

Kaw Valley Senior Monthly

FREE!
Take One Home With You

July 2013

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 13, No. 1

INSIDE



Mission Towers opened in Topeka 35 years ago this month with the purpose of providing housing for lower-income residents who are 62 and older. - page 8

| | |
|------------------------------|--------|
| Business Card Directory... | 22, 23 |
| Calendar | 18 |
| Estate Planning | 12 |
| Health & Fitness | 16, 17 |
| Humor | 24 |
| Mayo Clinic | 15 |
| Personal Finance..... | 13 |
| Pet World | 25 |
| Puzzles and Games..... | 32, 33 |
| Restaurant Guide | 26 |
| Retire Smart..... | 14 |
| Travel Troubleshooter | 27 |
| Wolfgang Puck's Kitchen..... | 26 |

KEVIN GROENHAGEN PHOTO

Woltje finds volunteering at humane society rewarding.

See story on page three



SENIOR profile

www.seniormonthly.net

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



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

IT'S ABOUT LIFE!

“Legend at Capital Ridge seemed like home immediately. My daughters tell me I look better, and I feel better too. I'm so glad I moved in here. Living here has changed my life!”

They take care of everything!”

Experience the difference.
Call us at (785) 272-9400

LEGEND

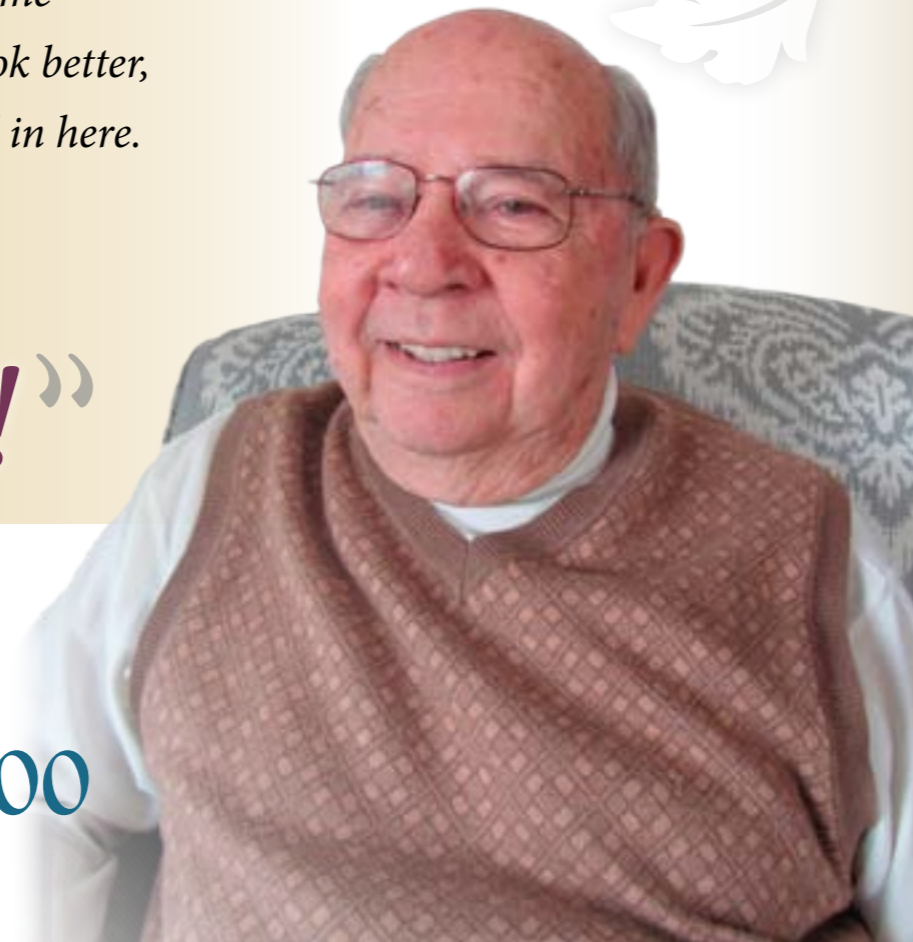
ASSISTED LIVING & MEMORY CARE

at Capital Ridge

1931 SW Arvon Pl • Topeka

Residence by
LEGEND
Senior Living

With the strength of over twenty years experience in the senior living industry.



Glenn, Resident

www.legendseiorliving.com

A Mission to Serve. A Passion for Care.

Also visit our location in Lawrence!

The Windsor
of Lawrence
ASSISTED LIVING & MEMORY CARE

3220 Peterson Rd
(785) 832-9900

Humane society relies on Woltje, other volunteers

By Kevin Groenhagen

Charlie Woltje's granddaughter, Isobel, was getting a little bored last summer. Isobel, who was then 11 years old, was staying with Charlie during the day while school was out. Due to health reasons, Charlie had recently retired after working at Del Monte Foods in Topeka for nearly three decades and serving as a partner in a lawn care business with his son. He was experiencing a little boredom himself.

Woltje lived near the Helping Hands Humane Society (HHHS), which was then located on Rochester Road. He thought Isobel might enjoy volunteering there. However, all volunteers younger than 16 must have a parent or guardian with them at all times. Therefore, the grandfather and granddaughter became volunteers together.

"I have always been an animal lover, and so has she," Woltje said. "She would have a dozen if her mom would let her. We just started going in from time to time to play with the animals. Then we just got more and more involved."

All HHHS volunteers must complete a volunteer application and then attend

a one-hour volunteer orientation. After orientation, volunteers must complete three hours with a volunteer mentor, complete 12 hours of unsupervised cleaning, and complete a 45-minute animal handling course. Volunteers are also required to maintain their volunteer skills by attending two continuing education courses a year.

After becoming a volunteer, Woltje joined HHHS's nine-member Volunteer Advisory Council (VAC). He was recently elected to serve as the council's vice president.

"The VAC not only has a role in the volunteer program, they're actually pretty much in control of the volunteer program," said Jayme Walshire, who, among other roles, serves as HHHS's volunteer coordinator. "I think it's important that the volunteers have a voice in their own program."

The volunteers' voice has become much more significant since HHHS moved from its former location to its new, larger location at 5720 SW 21st Street during earlier this year. Woltje and dozens of other volunteers moved all the animals on January 5, and the

shelter was open for business just three days later. A former Dillons store, the 52,000-square-foot building dwarves HHHS's facilities on Rochester Road. In fact, just the training area in the new building is larger than the entire former shelter. The new building also houses a retail department that offers, among other items, shirts, toys for dogs and cats, and Hill's Science Diet pet food. While the old location had merely a small rack for such products, the new shelter's retail department is the size of a small store. An on-site veterinarian office is also under construction.

Of course, more volunteers have been—and will be—needed to handle the additional and expanded services.

"I went from 40 volunteer hours a week at the old shelter to almost 400 hours a week here," Walshire said.

"This is so much larger, so much nicer, and there's so much more to do," Woltje added. "We have many things that seniors can do. We don't expect seniors to clean kennels all day. I can't do that because I have severe rheumatoid arthritis, so I help the way I can. I help at the reception desk, in the retail



Charlie Woltje and Dixie

department, stuffing envelopes, folding brochures, and I recently began helping in the adoption area."

CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 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 \$7.50 for 12 monthly issues.

Contact us:

MAIL

2612 Cranley St.
Lawrence, KS 66046

PHONE / TEXT
785-841-9417

E-MAIL

kevin@seniormonthly.net



DRURY PLACE
Affordable Retirement Apartments

Call for more details.

My husband and I moved to Drury Place over 7 years ago, and I have chosen to stay on since his death. It's home! Having lived in a rural area before coming here, I particularly enjoy the spaciousness and beauty of the surrounding area. Being a smaller complex also has its advantages. It's so easy to become acquainted with the other residents. The design of the building makes you feel at home. They provide many things we want and need, such as transportation, activities in which to participate, and light housekeeping.

June Pine
Lawrence

LAWRENCE
SANDY NELSON
Director
785.841-6845
druryplacealvamar.com

785.273.6847
druryplacetopeka.com

TOPEKA
ANDREA GRAHAM
Director

Charlie Woltje

■ CONTINUED FROM PAGE THREE

“My granddaughter helps with reception and retail, socializes with the kitties, cleans, feeds, and waters, and does whatever else she’s asked to do,” he continued. “I usually volunteer on Wednesdays and Sundays, and she usually joins me on Sundays.”

Woltje’s stressed that HHHS needs volunteers regardless of their physical abilities. While rheumatoid arthritis prevents him from cleaning, one senior volunteer does nothing but clean the kennels.

“That’s all she does,” Walshire said. “She cleans kennels and scoops poop. Cleaning is part of caring for the animals. It’s not punishment.”

Woltje’s stressed that HHHS needs volunteers regardless of their physical abilities. While rheumatoid arthritis prevents him from cleaning, one senior volunteer does nothing but clean the kennels.

“We have a volunteer who recently got out of the hospital,” Woltje said. “Her doctor suggested that she get out and volunteer. She comes in with a caregiver, we get her a chair, and she

sits in the cat colonies with the kittens and plays with them. She smiles the whole time she’s there. The cats love her and she loves the cats.”

“It really brightens her day,” Walshire added.

The HHHS volunteer application form lists the following volunteer opportunities:

- Socializing Cat/Dog
- Grooming/Bathing
- Adoptions
- Greeting/tours/reception
- Volunteer management
- Cleaning/Housekeeping
- Training/Behavior
- Education/Children
- Retail
- Special/Off Site Events
- Admissions

“I’m usually pretty good at matching volunteers to positions in the shelter,” Walshire said. “Now that we’ve moved, there are far more positions available for volunteers. Right now, I’m looking to fill our dog walking program. These are volunteers who will take the dogs off-site and walk them around the neighborhood. It would be

good exercise for seniors.”

Other opportunities to volunteer with HHHS include its Foster Care program. HHHS receives over 9,000 animals each year, and many of them need special attention. A foster caregiver can provide this attention at his or her own home with the goal of making the animals adoptable. A foster parent must meet several qualifications, including being licensed for foster care with the Kansas Animal Health Department,

passing a home inspection by the HHHS Foster Care department, and completing a foster care orientation.

“The Foster Care program gets animals out of here and into a home,” Woltje said. “I have a lot of respect for foster parents. It would be hard for me to take an animal home and then have someone else adopt it. I would be in love with it after two days.”

HHHS has also started a Volunteer

■ CONTINUED ON PAGE FIVE

Charlie Woltje

■ CONTINUED FROM PAGE FOUR

at Home program. The opportunities include fundraising through bake sales, garage sales, pet toy creation parties, and other projects. New opportunities are shared on the “Volunteer from Home” webpage on HHHS’s website, which Walshire also manages.

HHHS, a private, non-profit 501(c)3 organization, also accepts donations. Fifteen dollars can buy 35 leashes for walking dogs, \$50 can pay for medication for two animals for one week, and \$1,000 can heat the kennels for a week. In addition, HHHS maintains a “wish list” on its website. Items needed include office supplies, pet toys, puppy/kitten formula, collars, leashes, grooming supplies, and flea treatments.

HHHS will hold its largest fundraiser, its annual Paws in the Park event, on Saturday, August 24. Advanced registration to participate in Paws in the Park is \$30, while registration the day of the event will be \$40. The registration fee includes an event t-shirt, an event bag filled with goodies, and a Paws in the Park dog bandana. All animals participating in the walk and contests must be registered and be wearing the Paws in the Park bandana. The event, which raises money for the shelter’s general operations fund, also features vendor booths (including food vendors), a silent auc-

tion, and prizes. HHHS’s Facebook page will share updates about the event prior to August 24. Walshire noted that she needs volunteers for the events.

While working in purchasing at Del Monte Foods, Woltje dealt with a wide array of people, including co-workers in the plant and vendors. He was used to dealing with the public, so being forced into an early retirement caused a major change in his life. However, volunteering at HHHS has made that transition easier for him.

“I could sit at home, hurt, and feel sorry for myself,” he said. “Sometimes I do stay home when I just don’t feel well. I don’t get to be here as much as I like. I’m here when I can be. I know this helps me. Instead of sitting at home, I think seniors should consider volunteering here. It’s good therapy. It really is. I’ve made a lot of friends out here.”

“I think Charlie had a family at Del Monte, and now he has a family with us,” Walshire added. “I think that’s really important to him.”

Woltje’s family at home got a bit larger last month. He took Cory, a purebred golden retriever, home during HHHS’s Adopt-a-thon on June 15 and 16. He’ll serve as a foster caregiver to Cory until he finds out if Cory gets along with Pixie, his collie. If things work out, Cory will have a permanent home at the Woltje residence.

For more information about volunteering with HHHS, please call (785) 233-7325 or visit hhhstopeka.org.

**You took the vow
“in sickness and in health”
We help you keep the promise**



Caring for a loved one is one of life's greatest challenges. We are here to help.

Midland Care Adult Day Health provides dignified assistance and solutions for your loved one. You don't have to do it alone.

785-232-2044
www.midlandcareconnection.org


200 SW Frazier Circle
Topeka, KS 66606

319 Perry St.
Lawrence, KS 66044



ADULT DAY HEALTH
Hope, Comfort and Support

**The Convenience of Care
in the Comfort of Your Home**



BREWSTER AT HOME™ IS A SINGLE SOURCE FOR HELP WITH MANY OF LIFE'S DEMANDS. SERVICES INCLUDE:

- A “passport” to Brewster Place for social, cultural and wellness activities
- Access to a network of care with trusted providers for in-home services
- Discrete technology-based health monitoring services

CALL 785-274-3303 TODAY!
www.brewsterplace.org

BREWSTER AT HOME™

Family-Style Assisted Living

1126 Hilltop Drive, Lawrence



Memory Care Residence
Provides Alzheimer's and memory care for ten senior residents

3109 W. 26th St., Lawrence



Care Cottage
Provides personalized care in a home setting for six senior residents

Tour Bridge Haven to experience the difference!

Bridge Haven
Family-Style Assisted Living

785-371-1106
www.mybridgehaven.com

KANSAS

CONFERENCE on AGING

September 4 & 5, 2013, Topeka

Shining New Light on Senior Living

Event: 2013 Kansas Conference on Aging

Date: September 4 and 5, 2013

Addressing: Aging and Disabilities

Location: Capitol Plaza Hotel & Maner Conference Center & Expocentre, Topeka

Theme: “Shining New Light on Senior Living”

Focus: “Interprofessional Team-Based Care”

Goat: “Changing the Culture of Aging & Disabilities in Kansas”

Highlight Your Organization at Conference by Being a:

Sponsor • Example: \$2,000 = Exhibit Booth, Advertising & 2-Complimentary Registrations & CEU Credits

Exhibitor • 2-Complimentary Registrations & CEU Credits
• Discount if Paid by July 17, 2013

Advertiser & Door Prize Donor

- Advertising Options for Conference Program
- Recognition—Door Prizes Picked Hourly

Register to Attend, Get CEU Credits, Create Solutions:

- Professionals/ Providers/ Support Teams/ Students

9-Major Presentations; 38-Breakout Presentations

Public Can Meet with 80-Exhibitors for FREE ADMISSION!

CONTACT for More Information:
Bob Faught, Mobile: 785-806-7806, Email: bfaught@kscoa.org
Conference Website: www.kscoa.org

Friendly Visitors program reaches out to seniors

By Billie David

When Marilyn Thomas began her new job as program coordinator for Friendly Visitors in Topeka one year ago, she was drawn by its focus on working with older adults. After all, she already had 12 years of experience working with seniors and still has a passion for it.

"In my youth, I spent a lot of time with my grandparents and great-grandparents," she explained. "I learned about their physical limitations and developed an appreciation for older adults."



Thomas

The Friendly Visitors program is one of several services offered by Catholic Charities of Northeast Kansas. It consists of volunteers reaching out

one-on-one to senior citizens who live alone and need caring, friendly people to visit, call or otherwise lend a helping hand.

The program consists of four components:

- Ring-a-Day, in which a volunteer calls a participant every morning, Monday through Friday between the hours of 7 and 9, to make sure the participant is doing well and also to remind them to take their medicines.
- Social Caller, in which volunteers call the participants they have been matched up with, usually once a week, to discuss whatever they want to talk about. The calls

Three Pillars of Service

The Friendly Visitors program is part of Catholic Charities of Northeast Kansas. Founded in 1956, this organization provides a wide range of programs and services. Its mission, as a faith-based organization, is to "help people of all faiths by stabilizing and strengthening individuals and families in need across the 21 counties of Northeast Kansas."

The goal is to help people get back on their feet by providing for their immediate needs and by offering tools and resources that can help them improve their lives.

This is done by what is known as the Three Pillars of Service, which include:

- Family Stabilization, designed to meet immediate needs such as

food, clothing and a safe place to live. To that end, Catholic Charities of Northeast Kansas has a food pantry in Topeka at 234 South Kansas Avenue, which is open Monday, Wednesday and Friday between the hours of 11 a.m. and 4 p.m. Those in need can call 785-233-6300 to make sure the pantry is open, or they can just show up. All proceeds from this store go to support the programs and services of Catholic Charities of Northeast Kansas.

- Family Strengthening, which provides support and education for families.
- Healthcare, which includes nurse visits and hospice care.

More information is available on the organization's website at catholic-charitiesks.org.

usually take place in the afternoon or evening at a time that both the participant and the volunteer have previously agreed upon.

"Most participants live alone and their families don't live nearby, so it gives them someone to talk to," Thomas said.

- Social Visitor, with a goal of combating isolation and loneliness, involves having the volunteer go into the participant's home at a mutually agreed upon time to engage in activities like working a puzzle, playing

cards, gardening, reading the mail, writing letters, baking cookies or just talking.

"I train all volunteers regarding our policies, procedures and expectations for their position. We screen them and do background checks," Thomas said. "The participants look forward to having calls or visits with someone."

- Transportation, where seniors can receive transportation to get to medical appointments, errands or do grocery shopping. This component is

■ CONTINUED ON PAGE SEVEN

Friendly Visitors

■ CONTINUED FROM PAGE SIX

not available in every service area.

"All drivers have to be at least 21 with a clean driving record," Thomas said. "The volunteers use their own vehicles, are licensed and must have adequate insurance coverage. We don't provide wheelchair transportation for safety purposes as many of our volunteers are older adults themselves, but a referral can be made to another provider."

To be eligible for Friendly Visitors services, one need only live in Shawnee County or another service area and be age 60 or older. Prospective participants or family members can call 1-888-737-1137 and ask for Marilyn Thomas.

"I will complete an assessment to see what their needs are," Thomas said. "Once I complete the assessment, I am able to provide the service."

Thomas can also refer participants to other services that Friendly Visitors doesn't offer, such as in-home meal delivery, home health needs, etc.

"Sometimes they don't know where to go for additional help," she explained.

As for the volunteers, which currently number 32 in Topeka, they can range anywhere from 18 years old all the way up to older adults. Many of them want to help in order to give back to the community or because they themselves have received help with a parent from the program.

"To volunteer, they would contact me and there are forms for them to complete. Then there is training with me one-on-one plus other in-service training during the year.

"This program allows seniors to remain in their home longer independently," Thomas added. "There are no fees attached but we do accept donations."

Friendly Visitors can provide peace of mind for adult children who don't live in the same city as their parents. It also offers a measure of safety for the participants.

"When a volunteer can't reach a participant or any of their emergency contacts, they call me and I call other avenues, like the police depart-

ment or local senior patrol office to do a wellness check." Thomas said,

adding that this has actually happened, and the quick action that has

resulted from alert volunteers has helped save lives.

SPICE IT UP

#7

EASY TIP

One of the easiest ways to reduce sodium in cooking is with ingredients like spices, dried and fresh herbs, roots (such as garlic and ginger), citrus, vinegars and wine. From black pepper, cinnamon and turmeric to fresh basil, chile peppers and lemon juice, these flavor enhancers spice up the palate with less sodium.

SPOT THE SALT

SPOTTHERSALT.COM

SIMPLE WAYS TO REDUCE SODIUM

ADVANCED HOMECARE

MEDICAL EQUIPMENT RENTAL AND SALES

- Home Oxygen; CPAPS; BIPAPS
- Power Scooters, Wheelchairs, Walkers, Canes
- Seat Lift Chairs, Hospital Beds
- Free Delivery & In-Home Setup
- Mastectomy Products & Many Daily Living Needs
- We Bill: Medicare, Medicaid & Private Insurance

Always Improving the Quality of Your Life!

2851 Iowa St • Lawrence

785-841-2200

www.advancedhomecarekansas.com

24 Hour Emergency Service 1-800-827-9406

Affordable Senior Living

Clinton Place Apartments

2125 Clinton Parkway in Lawrence

Completely Renovated
Rent Subsidized Apartments for Qualified Seniors
Applications being accepted
Call 841-1000 for information or visit our web site at www.ldcha.org

Mission Towers celebrates 35th anniversary

By Kevin Groenhagen

Mission Towers in Topeka celebrates its 35th anniversary this month. Evelyn "Corinne" Gilkison has called the six-story, high-rise complex home for 24 years. In fact, she has lived at Mission Towers longer than she has lived at any other place.

"I used to live by several people who moved in here," Gilkison said. "They told me how nice everything was, so I came up and put my name on the waiting list. I had to wait from about March until August of 1989 before I got my apartment."

Gilkison previously lived at the England Mobile Home Estates in Topeka with her husband, Edwin, who died in 1983. She enjoyed living in her mobile home, but realized that she might need to put in a new furnace and do other expensive maintenance in the near future. That was a major factor in her decision to move to Mission Towers, where others take care of the maintenance.

"We have great help around here," Gilkison said. "All we have to do is get a hold of somebody and things are taken care of."

Gilkison was born in Mankato, Kan., but her family moved to Topeka so her father could find work during the Great Depression. She said she has considered the Highland Park-area of Topeka home for as long as she has lived in Topeka. That was another factor that influenced her decision to move to Mission Towers.

Gilkison spoke so fondly of Mission Towers that her sister Nadine and her husband also moved into Mission Towers. In addition, another sister, Waneta, moved into an apartment at Mission Towers. They have all since passed away, but Nadine's daughter, Sandi Boller, continues to visit Gilkison and often drives her to appointments.

"She could be my daughter," Gilkison said. "I appreciate her that much."

"She picked up where my momma left off when she died," Boller added. "She's my treasure."

Gilkison noted that she took it upon herself to give up driving before her children told her to stop. And, while her niece does help her with some errands, she doesn't need a car to take care of most of her needs.

"Papan's Landing currently provides a grocery van," said Karol Freeman, Mission Tower's property manager. "The van comes by on Tuesdays and takes residents to Dillons."

"We appreciate that very much," Gilkison added.

Gilkison's bank and pharmacy are also at Dillons. "It's definitely one-stop shopping for her, unless she wants a new purse," Boller said.

The pharmacy at Dillons also delivers to Mission Towers for no extra charge.

Dillons is located less than half a mile from Mission Towers. In addition, USD 501 sold 17 acres near Highland Park High School to Walmart earlier this year. The proposed Walmart will be located where the Community Drive-in Theater and Boyles Joyland amusement park used to be, and will also be near Mission Towers.

"The location of Mission Towers itself is convenient," Boller said. "In addition to a grocery store and pharmacy nearby, there's fast food, restaurants, and a hardware store. Her dentist is right next door, and her hairdresser is half a block down the street."

For residents who want to take longer trips but don't have vehicles, a city bus stop is located nearby on 29th Street.

The units at Mission Towers all offer approximately 500 square feet of living space, including one bedroom, a living room/dining room combination, a kitchen, and a bathroom. For about 20 years, Gilkison has allowed new applicants to tour her apartment as the "show model" unit.

"She's one of those people where there's a place for everything and



Mission Towers resident Evelyn "Corinne" Gilkison

everything's in its place, so you can always count on her showing a nice place," Boller said.

Gilkison, who served as the president

of Mission Towers' tenants association several times, also enjoys telling new applicants what she likes about Mis-

sion Towers. ■ CONTINUED ON PAGE NINE


We've enriched Steve and Linda's

Life

Hospice Services

We care not only for the mind, body and spirit of patients like Steve, but of their family and loved ones, like his daughter, Linda. Contact us anytime, or ask your physician for a no-obligation referral.

785.271.6500
www.heartlandhospice.com

Heartland 
Enriching life.

Mission Towers

■ CONTINUED FROM PAGE EIGHT

sion Towers. "I always tell people that this is a quiet place to live," she said. "We don't have children running up and down the halls. We don't have too many people who turn their televisions up pretty loud. If they do, the neighbors can't hear it unless they open their doors."

Mission Towers also provides a safe environment for the residents of its 100 apartments. For example, the front doors are locked at 5 p.m. until 8 a.m. the next morning during weekdays, and locked during the entire weekend. Of course, the residents also know each other, have become friends, and watch out for one another.

"I like Mission Towers because I've made lots of good friends here, too," Boller said. "I know my mom and stepdad always liked it here. They were social butterflies. I'd like to live here someday, but Karol won't let me."

"She makes too much money," Freeman said. "That is a complaint I get. People are disappointed when they learn that we have an income level they have to meet. I have to remind them that those aren't my rules. They're HUD's rules. We were built with the purpose of providing housing for people who don't have a lot of money."

Since Mission Towers is HUD-subsidized, annual income cannot exceed \$34,800 for an individual or \$39,800 for a couple. Residents must be 62 or older, although Mission Towers' HUD contract allows for limited occupancy by non-elderly, disabled residents under the same income limits and guidelines. Rent is based on a resident's adjusted income (income minus allowances given for out-of-pocket medical expenses, prescribed drugs, and health insurance premiums). There are no utility bills.

The privately-owned Mission Towers does business under Mission Towers, Ltd. Mr. L. William Rudnick serves as the managing partner of the facility,



Evelyn "Corinne" Gilkison and her niece, Sandi Boller

and also acts in that capacity for two sister properties in Kansas, Horizon Plaza in Emporia and Mission Place in Hutchinson.

For more information on Mission Towers, please call Karol Freeman at (785) 266-5656 or email her at missiontowers@kansas.net.

ASSISTED LIVING · SKILLED NURSING · INDEPENDENT LIVING



LEXINGTON PARK

Nestled in a beautiful landscape, Lexington Park is both serene and convenient with shopping, medical facilities, banking and Gage Park nearby. Enjoy your independence with the benefits of quality care and personalized assistance, as needed. Independent Living, Skilled Nursing, And Assisted Living suites are available.

1021 SW Fleming Court · Topeka, Kansas 66604
440.0400 · www.lexingtonparkcommunity.com

100-year-old volunteer honored as Salute to Senior Service winner

Opal Wilson is being recognized for her dedicated community service, including her work at Elmdale Senior Center.

As one of 50 state winners, Wilson earned \$500 for her charity of choice—donated by Home Instead, Inc., franchisor of the Home Instead Senior Care network and contest sponsor. Wilson also will have a spot on the Salute to Senior Service Wall of Fame on SalutetoSeniorService.com, where her nomination story has been posted.



Wilson

As a state winner, Wilson now will be considered for the national Salute to Senior Service award.

The Salute to Senior Service program was launched last year by the

Home Instead Senior Care network to honor seniors' commitments to their causes and communities.

“Opal represents so well the dedication and commitment that make senior volunteers such a value to their communities,” said Jeff Huber, president of Home Instead, Inc. “She has proven once again that age is meaningless when it comes to making a difference. So many charities, nonprofit organizations and faith communities could not do the work they are doing without selfless volunteers such as Opal.”

For more information about the Home Instead Senior Care network's Salute to Senior Service program, please visit SalutetoSeniorService.com.



Maintenance-free living is just the beginning.

At Presbyterian Manor, changing your address doesn't change who you are. It gives you the chance to live an active life on your own terms. Townhomes or apartments are available to fit your lifestyle and budget — with access to assisted living or skilled nursing, if ever needed.

You'll feel a true sense of community, with a range of social, educational, spiritual and fitness opportunities, including optional services:

- MEALS • HOUSEKEEPING
- TRANSPORTATION • AND MORE!

We help seniors make these their best years. How can we help you?

Together, we'll find the answers.



785-841-4262 | 1429 Kasold Drive | Lawrence, Kansas 66049
 785-272-6510 | 4712 SW Sixth Avenue | Topeka, Kansas 66606
www.justaskpresbyterianmanors.com

AHNA relocates headquarters, opens Kansas office

In a bold move sure to better serve present and future holistic healthcare providers, the American Holistic Nurses Association (AHNA) has relocated to the nation's heartland. The organization is now located at 100 SE 9th Street, Ste. 3A, Topeka, KS 66612-1213. Their toll-free phone number remains 800-278-2462, and they can be found online at www.ahna.org.

As a non-profit professional membership association for registered nurses and other holistic healthcare professionals, AHNA has increasingly become the definitive voice for holistic nursing since its founding in 1981. The organization's primary mission is to advance holistic nursing by expanding awareness, education and both professional and personal community-building among nurses, other healthcare professionals, and the public.

Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with both a defined scope and standards of practice.

“AHNA's thousands of members help provide a bridge between conventional and complementary integrative healthcare,” says AHNA President Glenda Christiaens, Ph.D., RN, AHN-BC, noting AHNA members are leaders in all aspects of holistic caring and healing.



Christiaens

“Our nurses see AHNA's mission as advancing holistic nursing through community building, advocacy, research and education, and right down the line they take this mission personally,” notes Dr. Christiaens.

Adds AHNA Executive Director Terri Roberts, J.D., RN, “Awareness of holistic healthcare is expanding expo-

entially, and even insurance companies are increasingly positive about offering safe and effective therapies that focus on the relationship between the mind and the body. Our move to the nation's center recognizes the growth of both holistic and integrative healthcare and providers of these important services.” It also improves meeting facilitation among the organization's

seven board members, currently spread across the country between Salt Lake City and Boston.

“AHNA continually seeks out strategies for providing additional and expanded services to almost 5,000 members, delivers valuable resources, and improves educational and networking opportunities to a vibrant and expanding community.”

LIFE CONNECTIONS, INC.

Counseling in the comfort of your own home
 Dealing with life's challenges and changes

We accept Medicare and other Insurance

Vicky A. Walters, LSCSW

Certified Aging Specialist

Vicky@LCTopeka.com

785-213-2342

VALLEY SPRINGS SENIOR APARTMENTS



\$150 discount on first month's rent!

Country Living at its Best.

One-bedroom apartment is just \$500 a month with a \$99 security deposit.

Water and trash paid.

Opening doors to a beautiful lifestyle for over forty years!

785-220-7320 • 1300 Hanover Rd • Auburn, KS 66402

Santa Fe Place Senior Apartments



ALL UTILITIES PAID!

Santa Fe Place Is Just Right
 For Adults 55+ With Care-Free Living!

- Efficiency, 1 And 2 Bedroom Apartments
- Appliances • Laundry Facilities on Each Floor
- Community Room • Planned Social Activities!



785-234-3386 • 600 SE Madison • Topeka
santafeapartments@cohenesrey.com



Personalized in-home care for Douglas County residents

- Light housekeeping
- Meal preparation
- Companionship • Caregiver relief
- Accepts Medicaid, VA and more
- Private pay starting at \$13/hour

842-3159 • www.tihc.org



-Senior Living Offering the Best of Both Worlds-
 A Peaceful Country-like setting, At Rates That Can't Be Beat!
 1 and 2-BR Apartments \$245 to \$434

(Ask about our medical expense credits & rental assistance program!)



We rent to Seniors and Disabled Persons.

Call (785) 594-6996 for more info.
 1016 Orchard Lane & 1119 Jersey • Baldwin City



Sunflower Plaza Tower

Apartments Available for Rent now.

Must See to Believe!

Gracious Senior Living!

- 62 years and older
- 1 Bedroom Apartment
- All utilities paid
- Rent based on income
- Smoke-free living

- Planned activities
- Friendly Management
- Service Coordinator
- 24-hour emergency maintenance

- Convenient laundry facilities
- Extra Storage
- Community room with kitchen

Call Cindy McCullough for more information.
 785-242-6655 • 701 S. Poplar • Ottawa, KS

ESTATE PLANNING

Durable general powers of attorney – Part 1

Say “Estate Planning” and most people think of what happens after they die. However, we all face the risk of incapacity prior to death. This could occur over time as you age, or quite suddenly if a severe accident leaves you impaired.



Bob Ramsdell

A power of attorney grants authority to a person or entity (called your Attorney-in-Fact) to act in your name. While a power of attorney can be limited in scope (for example, authorizing a person to renew your auto registration while you are on vacation), for estate planning purposes we are looking at a Durable General Power of Attorney – a legal document granting broad powers to act on your behalf that continues in effect even if you are incapacitated.

Under the Kansas Power of Attorney Act, a Durable General Power of Attorney can authorize your Attorney-in-Fact to undertake virtually any lawful activity in your name – buy or sell property, take out or make loans,

vote shares of stock, sign tax returns, etc. Delegation of certain powers—such as making, modifying or revoking a Will, Living Will, Durable Healthcare Power of Attorney or Do Not Resuscitate Directive—is prohibited by law.

Some powers exist only if expressly stated and authorized. For example, while an Attorney-in-Fact can generally buy and sell real estate, the authority to give consent for the sale, gift, transfer, mortgage or other alienation of your homestead exists only if expressly granted. Other powers that exist only if expressly granted include the authority to execute, amend or revoke any trust agreement, to make or revoke gifts, to designate or change the designation of beneficiaries to receive any property, benefit or contract right upon your death, etc.

People usually want to handle their own affairs as long as they are able and have the POA become effective only upon their incapacity. In your POA, you can specify the conditions under which you are to be considered incapacitated. A commonly used standard is to require affidavits from two licensed physicians attesting they have personally examined you and found that your ability to receive and evaluate relevant information, or to effectively communicate decisions, even with the

use of assistive technologies or other supports, is impaired to such a degree that you lack the capacity to manage your property and affairs, or to meet essential needs for your health, safety, or welfare.

Another option is to make the POA effective immediately upon signing. This can be helpful if you are fully cogent but have physical conditions that severely limit your ability to get around to take care of your affairs, or if you are going to be traveling—that round-the-world trip on your bucket list—for an extended period.

Some organizations, particularly government agencies, may require you to name a representative on a form of their own. For example, if you want someone to work with the Social Security Administration on your behalf,

then you must appoint them your representative using Form SSA-1696. Similarly, for assistance in dealing with the Veteran’s Administration you can appoint a Veterans Service Organization (from the list of those recognized by the VA) as your representative using VA Form 21-22, or an individual person using VA Form 21-22a.

Next month, Part 2 will discuss factors to consider in selecting an Attorney-in-Fact and safeguards to prevent abuse of their power.

– *Bob Ramsdell is an estate planning attorney with Thompson Ramsdell & Qualseth, P.A., in Lawrence. He can be reached at 785-841-4554. The Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, can be reached at 888-353-5337.*

THE FIRST APARTMENTS

“Home without the hassles”

Independent Community Living for 62 and older, 55-62 non-elderly disabled.

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour On-Call staff
- Restricted entrance
- Lighted parking lot
- On city bus route
- Beauty salon
- First Floor Laundry Room
- Exercise equipment & seated exercise class
- Meals on Wheels Congregate meal site
- Maintenance Director on site
- Library Red Carpet Services
- Health Department Nail Clinics
- Walking distance of several churches and Ray’s Apple Market

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



Get Healthy Savings On Wellness Wednesday

Everyone Saves 5% On

- Vitamins
- Bulk Herbs
- Supplements
- Bulk Spices
- Body Care
- Bulk Teas

Wellness Wednesday is the first Wednesday of every month.

The Merc Community Market & Deli
901 Iowa - Lawrence - 785 843 8544
www.TheMerc.coop

PERSONAL FINANCE

Don't get trampled by the 'herd'

Every year in early July, thousands of people “run with the bulls” in Pamplona, Spain. While the event is exciting, it is also hazardous, and many runners have gotten badly injured over the years. As an investor, you may find that running with the herd is dangerous to you, too — because if you’re constantly following what everyone else is doing, your own financial goals could end up getting “trampled.”



Harley Catlin and Ryan Catlin



The urge to run with the herd, or follow the crowd, may have been hard-wired into our psyches, according to anthropologists. In prehistoric times, running with the pack may have helped people minimize danger or increase their chances for finding food. But today, there are far fewer rewards for following a herd mentality — especially in investing.

For example, consider what happens when the financial markets go through a period of volatility. Virtually every time this happens, many investors flock to gold, apparently believing that the shiny yellow metal will always be valuable and that its price will never drop. Yet, the fact is that gold prices, like those of other financial assets, do fluctuate. Furthermore, certain types of gold-based investments can be quite risky in their own right.

What other “follow the herd” movements should you avoid when you invest? For one thing, try to stay away from “feeding frenzies.” If you look back about 15 years ago, you may remember the buzz surrounding speculative technology stocks — many of which were companies that had futuristic names but lacked some useful elements, such as profits or business strategies. For a few years, the prices of these companies soared, but in 2000 and 2001, the “dot-com” bubble burst, splattering investors with big losses that were either irreversible or, at the

least, took years from which to recover.

The herd mentality often applies even when investors know the right moves to make. To illustrate: One of the most basic rules of investing is “buy low, sell high” — and yet many investors do the exact opposite. When prices drop, they sell, so that they can cut their losses — even though they may be selling investments that, while temporarily down, still have strong potential. On the other hand, when an investment’s price has shot up, these same investors will often keep buying more shares, hoping to reap even bigger gains — even if the investment has now become quite expensive, as measured by the price-to-earnings ratio, and has little upside potential remaining.

Instead of emulating other investors, think about your own financial goals and create a viable strategy for achieving them, taking into account your risk tolerance and time horizon. Look for quality investments and hold them for the long term. Don’t be discouraged by the inevitable market downturns, but be ready to adjust your portfolio as needed. Above all else, be patient and disciplined, always keeping your eye on your ultimate objectives.

It can feel comfortable when you’re in the midst of a herd — but it can lead you to places where, as an investor, you don’t want to go. Steer clear of the crowds and go your own way.

– *Harley Catlin and Ryan Catlin are with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262.*

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.lidcu.org



Cooper's Home Care

"An Alternative to Nursing Home Placement"

Newly Remodeled and Renovated!
Ready for Admissions!

Respite Care

Give yourself a break while assuring your loved one short- or long-term quality care.

Ask About

NEW ADMISSIONS DISCOUNT

Available for a limited time. Call for details.



Lillian Cooper

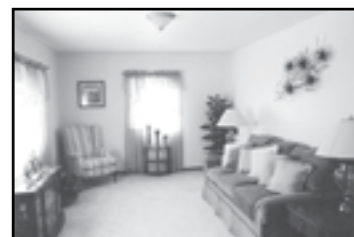


2139 PENNSYLVANIA IN LAWRENCE

A Holistic Approach to Nursing Care Providing Individualized, Specialized service and approaches, meeting the physical, social, spiritual, and medical needs of our residents in a home-away-from-home-like atmosphere.

We provide:

- Assisted Living
- Day care
- Respite Care
- Long-term care
- Critical and hospice care
- Diabetic care
- Care for all types of dementia
- On-site eye examinations and follow-up care
- Glucose monitoring



Staff:

- Staff to resident ratio is 1:3
- Home physician and medical director
- Physical and occupational therapists
- LPN, CMAs, CNAs
- 24 Hour RN on duty

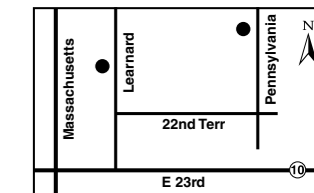
Staff functions include meal preparation and dietary planning, personal care, ADL's grooming, in-home beautician, and routine recreational, social and therapeutic activities.

Cooper's Home Care

"An Alternative to Nursing Home Placement"

785-865-2525

www.coopershomecareks.com



Martin Creek Place

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

Age 62 & older.

4950 SW Huntoon • Topeka 785-273-2944



RETIRE SMART

An uphill battle for Generation X

When the stock market began to crater in 2008, an 85-year-old client said to me, "I'm not worried about me—I don't have a job to lose, and most of money is in bonds and CDs. But I am very concerned about my kids and my grandkids." I thought about how prescient that comment



Jill Schlesinger

was after reading a new report from the Pew Charitable Trust's economic mobility project, "Retirement Security Across Generations."

The report explores how the Great Recession affected the wealth and retirement security of baby boomers relative to younger and older age groups. As it turns out, the downturn inflicted the greatest financial damage on Generation X, or those born between 1966 and 1975, who are now 38 to 47 years old.

Here's Pew's breakdown of Great Recession median net worth loss by age category (between 2007 and 2010):

- Depression babies (born 1926-'35): 0
- War babies (born 1936-'45): lost 20 percent
- Early boomers (born 1946-'55): lost 28 percent
- Late boomers (born 1956-'65): lost 25 percent
- Gen-Xers (born 1966-'75): lost 45 percent

Why the great disparity? Both early and late boomers benefitted from a mostly robust economy and bull market in stocks and bonds from 1982-'99, as well as a housing market that provided them with ample equity in their homes. In fact, boomers had higher overall wealth, financial net worth and home equity in their 50s and 60s than Depression or war babies had at the same ages.

But the two older groups benefited from a mindset that was dead-set against debt. Over the last two decades, Depression and war babies have been shedding debt, while boomers and Gen-Xers have been accumulating it. As of 2010, war babies' asset levels were 27 times higher than their debts. In contrast, late boomers' assets were about four times higher than their debts, and Gen-Xers' assets were about double their debts.

With those bleak results, it's no wonder the study found that typical Gen-Xers are less prepared for retirement than their older cohorts. To compare retirement readiness of each age group, Pew calculated "replacement rates," or the ability of retirees to use their wealth and savings to replace pre-retirement income. There are various opinions on what is the "right" replacement ratio, ranging from 70 to

100 percent, depending on individual circumstances. The general consensus is to use an 80 percent replacement rate as a goal.

At the median, Gen-Xers will have enough resources to replace only about half of their pre-retirement income; late boomers will replace about 60 percent. Those levels are dramatically lower than the older cohorts who will or have replaced 80-100 percent of their incomes.

Because these are medians, the data suggest that at least half of late-boomer and Gen-Xer households fall below these already-low levels, which means that many younger Americans are facing an insecure retirement. Erin Currier, Pew's director of the Economic Mobility Project, noted that Gen-Xers are "facing a genuine possibility of downward mobility, if they don't change course."

Changing course may mean that younger generations will likely have to save more, borrow less and work longer, but they know that already. The younger generations need only look at their parents and grandpar-

ents to realize that Pew's conclusion is spot on: "Early boomers may be the last generation on track to exceed the wealth of the cohorts that came before them and to enjoy a secure retirement."

Since I don't like to end on a negative note, let me point to a glimmer of hope: The Pew study ends at 2010, and the economic, stock and housing recoveries since then have likely improved these results for many. And of course, time is always on the side of younger generations, providing them with the ability to adjust their behavior and plan for a more secure future.

- Jill Schlesinger, CFP, is the Emmy-nominated, Senior Business Analyst for CBS News. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@jillonmoney.com.

© 2013 Tribune Media Services, Inc.

MAYO CLINIC

Medications for Parkinson's control symptoms but don't slow progression

DEAR MAYO CLINIC: What are the latest findings on Parkinson's disease? Are there any new medications? I've heard a lot about CoQ10 as a promising alternative for those with Parkinson's. Is there any truth to this?

ANSWER: CoQ10 initially seemed to be a promising therapy for Parkinson's in early research involving small numbers of patients. However, follow-up studies using larger numbers and higher doses have failed to confirm benefit from this drug.

The medications currently available for Parkinson's are directed at controlling symptoms. They can be very effective. Unfortunately, despite decades of intensive research, no drugs have been proven to slow the progression of Parkinson's disease.

Parkinson's disease is a disorder of the nervous system that develops gradually over time. The hallmark symptoms include tremor, muscle rigidity and slowness of movements. In later stages, new symptoms may develop that include difficulties with memory and thinking, as well as bladder and bowel problems and, in some people, low blood pressure.

In the 1960s, researchers discovered that the brains of people with Parkinson's disease are low in a brain

chemical called dopamine. This was a huge step forward in understanding and treating the disease. After that, researchers began to focus Parkinson's treatment on replenishing dopamine. The early result of those efforts was a medication known as carbidopa-levodopa, which effectively restores brain dopamine and typically reduces many Parkinson's symptoms. Four decades later, carbidopa-levodopa is still the best drug available for Parkinson's. Although it does not treat the cause, carbidopa-levodopa does restore some of the normal brain chemistry.

Unfortunately, as Parkinson's advances, levodopa and related medications often become less effective in controlling symptoms, and the problems caused by the disease tend to get worse. Thus, with advancing Parkinson's disease, the problems go beyond brain dopamine.

Understanding the cause of Parkinson's disease is the crucial first step to finding a way to slow or halt disease progression. A variety of environmental factors have been identified that influence the risk of developing Parkinson's disease. However, these account for only a small part of this risk. Genetics have also been extensively studied and remain a strong focus among researchers.

Whatever the Season, Whatever the Reason!



Make Vintage Park Your First Choice For Assisted Living

From Short-term Respite Stays to Making Vintage Park Your Home....
We will be there for you!

- All Inclusive Pricing
- Affordable payment options like Long Term Care Insurance or Veterans Benefits
- No Community Fee

Call Vintage Park today!



BALDWIN CITY
Vintage Park at Baldwin City
321 Crimson Ave.
Baldwin City, KS 66006
785-594-4255
www.vintageparkbaldwin.com

OTTAWA
Vintage Park at Ottawa
2250 S. Elm
Ottawa, KS 66067
785-242-3715
www.vintageparkottawa.com

TONGANOXIE
Vintage Park at Tonganoxie
Tonganoxie, KS 66086
120 W. 8th St.
913-845-2204
www.vintageparktonganoxie.com



La Colonia
Retirement Community



- Complete maintenance
- Off street parking
- Emergency call system
- Utility allowance
- Rent is based on resident's income
- Lounge & recreation room



- 24-hour security
- Staff on call 24 hours
- Water & trash paid
- Lawn care
- Weekly shopping transportation
- In house laundry facilities

Call Tony Jaramillo at (785) 354-4225 for more information
331 NE Golden (Oakland Community) • Topeka

Visit us on Facebook!

Initial genetic studies investigated rare families in which many members had Parkinson's disease. Although gene mutations were identified to explain the cause in many of these families, these same gene mutations were not found to cause Parkinson's disease in general. Known gene mutations account for just a small percent of typical Parkinson's disease. However, these genetic studies shed light on processes that appear to play important roles in causing Parkinson's disease.

One important genetic finding surfaced early in these studies of familial Parkinson's disease. In selected Parkinson's disease families from Italy and Greece, the cause turned out to be the gene coding for alpha synuclein. This gene mutation was not found in run-of-the-mill Parkinson's disease, but led to another important discovery. People with typical Parkinson's disease were found to have deposits of alpha synuclein in affected brain cells, suggesting that this molecule might play an important role in all Parkinson's disease.

Of further interest has been the recognition that people with a disease somewhat similar to Parkinson's but

associated with early dementia, called dementia with Lewy bodies, also is marked by brain alpha synuclein deposits. Researchers are now studying the relationship between these two disorders, which appear to have a common link.

Although we do not have a drug that halts the progression of Parkinson's disease, that should not be reason for pessimism. After all, before you can fix either a car or a body, you have to know how it works. That is certainly true for Parkinson's disease. Once we fully understand what causes it, new treatment should quickly follow. - J. Eric Ahlskog, M.D., Ph.D., Neurologist, Mayo Clinic, Rochester, Minn.

- Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu, or write: Medical Edge from Mayo Clinic, c/o TMS, 2010 Westridge Drive, Irving, TX 75038. For more information, visit www.mayoclinic.org.

© 2013 Mayo Foundation For Medical Education And Research. Distributed By Tribune Media Services Inc. All Rights Reserved.



Comforting Solutions for In-Home Care®

SERVICES AVAILABLE:

- ◆ In-Home Companionship
- ◆ Laundry & Linen Washing
- ◆ Sitting Services
- ◆ Light Housekeeping
- ◆ 24-Hour Care Available
- ◆ Errand Services
- ◆ Grooming & Dressing Guidance
- ◆ Grocery Shopping
- ◆ Meal Preparation
- ◆ Periodic Review With Family
- ◆ Transportation
- ◆ Flexible Schedules

For a FREE in-home consultation, call:

267-8200

Our caregivers are screened, bonded and fully insured.

www.comfortkeepers.com

HEALTH & FITNESS

Don't be shy about getting help

Self-reliance is a virtue, but we risk losing our independence if we don't know how to seek and accept help. We all depend on each other in big disasters, or when we need rides to the airport. But many people treat infirmities differently. They don't want to be a bother or to admit weakness. Instead of suffering the small indig-



Laura Bennetts

dening, and housecleaning. But think again. Reduced vision, joint pain, and unsteadiness can make even routine tasks risky. And getting help is not a loss of independence. Taking the initiative is a form of independence. You seek out and guide the person who is best able to provide the help you need.

Step 1 is to plan ahead so that you'll be ready when you need help. Many personal care tasks become difficult as we age, and navigating around the house is also important to handle well. Basically, you need to keep tabs on your strengths and weaknesses and take action when a task becomes difficult or dangerous.

Time for Physical Therapy?

If you find that you're walking less and sitting more and more, you may need help to stay on the go. One sign of leg weakness is when you have trouble getting up from your chair or from your bed. This is when you need help from a physical therapist to improve your strength and treat any joint or back pain that made you stop walking.

You need to ask for help when:

1. You have to try more than once to stand up from your favorite chair.
2. You find that you're holding onto the walls and furniture as you walk.
3. You limp when you walk because you have back or leg pain.

4. You have trouble getting in or out of the car safely.
5. You have trouble getting in or out of the shower safely.
6. You have trouble getting on or off the toilet easily.
7. You find it hard to move around in your bed.
8. You avoiding walking for a full day or more.

Tell your doctor that you want to work with a physical therapist, who will help you get back on your feet, safely and comfortably.

Time for Occupational Therapy?

Anything you use regularly should be stored in cabinets you can reach easily. If you're unsteady on your feet, you shouldn't climb on a chair or a step stool to reach a wine glass. And if you have a back problem, you won't want to store the laundry soap under the sink.

To use your shower safely, a grab bar can be a life saver. But where should you place the grab bar and what size is best? An occupational therapist can help you figure that out. OTs specialize in simply and inexpensively redesigning your home environment to be safe, accessible, and convenient.

You need help when:

1. You store often-used items on the floor (say, in your closet or bedroom).
2. You store items on your stove-top.
3. You counters are covered with medications.
4. You have trouble walking with a

walker through your cluttered home.

5. You don't have a well-cleared pathway from your bed to your bathroom.

6. You spend a lot of time searching for things you can't easily find.

7. You are have a near fall in your shower or bathroom.

You will be much safer, and better able to remain independent, if you reorganize your kitchen and bathroom to be able to easily reach the items you rely on most. And you'll be able to safely walk and stay organized—without help—if you decrease the clutter in your home.

Always Ask

Your friends know you don't want to bother them. But helping is what friends are for! Medical experts, friends and community resources are available to help you be adapt to your changing life. Taking care of yourself is a big job as you age...and it works best when you treat it as teamwork. You should ask for, and accept, the help YOUR team offers.

- Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services LLC (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see www.LawrenceTherapyServices.com.

HEALTH & FITNESS

Beware of genetically modified food

Genetically modified food, or GM foods, are foods produced from genetically modified organisms, or GMOs. GMOs have had specific changes to their DNA by genetic engineering techniques. Commercial sale of genetically modified organisms first began with an antibiotic resistant tobacco plant and continued with the delayed ripening of a tomato. Cur-



Dr. Farhang Khosh

rently, genetically modified foods are plant products: soybean, corn, canola, and cotton seed oil.

Genetically engineered plants are generated in a laboratory by altering their genetic makeup and are tested in the laboratory for desired traits. The desired traits could include being designed to grow faster than the other plants, resistance to insects, to produce more nutrients, or extra nutrients, or any other purpose.

GM livestock are also in the experimental development. Experts say 60% to 70% of processed foods on U.S. grocery shelves have genetically modified ingredients. That means many foods made in the U.S. containing field corn or high-fructose corn syrup, such cereals, snack foods, and soda we consume; foods made with soybeans (including some baby foods); and foods made with cottonseed and canola oils could likely have genetically modified ingredients. These ingredients appear frequently in animal feed as well.

The American Academy of Environmental Medicine (AAEM) has told doctors to educate their patients, the medical community, and the public to avoid GM foods when possible. AAEM's position paper stated, "Several animal studies indicate serious health risks associated with GM food,"

including infertility, immune problems, accelerated aging, insulin regulation, and changes in major organs and the gastrointestinal system. They conclude, "There is more than a casual association between GM foods and adverse health effects."

Genetic modified corn and cotton are genetically engineered to produce their own pesticide in every cell. When an insect bites the plant, the poison splits open their stomach and kills the insect. Currently, the pesticide used in the plant cell is called Bt, or Bacillus thuringiensis. Organic farmers have used Bt as a natural insect control in the form of a bacteria spray. The Bt-toxin produced in GM plants, however, is thousands of times more concentrated than natural Bt spray.

The other main concern for consuming genetic modified foods is what it is doing to the human body. The gene inserted into GM soy transfers into the DNA of bacteria living inside our intestines. This means that long after we stop eating GMOs, we may still have potentially harmful GM proteins being produced inside our body. To simplify everything, the GMOs might transform our intestinal bacteria, leading us toward a lifetime of gastro-intestinal problems.

What can people do? People can stay away from anything with soy, corn, cottonseed, canola oil, and sugar beets if they are genetically modified. Unless the label says organic or "non-GMO," consider it unsafe. There is a pocket Non-GMO Shopping Guide, co-produced by the Institute for Responsible Technology and the Center for Food Safety, which is available to consumers. Just adding a note that the U.S. is the largest producer of the GMO foods, and the European Union has been fighting to keep GMOs out since they believe that organically grown foods are safer and, of course, superior choice.

- Dr. Farhang Khosh, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. He can be reached at 785-749-2255.

Neuvant House of Lawrence

Assisted Living Residence



Neuvant House of Lawrence is an assisted living residence purposefully designed for persons with dementia and Alzheimer's disease. In addition to providing a safe and engaging environment, we utilize enriching programs to help individuals live life to the fullest.

Neuvant House of Lawrence—personal dignified service, 24-hours a day.

Come visit us and see the difference we can make.



Learn how families are making Informed Decisions for their loved ones at www.neuvanthouse.com

1216 Biltmore Dr. • Lawrence • 785.856.7900
 admin@neuvanthouse.com • www.neuvanthouse.com

BATE'S FURNITURE



In Business Over 40 Years

We now carry Custom-sized Lift Chairs! Starting at \$499⁰⁰

Moving? Downsizing? We also buy furniture!

Karl Behring, Manager

We offer lay-away and delivery.

610 SW 6th Ave. • Topeka, KS • 785-357-5181

Occupational Therapy Can Help You Feel Better!

Choose Lawrence Therapy Services/Baldwin Therapy Services

Our Experienced Licensed Therapists will help you with:

- Hand Pain/Weakness
- Shoulder Pain
- Fall Prevention
- Home Modifications
- Safety Equipment
- Strength Training
- Stroke Recovery
- Low Vision Therapy
- Bathing/Dressing Training
- Treatment In-Home if needed

Outpatient Occupational Therapy is covered by most insurances. Call today or look at our website to learn more.



842-0656
 2200 Harvard Rd, Ste 101
 Lawrence
www.lawrencetherapyservices.com

594-3162
 814 High St., Suite A
 Baldwin City



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. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ART/ENTERTAINMENT

JUL 13

ART & WINE STROLL

Stroll Paola's beautiful downtown square and enjoy sampling Kansas wines, appetizers from local restaurants and businesses, fantastic art created by area artists and provided by Miami County Heartland Art Guild. Tour our galleries and businesses around the square during the evening. Before, after and during the stroll you will be entertained by the Brian Ruskin Jazz quartet from the Kansas City area performing in the gazebo. Must be at least 21 years old to participate in the sampling of wines. Wineries will have their corked wines for sale during the Stroll. You may purchase tickets on our website, www.paolatourism.org. PAOLA, (913) 269-1639

JUL 12-14

SUNFLOWER ARTFEST 2013

7th Annual De Soto Fine Arts Show organized by the De Soto Arts Council, held along with the De Soto Rotary's Sunflower PolioPlus Project. Three days of fine arts festivities, food and live entertainment, and children's activities. Enjoy the artist booths and Sunflower Art Exhibit among the many rows of Sunflowers that are available for you to pick and purchase (Sunflower proceeds to Rotary PolioPlus Project). Friday evening, July 12, 6-9 p.m.; Saturday, July 13, 10 a.m.-8 p.m.; Sunday, July 14, noon-5 p.m.; The Barn at 9200 Kill Creek Road (exit northeast corner of K-10 and Kill Creek Road). DE SOTO www.desotoartsks.org

JUL 28

THE SENIOR CLASS

A great offshoot from TCT's widely successful company, Laughing Matters, The Senior Class is another zany troupe of comedians. Only this time, it's the company is made up entirely of over 55-year-old actors in our community. This group defines life in the golden years as a terrifically fun-filled trip. Admission fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. Doors open at 1 p.m. Show begins at 2 p.m. TOPEKA, (785) 357-5211 www.topekacivictheatre.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m. TOPEKA, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays, 2050 SE 30th St. TOPEKA, (785) 266-5532

MONDAYS

REBEKAH LODGE

Minis at 6 p.m., regular games at 6:30 p.m. 745 NE Chester Avenue.

TOPEKA

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m. TOPEKA, (785) 296-9400

TUESDAYS

INDEPENDENT ORDER OF ODD FELLOWS

1 p.m. 745 NE Chester Avenue.

TOPEKA

WEDNESDAYS

PINECREST APARTMENTS

924 Walnut, 12:30-1 p.m.

EUDORA, (785) 542-1020

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m.

TOPEKA, (785) 235-9073

WEDNESDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 7 p.m.

LAWRENCE, (785) 842-3415

FRIDAYS

EAGLES LODGE

1803 W. 6th St., 7 p.m.

LAWRENCE, (785) 843-9690

FRIDAYS

ARAB SHRINE

Mini Bingo 6:30 p.m. , Regular Bingo 7 p.m.

TOPEKA, (785) 234-5656

SUNDAYS & TUESDAYS

MOOSE CLUB

1901 N Kansas Ave, 6 p.m.

TOPEKA, (785) 235-5050

EDUCATION

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail. Call to make reservation.

TOPEKA, (785) 354-5225

FIRST & THIRD FRIDAYS OF EACH MONTH

HEALTHWISE AFTER 55

Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, (785) 354-6787

SECOND & FOURTH FRIDAYS OF EACH MONTH

FOR FAMILY CAREGIVERS

Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, (785) 354-6787

JUL 11

PRE-DIABETES CLASS

This free class is for those at risk for developing diabetes or have already been told that they have pre-diabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and avoiding potential complications. Taught by LMH Diabetes Education Center staff. Lawrence Memorial Hospital, 12-1:30 p.m.

LAWRENCE, (785) 749-5800

FAIRS/FESTIVALS

JUL 4
SPIRIT OF KANSAS BLUES FESTIVAL
Featuring local vendors, arts and crafts, car show, and water skiing show. Presented by Shawnee County Parks and Recreation and Topeka Blues Society. Lake Shawnee Reynolds Lodge, 3315 SE Tinman Circle. Noon until 9 p.m. Bring chairs and coolers. TOPEKA, (785) 234-4317

JUL 30-AUG 3

LEAVENWORTH COUNTY FAIR

Parade, rodeo, 4H/FFA and open class exhibits, games, food, livestock auction and entertainment. Free shuttle rides to/from parking lots. Hwy 24/40 and Hwy 16 Leavenworth County Fairgrounds, Tuesday 6:30 p.m., Wednesday-Saturday 9 a.m.-10 p.m. TONGANOXIE, (913) 683-4560

FARMERS MARKET

THURSDAYS THROUGH OCTOBER 31

COTTIN'S HARDWARE & RENTAL FARMERS MARKET

Vendors, live music, Free State beer, public chess tables. Located in the parking lot behind Cottin's Hardware & Rental, 1832 Massachusetts St., 4-6:30 p.m. LAWRENCE www.cottinshardware.com/farmersmarket

APR 13-NOV 23

SATURDAY MARKET - LAWRENCE

The Saturday Downtown Lawrence Farmers Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets. 7-11 a.m. through Sept. 28, 8-11 a.m. Oct. 5-Nov. 23. LAWRENCE, (785) 331-4445 www.lawrencefarmersmarket.com

APR 13-NOV

DOWNTOWN TOPEKA FARMERS MARKET

12th and Harrison, South of the Judicial Building. 7:30 a.m.-Noon. TOPEKA, (785) 249-4704 www.topekafarmersmarket.com

LAWRENCE, (785) 842-0543, (785) 841-4554

EXHIBITS/SHOWS

JUL 19-21

37TH ANNUAL MERIDEN THRESHING SHOW

Tractors, threshing, baling, tractor parades, history, antique automobiles, and tractor pulls. Tour Cottonwood Station, our reproduction living history of an early day Kansas town. We will be sawing lumber at the saw mill and grinding grain in the flour mill each day. Our blacksmith will be hard at work in the Blacksmith Shop. Stop by the General Store for a Sarsparilla and attend church on Sunday in the Bloomfield Church. Visit our vendors. Don't miss the antique tractor pull on Saturday and the garden tractor pulls each day. We are located one mile east of Meriden on K-4 Highway. MERIDEN, (785) 633-9706 www.meridenthreshers.org.

FAIRS/FESTIVALS

JUL 4

SPIRIT OF KANSAS BLUES FESTIVAL
Featuring local vendors, arts and crafts, car show, and water skiing show. Presented by Shawnee County Parks and Recreation and Topeka Blues Society. Lake Shawnee Reynolds Lodge, 3315 SE Tinman Circle. Noon until 9 p.m. Bring chairs and coolers. TOPEKA, (785) 234-4317

JUL 30-AUG 3

LEAVENWORTH COUNTY FAIR

Parade, rodeo, 4H/FFA and open class exhibits, games, food, livestock auction and entertainment. Free shuttle rides to/from parking lots. Hwy 24/40 and Hwy 16 Leavenworth County Fairgrounds, Tuesday 6:30 p.m., Wednesday-Saturday 9 a.m.-10 p.m. TONGANOXIE, (913) 683-4560

FARMERS MARKET

THURSDAYS THROUGH OCTOBER 31

COTTIN'S HARDWARE & RENTAL FARMERS MARKET

Vendors, live music, Free State beer, public chess tables. Located in the parking lot behind Cottin's Hardware & Rental, 1832 Massachusetts St., 4-6:30 p.m. LAWRENCE www.cottinshardware.com/farmersmarket

APR 13-NOV 23

SATURDAY MARKET - LAWRENCE

The Saturday Downtown Lawrence Farmers Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets. 7-11 a.m. through Sept. 28, 8-11 a.m. Oct. 5-Nov. 23. LAWRENCE, (785) 331-4445 www.lawrencefarmersmarket.com

APR 13-NOV

DOWNTOWN TOPEKA FARMERS MARKET

12th and Harrison, South of the Judicial Building. 7:30 a.m.-Noon. TOPEKA, (785) 249-4704 www.topekafarmersmarket.com

■ CONTINUED ON PAGE 19

■ CONTINUED FROM PAGE 18

MAY 7-OCT 29

TUESDAY MARKET - LAWRENCE

The Tuesday Market is located in the public parking lot on the 800 block of Rhode Island Street. 4-6 p.m.

LAWRENCE, (785) 331-4445

www.lawrencefarmersmarket.com

JUN-SEP

BALDWIN CITY FARMERS MARKET

Saturdays, 8-Noon. Downtown Baldwin City.

BALDWIN CITY, (785) 594-3200

www.baldwincitychamber.com

HEALTH & FITNESS

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee.

LMH KREIDER REHABILITATION SERVICES

LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10 a.m.-1 p.m. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, (785) 354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE LITE

Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aerobics with exercises designed to improve your strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St. LAWRENCE, (785) 331-4333

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No appointment necessary. LAWRENCE, (785) 856-6030

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free. TOPEKA, (785) 354-6787

FRIDAYS

BLOOD PRESSURE CHECKS

Drury Place, 1510 St. Andrews, 8:30 a.m. Open to the public. LAWRENCE, (785) 841-6845

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free. TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free. TOPEKA, (785) 354-6787

JUL 5

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by finger-stick. No appointment or fasting necessary. \$7/test. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, (785) 749-5800

JUL 20

SMALL TOWN, BIG CAUSE – TONGANOXIE

Join us for our annual 5K run/walk. Come and participate in this fun event and support the health benefits of community wellness activities and the services provided by Lawrence Memorial Hospital. Registration fee for the run/walk is \$25, (\$10 for those 12 and under). To be guaranteed a t-shirt, you must register at least one week in advance. Family Medicine of Tonganoxie, 410 Woodfield, 7:30 a.m. Please register at www.lmhendowment.org/events. For more information, contact Chassidy Bryan. TONGANOXIE, (785) 505-3315

JULY 4 EVENTS

JUL 4

4TH OF JULY CELEBRATION AT FORT LEAVENWORTH

Events start at 4 p.m. with concessions, games, concert, "Salute to the Union" at 8 p.m. and fireworks at dusk over Merriitt Lake. In case of rain, fireworks at dusk on the 5th of July. FORT LEAVENWORTH, (913) 684-2580

TOPEKA, (785) 354-6787

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m. Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m. Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m. Drury Place, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m. Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 215 Clinton Parkway, Lawrence, 9-10 a.m. Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m. Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH
Midland Adult Day Care, 319 Perry St., 10 a.m. Cottonwood Retirement 1029 New Hampshire, 2 p.m. Babcock Place, 1700 Massachusetts St., 3 p.m.

THIRD WEDNESDAY OF EACH MONTH

Brandon Woods, 1501 Inverness Dr., 10:30 a.m. Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH WEDNESDAY OF EACH MONTH

Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m. Presbyterian Manor-Asst. Living, 1429 Kasold Dr., 11 a.m. Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 1 p.m. Drury Place, 1510 St. Andrews Dr., 2:30 p.m.

MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124. LAWRENCE, (785) 838-7885 www.OrthoKansasPA.com

FIRST MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

Facilitated by Heart

■ CONTINUED FROM PAGE 19

FIRST & THIRD TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

Grace Hospice in association with Pioneer Ridge Assisted Living invites individuals coping with the loss of loved ones to join us. For more information call (785) 841-5300 or 1-800-396-7778. Pioneer Ridge Assisted Living, 4851 Harvard Rd., Lawrence, 10:30 a.m.

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3-4 p.m.
TOPEKA, (785) 232-2044

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 5:30-6:30 p.m.
TOPEKA, (785) 232-2044

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124.
LAWRENCE, (785) 838-7885
www.OrthoKansasPA.com

FIRST & THIRD TUESDAY OF EACH MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 SW 8th St.
TOPEKA, (785) 478-4947 or (785) 296-8349

FIRST WEDNESDAY OF EACH MONTH

OLDER WOMEN'S LEAGUE

Meetings are held at the United Way building, 2518 Ridge Ct.. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson.
LAWRENCE, (785) 832-1692

FIRST & THIRD WEDNESDAY OF EACH MONTH

CANCER SUPPORT GROUP

Join representatives from Lawrence Memorial Hospital Oncology Center and the American Cancer Society for a general cancer support group. Open to anyone with any cancer diagnoses and/or family members or others affected by their cancer. For more information, contact Liv Frost at (785) 505-2807 or e-mail to liv.frost@lmh.org.
LAWRENCE

WEDNESDAYS & SUNDAYS

OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30

p.m. on Wednesdays, and from 6-9 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3-4 p.m.
TOPEKA, (785) 232-2044

FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - TOPEKA

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.
TOPEKA, (785) 230-4422

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch). 11:30 a.m.-1 p.m.

FIRST THURSDAY OF EACH MONTH

PARKINSON MEETING

Midland Care, 200 SW Frazier, 5:30-7 p.m.
LAWRENCE, (785) 235-1367 or (800) 798-1366

FIRST & THIRD THURSDAY OF EACH MONTH

TRANSITIONS SUPPORT GROUP

Cosponsored by Brewster Place and Heartland Hospice as a group to help people move from confusion to confidence no matter their loss or life changes and challenges. Meets at 3 p.m. in the main chapel at Brewster Place, 1209 SW 29th St. Call Terry Frizzell of Heartland Hospice of Topeka for more information.
TOPEKA, (785) 271-6500

FIRST FRIDAY OF EACH MONTH

STROKE SUPPORT AND RECOVERY GROUP

Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library.
TOPEKA, (785) 232-7765

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
LAWRENCE, (785) 331-4575

SECOND MONDAY OF EACH MONTH

GRIEF AND ENCOURAGEMENT GROUP

For those who have lost loved ones. Sponsored by Hospice Care of Kansas. Meets at Brookwood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Nancy Cook.
TOPEKA, (913) 599-1125

SECOND TUESDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Independence, Inc. 2001 Haskell Ave., 1-2 p.m.
LAWRENCE, (785) 235-1367 or (800) 798-1366

SECOND TUESDAY OF EACH MONTH

NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

Meets at 9:30-11 a.m. at Coyote Canyon Buffet. TOPEKA, www.narvre.com

SECOND TUESDAY OF EACH MONTH

KAW VALLEY HERBS STUDY GROUP

An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup.
LAWRENCE

SECOND TUESDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

3 Sisters Inn, 1035 Ames St., 3:30-4:30 p.m.
BALDWIN CITY, (785) 235-1367 or (800) 798-1366

SECOND WEDNESDAY OF EACH MONTH

MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2 p.m. For more information, please call Amy Homer.
LAWRENCE, (785) 832-9900

SECOND WEDNESDAY OF EACH MONTH

DIABETES EDUCATION GROUP

The Diabetes Education Center provides a free monthly program for those with diabetes and their support persons, at 6 p.m. Lawrence Memorial Hospital, Meeting Room A.
LAWRENCE, (785) 505-3062

SECOND WEDNESDAY OF EACH MONTH

SOROPTIMIST INTERNATIONAL OF TOPEKA

Soroptimist International's mission is to improve the lives of women and girls in local communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more information.
TOPEKA, (785) 221-0501
www.soroptimisttopeka.org

SECOND THURSDAY OF EACH MONTH

CAREGIVERS SUPPORT GROUP

Learn more about caregiving, share your caregiving ideas and learn new ones. Find out about living options for your loved one and share comfort among others who are going through the same things. Refreshments are provided. Meets at The Windsor of Lawrence, 3220 Peterson Rd., 4 p.m. Call to RSVP.
LAWRENCE, (785) 272-9400

SECOND THURSDAY OF EACH MONTH

NAACP MEETING-LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.
LAWRENCE, (785) 841-0030, (785) 979-4692

SECOND & FOURTH FRIDAY OF EACH MONTH

ALZHEIMER'S/CAREGIVER SUPPORT GROUP

Sponsored by the Alzheimer's Association-

Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.
LAWRENCE, (913) 831-3888

SECOND SATURDAY OF EACH MONTH

HAPPY TIME SQUARES SQUARE DANCE CLUB

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/ K10 Bypass). Plus: 7:30-8 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alexander.
LAWRENCE, (785) 843-2584
www.happytimesquares.com

THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Oskaloosa Public Library, 315 Jefferson St., 2-3 p.m.
OSKALOOSA, (785) 235-1367 or (800) 798-1366

THIRD TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2 PM

THIRD TUESDAY OF EACH MONTH

GRANDPARENT AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.
TOPEKA, (785) 286-2329 or (785) 231-0763

THIRD TUESDAY OF EACH MONTH

STROKE SUPPORT GROUP

For those recovering from a stroke, and/or their family and friends. Meets at 4-5:30 p.m. For more information call LMH Kreider Rehab Center.
LAWRENCE, (785) 505-2712

THIRD WEDNESDAY OF EACH MONTH

ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free! NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.
LAWRENCE, (785) 843-7481

THIRD THURSDAY OF EACH MONTH

LUNCH AFTER LOSS

A social support group to re-engage life after the death of a loved one. Meets at 11 a.m. at Paisano's Ristorante, Fleming Place, SW 10th & Gage. Dutch treat. Requires a reservation. Call Terry Frizzell at Heartland Hospice of Topeka for your reservation.
TOPEKA, (785) 271-6500

■ CONTINUED FROM PAGE 20

THIRD THURSDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Baldwin Healthcare Center, 1223 Orchard Lane, 1-2 p.m.
BALDWIN CITY, (785) 594-6492

THIRD FRIDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.
LAWRENCE, (785) 235-1367 or (800) 798-1366

THIRD SATURDAY OF EACH MONTH

TOPEKA WIDOWED PERSONS BRUNCH

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11 a.m.-1 p.m. For more information about the Widowed Persons Service Program, please call Julie.
TOPEKA, (785) 357-7290

FOURTH MONDAY OF EACH MONTH

GRIEF SUPPORT GROUP

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice.
LAWRENCE, (785) 841-5300

FOURTH TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

Pioneer Ridge Assisted Living Library, 4851 Harvard, 6:30 p.m.
LAWRENCE, (785) 344-1106

FOURTH TUESDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Countryside United Methodist Church, 3221 SW Burlingame Rd, 1-2 p.m.
TOPEKA, (785) 235-1367 or (800) 798-1366

FOURTH WEDNESDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd., 1 p.m.
TOPEKA, (785) 235-1367, EXT. 130

FOURTH THURSDAY OF EACH MONTH

TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December.
TOPEKA, (785) 233-5762
www.tgstopeka.org

FOURTH THURSDAY OF EACH MONTH

CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards. 5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com.
TOPEKA

FOURTH FRIDAY OF EACH MONTH

RETIRED GOVERNMENT EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller.
LAWRENCE, (785) 478-0651

MISCELLANEOUS

SUNDAYS

CHURCH SERVICES

Drury Place, 1510 St. Andrews, 4 p.m. Open to the public.
LAWRENCE, (785) 841-6845

MONDAYS

CHURCH SERVICES

Drury Place at Alvamar, 1510 Saint Andrews Dr., 11 a.m. Open to the public.
LAWRENCE, 785-841-6847

THIRD SATURDAY OF EACH MONTH

COFFEE & CONVERSATION

Drury Place at Alvamar, 1510 Saint Andrews Dr., 3 p.m. Open to the public.
LAWRENCE, 785-841-6847



At **GRACE HOSPICE**, our focus is on the quality of life. Working as a team, we plan and coordinate care that centers on the physical, social, spiritual and emotional needs of our patients and their loved ones.

Grace Hospice is a locally owned business that serves several counties in Kansas and Missouri.



www.gracehospicellc.com

| | |
|--|--|
| <p>- TOPEKA - 3715 SW 29th St., Ste. 100 • Topeka, KS 66614 (785) 228-0400 Fax (785) 228-9049 Toll Free: 800-396-7778</p> | <p>- LAWRENCE - 1420 Wakarusa, Ste. 202 • Lawrence, KS 66049 (785) 841-5300 Fax (785) 841-5310 Toll Free: 800-396-7778</p> |
| <p>- KANSAS CITY - 9233 Ward Parkway Ste. 201 • Kansas City, MO 64114 (816) 444-4611 Fax (816) 444-9480 Toll Free: 866-878-4611</p> | <p>- LEAWOOD - 8900 Stone Line Rd., Ste. 439 • Leawood, KS 66206 (913) 948-9473 Fax (913) 948-9477 Toll Free: 866-878-4611</p> |

YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.

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

Call Manager Karol Freeman
(785) 266-5656 • 2929 SE Minnesota • Topeka 🏠

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

ATTENTION SENIORS:



See how much we can save you on your Medicare Supplement. Call Bruce today at (800) 606-6955.

OSLADIL INSURANCE SERVICE
411½ S. Main St. • Ottawa, KS 66067

TAKE CONTROL.
Why let the state or a judge manage your assets or your life?

WILLS, TRUSTS, POWERS OF ATTORNEY, LIVING WILLS, AND PROBATE

The Law Office of David J. Brown, LC
1040 NEW HAMPSHIRE, LAWRENCE 785.842.6777

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

Matthew 5:14, 16

Yes, you CAN! Stay at HOME!
Our qualified nurses and certified staff will provide the care you need at HOME.

CALL NOW!
785-424-2785

Our Services Include:

- Personal Care
- Companionship
- Homemaking services
- Run Errands
- Appointments
- Private Duty
- Respite Care
- Medication Reminders
- Wellness monitoring
- Diabetes Care

For more SERVICES!
Visit our web site:
Web: www.gracefulhealthcare.com
Email: grace@gracefulhealthcare.com
Facebook.com/gracefulhomehealthcare

CARE AT HOME
Insured

GREAT NEWS! You CAN stay at HOME!
Blessingame Home Care can Help.
785.286.CARE

SELL REAL ESTATE BY AUCTION!
BIG CROWDS! MORE MONEY!

THE Auctioneers
800-887-6900
www.billfair.com

Johnny Tucker, Jr.
Agent

New York Life Insurance Company
7500 College Boulevard, Suite 800
Overland Park, KS 66210
Bus. 913.451.9100 Cell 816.812.1508
tuckerj@ft.newyorklife.com

Authorized to Offer **AARP** Life Insurance and Annuity Program from New York Life

PRN Home Health & Hospice
888-776-7744
www.prnhomehealthhospice.com

Yarn Hats Scarves Gloves Socks & More!

www.mariesalpacaacres.com
785-633-6902

An Alternative to Nursing Home Care
State of Kansas Licensed & Inspected

Tammy
The Home Pro Plus

Call Us Today!
785-383-7094
www.tammytheprohomeplus.com

Affordable Housing at Cedar Square Apartments

We offer quality housing to persons age 62 or disabled. One bedroom Apartments and Studios available NOW.

COME SEE FOR YOURSELF WHY CEDAR SQUARE IS THE PLACE FOR YOU!
1550 S. Cedar Ottawa KS 66067
Call today to schedule an appointment
(785) 242-8110

Office Hours: Mon Wed Fri 10:00am to 3:00pm
Tues and Thurs 1:00 pm to 6:00pm

I know Medicare.
If you've got questions about Medicare, give me a call. I've got answers.
(785) 979-2207

Underwritten by Sterling Life Insurance Company

Robert W. Ramsdell
J.D. – M.B.A. // Attorney-at-Law

Wills – Trusts – Estate Planning
Probate Administration

THOMPSON RAMSDELL & QUALSETH, P.A.
333 West 9th Street, Lawrence, Kansas 66044
785-841-4554 http://trqlaw.com

Is Advertising in the Daily Newspapers Getting a Bit Burdensome?

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

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

RJ's Auction Service
"A Successful Auction Doesn't Just Happen – It's Planned!"

Antiques • Estate and Business Liquidations
Real Estate • Appraisals

See our website for auction dates and times.
15767 Topeka Ave. • Scranton, KS
785-793-2500
www.rjsauctionservice.com

Aldersgate VILLAGE
RETIREMENT COMMUNITY

Independent Living
Assisted Living
Memory Care
Skilled Nursing Care

Rehabilitation Services
Sub-Acute Program
Transportation

Call (785) 478-9440 or visit aldersgatevillage.org!
7220 SW Asbury Drive | Topeka, KS 66614

COLE PROPERTY MANAGEMENT, LLC

We specialize in residential properties for tenants looking for single family homes, duplexes, townhomes, apartments, or condos. Professional, honest, reliable and efficient service.

3514 Clinton Parkway Suite A #276 • Lawrence
913-481-9593 • 785-766-9004
www.colepropertymanagementks.com

COMPETITIVE RATES!

LAWRENCE THERAPY SERVICES

- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Massage Therapy

Services available in the clinic or in-home.

842-0656 594-3162
2200 Harvard Rd, Ste 101 814 High St., Suite A
Lawrence Baldwin City
www.lawrencetherapyservices.com

We're Just Your Style!

Over 50 Unique Shops, Restaurants and Stores.

21st & Fairlawn
Topeka, Kansas

Casual Dining Private Parties

Walt McFarland's

Walt McFarland 785-272-6909
Owner 4133 Gage Center Drive
Topeka, Kansas 66604

Over 70 years of serving fine food

Add full color to your Business Card Ad for just another \$5 per month.
Call Kevin at 785-841-9417 for details.

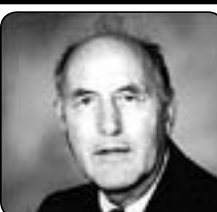
BUSINESS CARD DIRECTORY SPECIAL
Six months for \$85.00 when paid in advance. That's like getting one month for free!

BUSINESS CARD DIRECTORY SPECIAL
Six months for \$85.00 when paid in advance. That's like getting one month for free!

Don't Look Now

Some years ago a stand-up comedian who was known for his self-deprecating humor was arrested for fighting in a bar after his show. The comedian had smacked his opponent in the face. When the case got to court and the judge asked the comedian how the fight started.

"He laughed at me," said the comedian.



Larry Day

There are nearly five billion websites in cyberspace. There are more than a billion unique YouTube users on the planet. There are six billion hours of video in 61 languages on the World Wide Web.

In this interconnected world, millions of people use Internet to invite total strangers into their lives. They invite everyone from elderly Mongolians in Ulan Bator to Argentine teenagers in Mar del Plata to connect to their websites and view intimate details of their lives. Then these website owners are stunned to find out that crooks, scam artists, identity thieves, Internet marketers, and digital sales representatives have honed in on their websites and have exploited the infor-

mation they found there.

That comedian became rich and famous by inviting audiences to laugh at his fabricated foibles. But when a stranger in a bar laughed at one of his real foibles, the comedian doubled his fists and started swinging. Lots of folks are like that comedian. They spread their personal information all over the Internet. But they get mad as hell when they hear that authorities are analyzing Internet data flow patterns to see if they can find information that might thwart a terrorist attack. Whoa. Whoa! That's a violation of people's privacy.

Finding out what constitutes acceptable government surveillance and what is considered unacceptable prying is a valuable process. Most of that process is serious, but sometimes it can be funny.

•••

Consider this story: Back in 2010 40-year-old Ginger Pitchfork of Mound Tree, Texas, phoned the U.S. Census Bureau to lodge a complaint. She said a census worker had called and asked about her marital status and her vaccination history. Ginger said that Census call was an unwarranted government intrusion into her privacy. What was hilarious was that at the time Ginger was operating a website that chronicled intimate details of her love life.

•••

And how about this?: A herd of pigs broke out of their sty on a Midwest farm

and ran down to a four lane highway. Kurk and Wadley, a couple of 40-something city dwellers, were driving along in a heavy duty pickup truck and saw the pigs. They decided to round up the pigs and put them in the truck and drive them to a nearby stockyard.

Kurk and Wadley figured that since they had found the pigs on the highway it was a "finders keepers," and they offered to sell the herd to the stockyard manager for \$200.

The stockyard manager declined their offer, and retrieved ownership data from tattoos on the pigs' ears. He called the owner. The owner was looking for the pigs and was not far from the stockyards. When he arrived, the owner thanked Kurk and Wadley, and gave them each \$40. Then he loaded up his pigs and drove back to the farm.

Wadley and Kurk were fascinated and amazed. They didn't know how the pigs had been identified. They jumped to the conclusion that there was a government surveillance system so power-

ful that it could even keep track of an obscure herd of pigs.

Kurk and Wadley organized a series of workshops to tell their story. They told those who attended: "If the government can spy on a herd of Midwest pigs, what do you think it's finding out about you and your family?"

After that, Wadley and Kurk found what they considered evidence of government surveillance in virtually every aspect of U.S. life. So they set up a network of vigilance websites to warn people of an impending dictatorship that would take over the country as soon as the government had processed all its surveillance data. Kurk and Wadley shut the website down after it become a target for stand-up comedians and late night talk show humor.

- 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.



Gerald Whiteside Au.D., CCC-A

Marston Hearing Center has been locally owned and operated since 1975.

Trust your hearing care only to a highly qualified audiologist who serves your best interests.

We service and carry parts for Oticon, Widex, GNResound, Phonak, Starkey, Unitron, Rexton, Sonic and Bernafon. We can perform minor repairs on other brands. We also handle Westone and Perfect Seal molds, custom earplugs and ear care products.



AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION Certified Member



Call to schedule a free consultation.



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

The unconditional love of pet is good medicine

Q: I'm a 54-year-old woman with some medical issues. I've survived breast cancer and am being treated for a cancer called malignant mesothelioma. I also have a very bad knee. Right now, overall, I feel OK, and I badly want a dog. Everyone keeps telling me how much work they are, and cautions



Steve Dale

me about the expense. I live on a fixed income. But I am lonely and depressed, and feel a small dog would help me. I don't mean to cry on your shoulder, but do you know of an agency that might offer financial support? Do you think I should adopt a new friend? - R.M., Eagan, MN

A: It sounds like you've had a rough time, and if anyone deserves the unconditional love of a dog, you do. Certainly a dog is a commitment, but I suggest that adopting a small dog might save a pet's life and inspire your own.

A small dog can be trained to go potty on pee pads or in a litter box made for dogs. That way, on days when you might not feel up to going outdoors, it wouldn't be necessary. However, a dog can also motivate you to get out in the sunshine, which may be healthful.

Do check with your physician before you adopt a dog. If he/she gives you the OK, I enthusiastically support the idea.

You're right that pets generate expenses for food and medical care. One upside to adoption, however, is that it's a relative bargain since the pet is already spayed/neutered, vaccinated and, hopefully, healthy. Some shelters do feature low-cost veterinary clinics, and there are communities where at least one privately-owned clinic provides low-cost care. You would need

to pay for heartworm preventive.

Some larger communities, such as Chicago, have pet food pantries associated with animal shelters. Perhaps there's a pantry in St. Paul.

Another option might be to have a friend or relative leave their pet with you for a few days every few weeks. Most animals will settle into such an arrangement, but I realize it's not quite the same as having your own pet.

Q: My newly-adopted dog is beginning to understand house training. Now, how do I get him to signal me with a woof when he's gotta go? - K.L., Indianapolis, IN

A: When your dog barks, say "Good!" and let him outdoors. At first, choose a time when you know he's likely to do his business, and encourage him to bark (perhaps through play). However, be careful what you've trained for. Once you've trained your dog to bark to go out, how will you know if he's barking just to bark, or wants out? Some dogs do learn to bark just to be let out. They don't need to go, but simply want to run around the yard.

Q: We purchased our two dachshund brothers in the winter, and housetraining didn't go well. We decided to use pee pads, which turned out to be a big mistake. Now, the dogs are nearly 2 years old and still going on the pads only. How do we get them to relieve themselves outside? - R.N., Wild Rose, WI

A: It's interesting how problems come in twos with dachshunds. Day by day, move those pee pads closer to a door. Once you get there, let the pads straddle the door for a day or two, then put them outside. Next, take your dogs

on leash to the pads. As they go, say, "Go potty!" and instantly offer a treat only used for this purpose and lots of praise. Eventually you'll train them to do their business on cue.

Once the dogs are comfortable going on pee pads outside for a week or so, start cutting away the pads little by little. As the pads shrink, the dogs will start to go on the grass until they must because the pads are too small to use.

If you leave your dogs alone for than 6 to 8 hours a day, the best option is to offer a place they can relieve themselves—such as pee pads. Our bladders are a lot larger, and how many of us could go 6 to 8 hours without visiting the bathroom? Other options: Install a doggy door (and show your pets how to use it), or hire a dog walker.

Q: Our cat is a hockey fan, pushing anything small enough around on our wood floors. She's 9 months old and never seems to stop playing. Sometimes, she finally stops because she's out of breath. Can a kitten play too much? - N.M., Buffalo, NY

A: Your kitten sounds perfectly normal, albeit active. Generally, even

active kittens play only in spurts. While some dogs can play fetch forever, cats more easily become winded and likely bored. If you have a rare marathon-player, try to enjoy her fun-loving nature by creating new games. Your cat sounds like a wonderful prospect for clicker training: teaching her "tricks" to impress friends and relatives. You can train a kitten do just about anything you can teach a puppy to do.

If your kitten actually wheezes or seems to have difficulty catching her breath, videotape tape this (using a smart phone will do). It's unlikely she'll repeat her exhausting play at the veterinary clinic and the symptoms that follow. This way, your veterinarian can make the call.

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to PET-WORLD@STEVE DALE.TV. Include your name, city and state.

© 2013 Distributed By Tribune Media Services, Inc.

YOU RIGHTFULLY EARNED IT. NOW RIGHTFULLY KEEP IT.

Looking to keep more of your income and cut your taxes? Then tax-free municipal bonds* may be for you.

* Bonds may be subject to state, local or the alternative minimum tax.

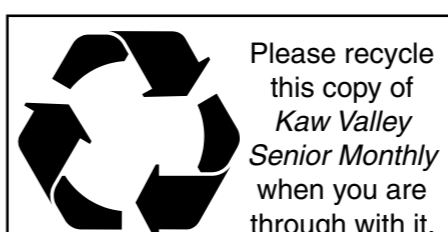
Call or visit your local financial advisor today.



Harley Catlin
4828 Quail Crest Place, Ste B
Lawrence, KS 66049
785-841-6262



Ryan Catlin
4828 Quail Crest Place, Ste B
Lawrence, KS 66049
785-841-6262



www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Experience a peaceful lifestyle with a hometown feeling.

- Washer and Dryer Hookups
- One and Two Bedroom Apartment Homes
- Club House • Picnic Area
- A Short Distance from Lawrence and Kansas City, KS
- We are an active 55+ or disabled adult community

785-542-1755 • 703 West 8th Street, Eudora
HillCrest@CohenEsrey.com • www.CohenEsrey.com

WOLFGANG PUCK'S KITCHEN

The yin and yang of cooking

When I think and talk about the qualities of good cooking, I often find myself referring to the Chinese concept of yin-yang. This ancient philosophy of the Taoist religion believes that opposites such as fire and water, hot and cold, light and dark, male and female, are essential parts of our world, working together to help produce the beauty and wonder all around us.



Wolfgang Puck

To me, the same idea applies to food. I find that some of the most exciting dishes to eat are those that combine opposites in perfect balance—not just hot and cold but also spicy and sweet, tangy and salty, crunchy and soft, and so on. Recipes that offer such contrasts often provide some of the greatest satisfaction, too, pleasing from first sight to last bite. And one big bonus of such yin-yang preparations is that they naturally slow down the eating process, leading those who enjoy them to consume less food. How wonderful it is when delicious food can promote good health as well!

As a perfect example of this idea, allow me to share a recipe for a salad that's especially well-suited to these ever warmer springtime days right now—my Sea Scallop Salad with Cold Cucumber Sauce. Consider the contrasts it combines. A cool and refreshing sauce made with the long, slender variety of cucumber known as the Japanese cucumber forms a base for hot, quickly pan-seared sea scallops, served with an accompanying salad of mixed leaves. The mild natural sweetness of the cucumber, meanwhile, also contrasts with the touch of spicy red pepper flakes with which the scallops are marinated. Meanwhile, you also get to enjoy the flavor contrasts of nutty sesame oil and tangy rice vinegar in the Asian-inspired dressing. Don't forget, either, the

smoothness of the sauce, the crispness of the leaves, and the absolutely tenderness of the barely cooked scallops.

And, of course, there are also the contrasts between the varying colors of the mixed salad greens (purple radicchio, dark-green watercress, pale yellow endive), the pale green of the sauce, and the ivory-toned scallops tinged in the skillet to a golden brown finish. Sounds beautiful, doesn't it?

Equally beautiful for home cooks is how easy this recipe is to prepare. You can make the sauce and the salad dressing in advance. The scallops don't need vary long to marinate, but that can still be done a short while ahead. That advance preparation, in turn, means you need to do only a few minutes of final cooking before you can put an absolutely beautiful and delicious dish on the table - one that will have everyone who tastes it declaring your mastery as a creative chef. And you don't have to tell them how easy it was.

SEA SCALLOP SALAD WITH COLD CUCUMBER SAUCE

Serves 4 as an appetizer, 2 as a main course

- 2 organic green onions, minced
- 2 garlic cloves, minced
- 1-inch piece fresh ginger, peeled and minced
- Large pinch red pepper flakes
- 4 tablespoons unsalted butter
- 1/2 pound sea scallops (about 8 large scallops), trimmed of connective tissue, cut in half horizontally
- Salt
- 2 tablespoons peanut oil or vegetable oil
- 2 cups organic mixed salad greens such as radicchio, endive, and watercress, cut or torn into bite-sized pieces
- 4 tablespoons Chinois Vinaigrette (recipe follows)
- Freshly ground black pepper
- 1/2 cup Cucumber Sauce (recipe follows)

In a small bowl, combine the green onion, garlic, ginger, and pepper flakes.

In a small skillet, melt the butter. Stir in the green onion mixture and cook over medium-high heat for 30 seconds.

Place the scallops in a small dish and season lightly with salt. Pour the butter mixture over the scallops, turn them to coat evenly, and leave to marinate at room temperature until the mixture cools, about 30 minutes.

In a clean skillet, heat the oil over medium-high heat. Saute the scallops until golden brown, about 1 minute per side, leaving them slightly undercooked.

Toss the salad greens with the vinaigrette. Season to taste with salt and pepper.

Spoon the Cucumber Sauce into the centers of each serving plate. Arrange the scallops on the sauce. Mound the salad to one side. Serve immediately.

CHINOIS VINAIGRETTE

Makes about 3/4 cup

- 1/4 cup plus 2 tablespoons rice vinegar
- 1/4 cup peanut oil
- 1/4 cup soy sauce
- 2 tablespoons toasted Asian-style sesame oil
- 1 medium lemon, juiced
- Salt
- Freshly ground black pepper

In a small bowl, whisk together all the ingredients, season to taste with salt and pepper. Refrigerate, covered, until needed.

CUCUMBER SAUCE

Makes about 2 cups

- 1 organic Japanese cucumber, about 12 ounces
- 1/3 to 1/2 cup rice vinegar
- Salt
- Freshly ground white pepper
- 2 large cage-free egg yolks
- 1/4 cup light sesame oil
- 1/4 cup vegetable oil

Cut the cucumber in half lengthwise. Scoop out and discard the seeds. Cut the cucumber, peel included, into chunks and place in a blender with 1/3 cup of the vinegar. Blend until smooth. Season to taste with salt and pepper.

In a medium bowl, whisk together the egg yolks, sesame oil, and vegetable oil. Gradually whisk in enough cucumber puree to produce a sauce with the consistency of lightly whipped cream. Adjust the seasonings to taste, adding more vinegar if necessary. Cover and refrigerate until ready to serve.

© 2013 Wolfgang Puck Worldwide, Inc.
Distributed By Tribune Media Services, Inc.

TRAVEL TROUBLESHOOTER

Kicked off my cruise for getting sick

Shortly before her cruise to Mexico sets sail, Regina Hatfield and her family are ushered off the ship. The reason? She's experiencing sharp pains in her kidney. Now her cruise line wants to keep her money. Is it allowed to do that?



Christopher Elliott

Q: We were recently scheduled to sail on a seven-day Carnival cruise to Mexico. A few minutes after we boarded in Long Beach, Calif., I had horrible kidney pains. I couldn't walk, and felt as if I was going to pass out.

My husband immediately took me to the medical doctor on board. He performed an ultrasound and I asked for

something for the pain. All of a sudden he said you need to get off the ship because you have a kidney infection. Within two minutes we had three Carnival employees rushing us to get our bags and they escorted us off the ship.

All the while, I could barely walk. One of the employees told me not to worry, that I could cruise at a "later date." Everything happened so fast. I was never given a choice of whether to stay on board or not.

We did not even unpack our bags in our room. We used none of the ship's amenities. We had other friends on board who said that within a few hours, Carnival had upgraded another couple into our room, which had a balcony.

When I called the customer service number, they said I would not be getting any money back and I'm not able to take my cruise at a later date. I was shocked. I paid \$2,000 for the cruise. I really just want to take the cruise I paid for at a later date, or get a refund. -

| | |
|---|--|
| <h1>Restaurant Guide</h1> | |
| McFARLAND'S <i>Restaurant</i> Casual Dining, Private Parties <i>Over 70 years of serving fine food</i> 4133 Gage Center Dr. • Topeka • 785-272-6909 | Chic-A-Dee CAFÉ <i>"Good Home Cooked Food"</i> 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 | GOAN PIZZA CO. Pizza, Sandwiches, Pasta, Salad Bar Family Dining Carryout 500 E Front St. • Perry • 785-597-5133 |
| Old 56 Family Restaurant 2227 S. Princeton St. Ottawa, KS 66067 785-242-7757 | MEMBER'S BBQ Voted Best BBQ in Lawrence University Daily Kansan Top Of The Hill 2011 2120 W. 9th St. • Lawrence • 785-842-0800 |
| 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. | |

MEDICAL LODGES, INC.
Eudora

Quality Care with a Hometown Feel!
 Stop in for a tour.
 We are conveniently located off K-10 highway between Kansas City and Lawrence.

Creating Home for More than 50 Years

- Medicare certified
- Flexible Adult Day Care options
- In-patient/Outpatient physical, occupational, and speech therapy
- Chiropractic services specializing in relaxation techniques, soft issue massage, and therapeutic touch
- Diabetic shoe fitting for qualified individuals
- On staff facility chaplain and spiritual services
- Hair stylist, dental consultation, and podiatrist available on-site

- Resident Centered Care featuring four unique neighborhoods based on resident choices and "person first" care
- Open breakfast with a cooked-to-order menu in the mornings, and home-cooked meals at lunch and supper from menus offering varied choices
- Private cable and telephone available
- Activities and outings
- Competitive private and semi-private rates

For more information, please call 785-542-2176 or e-mail arcooper@medicalodges.com 1415 Maple Street, Eudora, KS 66025

Regina Hatfield, Sacramento, Calif.
A: I'm glad you're feeling better. Carnival was correct to take you off the ship and seek medical treatment. Trust me, you wouldn't have wanted to take your chances in a Mexican hospital, which may—or may not—have the same level of care as an American medical facility.

But Carnival could have been clearer about your right to re-take your cruise at a later date. Under its ticket contract, the legal agreement between you and the cruise line, it could deny you boarding and refuse to offer you a refund on your cruise fare (it would, however, need to refund any port taxes it collected).

How about insurance? Well, you booked this cruise directly through Carnival, and when you called it, you weren't offered insurance. But even if you had been offered insurance, I'm not convinced that you would have been covered. An insurance adjuster might have argued that your kidney pains were a pre-existing condition and denied your claim. Don't laugh; I've seen it before.

It's highly unusual for a passenger to be shown the door at the start of a cruise in this way. Obviously, this isn't some-

thing you can control, and if you could, you would choose to stay healthy and enjoy your vacation.

I spoke with Carnival about your case. A representative suggested insurance might have been helpful, but stopped short of saying your claim would have been honored. I think the fact that you were not advised of insurance when you booked your cruise directly helped your case. Carnival offered you a do-over cruise.

- Christopher Elliott is the author of "Scammed: How to Save Your Money and Find Better Service in a World of Schemes, Swindles, and Shady Deals" (Wiley). He's also the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a nonprofit organization that advocates for travelers. Read more tips on his blog, elliott.org or e-mail him at chris@elliott.org. Christopher Elliott receives a great deal of reader mail, and though he answers them as quickly as possible, your story may not be published for several months because of a backlog of cases.

© 2013 Christopher Elliott
 Distributed By Tribune Media Services, Inc.

Visiting Nurses

your local not-for-profit provider since 1969

Home Health

Rehabilitation

Hospice

Private Duty

Visiting Nurses
 — LAWRENCE —
Home Health - Rehabilitation
Hospice - Private Duty
 200 Maine, Suite C • Lawrence, KS
 785-843-3738

Visiting Nurses
 — TOPEKA —
Home Health - Rehabilitation
 1800 SE 21st Street • Topeka, KS
 785-234-2700

Declare your independence with 'My Social Security' Self-assessment tool helps area families avoid the dangers of caregiver distress

By Kristine Warren
Social Security District Manager in Topeka, Kansas

Independence Day is a good time to declare your independence from heavy traffic, long lines, and visits to crowded offices by taking important matters into your own hands. When it comes to doing business with Social Security, you can!

Anytime, anywhere Social Security's website is waiting to let you take care of important matters yourself, independently, without the need to visit or call an office.

All you need to do is visit www.socialsecurity.gov/myaccount to set up a my Social Security account so you can do business with Social Security the easiest, fastest, and most convenient way.

We're only halfway through 2013 and, already, more than six million people are registered for a my Social Security account. They use it to easily get information and service — with-

out needing to visit an office or make a phone call. That's a great reason to set off some fireworks!

The things you can do using your account are as varied as the menu at a Fourth of July picnic! For example, you can use my Social Security to obtain a copy of your Social Security Statement to check your earnings record and see estimates of the retirement, disability, and survivor benefits you and your family may be able to receive.

If you are already receiving benefits, you can join the parade. We recently expanded my Social Security for those receiving benefits; now you can use

WORDS OF WISDOM

"He that would make his own liberty secure, must guard even his enemy from opposition; for if he violates this duty he establishes a precedent that will reach himself." -Thomas Paine

your account to view, save, and print a benefit verification letter, check your benefit payment information, and even change your address and your phone number in our records. You also can start or change your direct deposit information. You can do this all from the comfort of your home.

Whether you are currently getting Social Security benefits, or you are planning for that day in the future when

you do, you can easily access all your important Social Security information by creating a my Social Security account. Just visit www.socialsecurity.gov/myaccount.

Before you go to your Independence Day picnic and fireworks, declare your independence from traffic and lines by saving a trip to the office and going online to www.socialsecurity.gov. And happy Independence Day!

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 • Weekly Grocery Transportation
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.

Nearly one-third of adults living in Shawnee and Douglas Counties, including the cities of Topeka and Lawrence, are family caregivers who could be at risk for heart disease, diabetes, depression and various other physical and emotional maladies as a result of caregiver distress, a potentially dangerous condition brought on by the pressures of caring for a senior loved one.

Studies increasingly point to caregiving as a leading stressor for families. In fact, one U.S. study revealed that more than half (52.8%) of those caring for individuals with diseases including cancer or Alzheimer's had scores indicating depression.

In response to this growing issue, the local Home Instead Senior Care® office has launched a public awareness campaign—Family Caregiver Stress Relief at FamilyCaregiverStressRelief.com—to help family caregivers determine if they are at risk for distress and to mini-

mize problems before they escalate.

Included in the program are two new tools: The Are You a Caregiver Quiz, which is designed to help a family caregiver self-identify and recognize the role of a caregiver, and the Family Caregiver Distress Assessment, adapted for the Home Instead Senior Care network by Dr. Peter Vitaliano of the University of Washington. The assessment allows caregivers to determine their risk for distress and resulting emotional and physical issues, including depression, heart disease, high blood pressure, diabetes and obesity.

"So many spouses and adult children are unaware of their potential risk of caregiver distress because they don't see themselves as caregivers," said Gail Shaheed, owner of the local Home Instead Senior Care office. "These new resources enable them to understand their role, the stresses they may face as a caregiver, and how that stress might

lead to more serious health effects."

A recent Home Instead Senior Care study discovered that caregivers are prone to hiding their emotions and, as a result, their health suffers. Approximately 74 percent of caregivers who hide their feelings report fatigue, 53 percent report difficulty sleeping, 37 percent report depression, and 30 percent weight gain or loss.

Research shows that certain characteristics make family caregivers more vulnerable to caregiver distress, the top being:

- **Gender:** Women report more psychological distress than men (however, male caregivers have more negative physiological responses to caregiving, including higher blood sugar and insulin levels, poorer cholesterol and immune function, and obesity).

- **Reluctance to ask for help:** Caregivers who won't ask for help are

setting themselves up for the kind of exhaustion that can lead to distress.

- **Chronic Illness:** Caregivers who are already sick or have existing medical conditions, such as coronary disease, hypertension and cancer, are more vulnerable to additional negative health effects resulting from caregiver stress.

"It's important for caregivers to understand that stress can impact one's ability to care. If they don't care for themselves, they may put their senior loved ones at risk. Whether it's support groups, stress management techniques or respite help, caregivers need to realize the importance of managing their health, too," said Shaheed.

For more information about the services of the Home Instead Senior Care office serving Shawnee and Douglas Counties including the cities of Topeka and Lawrence call 785-272-6101 or visit www.homeinstead.com/584. In Lawrence, call 785-856-8181.

Now welcoming new residents
With the addition of four new rooms, we're increasing our capability to provide quality residential care for those who are living with long-term memory loss.

Providing 24/7 nursing care with the comfort of home...
...because we are home.

Call us today to reserve your July 1 move-in date!

COMFORT CARE HOMES
of Baldwin City

785 594 2603 or visit comfortcarebaldwin.com

APPROACHING 65?

As you plan for the future, you will have lots of questions about health care coverage as you approach 65.

I look forward to answering your questions today and caring for your health care and other coverage needs now and in the future.

Joye Johnson
Stephens Insurance

Please feel free to call me for any information about transitioning to senior health products.

841-9538
2711 W. Sixth Street
Suite A
Lawrence, KS 66049

STEPHENS INSURANCE

RE•BATH Kansas can convert your traditional bathtub or shower into a safe bathing area.

Your safety is important to us

- DuraBath SSP® replacement shower bases and bathtubs.
- Shower Seats and Grab Bars
- Walk-In Bathtubs
- BathGard Slip Resistant Bottom
- Wall Surround Systems to Match Your New Shower Base
- ADA toilets, flooring, vanities and more.

Lifetime warranty on all DuraBath SSP® products

RE•BATH®
WORLD'S LARGEST BATHROOM REMODELER
1-800-BATHTUB 785-266-9800
1508 SW 41st St. • Topeka • www.rebathkansas.com

Call for a free in home estimate!
We've Moved!

If you are a Veteran, you may qualify for a VA Grant toward your remodel. Please call for more information.

Present this ad and receive \$500 off
a complete bathtub or shower package
Must be used on initial consultation. May not be combined with other offers. Other restrictions may apply.

Present this ad and receive \$1000 off
a complete walk-in tub package
Must be used on initial consultation. May not be combined with other offers. Other restrictions may apply.

Your parents want to stay in the place they call home. If you're looking for help a few hours a week or 24/7. **We can help.**

Our staff is specially trained in Alzheimer's & dementia care.

Home Instead SENIOR CARE
To us, it's personal.

Call for a free, no-obligation appointment
Lawrence • 856.8181
Topeka • 272.6101

for our digital brochure visit www.HISC584.digbro.com

homeinstead.com/584

Off to the park? So is Social Security!

By Phong Nguyen
Social Security Operations Supervisor
in Lawrence, Kansas

Now, in the heart of summertime, is time to think about spending some fun time with family and friends. So it is fitting that July is both National Vacation Month and National Park and Recreation Month.

Going on vacation — whether to visit some of the nation’s great national and state parks or traveling to other fun destinations — doesn’t mean you need to disconnect completely. In fact, our new mobile website makes it easy for you to get the Social Security information you need when you’re on the go. As long as you have an Internet connection, you’re connected to Social Security.

You might not take your laptop with you to a national park, but you’ll probably have your phone. You may be wondering: just how much Social

Security business can I do on a smartphone? You may be surprised.

We recently released Social Security Mobile to allow for a smoother and more enjoyable online experience for people who want to access www.socialsecurity.gov using a smartphone. Most people who want to access Social Security by smartphone are interested in getting the information they need quickly and efficiently. To accommodate this “grab it on the go” frame of mind, we’ve designed a mobile site that is as easy on the eye as it is to navigate.

Social Security Mobile features 10 items of interest, easily accessible by touching the tiles on your smartphone’s screen. These items include popular topics from our standard website, such as frequently asked questions, Social Security card and number, and publications. For example, you can either read or listen to our entire library of publications on your smartphone. The

quick summaries will make it easy to make sure you access the publication you want. As you relax beneath a tree, you may want to use the mobile site’s “decision tree” to help identify documents you need for a new or replacement Social Security card.


Will everything on our website be included in the mobile website? No. Instead, our mobile site is designed to bring you the content you’re most likely to want on the go.

Keep in mind that this is not an app you have to download. The website is conveniently designed to run on your

smartphone’s browser. You don’t have to download anything from an app store; just visit www.socialsecurity.gov on your smartphone and you will automatically visit the mobile website. And if you decide you need to browse the full website, you can do that easily.

Remember, Social Security is happy to help you even when you’re enjoying a day at the park. We are always working for you, even when you are relaxing. Visit our mobile website at www.socialsecurity.gov from your smartphone today.

**Our Family...
Serving Your
Family**



**WARREN-McELWAIN
MORTUARY**

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



**PETERSON
KRUSCHIE
VAN HORN**

*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

La Colonia celebrates 30th anniversary with an open house

La Colonia will celebrated its 30th anniversary with an open house on June 9 at the La Colonia gazebo, located at 331 NE Golden. The public and local dignitaries were invited to attend.


Dedicated on March 27, 1983, La Colonia Apartments is a retirement community located in the Oakland Community at the corner of Golden

Avenue and Seward Avenue. La Colonia offers “recently remodeled” one-bedroom apartments and cottages in a beautiful setting.

La Colonia, Inc. is a non-profit corporation sponsored and created by LULAC Council #11071, and the Rangel Brothers Chapter GI Forum and subsidized by HUD. Its purpose

is to provide housing for low and middle income adults who are age 62 or require the special design features of an accessible unit.


La Colonia is professionally managed by Heritage Management Corporation. For additional information contact Tony Jaramillo, on-site manager, at 785-354-4225.





Is there someone special in your life who needs extra care? A Home Plus Adult Care Home is an alternative solution to a nursing home environment.

We provide an intimate family setting and more “Attentive” attention.

Residents can choose their meals and have family recipes prepared for them. It’s easier for the families to be involved. We provide a home setting with group and individual activities available.



You can bring your own personal belongings, including furniture, to make it feel more like home.

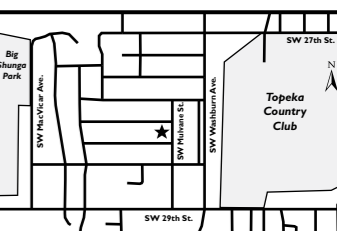



Services Include:

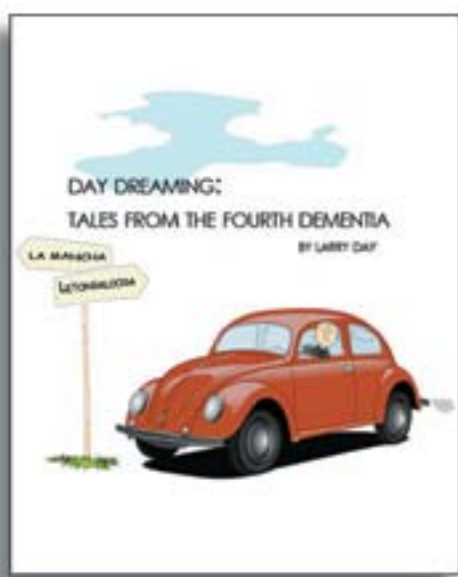
- Personalized Care
- Private & Semi-private bedrooms
- 24 Hour Care by Certified Staff
- Daily supervision by RN and LPN
- Medication Assistance
- Fresh home-cooked meals served at a family table
- Social interaction and activities
- Fire sprinkler and door security
- Personal Laundry Service
- Licensed and inspected by the Kansas Department on Aging

We provide: Long-term Residency, Respite Service, Day Care, Hospice Services Welcomed, Dementia Care, Diabetic Care

**We’re conveniently located at
2832 SW Mulvane St.
in Topeka!**



At our Home Plus in Topeka, Kansas, you can continue to live in a familiar homelike setting while you receive 24 hour a day supportive nursing care. Call Ben or Darlene for a tour at 785-234-2989 or 785-383-4531. Or visit our website at www.wintermeadowhomesinc.com for more information.



Need a Great Gift Idea?

Larry Day’s new book, *Day Dreaming: Tales from the Fourth Dementia*, is now available!

To order, please visit www.lulu.com and search for “Larry Day.” You may also call Larry Day at (785) 830-0277.

A name you can trust for **rehabilitation and health care.**



ManorCare – Topeka
2515 SW Wanamaker
Topeka, KS 66614
785.554.2685

ManorCare Health Services
A PROVEN LEADER in health care

Meals on Wheels of Shawnee and Jefferson Counties, Inc.




Your affordable option for hot, healthy and delicious meals

Call today: (785) 295-3980

- Meals on Wheels and good nutrition can help you:
- **Remain independent in your home**
 - **Avoid hospitalizations**
 - **Assist with management of chronic illness**

RURAL DELIVERY AVAILABLE



Please contact us, if you’d like to become a meal delivery volunteer!
www.meals-on-wheels-inc.org

PUZZLES & GAMES

Good Guess?

By Tannah Hirsch
Tribune Media Services

Both vulnerable. South deals.

bid, North used the Stayman convention to probe for a 4-4 major-suit fit. When South denied holding a four-card major, North had to decide whether to invite game with two no trump or leap to three no trump. In these situations, possession of intermediate cards is often the critical factor. North decided, wisely, that having two tens was just enough to take the plunge.

West led the five of clubs to East's jack, declarer holding up the ace and ducking again when East continued with the queen. A third club forced the ace, leaving West with two winners in the suit.

South's first move was to lead a low diamond from hand and finesse the jack - it would be wrong to finesse into West because if the finesse lost, West would be able to take the clubs and set the contract. When that lost, East shrewdly shifted to a spade. Without a moment's hesitation, declarer shot up with the king of spades, holding the trick. Declarer cashed his diamond winners to bring his trick total to five. Four tricks were needed from hearts. When declarer cashed the king and ace and continued with a third heart to the queen, the jack dropped and the contract was home.

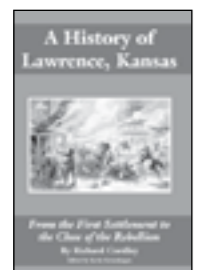
South's play of the king of spades was technically correct. Declarer

- NORTH**
 ♠-10 7 5 2
 ♥-K Q 10 7
 ♦-K J 6
 ♣-10 7
- WEST**
 ♠-Q 4 3
 ♥-5 4 2
 ♦-9 7
 ♣-K 9 6 5 3
- EAST**
 ♠-A 8 6
 ♥-J 9 3
 ♦-Q 5 4 2
 ♣-Q J 8
- SOUTH**
 ♠-K J 9
 ♥-A 8 6
 ♦-A 10 8 3
 ♣-A 4 2

The bidding:
SOUTH WEST NORTH EAST
1NT Pass 2♣ Pass
2♦ Pass 3NT Pass
Pass Pass

Opening lead: Five of ♣

Follow the play of this three-no-trump contract. Was declarer's play a lucky guess or good technique?
After South's one-no-trump opening



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

cannot afford to let West gain the lead. If West holds the ace he can cash the setting trick, but if, instead, he has the queen, rising with the king keeps the danger hand off lead.
- Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2010 Westridge Drive, Irving, TX 75038. E-mail responses may be sent to gorenbridge@aol.com.
© 2013 Tribune Media Services, Inc.

Babcock Place Apartments

Affordable Independent Senior Living

Applications Being Accepted

Secure, age-restricted high rise apartment complex adjacent to downtown and grocery shopping at 1700 Massachusetts in Lawrence. Many amenities and conveniences provided including transportation and meals programs. Rent based on income. Utilities included. Call 842-8358 for information or visit our web site at www.jdcha.org.

Your loved one never leaves our care.
Douglas County's only locally owned crematory

Rumsey-Vost
FUNERAL HOME & Crematory

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

GOLD MEDAL
Cleaning & Maintenance LLC
785-783-2500

- Superior House Cleaning
- Carpet Cleaning
- Weekly, Bi-weekly, monthly
- Maintenance Repairs

- ✓ Bonded
- ✓ Fully Insured
- ✓ Family owned and operated

www.goldmedalcleaningks.com Call today!

PUZZLES & GAMES

CROSSWORD

Across

- 1 Smoldering bit
- 6 Slip a Mickey
- 10 It may have all the answers
- 14 Stiller's partner
- 15 High rollers' destination
- 16 Half of 10?
- 17 Speed skater Apolo — Ohno
- 18 Health enhancer, so it's said
- 20 It "is no problem. You just have to live long enough": Groucho Marx
- 22 Pickup facilitator
- 23 "Friendly skies" co.
- 24 __ center
- 27 PC time meas.
- 29 Performed, in a way
- 32 Band that performed "Whip It"
- 33 Bars in stores
- 34 1965 NCAA tennis champ
- 35 Aaron's team for 21 seasons
- 37 Unexpected twist (and

Down

- 2 "Writing on the wall" word
- 3 Michigan's Cereal City
- 4 Steamy
- 5 Arrested
- 6 Bore
- 7 Bank takeback, briefly
- 8 Deprive of juice?
- 9 Israel's Meir
- 10 Pre-Communism leader
- 11 Thing to stop on
- 12 Savings for later yrs.
- 13 When repeated with "oh" in between, "Wow!"
- 19 Slippery swimmer
- 21 Mythical beast, to locals
- 24 Epiphanies
- 25 Score-tying shot
- 26 Olympics broadcaster Bob
- 27 Mideast capital
- 28 Last lap efforts
- 30 Spa sounds
- 31 Indigent
- 32 Lake creator
- 34 Interior decorator's concern
- 35 Juiced
- 36 Sleep acronym
- 38 Cooking utensil
- 39 Dawn goddess
- 44 French onion soup

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

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

PUZZLES & GAMES

JUMBLE

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

TOABB

TEALE

ZARDAH

BLAVER

Answer here: [] [] [] [] [] [] [] [] [] []

SCRABBLE BRAND G R A M S

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

E, E, O, D, F, V, R

A, A, D, M, B, R, N

A, E, U, N, N, D, L

A, A, E, N, B, W, N

PAR SCORE 260-270 BEST SCORE 334 FIVE RACK TOTAL TIME LIMIT: 25 MIN

- 40 Make
- 41 Gloom mate
- 42 Rural stretch
- 43 "... two fives for ___?"
- 44 Skin malady, perhaps
- 45 What crews use
- 46 Expression of disappointment
- 47 Bit of code
- 49 Hair care purchase
- 51 "A Moon for the Misbegotten" playwright
- 56 Longshoremen's aids
- 59 Baggy
- 60 Net reading
- 61 "Tiger in your tank" company
- 62 Ban's predecessor at the U.N.
- 63 Bastes, e.g.
- 64 Attic constructions
- 65 Bridge seats

Answers to all puzzles on page 34

SUDOKU SOLUTION

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

ATTENTION ADVERTISERS



The Summer 2013 issue of **Amazing Aging!**, the Jayhawk Area Agency of Aging, Inc.'s newsletter, will be included as a pull-out section in the August issue of **Kaw Valley Senior Monthly**, which is distributed throughout the Topeka and Lawrence area.

JAAA advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

When you advertise your services and/or products in **Amazing Aging!** you help JAAA fulfill its mission and reach thousands of seniors in Shawnee, Jefferson, and Douglas counties.

Advertising Deadline is July 15.

Call Kevin at 785-841-9417 today for more information.

CROSSWORD SOLUTION

| | | | | | | | | |
|------|--------|--------|---------|-----|--|--|--|--|
| EM | BER | DRUG | CRIB | | | | | |
| ME | ARA | RENO | ZERO | | | | | |
| AN | TON | AP | PLEAD | DAY | | | | |
| GET | T | ING | GOL | DER | | | | |
| | LINE | UAL | REC | | | | | |
| M | SEC | SANG | DEVO | | | | | |
| UP | C | ASHE | BRAVES | | | | | |
| SUR | PR | ISE | ELEMENT | | | | | |
| CRE | ATE | DOOM | LEA | | | | | |
| AT | EN | CYST | OARS | | | | | |
| TSK | DAH | TINT | | | | | | |
| | EUGENE | ONEILL | | | | | | |
| CAR | GONETS | LOOSE | | | | | | |
| BLO | G | ESSO | ANNAN | | | | | |
| SEWS | WEBS | WESTS | | | | | | |

INSERT YOUR FLYERS IN SENIOR MONTHLY FOR AS LITTLE AS \$275.00!*



FULL COLOR

Printing on gloss text paper for incredibly low rates. Options include 8.5" x 5.5" or 8.5" x 11", and insertion in copies of Senior Monthly delivered in Topeka and/or Lawrence. Contact Kevin at 785-841-9417 or kevin@seniormonthly.net for more information.

***Includes flyer design and printing!**

SCRIBBLE BRAND GRAMS SOLUTION

| | | | | | | | | |
|--------------------|---|---|---|---|---|---|----------|-----|
| O | V | E | R | F | E | D | RACK 1 = | 64 |
| A | R | M | B | A | N | D | RACK 2 = | 63 |
| U | N | L | A | D | E | N | RACK 3 = | 58 |
| G | A | D | G | E | T | Y | RACK 4 = | 63 |
| W | A | N | N | A | B | E | RACK 5 = | 86 |
| PAIR SCORE 260-270 | | | | | | | TOTAL | 334 |

JUMBLE ANSWERS

Jumbles: ABBOT ELATE HAZARD VERBAL
 Answer: The couple wasn't happy with their lot because they didn't -- HAVE A LOT

© 2013 Tribune Media Services, Inc.



A Vibrant, Lively Environment



Life at The Windsor Assisted Living & Memory Care is just that - LIFE! Residents stay active with various fitness activities, and stay connected by participating in community events, including opportunities to cook, compete with friends during game night, and learn new skills. Along with participating in these invigorating events, residents are entertained often, with a multitude of singing, dancing and other acts featured at The Windsor.

premier dining
exciting events
games
neighborhood socials
friends
luxury apartments

Experience the difference.
 Call us at (785) 832-9900

The Windsor of Lawrence

ASSISTED LIVING & MEMORY CARE

3220 Peterson Rd • Lawrence

www.legendseiorliving.com

A Mission to Serve. A Passion for Care.

Also visit our location in Topeka!



1931 SW Arvonla Pl
 Topeka, KS 66615
 (785) 272-9400



With the strength of over twenty years experience in the senior living industry.

Our **biggest** advancement in surgical care is really very...



...tiny.

With our new da Vinci® Surgical System, surgeons at Lawrence Memorial Hospital are treating more conditions than ever with a minimally invasive approach. Robotically enhanced visualization, precision and control mean many operations result in shorter recovery, less pain and tiny scars.

From robotics to the wide range of laparoscopic and traditional surgeries, we bring board-certified expertise to every procedure. To find a surgeon and learn more about da Vinci robotically assisted surgery, visit www.lmh.org/surgicalservices.



325 Maine Street • Lawrence, KS 66044



Spring Into Action to get **FREE MOVING!**

We will carefully PACK, MOVE, UNPACK and SET-UP your beautiful new home... ALL IN THE SAME DAY! Call now for your complimentary meal & tour, and to arrange your **FREE & EASY** move! **785-842-2400**

4430 Bauer Farm Dr
Lawrence, KS

Must move in
by 8/31/2013.
Call for details.



