recommended. 10th & Mass Studios, 1000 Mass St.

LAWRENCE, 785-843-2787

lawrenceartscenter.org/event

JAN 14

APRIL 4TH, 1968: DARE TO DREAM!

In partnership with the Lied Center of Kansas, Life Restoration Ministries is proud to present *April 4th, 1968: Dare To Dream*. Written and directed by local playwright Rita Rials, *April 4th, 1968: Dare To Dream* honors the life and legacy of Dr. Martin Luther King, Jr. and the civil rights movement, bringing to life the joy, pain, sorrow and hope of those who dared to dream. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

JAN 29

ON YOUR FEET!

Get in the groove with this smash-hit Broadway musical fiesta. Infused with the heartbeat of Little Havana, the 'Rhythm is Gonna Get You' in this inspiring true story about heart, heritage and two people whose belief in their talent—and each other—catapulted them to international stardom. With a seductive beat and smoking hot choreography, *On Your Feet!* roars through up-tempo dance numbers with swirling skirts and swiveling hips, overflowing with heartfelt emotion. A salsa-splashed showcase of the dance-floor hits that made Gloria Estefan and the Miami Sound Machine a radio and MTV staple. Topeka Performing Arts Center, 214 SE 8th Avenue, 6 p.m.

TOPEKA, 785-234-2787

topekaperformingarts.org/events

FEB 2

HAIRSPRAY

You Can't Stop the Beat! *Hairspray*, Broadway's Tony Award-winning musical comedy phenomenon is back on tour! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

EXHIBITS & SHOWS

OCT 1-FEB 18

THE ORIGINAL KANSAS CITY, KANSAS

On October 22, 1872, Kansas City, Kansas was formally incorporated, but at that time it was far from the KCK we think of today. At the museum, we get many questions about our early maps and how the city evolved. The 150th Anniversary of KCK provides a great opportunity to share the story of "The Original Kansas City, Kansas" with the community. This exhibit will feature a series of

early maps, facts, and images from the city's earliest years. Wyandotte County Historical Society and Museum 631 North 126th, 9 a.m.-4 p.m. Free.

BONNER SPRINGS, 913-573-5002

JAN 10-12

TOPEKA FARM SHOW 2023

The show has grown to include over 300 exhibiting companies, and 550 booths. The event boasts daily horsemanship clinics, events for the entire family, free parking, free admission, and free health care programs. Kansas Expocentre - Stormont Vail Events Center, One Expocentre Dr.

TOPEKA

tradeindia.com/tradeshows/106991/topeka-farm-show-2023.html

JAN 21 & 22

R.K. TOPEKA GUN SHOW

U.S. Weapon Collectors will have a variety of vendors displaying guns, hunting supplies, military surplus and outdoor gear available to teach you, answer your questions, and find exactly what you're looking for. Safety is first at all of RK Shows Events, so we will have security and check-in points for the safety of our attendees and vendors. Kansas Expocentre - Stormont Vail Events Center, One Expocentre Dr. Sat., 9 a.m.-5 p.m., and Sun., 9 a.m.-3 p.m.

TOPEKA

rkshows.com/event/topeka-ks-gun-show-jan-2023/

FARMERS' MARKET

THURSDAYS

COTTIN'S HARDWARE FARMERS' MARKET

April-September (Outdoors) Every Thursday from 4-6:30 p.m. The outdoor market has 15+ local vendors, live music, a hot food vendor, and Free State Beer each week. October-March (Indoors) Every Thursday from 4-6 p.m. The indoor market is located inside the store and has up to six vendors each week. Cottin's Hardware, 1832 Massachusetts St.

LAWRENCE

cottinshardware.com/farmers-market

HISTORY & HERITAGE

JAN 10

GENEALOGY + LOCAL HISTORY SPOTLIGHT

Researching your house's history, delving into genealogy, or exploring Kansas's storied past? Join us to get acquainted with resources for digging into local and family history. Meet us at the Watkins Museum for an introduction to their local history and genealogy resources, and check out their newly renovated research room. Registration required. Watkins Museum of History, 1047 Massachusetts St., 4-5 p.m.

LAWRENCE, mfisherisaacs@lplks.org

lawrence.bibliocommons.com/events/638663de6371ae70fb280f16

■ CONTINUED FROM PAGE 14

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 at 2 p.m. at Brandon Woods Independent Living, 1501 Inverness. KLAH will provide appetizers and wine. Call for more information or to sign up.
LAWRENCE, 785-294-5867

SECOND TUESDAY OF THE MONTH NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

Meets at Grace Episcopal Church, 701 SW 8th

Ave. (enter on NW corner), at 9:30 a.m.
TOPEKA

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

JAN 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 (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

JAN 9

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 (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 3:30-4:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

JAN 19

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 (785) 235-1367. Topeka

and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

JAN 26

DR. J.R. BRINKLEY, THE INFAMOUS GOAT GLAND SURGEON

Topeka Genealogical Society Monthly Meeting. Tom Luellen will discuss Dr. Brinkley, who set up a medical practice in Medford, Kansas, in 1918 and became known throughout the United States for miracle cures. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1515 SW 10th Ave., 7-8:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

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

JAN 19-29

LAWRENCE RESTAURANT WEEK

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FEB 4

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The Lawrence Arts Center's annual Souper Bowl Saturday is on its way again! We are gearing up for the event by making lots of beautiful ceramic bowls for you to choose from. This community event raises funds through the sale of handmade bowls and donated soups and bread. The bowls, \$10 and up, come with complimentary soup and bread and the proceeds benefit the Arts Center's visual arts education programs. Lawrence Arts Center, 940 New Hampshire, 10 a.m.-2 p.m.
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HUMOR HOTEL

I refuse to be that friendly, old, naked locker room guy

By Greg Schwem

I saw him approaching the day after Thanksgiving, the Friday that sends even the most passive “athletes” scurrying to the gym, convinced that one 30-minute session on the Stairmaster will melt away the sweet potatoes and pumpkin pie they gorged upon the previous afternoon.

During my holiday meal, I gave thanks for good health. The next morning I was thankful for clothes, because I was wearing some. Not so for him.

He had just exited the shower and was all pink and naked. Seeing that I had just stepped off a scale (I also gave thanks for only gaining 2 pounds) he pointed at the number and then at me. My eyes stayed transfixed on his because I had no interest in looking elsewhere.

“You sure you want to do that the day after the holiday?” he asked, before emitting a wry chuckle.

“Yeah, probably not the best timing,” I replied.

And with that, he retreated to his locker and began to dress. But he’d made his presence known.

Every male locker room—even those in clubs that cost thousands to join, reek of body butter and hire attendants to pick up fluffy, terry cloth towels haphazardly tossed about by

members—has one. He is that friendly guy who will start locker room conversations with fellow inhabitants, be they no-necked muscle heads, triathletes in training, Pickleball beginners or massage enthusiasts.

He will also do it without wearing any clothes.

He is usually in his late 60s or older. No need to describe any other characteristics. Maybe he’s a lonely divorcee or widower. Maybe he spent a career as a traveling salesman and has a flair for conversation and entertaining ice-breaker statements. None of that is relevant; I only care that he clothes himself. Quickly.

I have never been in a female locker room, so I have no idea if women are comfortable chatting with their compatriots while bare breasted or in other stages of nakedness. My wife insists every woman is always wearing, at the “bare” minimum, a towel. Fantasies aside, I applaud their modesty.

Younger men, I have noticed, well not noticed, observed, glanced at, uh... forget it. Younger men seem to be more inclined to cover their private areas in locker rooms. Sexagenarians and above need to get that memo soon. And, because I recently turned 60, I need to read it as well.

You see, I briefly became a friendly old naked guy.

It didn’t happen by choice, but it still...happened. Shower completed, I was headed to my locker when I noticed a health club regular, a disabled man confined to a wheelchair but still ripped to the core, attempting to pick up a training glove he had dropped. I ran over to help and suddenly found myself quizzing him. I asked about his disability; he revealed he lost the use of one leg in a factory explosion. I complimented him on his tenacity in the weight room. I asked his age. He was also 60, which explains why he was only too happy to converse.

I wished him well, retreated to my locker and only then realized the cardinal rule I had just broken. I’m sure younger men in the locker room were silently mouthing, “Dude, cover that up.”

I have always been an extrovert and pride myself on being able to easily talk to people of all sexes, age groups and races. It’s a trait I was robbed of during the pandemic, and one I was only too happy to jumpstart after lockdown eased. People, and their sto-

ries, fuel my writing and my standup comedy routines. Don’t worry; a bit about talking to a disabled gym rat while naked will not be included in my Netflix special, should I ever be offered one. But I left my club feeling more inspired than if I had just dressed in silence.

Now I must remind myself that inspiration can come while fully clothed. In fact, I’m headed to the gym shortly. My bag contains the essentials: combination lock, AirPods and toiletries.

Also, for the first time ever, a full length robe.

- 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.

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PAINTING WITH WORDS

The Final Struggle

Since 2023 is the beginning of a new year, I thought I would kick it off by having us think of where we are in relation to the entire cosmos of the universe. Each of us carries a unique history of who we are, what we have experienced in life, and how we've reacted to the things we've experienced. I wrote a poetry book in 2007



Tom
Mach

called *The Uni Verse* which looks at the total of everything in three ways: the creation of the entire universe; the creation of our solar system; and the creation of the Earth itself. Obviously, the problems that weigh us down become insignificant as we realize how insignificant we are in the totality of things.

When I think about the universe, I see myself dancing about the stars, observing how huge they are and how each spins about its axis, as if it were obedient to some conductor. While all of this is fascinating, I find it almost impossible to comprehend the stars, planets, and asteroids in the vastness of space, and I tell the reader that "maybe our universe is too large a canvas for us to study."

But we all live here on Earth and we all experience the challenges of different languages, cultures, and traditions. While looking for a common denominator across all the citizens of Earth, I find one worth considering: gravity. It is gravity that keeps us grounded

unless we use an airplane or rocket ship to defy it and ascend to the skies.

In my poem, "The Final Struggle," I call gravity "a stubborn old fool" because it forces us to be grounded. It shows no partiality as "saintly monks and politicians alike" are affected by it. Gravity seems like an evil force because it "topples seniors" and "hates defiant birds." But gravity is also a good thing because it keeps our planet from spinning out of control. Gravity is pushing while centrifugal force is pulling. I think of it as a constant struggle, but I add that we "are blind to the struggle above but "aware of the struggle within."

What will motivate us to meet the challenges of 2023 is knowing that our struggles will cease in Heaven. "There, we will feel a Force pulling...us to His unstoppa-

ble love." Have a Happy New Year! Here, then, is my poem:

The Final Struggle By Tom Mach

*Earth's gravity is a stubborn old fool,
forcing us to stay grounded
even if we do not misbehave.*

*Newton and his cursed apple
caused mass and acceleration formulae
to explode on Harvard chalkboards.*

*Saintly monks and politicians alike
must land hard to a demanding earth,
while windless kites will always crash,
because gravity topples seniors
and hates defiant birds and planes.*

*Heavenly orbs spin in wide paths,
taunting gravity to suck them in,
and the fight goes on for eons,
One force pulling,
Another force pushing,
while the inhabitants of earth
are blind to the struggle above*

but aware of the struggle within.

*But that struggle
is not eternal in the Kingdom,
our intended home from the beginning.
There, we still feel a Force pulling,
pulling us to His unstoppable love.*

If you enjoyed the poems analyzed in this column, you will also enjoy Tom's latest book, *Collected Poems* by Tom Mach. Many of his poems were previously published and some have even been honored by awards. These poems will give you a lot to think about and they are well worth reading. One of them, called "A Different Season" begins with a person getting older. "I once carried summer in my sandals and winter in my boots". This poem ends with the person dying: "I hear a gentle voice of welcome and the sweet music of violins and cellos," while another begins with "Love is like a kiss that never ends."

This is available on Amazon, either as a paperback or as a Kindle version. Click on Amazon to read a free sample.



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GOREN ON BRIDGE

WITH BOB JONES

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WORLDS APART

North-South vulnerable, South deals

NORTH

♠ K 7 5 2
♥ Q J 9
♦ Q 10
♣ 8 6 5 3

WEST

♠ J 10
♥ K 10 7 5
♦ J 9 3
♣ K 10 9 2

EAST

♠ 9 4 3
♥ 8 6 3 2
♦ K 7 6 4 2
♣ 7

SOUTH

♠ A Q 8 6
♥ A 4
♦ A 8 5
♣ A Q J 4

The bidding:

SOUTH	WEST	NORTH	EAST
2NT	Pass	3NT	All Pass

Opening lead: Five of ♥

GeO Tislevoll is recognized today as one of New Zealand's leading players. He first made a name for himself in his native Norway, where this deal was played almost 20 years ago. New Zealand is almost as far south as Norway is north. Tislevoll was South, playing in a pairs competition, where overtricks are very important.

Tislevoll won the opening heart

lead with dummy's queen and led a club to his queen and West's king. West could have continued safely with a low heart, but the heart position was not clear to him. West chose to exit with the 10 of clubs to South's ace. Tislevoll led a low diamond, playing the 10 from dummy when West played low. East won with the king and led a heart to declarer's ace. Tislevoll led a diamond to the queen, came back to his hand with the ace of spades, and cashed the ace of diamonds to discard the eight of clubs from dummy.

Tislevoll cashed the queen of spades, led the eight of spades to dummy's king, and cashed dummy's seven of spades. This left a two-card ending with dummy holding the queen of hearts and the two of clubs and South holding the jack-four of clubs. West could not keep the king of hearts and both of his clubs and had to give Tislevoll the last two tricks. 11 tricks gave North-South a huge score on their way to victory in the event. Well done!

(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. E-mail: tcaeditors@tribpub.com)



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Boggle®
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By David L. Hoyt and Jeff Knurek



4-24-22

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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.

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Find AT LEAST NINE TWO-SYLLABLE COUNTRIES in the grid of letters.

_____	_____
_____	_____
_____	_____
_____	_____

PUZZLES & GAMES

CROSSWORD

Across

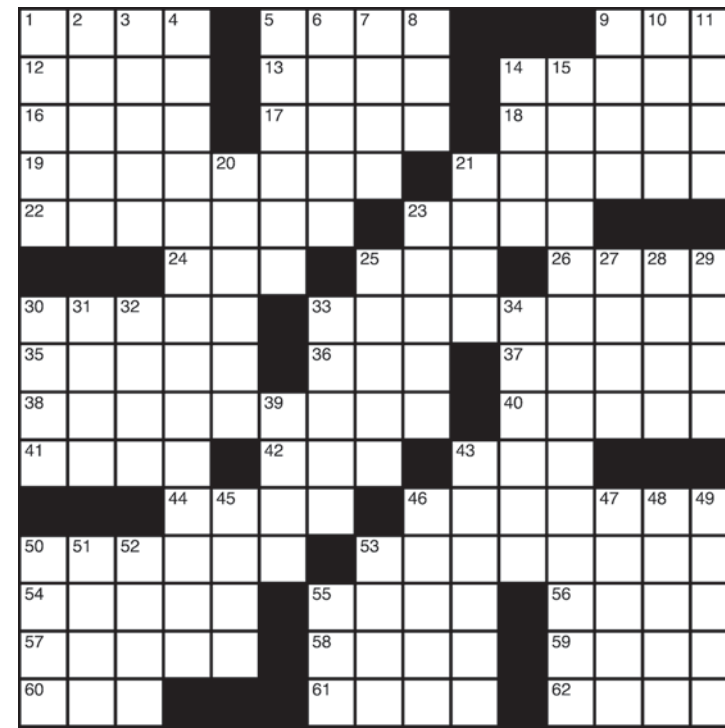
- 1 Anger
- 5 List member
- 9 Reheat, in a way
- 12 "That's on me"
- 13 Service station sections
- 14 Crime site
- 16 One may symbolize friendship
- 17 Gets with difficulty, with "out"
- 18 Ctrl+V, commonly
- 19 *Like some pages in used books
- 21 It arrives just before Christmas, for many
- 22 Substituted (for)
- 23 Send an IM to
- 24 Public health org.
- 25 Card game cry
- 26 Like some exams
- 30 MLB's Angels, in sportscasts
- 33 **"Mean" Pro Football Hall of Fame lineman
- 35 Before, in Brest
- 36 List-ending abbr.

- 37 Helpers
- 38 *Arcade staple
- 40 Puts away
- 41 Pre-event periods
- 42 Chemical suffix
- 43 Fire remains
- 44 Calls in poker
- 46 Criminal
- 50 Tell when one shouldn't
- 53 Secondary persona, or what's hidden in the answers to starred clues
- 54 Distinctive characters
- 55 Verdi solo
- 56 Paintball souvenir?
- 57 With 7-Down, teary
- 58 Tolerate
- 59 Not worth ___
- 60 LAX info
- 61 Rogues
- 62 Trees used to make bows

Down

- 1 Fowl
- 2 Facetious target of a series of guides

- 3 Talk of the town?
- 4 *Metaphor suggesting suspense
- 5 Spain and Portugal, mostly
- 6 Unavailable
- 7 See 57-Across
- 8 Ed.'s stack
- 9 Word with lemon or orange
- 10 Pot starter
- 11 Jury member
- 14 English
- 15 *Is a fifty-fifty proposition
- 20 Extends, as a building
- 21 Building extension
- 23 Jigsaw bit
- 25 "No clue"
- 27 Start over
- 28 Over
- 29 No ___: surprisingly
- 30 Possess
- 31 Tel ___
- 32 Fill with freight
- 33 Casual pants
- 34 React to fightin' words, maybe
- 39 Hebrides native
- 43 Wedding destinations, often
- 45 Like 55-Down
- 46 Inspiration for the 2004



- 47 Parts of some V's
- 48 Lit up
- 49 Kind of position used for meditation
- 50 "Ditto"
- 51 Pack it in
- 52 ___ Major
- 53 Triangle calculation
- 55 See 45-Down

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

JUMBLE

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

COEUN

FINKE

DDOCEE

TZYLIG

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

Check out the new, free JUST JUMBLE app

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

SCRABBLE GRAMS

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A₁ A₁ A₁ V₄ K₅ L₁ B₃ Double Word Score

A₁ O₁ O₁ T₁ T₁ R₁ P₃

A₁ A₁ E₁ Y₄ R₁ S₁ D₂

A₁ A₁ E₁ V₄ R₁ L₁ P₃ 2nd Letter Triple

A₁ I₁ I₁ Y₄ T₁ L₁ B₃

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 255-265
BEST SCORE 328

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 26

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

AMERICA'S TEST KITCHEN

KEVIN WHITE



Sticky, sweet molasses gives these cookies their dark color and delicious flavor.

If there's one recipe you should make for your cookie party, it's this one

By America's Test Kitchen
Tribune Media Content

Molasses comes from the same place most regular white granulated sugar does: the tall, thick grass called sugarcane. Molasses is made by boiling sugarcane juice into a sweet, sticky syrup. It can be boiled just once to make "mild" or "light" molasses, twice to make "full" or "dark" molasses, or three times to make "blackstrap" molasses. You can use light or dark molasses in this recipe, but don't use blackstrap molasses here—its flavor is too bitter and intense.

Molasses Cookies

Makes 12 cookies

1 cup plus 2 tablespoons (5 2/3 ounces) all-purpose flour

1/2 teaspoon baking soda
3/4 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/8 teaspoon salt
6 tablespoons unsalted butter, melted
1/3 cup packed (2 1/3 ounces) dark brown sugar
1/4 cup (3 ounces) molasses
1 large egg yolk
1/2 teaspoon vanilla extract
1/4 cup (1 3/4 ounces) sugar

1. **HEAT AND LINE:** Adjust oven rack to middle position and heat oven to 375 degrees. Line a baking sheet with parchment paper.

2. **WHISK DRY:** In a medium bowl, whisk together flour, baking soda, cinnamon, ginger, cloves and salt.

3. **WHISK WET:** In a large bowl, whisk melted butter and brown sugar

until smooth. Add molasses, egg yolk, and vanilla and whisk until well combined.

4. **MIX:** Add flour mixture and use rubber spatula to stir until no dry flour is visible and soft dough forms.

5. **ROLL AND COAT:** Place sugar in a shallow dish. Use your hands to roll dough into 12 balls (about 1 heaping tablespoon each). Place dough balls in dish and roll to coat with sugar.

6. **PRESS:** Place sugar-coated dough balls on parchment-lined baking sheet, leaving space between them. Gently flatten each ball.

7. **BAKE:** Bake until edges of cook-

ies are just set and centers are still soft and puffy, 7 to 9 minutes. Let cookies cool completely on baking sheet, about 30 minutes.

- For 25 years, home cooks 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. The family of brands—which includes *Cook's Illustrated*, *Cook's Country*, and *America's Test Kitchen Kids*—offers reliable recipes for cooks of all ages and skill levels. See more online at www.americastestkitchen.com/TCA.



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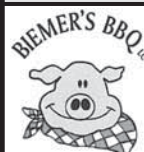
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MY PET WORLD

Talk to your vet about your pet's euthanasia before that day comes

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: This is not a question but a plea to other pet owners. Please advise your readers to ask their vets if they will administer sedation before euthanasia. Having euthanized many pets over the years, I assumed it was a standard veterinary practice.

Almost three years ago, however, my cat was lethally-injected directly into her vein without prior sedation while being held in a tight death grip by an assistant. Her screams haunt me to this day. When I asked the vet to use sedation in the future, he refused, saying, "I've been doing it this way for years." I filed a complaint against him but was told they cannot change a vet's practices. I suffer overwhelming guilt for not yelling "stop" before the entire dose was injected. All I can do now is forewarn other pet owners. -- L.L., Riverdale, New York

Dear L.L.: End-of-life questions should be discussed with your vet long before you need the service. You can ask the doctor whether they offer in-home euthanasia, if they sedate the pet before the final injection, or if they do anything special to make the pet more comfortable. If they say they don't use sedation, ask if they would be open to using it if you requested it. This is important to you, so if the vet says no,

then find another vet.

There are also things a vet's office can do to provide some comfort during the experience. For example, my vet puts the pet owner and pet in an exam room, dims the lights, lights candles, and plays soft music. There is a plush comforter on the floor and a pillow for me to sit on. I am given as much time as I need to be with my canine/feline friend before and after. All the paperwork, payment, and decisions about the disposal of the body are made before I walk into that room so I can get up and leave when I am ready.

It's important to know the process now, so you can be sure you're giving your pet the best passing possible. Everyone should talk to their vet before that day arrives.

Dear Cathy: Recently, one of your readers complained about vet costs. If they had followed their vet's advice to euthanize, some of this cost could have been avoided. The customer paid for ten days' worth of meds and then incurred an emergency visit because he failed to take the doctor's advice. That is hardly the fault of the vet. Their education is lengthy and costly, and clinic costs are high. -- Claudia, Emmaus, Pennsylvania

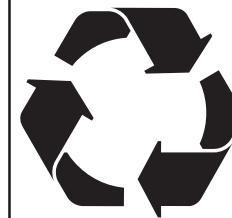
Dear Claudia: People often expect pet care to be cheaper than human medical care, but it's not. If a pet breaks a leg, they have to get it x-rayed just like you and I would. Syringes, medications, surgery instruments, and sup-

plies all cost the same, whether for humans or animals. While the cost of pet care has gone up, in fairness, so has everything else. The best way to cut pet health costs is to maintain good preventative care all year round.

- *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.

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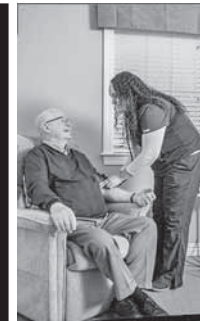
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RICK STEVES' EUROPE

Tips for appreciating great art

By Rick Steves

Tribune Content Agency

A favorite teaching trick of mine, in my work as a tour guide in Europe, is to build a Gothic cathedral out of tour-



Rick Steves

ists. It just takes 13 bodies: six columns, six buttresses, and a spire. Imagine the scene: raised arms creating pointed arches, plenty of space between the col-

umns for stained glass, and the buttresses taking a step back to become flying buttresses ... it's perfect. When the skinny spire muscles her way into the sky, and the skeleton of support stands strong, all involved will forever better understand the medieval genius of Gothic.

Europe is a treasure chest of great art and history. And our challenge is to enjoy it.

As a kid on family trips to Europe, I dutifully went to the great galleries because my mom said it would be a crime not to. Touring places like the National Archaeological Museum in Athens, I was surrounded by people looking like they were having a good time—and I was convinced they were faking it. I thought, “How could any-

RICK STEVES



Rick Steves and crew with Leonardo da Vinci's Last Supper at the Church of Santa Maria delle Grazie in Milan.

body enjoy this stuff?” A few years later, after a class in classical art history, that same museum was a fascinating trip into the world of Pericles and Socrates, all because of some background knowledge.

People ask me about saving money on museum tickets. And while you can save a little here and there, a better

budget tip is to make those experiences more worthwhile. Those who bring an understanding with them will enjoy the art and architecture a lot more. And when you appreciate the context in which things were made, paintings and statues become the closest thing you'll get to a time machine in your travels.

■ CONTINUED ON PAGE 25



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Rick Steves

■ CONTINUED FROM PAGE 24

Learn who paid for what you're looking at and why. Climbing the dark spiral staircase in Paris' Sainte-Chapelle, you suddenly emerge in the most beautifully lit medieval chapel in Europe ... a virtual lantern of 800-year-old stained glass built to house what people believed was Jesus' crown of thorns. Standing in a radiant shower of colored light filtering through that glass and knowing that, so long ago, King Louis IX of France paid a fortune to build the most glorious space in all of Europe to properly house this relic, takes you back.

See things in the context of the age they were created. Stepping into Milan's Church of Santa Maria delle Grazie, Leonardo's Last Supper comes vividly to life when you understand what a blessing it was for the friars—who for centuries ate in silence under that fresco—to dine in such divine company.

Let art be ground-breaking. Looking into the eyes of Michelangelo's David in Florence, you see more than a shepherd boy sizing up a giant: You see humankind stepping out of the Middle Ages and into the Renaissance ... and our modern world. And you can imagine feeling proud to be a Florentine.

Venture out of your comfort zone. At Paris's Musee d'Orsay, watching a group of first-graders sit on the floor in front of a painting of a naked prostitute as they learn about Edouard Manet and the Realists of the 19th century—you realize art appreciation is a frontier, and we can all be students ... wide-eyed, inspired, and free to venture in.

It's more than knowing the best views and angles. It's recognizing just how many Madonnas and Children your travel partners can enjoy before their eyes glaze over. It's being atop the Acropolis in Athens in the cool of the early evening—when the crowds

are gone and the “magic hour” light warms the stony brilliance of the Parthenon. It's succumbing to art as propaganda ... letting a divine monarch or a corrupt pope con you into compliance ... just for a moment.

From 20,000-year-old cave paintings in the Dordogne, to today's street art in Glasgow, from El Greco's faces flickering like candles, to Botticelli's Cupid shooting his arrow blindfolded, and sultry Art Nouveau that make me mutter “m-m-m-much more Mucha”

—these are a few favorite artistic moments that await travelers to Europe.

I recently completed the final shoot for a new television series about European art. As we filmed the last tiny pieces, it felt like finishing a massive puzzle: a saint riddled with arrows, a hidden self-portrait, pudgy winged babies, a six-year-old prince painted looking impossibly good on a horse, a fanciful castle that earned a romantic king the nickname “Mad,” and abstract art looking like how atonal music

sounds. Now that puzzle is complete. The story of Europe is told through its art, and it is ready for you to enjoy.

- 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.

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P ₃	A ₁	L ₁	A ₁	V ₄	E ₁	R ₁	RACK 4 =	64	
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MY ANSWER

Finding something real and lasting

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: Am I the only one that notices people losing touch with reality? Social media has kidnapped society. Just witness the toddlers in strollers. Instead of hugging teddy bears, they handle iPhones with the best of them. Instead of reading menus in restaurants parents, pull the choices up on their devices while taking a phone call. Even grandparents observe their grandchildren on Facebook watching cartoons on their iPads. Can we find a way of escaping this hold on the world and finding something real and lasting? - S.M.

A: Life is surprisingly short. Millions are living in the moment, hiding in an imaginary world of self-sufficiency. Sooner or later, we must leave our dream world and face up to the fact

that eternity is beyond our busy lives.

Few people consider what is beyond this life. How wonderful it would be if we could live each day with eternity in view. But society is caught up with the latest fashion, gadget, and entertainment. Imagine what would happen in society if people spent the same amount of time in God's Word as they do surfing the web!

There's only one passion that can help us control the many things that plague the human race; that's the pas-

sion to know and obey God. When we get out of touch with Christ, we begin touching the things of the world, trying to fill the void that human flesh craves. One thing is certain: There is no escaping God. Many believe if they keep their minds busy enough, they won't have to deal with reality. But Heaven is real and eternity is coming. The Bible tells us to prepare to meet God (Amos 4:12). We must not put off [neglect] our relationship with the Lord, for He is the One we will see face-to-face when this life comes to an end.

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

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Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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FINANCIAL FOCUS

Are you ready to 'unretire'?

Have you recently retired but are now thinking of going back to work? If so, you aren't alone, as many people are choosing to "unretire." But if you do reenter the workforce in some capacity, what opportunities might be available to you? And how will your renewed employment affect your financial outlook?



Derek
Osborn

For starters, though, what reasons might motivate you to go back to work? For many people, the primary cause has been inflation, which has presented a huge challenge to retirees living on a fixed income. In addition, the volatile financial market of 2022 caused many people's investment portfolios to decline in value — a real problem for retirees who needed to start selling investments to supplement their income.

But non-financial factors could also be driving you to unretire. Like other retirees, you may miss the chance to use your work experience to engage with the world, and you may miss the

social interactions as well.

In any case, if you do decide to rejoin the working world in some fashion, you may have several options. For example, if you enjoyed the work you did for your former employer, you might want to see if you could go back on a part-time basis. Or you could use your skills to join the "gig" economy by doing some consulting or freelance work in your former industry. You might also consider going to work for a nonprofit organization, as many of these groups lost employees during the height of the COVID-19 pandemic and are now facing labor shortages.

Going back to work, even part time, can improve your cash flow, which helps cover the cost of regular expenses. Furthermore, the added income can possibly help you delay or reduce withdrawals from your investment accounts. And it's important to increase the longevity of these accounts considering you may spend two, or even three, decades in retirement. (Once you turn 72, however, you will have to start withdrawing certain amounts from your 401(k) and traditional IRA.) But your earnings can affect another source of your retirement income — your Social Security benefits.

If you return to work before your "full" retirement age, which is likely

between 66 and 67, the Social Security earnings limit in 2023 is \$21,240. For each \$2 earned over that amount, Social Security will deduct \$1 from benefits. If you reach your full retirement age in 2023, the earnings limit is \$56,520; Social Security will deduct \$1 from your benefits for each \$3 earned over this amount until the month you turn your full retirement age. But in all future years after you've reached your full retirement age, you can earn as much as you want without losing any benefits. Social Security will then recalculate your payments to give you credit for the months your benefits were reduced or withheld due to your excess earnings. Be aware, though, that your earned income can potentially result in higher taxes on your Social Security benefits at any age.

Returning to work can be rewarding, both financially and emotionally. And you may get more out of the experience when you're aware of the issues involved.

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



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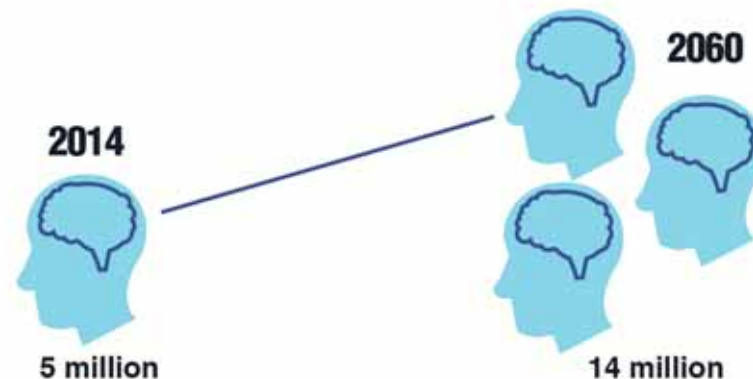
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Alzheimer's disease projected to nearly triple by 2060



Source: CDC
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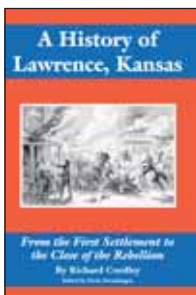
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