

Kaw Valley Senior Monthly

FREE!
Take One Home With You

November 2016

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 16, No. 5

INSIDE



The Fall 2016 issue of JAAA's *Amazing Aging* is included in this month's *Senior Monthly*. See inside.

- Business Card Directory...30, 31
- Calendar.....22
- Estate Planning.....20
- Goren on Bridge.....40
- Health & Wellness..... 18, 19
- Humor.....36
- Jill on Money.....21
- Mayo Clinic.....17
- Memories Are Forever.....39
- My Pet World.....38
- Puzzles and Games.....41
- Rick Steves' Europe.....35
- Wolfgang Puck's Kitchen.....37

www.seniormonthly.net

KEVIN GROENHAGEN PHOTO

SENIOR SERVICES
DOUGLAS COUNTY

www.dgcoseniorservices.org

Dr. Marvel Williamson:
Working to make DCSS
relevant to ALL Douglas
County seniors.
See story on page three



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

NOW accepting 55 and over!

National Church Residences
CEDAR SQUARE

Affordable Apartments for Seniors age 62+

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

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

1550 South Cedar • Ottawa, Kansas 66067 • Phone: 785.242.8110 • TDD: 614.442.4390 • www.nationalchurchresidences.org/cedarsquare

The **ART** of **LIVING**

*Presenting extraordinary
resident artists.*



Shirley Hurd

**Hurd Brown Block with Roses
Quilt**

Life is like a canvas waiting to be filled.
At Legend™ and The Windsor, you can fill
your life with caring people, quality services
and plenty of opportunities for fun.



Find inspiration in your life.

CALL TODAY!

LEGEND™

ASSISTED LIVING & MEMORY CARE
at *Capital Ridge*

1931 SW Arvonla Pl
Topeka, KS 66615

(785) 272-9400

The Windsor

of Lawrence
ASSISTED LIVING & MEMORY CARE

3220 Peterson Rd
Lawrence, KS 66049

(785) 832-9900

Stop by your local Legend Senior Living™ community today to receive a free calendar.

Williamson aims to make DCSS the go-to place for seniors

By Kevin Groenhagen

Currently, the major focus of Douglas County Senior Services (DCSS), a not-for-profit 501(c)3 organization, is helping Douglas County seniors who have limited incomes and limited mobility. The organization's transportation service offers seniors, on average, more than 50 rides each day so they can visit doctors' offices, do grocery shopping, or run other errands. In addition, DCSS provides 150 meals a day to home-bound seniors in Douglas County. While these are extremely important services, Dr. Marvel Williamson, who became the executive director of DCSS in April, says DCSS should—and will—be doing much more in the future.

"The organization is a well-established institution here in the county," Williamson said. "It's been around for 43 years. Douglas County Senior Services has had a really wonderful reputation as a vibrant, central place to go, especially through the 1970s and 1980s. There were lots of things going

on here."

"One of my very first goals was to do some strategic planning, so the board, staff, and I did that this summer," Williamson continued. "Strategic planning had been done before, but had not been implemented. What we discovered by going through all those plans during the summer was that, even though the analyses were pretty accurate, the conclusions probably weren't as realistic as they needed to be. The conclusions were pretty harsh actually. For example, one of the conclusions that I've reached is that we're pretty irrelevant for most seniors in the county. The way the organization has languished and retained only the services that are really meant for the most needy, vulnerable, elderly, and home-bound, which we're not going to stop because they are so important, the rest of the spectrum of seniors has been largely ignored. Most people who don't see a need to use us don't know what we do, they don't know what we're about,

KEVIN GROENHAGEN PHOTO



Dr. Marvel Williamson

and most of them haven't even been in the building. That's a huge ball that's been dropped. By facing the fact that we're going to have to become relevant again, we're going to have to go in a

new direction in what it is we're doing and what we're about. So the strategic planning led to a new mission."

That new mission was shared in the

■ 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 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$8.50 for 12 monthly issues.

Contact us:

MAIL

2612 Cranley St.
Lawrence, KS 66046

PHONE / TEXT

785-841-9417

E-MAIL

kevin@seniormonthly.net

Senior Monthly is locally owned and operated.



Imagine inviting your friends over for drinks at our pub. Maybe they stick around and catch a movie with you in our state-of-the-art theater. With so many fantastic amenities to choose from, Pioneer Ridge Independent Living can only be described as the *next generation* of senior living.

Call our Executive Director, Steve Cardwell, at **785-748-4999** to schedule a visit and see what an amazing place Pioneer Ridge Independent Living would be to call home!



PIONEER RIDGE
INDEPENDENT LIVING
A Member of the MidWest Health Family

6th & Wakarusa Lawrence, KS PioneerRidgeLawrence.com

Dr. Williamson

■ CONTINUED FROM PAGE THREE

September issue of *60 & Better*, the organization's monthly newsletter: "To provide resources, services, opportunities, and advocacy that enhance the quality of the second half of life."

In conjunction with the new mission, DCSS will be getting a new name, a new logo, and a new website.

"We decided we needed to take a startling move to get the attention of the public, so we're going to be rebranding," Williamson said. "That's where the new name, the new logo, and the new website, which is going to be fantastic, come in. Coincidentally, and fortuitously, we'll also be remodeling the building. The fire department side will be remodeling as well. They're going to gut the building. Of course, we can't be in here."

On October 18, the Lawrence city commissioners voted to enter into a cost-sharing agreement with Douglas County to finance the remodel of the Lawrence-Douglas County Fire Medi-

cal's Fire Station No. 1 and DCSS. The total cost of the remodeling is estimated at \$6.4 million and will cover both facilities.

Williamson is currently searching for a temporary home for DCSS while the building at 745 Vermont is being remodeled. However, she stresses that DCSS services will continue to be available at that temporary home and in the future at the remodeled home.

So what will that remodeled home be like?

"It's going to be beautiful and wonderful," Williamson said. "Seniors will have reasons to come here. When you walk in today, the building is dated, shabby, and deteriorating. It's going to have a totally new, cosmetic look. It will have new colors that will go with our new logo. We'll have three stories, which we have now, but they're going to be configured quite differently. We're losing the big dance hall to the fire department. They need that to create sleeping rooms. So the fire department is going to vacate its space in the basement, and let us have it. It's

■ CONTINUED ON PAGE FIVE

LIVING LIFE WITH Grace

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

– TOPEKA –

3715 SW 29th St., Ste. 100 • Topeka, KS 66614

(785) 228-0400

Fax (785) 228-9049

Toll Free: 800-396-7778

– LAWRENCE –

1420 Wakarusa, Ste. 202 • Lawrence, KS 66049

(785) 841-5300

Fax (785) 841-5310

– KANSAS CITY –

9233 Ward Parkway, Ste. 201 • Kansas City, MO 64114

(816) 444-4611

Fax (816) 444-9480

Toll Free: 866-878-4611

– LEAWOOD –

8900 State Line Rd., Ste. 409 • Leawood, KS 66206

(913) 948-9473

Fax (913) 948-9477

YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.



Oticon Opn™ with BrainHearing™ Technology Helps People with Hearing Loss Hear Better, with Less Effort and Better Recall

Oticon, the world's leading innovator of BrainHearing™ technology, introduces Opn™, a breakthrough hearing aid that has been shown to provide people with hearing loss improved speech understanding, up to a 20 percent reduction in listening effort, and up to 20 percent better recall of conversations. Opn™ is built on the new Velox™ platform, which processes sound at extreme speed to remove distracting noise, even between words, so that Opn™ users can easily follow conversation even in environments with multiple people speaking, such as crowded restaurants. Opn™ connects directly to mobile devices and other external devices with just a tap of the fingertips, streaming audio directly to the hearing aids. Opn™ is also the world's first hearing device that is connected to the Internet of Things.

Call Gerald Whiteside, Au.D., CCC-A, to schedule a free consultation.



785-843-8479

1112 W. 6th St. Ste. 100

Lawrence, KS

www.marstonhc.com

Dr. Williamson

■ CONTINUED FROM PAGE FOUR

currently not usable. But, after remodeling, it will be nice and attractive. It will be used for all of the purposes we need a large room for. We'll be putting a new game room down there with a pool table and some concessions. We'll also have an event kitchen with a pass-through window."

"The first and second floors currently have a lot of wasted space in them," Williamson continued. "There are very large offices, and hallways that are too wide. The remodeling will include small, medium, and large meeting spaces. We're going to become much more efficient. We're going to have more staff offices. I'm determined to build back the staff that has been cut and cut and cut. The first floor will also have consultation rooms for staff to meet with seniors and their families who come in for help."

Williamson wants to add an executive assistant, as well as another direc-

tor or two to the staff.

"Having an assistant would allow me to spend more time on fundraising, building partnerships, and other endeavors that only the executive director can do," Williamson explained.

Williamson also wants to add paid "navigators" to the staff. The need for navigators became apparent after looking closely at ReINVENT Retirement: Live the Lawrence Life during strategic planning.

"We have been handed this responsibility of running ReINVENT Retirement, which is an initiative to attract and retain retirees to Lawrence," Williamson said. "There was a designated staff member who was assigned to work on that, but it wasn't central to the united mission. Our new direction is to bring it all under one umbrella. But how do we do that? It's by becoming the central, go-to place, the first place people think of when they think of seniors and they need information, resources, opportunities, advocacy, or anything else. By becoming the hub of information for everything senior

in the county, we are going to overcome the second conclusion that we reached in strategic planning, which was another harsh realization. And that was seniors and their families are having a lot of difficulty in Douglas County, but not because services don't exist for them. It's almost the opposite problem. There are so many services in some regards that it's difficult to navigate the complexity of all these options. Of course, there are some gaps, and there's a lot of overlap, too. If you're looking for assisted living, the list is long. If you're looking for in-home care, the list is long. The list is short on a few other things. For example, imagine turning 65, which is the mandatory age for going on Medicare, and discovering that your family physician will not accept Medicare patients. Suddenly, you have to find a new physician. How do you find the ones who accept Medicare? Well, it's not that easy. That's not the question to be asked. The question is 'Are

you taking *new* Medicare patients?' because some will continue to take patients already on their rolls, but they won't take any new patients. How do you find a physician who will take Medicare?"

"So what we're going to be doing as a central, go-to place is provide answers for seniors and their families," Williamson continued. "If we don't know the answer, we're going to find it out for you. We're going to be providing navigators to help people know what the issues are, the right questions to ask, and, in an objective, unbiased, informed way, to help them sort through these options to find the ones that are going to fit them best for their situations and what they're looking for. It could be a crisis. That's often when people start thinking they need help. We'll provide that kind of help, but we're also incorporating the ReINVENT Retirement campaign under this umbrella. This will be for the healthy,

■ CONTINUED ON PAGE SIX

Fight Fraud in Your Community

Medicare fraud steals billions of dollars from U.S. taxpayers every year.

Here's what YOU can do as a Senior Medicare Patrol volunteer to help your community:

- Put your experience and skills to work
- Learn how to spot Medicare scams and errors
- Educate and empower consumers

To volunteer, please call Kansas Senior Medicare Patrol at 800-432-3535.

Kansas SMP
Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part by grant number 90SMPO087, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.

Kansas
Department of Aging and Disability Services

PROTECT
Medicare & Medicaid

PREVENT
Scams and Errors

FIGHT
Fraud, Waste & Abuse



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.

Each Home Instead Senior Care® franchise office is independently owned and operated. ©2011 Home Instead, Inc.

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

Dr. Williamson

■ CONTINUED FROM PAGE FIVE

independent, and active seniors out there who are looking for a golf course that offers a senior discount, or where they can go to do some ballroom dancing. It's going to be the full range of activities."

In addition to calling or visiting DCSS, Douglas County residents and prospective residents will be able to visit the new website for information.

"The website will mirror our new mission," Williamson said. "It will have sections on every conceivable topic seniors and their families might want to know about—housing, transportation, how to find a church, financial help, legal aid, you name it. That's one section. Another section will be for professionals who interface with seniors. We're going to provide a place for all of these different organizations and professionals so they can find what jobs are available for them, what continuing education events are coming up, applications for funding, etc. The third section will be called 'Seniors As Resources.' This will be a place where seniors can post personal ads, post items for sale, find housemates and roommates, and post availability for work. One of the problems I have found since coming here is that a lot of seniors really don't want to retire, or they don't want to retire completely. They want to keep working part-time. However, they can't find the jobs. There are also seniors who want to volunteer. They have all these great skills and they don't want to quit using them. They want to be of use to somebody."

Williamson was born and raised in Kansas, lived in Lawrence from 1966 to 1970, and graduated from Lawrence High School. She earned her bachelor of science in nursing degree from Wichita State University, her master of science in nursing from the University of Kentucky, and her Ph.D. in Educational Administration from the University of Iowa. Before coming to DCSS, she took a sabbatical in Ireland after

serving as Dean at Oklahoma City University for 12 years. She was also Dean of Health Sciences at Park University for seven years, was on the University of Iowa faculty for nine years, and led strategic planning for the American Nurses Foundation in Washington, D.C. Williamson holds several licenses and certifications, has served on numerous national and international committees and boards, and is an inaugural Fellow of the national Academy of Nursing Education. She has written three books and 60 professional articles, presented numerous papers, and has been awarded 42 of 44 grant proposals, averaging \$263,000 each.

Williamson and her husband, Dr. Paul Williamson, a family physician, Biblical languages scholar, and artist, have two sons. Marcus is a Ph.D. student at the University of Kansas, while Seán is a licensed aircraft mechanic for the U.S. Air Force.

The Williamsons chose to move to Lawrence for many of the reasons highlighted by ReINVENT Retirement.

"My husband and I decided that we were going to stop moving," Williamson explained. "We looked at a lot of places, and decided that Lawrence is where we wanted to make our final destination. Since my husband and I are both from Kansas, we have worked here and understand the culture. We have some relatives in the area, so there was that. But that wasn't enough. We were looking for a place that was average size. We've lived in very tiny villages and huge megacities. We like a town with about 100,000 people, so that was one of the criteria. We like college towns because we enjoy the intellectual attitude and the kinds of events that go along with universities, such as sporting events and concerts. We like a city that still appreciates its history, likes the old as well as the new. In Lawrence, there is also a good intermixture of all backgrounds, social classes, and races. It's not something you find universally throughout Kansas."

For more information about DCSS, please visit www.dgcoseniorservices.org or call 785-842-0543.



NEUVANT HOUSE

OF LAWRENCE

Person Centered Care



Many Amenities of Home and More! Take a tour of Neuvant House today



One Campus, two specialties of care!

WEST HOUSE

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

EAST HOUSE

Designed to care for individuals with physical needs.

KEY FEATURES

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

Learn more about Neuvant House!

785-856-7900

NeuvantHouse.com

admin@neuvanthouse.com

Take a video tour at www.NeuvantHouse.com

1216 Biltmore Drive, Lawrence, KS 66049

Visit us on Facebook.



HOURS OF OPERATION:

Day of the Week	Doors Open	Early Bird	Regular Session
Sunday	Noon	1:15 PM	2 PM
Wednesday	5 PM	6:15 PM	7 PM
Thursday	5 PM	6:15 PM	7 PM
Friday	5 PM	6:15 PM	7 PM
Saturday	11 AM	12:15 PM	1 PM
Saturday	5 PM	6:15 PM	7 PM

Closed Monday & Tuesday

BLACK FRIDAY BINGO | November 25

Doors: 4 PM | Early Birds: 6:15 PM | Regular Session: 7 PM

First 300 buy-ins get a free Black Friday Bingo t-shirt.

Drawings for gift cards during intermissions.

For programs and additional information, please visit www.prairieband.com/bingo or speak to a Bingo Host.



WE'RE THE BEST BET IN KANSAS! Experience the only place in Kansas where you'll find so many ways to play; 29 table games, more than 1,200 slots, a 400 seat state-of-the-art Bingo Hall and the Award-winning Firekeeper Golf Course. Celebrity performances, three great restaurants and a luxury hotel are the reasons you'll want to stay.

**WE ALWAYS BRING TO YOU:
THE NEWEST GAMES | THE BEST FOOD | SUPERIOR SERVICE**

Sign up for a Players card and get \$25 Prairie Cash to spend on slots or table games. New members only.

NORTH OF TOPEKA OFF HIGHWAY 75

Text "WIN" to 70366 For Special Offers and Promotions.

Must be 21 years of age or older to gamble. No one under the age of 18 will be allowed in the Bingo Hall. Owned by the Prairie Band Potawatomi Nation. Getting Help is Your Best Bet. Call the confidential toll-free Problem Gambling Helpline at 1-800-522-4700.



PRAIRIE BAND
CASINO & RESORT

www.prairieband.com | 1-888-PBP-4WIN



Medicare open enrollment period continues through December 7

The open enrollment period for Medicare in 2017 began October 15, and runs through December 7.

“Older adults can sign up for Medicare for the first time during this period, and current Medicare consumers can make changes to several aspects of their coverage as well,” said Kansas Department of Aging and Disability Services (KDADS) Acting Secretary Tim Keck. “If you’re already enrolled, this is an opportunity to review your coverage and make adjustments if necessary so it better meets your needs.”

During open enrollment, those currently enrolled may:

- Switch from original Medicare to Medicare Advantage, or vice versa;
- Switch from one Medicare Advantage plan to another or from one Medicare Part D prescription drug plan to another;

• And if you didn’t enroll in a Medicare Part D plan when you were first eligible, you can do so during open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria:

- You must be enrolled in Medicare Part A and B.
- You must live in the plan’s service area.
- You cannot have End-Stage Renal Disease (some exceptions apply).

If you’re already enrolled in a Medicare Part D prescription plan or a Medicare Advantage Plan and you *don’t want to make changes* to your coverage for 2017, you don’t need to do anything during open enrollment, assuming your current plan will still be available in 2017. If your plan is being discontinued and isn’t eligible for renewal, you will receive a non-renewal notice from your carrier prior to open enrollment. If you don’t, it means you can keep your plan without doing anything during open enrollment.

But be aware that benefits and premiums could be changing for 2017. So even if you’re confident that you want to keep your current coverage for the coming year, it’s important to under-

stand any changes that may apply and check to make sure that your current plan is still the best available option. The available plans and what they cover changes from one year to the next, so even if the plan you have now was the best option when you shopped last year, it’s important to verify that again before you lock yourself in for another year.

Between January 1 and February 14 each year, those enrolled in a Medicare Advantage plan can leave that plan and return to original Medicare. If you leave your plan, you will have until February 14 to enroll in a Part D plan that will begin the first day of the following month that you enroll.

Changes to be aware of for 2017 include:

• Medicare recipients reaching the “donut hole” will benefit from better prescription drug discounts.

• Medicare Part B premiums will increase for those who didn’t see an increase in 2016

• Medicare Advantage plans continue to change

For more information on these

■ CONTINUED ON PAGE NINE

Winter Meadow Homes Inc.

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.



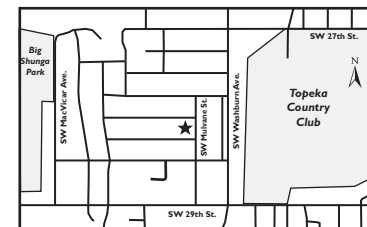
Services Include:

- 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
- Medicaid payments accepted

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!**

**NOW OPEN!
Winter Meadow
Homes North.**



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. Contact Ben or Darlene for a tour at 785-234-2989, 785-383-4531 or wintermeadowhomes@yahoo.com. Visit our website at www.wintermeadowhomesinc.com for more information.

Enrollment

■ CONTINUED FROM PAGE EIGHT

changes and other Medicare-related issues, please contact KDADS' Senior Health Insurance Counseling for Kansas (SHICK), a free program that offers Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK has counselors throughout the state that can assist people to stay informed on changing conditions in health care insurance.

SHICK counselors receive training on Medicare, Medicare Supplement Insurance, Long-Term Care and other health insurance subjects that concern older Kansans. The counselors do not work for any insurance company, their goal is to educate and assist the public to make informed decisions on what's best for each individual situation.

Call 800-860-5260 for this free counseling service.

Comfort Keepers® Celebrating



Thank you for placing your trust in Comfort Keepers® for the past 15 years and allowing us to provide compassionate in-home care that helps seniors live safe, happy, independent lives in the comfort of their own homes. We're excited to see what the next 15 years will bring!

**Serving the entire
Greater Kansas City Metro & Topeka-Lawrence Areas**

Care coordinators available 24/7/365, including weekends, evenings & holidays to set up new services

(913) 385-2636

ComfortKeepers.com/KansasCity-MO
ComfortKeepers.com/ShawneeMission-KS

(785) 267-8200

ComfortKeepers.com/Topeka-KS
ComfortKeepers.com/Lawrence-KS



Comfort Keepers®

Counties Served

Missouri: Jackson, N. Cass, S. Clay & S. Platte
Kansas: Johnson, Shawnee, Douglas, Wyandotte & S. Leavenworth

Most offices independently owned and operated. ©2016 CK Franchising, Inc.

PERSONAL CARE

- Bathing, grooming & hygiene
- Mobility assistance
- Transferring & positioning
- Toileting & incontinence
- Feeding & special diet
- Alzheimer's/Dementia care
- Medication reminders

COMPANIONSHIP

- Meal preparation
- Laundry
- Light housekeeping
- Grocery shopping/errands
- Grooming guidance
- 1 to 24-hour care
- Respite care & relief for family

SafetyChoice®

HOME SAFETY TECHNOLOGY

- Personal Emergency Response System (PERS)/Portable & wireless
- Medication dispensers & camera
- Fall/floor sensors, door/window contacts & motion/smoke/carbon monoxide detectors

PRIVATE DUTY NURSING

Skilled Services available through Axiom Home Health Care, LLC

PETERSON
KRISCHE
VAN HORN DDS

*Gentle &
Comfortable Care*

•
Cosmetic Dentistry

•
Teeth Whitening

•
Insurance Processed

•
*New Patients &
Emergencies Welcomed*

Mention you saw this ad in Senior Monthly



(785) 842-0705

530 FOLKS RD • LAWRENCE
www.pkvdds.com

FaceBook.com/ComfortKeepersHomeCare

VNA celebrates hospice program's 35th anniversary

By Billie David

This year, the Douglas County Visiting Nurses Association, Inc. (VNA) is celebrating the 35th anniversary of its hospice program.

The VNA, which will soon celebrate its own 50th anniversary of serving Douglas County residents, started its hospice program when VNA staff members who were caring for patients with terminal illness recognized that the terminally ill have needs that weren't being adequately addressed.

"At that time, many people were in hospitals or nursing homes," said Cynthia Lewis, CEO of the Douglas County VNA, explaining why, in 1978, the staff began exploring ways to provide hospice care "without walls," or outside of the traditional settings.

From there, things progressed quickly.

In 1979, VNA staff members were taking care of 10 terminally ill patients.

"In 1980, the steering committee recommended starting formal hospice certification, and we were certified by Medicare in 1981," Lewis said. "August 1981 was the program's official start. In the year after hospice officially started, we had 21 volunteers, and by 1998 we had 97 patients."

Douglas County VNA's hospice program provides the needed support that allows patients, family members, and caregivers to enjoy their final moments together with comfort and dignity.

Staff members work together with the patient and family to ensure that the patients experience the highest quality of life possible in the manner that they choose.

Hospice begins when a physician certifies that the patient has six months or fewer to live and the patient decides to end aggressive treatment aimed at a cure and focus on pain relief and quality of life.

Patients, who at first tend to be hesi-



Hospice Nurse Andy Lewis with a former VNA patient.

tant to enter the program, find that their quality of life does indeed improve when they can help determine their own plan of care, whether at home, in the hospital or in an assisted living facility, because the care is provided in a compassionate environment, with the goal of minimizing pain, maximizing comfort, and seeing to it that the emotional and spiritual needs of the patient and their loved ones are addressed.

Hospice, which is covered by Medicare, Medicaid, and most private insurance companies, provides skilled nursing, medical social workers, dura-

ble medical equipment, symptom-management medications, end-of-life support, and education for the patients and their families as well as counseling for emotional support and financial matters.

The majority of patients have traditionally received hospice care in their own homes, Lewis said, but "as medical technology improved, there were more treatment options and more people waiting longer to make the decision to enter hospice, often hours from the end."

"It's an individual decision," she

■ CONTINUED ON PAGE 11

**VISITING
NURSES**
Hospice

Let Our Family Take Care of Your Family



All your homecare needs under one roof:

Home Health | Hospice | Rehabilitation | Help at Home

(785) 843-3738 www.kansasvna.org

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



Call
today for
a tour!



785-338-2979

5015 SW 28th St.

Topeka, Kansas 66614

Tanglewoodnursingandrehabilitation.com





Hospice Nurse Ginger Hayes with a former VNA patient.

Visiting Nurses

■ CONTINUED FROM PAGE 10

continued, referring to the point at which the patient decides to go into the hospice program. “One way to evaluate is the comfort level they feel with hospice.”

If they wait until the last minute, though, there may not be enough time to help the patient feel fully supported.

This is where the pre-bereavement program comes in. Staff members have identified this need as they have seen people enter hospice later in their illness, which means that hospice staff don’t have as much time as they would like to help the patient and family with coping. Hospice is in the process of reworking the bereavement

program to account for this shorter time.

Douglas County’s VNA celebrated its hospice program’s 35th anniversary at their all-agency meeting and also at their board meeting in Sep-



VIEVE LIFE | EXPLORE LIFE

Right where you live.
Referral and resources for
senior care and living.

785-813-1851
www.vievehealth.com

Martin Creek Place

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

Age 62 & older.

 4950 SW Huntoon • Topeka 785-273-2944 

tember. There will also be a brown bag presentation on having difficult conversations, which will be held at the Lawrence Public Library on Monday, November 7, from 11:30 a.m. to 12:30 p.m. This program is geared toward

healthcare providers, but anyone is welcome to attend.

More information about the Douglas County VNA and the programs it provides can be found at their website at www.kansasvna.org.

VNA offers many other services in addition to hospice

The Douglas County VNA was started when Lynn Rothwell moved to Lawrence with her husband, who was a KU professor. Having become familiar with home healthcare programs back east, she began working with other community leaders to get a matching grant. The VNA was certified by Medicare in 1969 and officially started on February 2, 1969.

The VNA provides community-based healthcare support services with a continuum of care that, in addition to the hospice program, includes a wide range of services.

One of the services most closely related to hospice is the bridge program, so named because it bridges the span of time between when the patient still wishes to receive both curative and palliative treatment and the time that the patient decides to transition to hospice.

VNA also offers a Home Health program, which provides nurses, therapists, and aides to help patients transition out of hospitals. Some of services that fall under this program include the following:

- The Help at Home program, non-medical care, which provides support to help clients remain at home, including meal preparation, housecleaning and shopping
- Rehabilitation services to help patients maintain independence at home
- Skilled care, including skilled nursing, wound care, infusion therapy, pain management, diabetic care, respiratory

care, medication management and patient and family education

- Physical therapy to help patients achieve mobility by providing personalized exercises

- Occupational Therapy, which helps patients improve motor functioning and find ways to compensate for loss of function

- Speech therapy to help with voice, speech, language and swallowing disorders and hearing impairment.

- Medical social workers to provide emotional support and counseling as well as assistance with financial matters

- Dietitians to provide nutritional support

- PT/INR monitoring for patients with clotting disorders

- Lymphedema therapy to help with lymph drainage and swelling relief

- Telehealth, which monitors vital statistics for patients in their home through electronic devices

In addition, volunteers provide respite care so caregivers have time to take care of their own personal needs. This includes KU students and other young people who have interest in healthcare, as well as people who want to give back after going through a hospice experience with family members or friends. People who want to volunteer can call the VNA office and ask for Sarah Rooney, who is the hospice volunteer coordinator.

“There are a number of seniors who come to us after retiring who want to do something fulfilling,” Lewis said. “They are very important to us.”

Despite strides against all cancers, liver cancer rates on the rise

(BPT) - More people are surviving cancer, according to the American Cancer Society (ACS). From 1991 to 2012, the rate of cancer deaths declined about 23 percent. Despite that progress, one type of cancer has actually become more common—liver cancer. New cases have tripled in the past 36 years and death rates also increased during this period. From 2003 to 2012, death rates increased by 2.7 percent per year. In 2016, the ACS estimates more than 39,000 new cases will be diagnosed and over 27,000 people will die from liver cancer.

What's driving the increase in liver cancer when so many other types of cancer are declining? Multiple factors could be in play, says Thomas F.

Nealon III, national board chair and CEO of the American Liver Foundation (ALF).

“Decreased tobacco use, as well as improvements in detection and treatment, is thought to have contributed to the overall decline in cancer death rates,” Nealon notes. “However, researchers have found an increase in heavy drinking and binge drinking in some areas of the country. Other significant liver cancer risk factors such as obesity and hepatitis have also increased.”

Know the risk factors

Education, increased awareness and early detection have helped drive decreases in some of the most common

■ CONTINUED ON PAGE 13



Your next step to going home®

Post-Acute To Home (PATH)

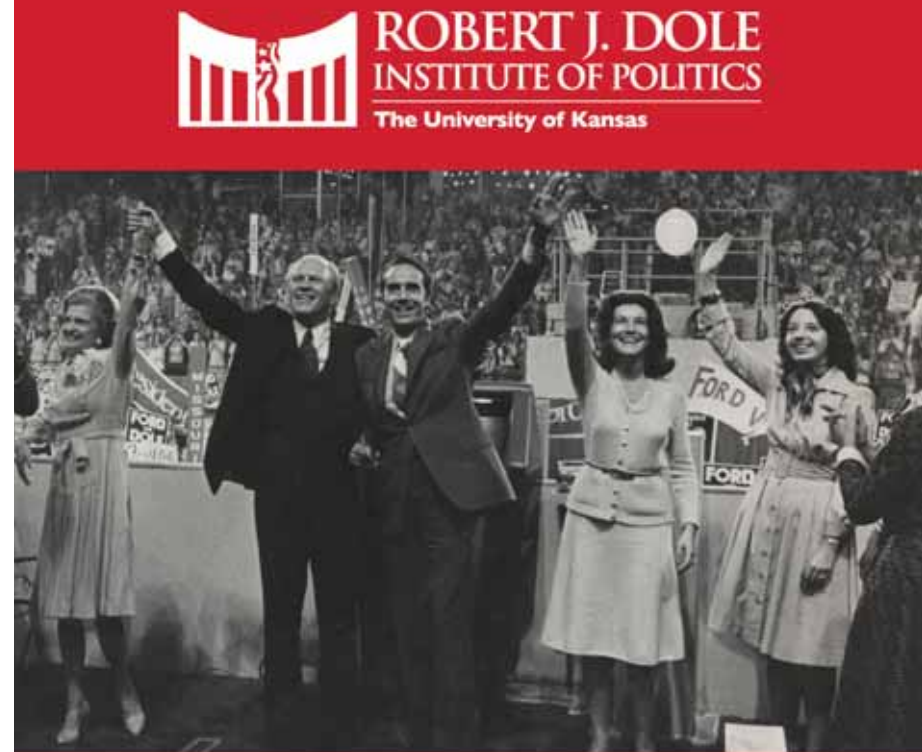


PATH acts as a bridge between hospital and home by helping patients overcome the challenges of recovering from an injury, illness or surgery. To learn what we can do for you, contact Topeka Presbyterian Manor at 785-272-6510.



Topeka

TopekaPresbyterianManor.org | PATHrehab.org 



Legacies of '76

Made possible by the Enid and Crosby Kemper Foundation

From State to Nation: Dole for VP, 1976

Don't miss this special exhibit at the Dole Institute of Politics in Lawrence! Explore Sen. Bob Dole's campaign for the vice presidency 40 years ago as part of the Ford-Dole ticket. The exhibit is free and open to the public, with audio description available.

Open through Jan. 13, 2017

Simons Media Room, Dole Institute of Politics
Audio description by KU Audio-Reader Network

★ ★ ★

2350 Petefish Dr. - Lawrence, Kan. 66045
Mon. - Sat., 9 a.m. - 5 p.m. // Sun., Noon - 5 p.m.
(785) 864-4900

Liver cancer

■ CONTINUED FROM PAGE 12

forms of cancer, including breast, colorectal and prostate cancers. Among other advocacy and research organizations, ALF and Bayer hope to achieve the same success with efforts to boost awareness of liver cancer.

“It’s important for people to learn about liver cancer risks, the value of early detection and liver cancer treatment options,” Nealon says. “Our Are You At Risk? campaign aims to provide actionable information in the fight against liver cancer.”

Liver cancer can be difficult to detect in its earliest, most treatable stages, so it’s important to be aware of liver cancer risk factors and what you can do to reduce your risks. It may be possible to reduce liver cancer risks by limiting alcohol consumption, eating a healthy diet, controlling weight and protecting against Hepatitis B and C. These are the most common risk factors thought to contribute to liver cancer, along with family history.

Other risk factors include:

- Exposure to arsenic in drinking water - Naturally occurring arsenic can contaminate drinking water and affect the liver.
- Being of a certain ethnicity - Asian Americans and Pacific Islanders have the highest liver cancer rates

in the U.S.

- Steroid use - Anabolic steroids may increase cancer risks.
- Travel - People may be exposed to Hepatitis B while traveling in countries where the disease is common.

Know the symptoms

Only a doctor can diagnose liver cancer, but it’s important to be aware of possible symptoms. Liver cancer signs often don’t appear until later stages, but talking to a doctor at the first sign of a problem could aid in earlier detection.

Common liver cancer symptoms include:

- Fatigue
- Loss of appetite and feeling full too quickly after eating very little
- Nausea and vomiting
- Unplanned weight loss
- Pain in the abdomen or right

shoulder blade

- Fluid buildup or swelling in the abdomen
- Jaundice

“As with many forms of cancer, early detection can make a difference in treating liver cancer,” Nealon says.

“Being aware of risk factors and symptoms could help people get diagnosed and begin potentially life-saving treatment much sooner.”

To learn more about liver cancer, visit the ALF website (www.liverfoundation.org/livercancer).



Your local hub for health
for over 40 years

Let the Merc
Co+op's
trained staff
guide you on
your path to
wellness

- Vitamins
- Supplements
- Body Care

The Merc Co+op

901 Iowa
Lawrence, KS 66044
785.853.8544
Open Daily 7 a.m.–10 p.m.
www.TheMerc.Coop

Peterson Acres II

Affordable Housing
Based on Income.

Applications being accepted.

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



Did you know?

A kidney transplant lasts approximately 12 years.

Your donation makes a difference.

Donate online or mail to:

www.savealifeks.org

Save A Life, Inc., P.O. Box 3073, Lawrence, KS 66046

Who wouldn't want a piece of you?



QUALITY Service You DESERVE

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

Accepts Medicare, Medicaid and most insurances.

For more information, call

620-364-2117

601 Cross Street • Burlington, Kansas
lifecarecenterofburlington.com

Topeka Metro to offer free rides on election day

On Tuesday, November 8, Topeka Metro will offer bus rides free of charge all day for fixed routes, and provide two free rides for the paratransit users.

Susan Duffy, Topeka Metro general manager, believes that providing transportation for those who may have difficulties getting to the polls is a good way to help others fulfill their civic duty.

"Transportation for Topekans should not be an obstacle on this very important day. Our free service provides everyone another transportation option to reach their poll location and cast their votes in the general election," said Duffy. "We are also extending our service to 8 p.m. to ensure voters can

get to the polls and back home."

For route information, please call 783-7000, or go to www.topekametro.org.

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

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



We Help Our Clients Improve the Quality of Their Lives

We can provide services to individuals with needs in order to assist them in staying in the comforts of their own homes for as long as they wish. We provide assistance in housekeeping, laundry, grocery shopping, meal prep, following diets, as well as personal assistance such as bathing, dressing, and grooming. Our nursing staff assesses individual needs and build a care plan to fit the needs of our clients. Our goal is continuity of care in staffing for the most consistent care possible. Our nurses can also set up medication, and our staff can remind clients of their schedules.

Locally owned and serving the Topeka area since 2003, Advantaged Home Care is a State Licensed Home Health Agency.

**Advantaged
Home Care**

**For more information, call us
at 785-267-4433 or visit us
at advantagedhomecare.com**



Hillside Village Named One of the Top Nursing Homes in Kansas!

One of the primary concerns families have when looking for a long term care setting for their loved one is the quality of care the facility will provide. Hillside Village was recently named one of the top nursing homes in Kansas by U.S. News and World Report. Achieving this type of recognition requires a concerted effort by our entire team including nursing, dietary, maintenance, housekeeping, therapy, and social services. There are a lot of good things going on at Hillside Village. Give us a call to schedule a tour or stop by to see for yourself. We are locally owned and operated.



**Call 913-583-1260 ext. 116 today
to schedule a tour!**

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



KVSM Golden Oldies is now available online

KVSM Golden Oldies, a companion Internet radio station to *Kaw Valley Senior Monthly*, is now available online.

Currently, KVSM's programming includes old-time radio shows such as *Dragnet*, *Father Knows Best*, and *Gunsmoke*. (The daily schedule is shared below.) However, Kevin Groenhagen, editor and publisher of *Kaw Valley Senior Monthly*, is inviting readers and advertisers to share ideas concerning what content they would like to listen to on KVSM.

"I don't want to duplicate what is already being done by someone else," Groenhagen said. "I want KVSM to

provide information and entertainment specifically for seniors in Northeast Kansas. This is an audience that radio stations typically do not target."

If you would like to share your sug-

gestions, Groenhagen can be reached at 785-841-9417 or kevin@senior-monthly.net.

To listen to KVSM Golden Oldies, please visit Tunein.com and do a

search for "KVSM," or visit www.seniormonthly.net and double-click the KVSM logo. You can listen to KVSM on your computer, smartphone, or tablet at home, work, or on the go.



Direct Cremation Online Only **\$675***
www.CremationCenterKC.com

*\$675 option available only at time of death; no pre-planning



- Arrangements are made online at our website by simply completing the online forms & selections.
- We are family owned. A licensed funeral director is always available and ready to assist and serve your needs.

913.384.5566 • www.CremationCenterKC.com

KVSM

GOLDEN OLDIES

Daily Schedule*

12-3 a.m.

OUR MISS BROOKS

3-7 a.m.

THE LONE RANGER

7-10 a.m.

FATHER KNOWS BEST

10 a.m.-1 p.m.

GUNSMOKE

1-5 p.m.

HAVE GUN - WILL TRAVEL

5-7 p.m.

TALES OF THE TEXAS RANGERS

7-10 p.m.

DRAGNET

10 p.m.-12 a.m.

ESCAPE

Listen online at

www.seniormonthly.net/kvsm

* All times Central Standard Time.

Bath Innovations Walk-In Bathtubs

Therapeutic relief from fibromyalgia and other chronic pain conditions

Replace your old bathtub with an in-home spa!

- Hydro-massage with water and air jets available.
- High quality installation in as little as one day.
- Made in the USA.
- Limited lifetime warranty.
- Affordable pricing – financing available.
- Low approx. 2½ inch step-up.
- Solid no-leak door w/ dual locks.

Enjoy luxurious, warm, therapeutic baths in the safety and comfort of your own home!



We also do remodeling!

With the holidays approaching, this is the perfect time to consider buying mom or dad a walk-in tub.

Please call us for a FREE "no high pressure" estimate! 913-912-1750

To our Lawrence and Baldwin families:
THANK YOU FOR 10 YEARS OF YOUR TRUST!



- 24-hour care and the highest certified staff to resident ratios.
- Private bedrooms available.
- Housekeeping, laundry and medication assistance.
- House physician, therapies, podiatry, dentistry and hairdressing.
- Flat monthly fee with no long-term contracts.



When it came time to find the best care for my husband, I chose Bridge Haven and have never regretted my choice. Bridge Haven is our home away from home, and the staff and residents are beloved members of our extended family.
Bootsie Lauridsen

Bridge Haven
www.mybridgehaven.com

Assisted Living and Memory Care

*We have 4 Homes in Lawrence
and our 5th Opening
December 2016!*

**For more information and tours, please contact Sarah Randolph,
Executive Director @ 785-218-4083 or 785-371-1106**

MAYO CLINIC

Worsening symptoms of ankylosing spondylitis may warrant changes in treatment

DEAR MAYO CLINIC: I've had ankylosing spondylitis for years, and could usually get relief by just taking over-the-counter pain medicine. But lately the flares seem to be more frequent and painful. Is this common for the condition to worsen over time? What treatment should I try next, and is surgery ever effective for someone in my situation?

ANSWER: Symptoms of ankylosing spondylitis may get worse over time in some cases. But in others, they may improve with time or go away completely. These symptom changes often happen at irregular intervals, so they can be hard to predict. Medication typically is the most effective form of treatment. Most people with ankylosing spondylitis do not need surgery.

Ankylosing spondylitis is a disease that causes inflammation and leads to pain and stiffness. Many areas of the body can be affected by this disease. The most common include vertebrae in the lower back; the joints between the base of the spine and pelvis (called the sacroiliac joints); the hip and shoulder joints; and the cartilage between the breastbone and ribs. In some patients, the inflammation can affect other organs, including the eyes, leading to a condition called iritis or uveitis.

Ankylosing spondylitis may also cause symptoms in the places where your tendons and ligaments attach to bones. This is called enthesitis. It can occur in the spine, but sometimes it can also cause symptoms along the back of the heel resulting, for example, in Achilles tendonitis. In some cases, the inflammation caused by ankylosing spondylitis can cause vertebrae in your spine to fuse together, making the spine less flexible.

No cure currently exists for ankylosing spondylitis. But its symptoms often can be effectively managed with medication. The specific type of medication you need for your flare-ups depends on what part of your body they are affecting.

Flare-ups that cause stiffness and pain in your spine are a sign of active inflam-

mation. When these symptoms are persistent, treatment usually involves medications known as TNF blockers. TNF stands for tumor necrosis factor—a cell protein that leads to inflammation. TNF blockers target this protein to help reduce pain, stiffness, and tender or swollen joints. Examples of these medications include adalimumab, etanercept and certolizumab. You receive TNF blockers via an injection under your skin or through an intravenous line.

If your flare-ups affect the joints of your arms and legs but not your spine, then the medications sulfasalazine or methotrexate can be helpful. However, these drugs generally do not help relieve inflammation in the spine.

Along with medication, physical therapy may help ease symptoms of ankylosing spondylitis. It can increase strength and flexibility, too. Ask your doctor about whether physical therapy may be useful in your situation. If so, your doctor may recommend you meet with a physical therapist who can show you exercises to fit your needs.

Surgery for ankylosing spondylitis is generally reserved for cases where the disease has caused significant damage to joints in the arms and legs. For example, if your hip joint becomes severely damaged as a result of this disease, then hip replacement surgery may be an option. Spine surgery is needed only in certain rare cases.

It's not uncommon to have fluctuations in the severity and frequency of ankylosing spondylitis symptoms over time. Talk to your doctor about the changes you've been experiencing recently. With his or her help, it is likely you can find treatment to effectively manage them.

- Eric Matteson, M.D., Rheumatology, Mayo Clinic, Rochester, Minn.

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

© 2015 Mayo Foundation For Medical Education And Research. Distributed By Tribune Content Agency, LLC. All Rights Reserved.



ARBOR COURT RETIREMENT COMMUNITY AT ALVAMAR

"building our community one resident at a time."



**It's Time To Start Living
Your Retirement!**

Starting at

\$1499 per month

with utilities included

ENJOY THE LUXURIES OF RETIREMENT!

- 24 Hour Concierge
- Scheduled transportation to physician's appointments, entertainment and shopping
- On-site laundry services
- Covered Deck & Patio
- Social Activity Room
- Pet friendly community
- Exercise Program
- Spacious kitchen with full-size appliances
- Maintenance-free living including snow removal and landscaping
- Complimentary housekeeping services
- And so much more!

YOUR LIFE. YOUR STYLE. YOUR HOME.



1510 St Andrews Drive • Lawrence • 785-813-8454

www.arborcourt-lawrence.com

HEALTH & WELLNESS

Occupational Therapy: Healing Lives

By Maria Perdikis, OTR/L

Occupational Therapists are an important part of the team of health professionals who provide care to people who are recovering from illness, injury or surgery. Occupational Therapists, often referred to as OTs, work in a variety of agencies including hospitals, nursing homes,

the development and solve problems that limit their ability to move and learn. Health problems related to our nervous system (brain, spinal cord and nerves) can limit control of your limbs requiring therapy. Common examples of such conditions include strokes, Parkinson's disease, multiple sclerosis, cerebral palsy, head & spinal cord injuries and nerve compression syndromes that effect hand strength and control. Orthopedic problems that affect the skeletal system (bones, muscles, tendons and ligaments) also limit mobility and require therapy. Common examples of these conditions treated by OTs include arm/hand fractures, tendon injuries ranging from tendonitis to tendon ruptures, ligament sprains, muscle strains, arthritis, joint replacements and amputations (all generally affecting the hand and arm). Burns and lymphedema are also conditions that are commonly treated by OTs. All of these conditions limit our independence and OTs specialize in getting you moving through treatment to reduce pain, strengthen muscles and get you back to everyday independence.

Getting started: Talk to your doctor

An occupational therapist works under the direction of your doctor, so you will need a prescription from your doctor to begin therapy. The therapist will evaluate your problem with you

and send the evaluation to your doctor for confirmation of the treatment plan. Your first visit with the therapist will be an evaluation of your health issues. You will be asked to describe what problems you are having at work and home due to: pain, weakness, numbness, balance problem, reduced endurance, swelling of limbs or low vision. Once the therapist understands the history of your problems then she will do some tests to measure your problems. These include joint range of motion, strength testing, measurement of limb swelling, testing of the sensation/feeling in the hand and arm, assessment of fine and gross motor coordination and assessment of vision/visual-perceptual skills when needed.

The therapist will then use the results of the initial evaluation to develop a plan with specific goals to help you resolve your problems. The therapist will discuss this plan with you and share his recommendations with you.

Treatment: Journey of healing

Your therapy may involve pain reduction treatment, manual therapy, exercise, educational instruction and a home exercise program. The right therapy treatment will help you heal and recover your independence. There is no predictable length of time for your healing, but by following your treatment instruction you will see improvement and see progress towards your goals. Your therapist will recommend treatment 2 or 3 times per week for 4 or more weeks. It takes time to heal and our bodies need time to build muscle and restore circulation. If you are recovering from a hand surgery for instance, you will find that it requires several weeks to heal and strengthen to return to full strength and use of

your hand/arm. Your therapist will send progress reports to your doctor periodically and when therapy is completed so he has a record of your treatment.

Home exercise: Where it happens

While consistency in attending your scheduled treatment sessions is very important, it is equally important that you follow any home exercise instructions from the therapist. You will experience more rapid improvement when you exercise as instructed. The therapy process is a collaborative effort between the therapist and the patient. Occupational therapists are ready to support your recovery and help you to live a full life.

- Maria Perdikis, OTR/L received her education at the University of Kansas, earning both a bachelor of arts degree in Spanish and a bachelor of science degree in Occupational Therapy. She is licensed to practice in the state of Kansas and is certified by the National Board for Certification in Occupational Therapy. She has been working as an Occupational Therapist for over 19 years. Her first year was spent working at The University of Kansas Medical Center and her past 18+ years have been spent at Lawrence Memorial Hospital. Maria works primarily with teenagers, adults and older adults with a wide variety of neurologic and orthopedic conditions. Her primary focus is rehabilitation of the hand/upper extremity.

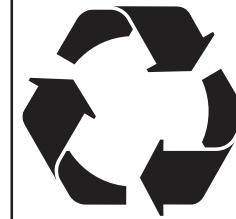
LAWRENCE MEMORIAL HOSPITAL 

LMH Therapy Services

home health agencies, school systems, mental health facilities and outpatient therapy clinics. OTs work with doctors, nurses, physical therapists, social workers, speech therapists and orthotists to provide evaluations and treatments to help patients recover the ability to be independent and strong at home and at work.

OTs: Get Moving with therapy

Occupational Therapists work with patients of all ages and with a wide variety of diagnoses that limit movement and independence. OTs who treat children are trained in the special needs of children who need therapy to support



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



Affordable Senior Living



2125 Clinton Parkway
in Lawrence

Rent Subsidized
Apartments for
Qualified Seniors

Applications being accepted
841-1000 www.ldcha.org

Clinton Place Apartments



Personalized in-home care for Douglas County residents

- Light housekeeping
- Meal preparation
- Companionship • Caregiver relief
- Accepts HCBS, VA and more
- Private pay-\$18/hr, sliding scale available

842-3159 • www.tihc.org



HEALTH & WELLNESS

The medicinal uses of grape seed extract

Grapes (*Vitis vinifera*) are a delicious fruit that almost everyone has enjoyed eating at some point in their lives. Grapes are a common food in many households throughout the world. Grapes have been used for thousands of years nutritionally. But what many may not know is that grapes can be a very effective medicinal plant and used medicinally.



Dr.
Farhang
Khosh

It is well-documented in the literature that Egyptians ate grapes, and several ancient Greek philosophers praised the healing power of grapes, especially in the form of wine. European folklore states that the healers made an ointment from the sap of grapevines to treat skin and eye diseases. Grape leaves were used to stop bleeding, inflammation, and pain. Unripe grapes were used to treat sore throats. Dried grapes (raisins) were used for constipation and other gastrointestinal ailments. Round, ripe, sweet grapes were used to treat a range of health problems, including cholera, smallpox, nausea, kidney, and liver diseases.

Now the attention is being focused on seeds from grapes. Grape seeds are rich in powerful antioxidants and natural plant compounds called oligomeric proanthocyanidin complexes (OPCs). OPCs are well-known for their antioxidant activity, which means, grape seeds may help to destroy free radicals in your body. This destruction of free radicals may help you avoid premature aging and certain chronic diseases.

According to the *Journal of Alternative Medicine Review*, OPCs not only have antioxidant activity, but also are antibacterial, antiviral, anti-carcinogenic, anti-inflammatory, anti-allergic, and have vasodilation actions. In addition, the journal reported OPCs “have been found to inhibit lipid peroxidation, platelet aggregation, capillary permeability and fragility, and to affect enzyme systems ... Based on these reported findings, OPCs may be a useful component in the treatment of a number of conditions.”

OPCs may even play a role in cancer prevention. Research published in the journal *Prostate* found OPCs helped stop the spread of prostate cancer cells and also caused apoptosis (cell death) among prostate cancer cells.

Furthermore, according to the University of Maryland Medical Center: “Studies have found that grape seed extract may prevent the growth of

breast, stomach, colon, prostate, and lung cancer cells in test tubes. Grape seed extract may also help prevent damage to human liver cells caused by chemotherapy medications.”

In addition, grape seed extract also contains high levels of compounds, pro-cyanidin dimers that act as aromatase inhibitors. This is likely another way grape seeds may help prevent and treat cancer, specifically hormone-dependent breast cancer. Aromatase, an enzyme, converts androgen to estrogen and is expressed at higher levels in breast

cancer tissues than normal tissues. Many types of breast cancer are fueled by estrogen, which is why some chemotherapy drugs work by inhibiting the activity of aromatase. Grape seed extract may exert similar effects naturally.

As more research that emerges on grape seeds, the more it becomes clear that they have wide-reaching health benefits.

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

Mom is happy at home. But can she stay healthy there?



LiveWell at Home by Brewster says “absolutely.”

Remaining in your own home is possible when there's a plan in place that addresses:

- How will we control rising carecosts?
- What if mom's medical needs increase dramatically?
- How do I juggle my own life and still help with mom's needs?
- How can my mom remain social?
- How can I support my own family and take care of mom, too?

Our innovative program provides a complete program of care for life—and costs significantly less than most skilled care facilities. Call us and see what it means to enjoy living well. At home.

785.274.3394

www.livewellbybrewster.org



Hearing Loss Affects One In Three American Adults

How is hearing loss affecting you? Learn more lawoto.com/hearing

Audiologists

Misti M. Ranck MS CCC-A

Meryl R. Lockling, AuD

Serving the Lawrence area for over 30 years

Lawrence • Ottawa • Topeka

785-841-1107



LAWRENCE
OTOLARYNGOLOGY
ASSOCIATES, LLC

Ear, Nose and Throat Specialists

ESTATE PLANNING

Insurance & Injury / Incapacity Planning

A few weeks ago my daughter was rear-ended by another car. Fortunately her injuries were not severe and she responded well to treatment. But it made me think about how our lives can be altered in an instant. Good estate planning addresses the “what if” of injury or incapacity, and insurance is part of that plan.



Bob
Ramsdell

In an auto accident, your first source of recovery will be under the Personal Injury Protection (PIP) coverage of your own policy. Insurers typically offer several coverage choices, with basic coverage of \$4,500 for medical expenses, \$4,500 for rehabilitation expenses, and up to \$900 per month for up to one year for lost wages due to your inability to work as a result of the injuries. The top option raises these coverages to \$27,500 / \$27,500 / \$1,250 per month for up to two years. The extra PIP coverage is inexpensive—I pay just under \$20 a year for it on each of my vehicles.

Presuming the other driver was at fault, you will ultimately seek compensation from his or her insurer. (Your insurer will obtain reimbursement of

any PIP payments it has made from the other insurer as well.)

In Kansas, minimum liability coverage is \$25,000 per person / \$50,000 per occurrence. If a person with minimum coverage runs a stop sign and severely injures you, \$25,000 may cover the helicopter life-flight and first few hours in a trauma center. In all probability, a person driving with minimal coverage (or even without insurance) will lack assets available to compensate your injuries in excess of their coverage. Rather, their insurance company will offer to pay you the policy limit in return for a full release of your claims against the person who injured you.

However, if you have Uninsured Motorist / Underinsured Motorist (UM/UIM) coverage under your own policy in excess of the liability limits of the person who injured you, you can seek additional compensation from your insurer. Making a UM/UIM claim requires strict observance of statutory notice requirements to your insurer and may still require pursuing a lawsuit, but could be a crucial source of additional compensation for your medical expenses, lost income, and pain and suffering. Thus, carrying higher liability and UM/UIM coverage may, in some circumstances, protect you in the event of severe injury and incapacity.

On most auto policies, the third-party liability coverage limits also determine the amount of UM/UIM coverage. You should periodically review the liability

coverage on your policy both to ensure your assets will be protected in the event you negligently injure someone else and to provide a possible source of compensation for yourself.

Another source of compensation might be an “umbrella” policy. In my experience, the typical “umbrella” policy only provides additional third-person liability coverage above the limits on your underlying homeowner/renter and auto policies. However, you may be able to obtain additional UM/UIM coverage as a rider with the payment of an extra premium.

If you medically qualify and are able to afford the premiums—not just today, but those likely in the future—then Longterm Care Insurance can protect your assets from being exhausted by the cost of extended skilled nursing care, whether required as the result of a traumatic injury or simply growing old. For a married couple, if the spouse requiring nursing care has a policy that qualifies as a Partnership Policy, then the amount of its coverage is added to the amount of assets set aside for the community spouse in the division of

assets that precedes a Medicaid spend-down. And some life insurance policies allow you to draw against the death benefit (reducing the balance paid at your death) to pay for care if you are terminally ill.

I'll close with the tagline from my book, *Estate Planning Overview*: Death is a certainty. Incapacity a possibility. You need a plan for both.

•••

Free Seminar in November: I will be presenting “Fundamentals of Estate Planning” on November 10 at the Douglas County Senior Center beginning at 6 p.m. Those attending receive a free copy of *Estate Planning Overview*. See the Calendar Section of this issue for details.

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell Qualseth & Warner, 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 1-888-353-5337. The information in this column is intended to provide general public information, not legal advice.



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

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

TOPEKA
785-232-6923

LAWRENCE
785-838-4380

LENEXA
913-764-1127

www.MidwestTF.com
*Delivering simple solutions
in a complex world*

Meals on Wheels

“You will never know how much I appreciate Meals on Wheels. I love living at home and couldn't do it without you.”

Serving Shawnee and Jefferson Counties

2701 SW East Circle Dr. S, Suite 2
Topeka, KS 66606

(785) 295-3980

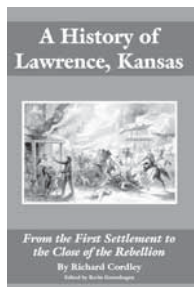
www.mowks.org



The History of Lawrence, Kansas

by Richard Cordley

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



JILL ON MONEY

'Passive' investing is no thrill, but it beats the alternatives

When he entered the investment world 50 years ago, Charles Ellis found that diligent financial analysts and portfolio managers could routinely outperform the stock market. But as the investment industry changed—information became widely



Jill
Schlesinger

distributed and institutional investors eclipsed individuals—it has become, in his view, “unrealistic to try to beat today’s market.”

I recently had the pleasure of talking to Ellis about his amazing career and his new book, “The Index Revolution: Why Investors Should Join It Now.” The book and the conversation left me even more convinced that investors are spinning their wheels using anything but index funds to achieve their long-term financial planning goals and objectives.

It is quite stunning to hear this message from a man who began on Wall Street in the early 1960s as an analyst and then became a respected financial industry consultant at Greenwich Asso-

ciates, the firm he founded in 1972.

In 1975, in a prescient article titled “The Loser’s Game,” he argued that most active portfolio managers cannot keep up with the benchmarks they are trying to beat—and that investors are better off in low-cost index funds. This view is now widely shared, although his admission at the time was all the more fascinating because Ellis was a go-to resource for the biggest fund managers and Wall Street firms.

His convictions about indexing have become stronger and clearer 40 years hence. In his 18th book, Ellis sounds a familiar theme. “The stunning reality is that most actively managed mutual funds fail to keep up with index funds,” he writes. The most recent evidence from S&P Global, the financial information and analytics giant, proves the point. The S&P indices vs. active (SPIVA) scorecard shows that 90.2 percent of actively managed U.S. funds failed to beat their benchmarks when their returns are calculated net of fees.

These types of reports have been available for years, yet index or passive funds still only account for one-third of all mutual fund assets. True, that’s up from one-quarter of all assets three years ago. Still, a majority of individuals and professionals, some of whom owe fiduciary duties to their clients,

in Ellis’ words, “refuse to accept the objective data or insist on looking past it.”

Why do people delude themselves about beating the market when, as Nobel laureate Daniel Kahneman notes, “They’re just not going to do it. It’s not going to happen.” Maybe investors want to believe that someone, some firm or some algorithm can beat the market, because the industry has told them that it is possible.

Early on, the asset management business condescendingly proclaimed that indexing was “for losers” and that investing in an index fund was tantamount to accepting merely “average” performance. The industry’s marketing tactics have evolved, but even today companies make big ad buys and tout “market-beating” funds when the plain fact is that over time they will not deliver consistent market-beating performance.

Ellis notes that in making their case for active management, these folks rarely mention risk, nor do they adjust

their data for taxes.

Moreover, the term “passive” tends to evoke a negative connotation, at least subliminally. After all, asks Ellis, who wants to be passive? “Nobody will ever know just how much harm was done by wrapping the term passive around investing.”

If you cling to the belief that you can beat the indices, Ellis’ book ought to persuade you otherwise. Perhaps the worst consequence of wasting time and energy in search of market-beating investments, he suggests, is that it diverts your attention from planning more important financial matters.

“Indexing simplifies everything,” he writes, which ought to enable people to concentrate on “developing a balanced, objective understanding of themselves and their situation.”

Amen.

- Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillonMoney.com.

© 2016 Jill Schlesinger.

Distributed By Tribune Content Agency, LLC

OPENING IN NOVEMBER

Douglas County
MONUMENT WORKS
For a Life Lived

547 Indiana St. • Lawrence • 785-856-2370

THE FIRST APARTMENTS

“Home without the hassles”

Independent Community Living for 62 and older & under 62 100% disabled.

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

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



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

SENIOR CALENDAR

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

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

ARTS/CRAFTS

TUESDAYS THE BLANKET PROJECT

Calling all knitters, crocheters, and quilters who want to gather for a good cause—You are invited to participate with the residents at Arbor Court Retirement Community to create needed blankets for the Pregnancy Center of Lawrence. This is also an opportunity to teach and learn. If you want to learn a new art form, we are here to assist you as well. Arbor Court Retirement Community at Alvamar, 1510 St. Andrews Dr., 2 p.m.
LAWRENCE, 785-841-6845

FIRST FRIDAY OF THE MONTH FIRST FRIDAY ARTWORK

The artwalk takes place all across Topeka from 5:30-8:30 p.m. each first Friday of the month—and of course, some businesses open a little earlier or keep their doors open later, but please check individual Facebook pages for information about hours. Find the latest listing of gallery features on our home page—or pick up a printed copy of the artwalk map at any participating business. You can sign up for our monthly Artwalk newsletter to get the updates in your email.
TOPEKA, artsconnecttopeka.org

LAST FRIDAY OF THE MONTH FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday OF THE MONTH. See website for participating locations.
LAWRENCE, 785-842-3883
finalfridayslawrence.wordpress.com

NOV 20 HOLIDAY BAZAAR

40th Annual Holiday Bazaar. Shop early for all your holiday gifts. Enjoy holiday music while you browse, food concessions provided by HyVee. Community Building, 115 W 11th St., 9 a.m.-4 p.m. Free admission.
LAWRENCE

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 & THURSDAYS
AMERICAN LEGION POST NO. 400
3029 NW US Highway 24, 6:30 p.m.
TOPEKA, 785-296-9400

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., 6:45 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

DAY TRIPS/TOURS

SECOND SATURDAY OF THE MONTH
FREE SATE EAST SIDE BREWERY TOUR
East Side Brewery offers tours on the second Saturday OF THE MONTH at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.
LAWRENCE, 785-550-9718
www.freestatebrewing.com

SEP 1-NOV 5
HAUNTED ATCHISON ACTIVITIES
Haunted Trolley tours, murder mystery dinners, Sallie House tours, cemetery walking lantern tours, paranormal investigations, ghosthunting 101, history-mystery dusk walking tours, psychic gallery readings and more... in the "Most Haunted Town in Kansas." Atchison County Historical Society Museum and Santa Fe Depot, 200 S. 10th St. Fee.
ATCHISON, 800-234-1854
VisitAtchison.com

NOV 15
ST. JOSEPH-AWAY IN THE BASEMENT
There is so much to enjoy in St. Joseph, Missouri. This trip begins at the Remington Nature Center-where history and nature collide. Following a catered lunch, we arrive at the Missouri Theater, on the National Register of Historic Places and known for its atmospheric style for a performance of "Away in the Basement...A Church Basement Ladies Christmas. This show will take you back to 1959 and the day of the Sunday School Christmas Program. In the midst of holiday preparations, and sprinklings of love in the air, the ladies in their witty down-to-earth style are creating their own memories from Christmases past and present. Out of this basement shall come good tidings, great humor and joy! Register at www.lprd.org or any Lawrence Recreation Center. Call with questions: Gayle Sigurdson. Fee, early bird registration before October 3.
LAWRENCE, 785-832-7920

EDUCATION

ONGOING
COOKING CLASSES
The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website.
LAWRENCE, 785-843-8544
themerc.coop/classes

ONGOING
FREE INSURANCE COUNSELING
Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug Program. Stormont Vail Health Wise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.
TOPEKA, (785) 354-6787

FIRST MONDAY OF THE MONTH
MEDICARE MONDAYS
Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

FIRST TUESDAY OF THE MONTH
COFFEE TALK
With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your tax and financial future. To register call or visit us online.
TOPEKA, 785-232-6923
midwesttf.com

FIRST WEDNESDAY OF THE MONTH
COFFEE TALK
With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your financial future. HyVee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online.
LAWRENCE, 785-838-4380
midwesttf.com

FRIDAYS
HEALTHWISE TV
"HealthWise TV" offers interviews on health and wellness topics of interest to seniors and caregivers, as well as a 20-minute, low-impact exercise segment. Aired from 9 to 9:30 a.m. On WIBW-TV, Channel 13.

SECOND FRIDAY OF EACH MONTH
WELLNESS FRIDAY DROP-IN DISCUSSION
On the second Friday of each month, join us for a drop-in discussion on a health or wellness topic of interest. This month's topic: "Remaking Holiday Recipe Favorites So They Are Healthier and Still Tasty." LMH Performance and Wellness Center at Sports Pavilion Lawrence, 9:30 a.m.
LAWRENCE, 785-505-5800

THIRD WEDNESDAY OF THE MONTH
LOOK GOOD, FEEL BETTER
Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the third Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.
LAWRENCE, 785-505-2807

SEP 13, 27, OCT 4, 18, 25, NOV 1, 15
TOSS OUT THE PLAYBOOK: TRUMP, CLINTON AND THE WACKY POLITICS OF 2016
(Discussion Group Series). The 2016 presidential election has defied expectations and explanations at every turn. Dole Fellow Steve Kraske and his special guest speakers will lay out a guidebook on the art of presidential campaigns, the 2016 cycle and interpreting results on election night. Dole Institute of Politics, 2350 Petefish Dr., 4 p.m. Free.
LAWRENCE, 785-864-2700

NOV 1
MEDICARE EDUCATIONAL SEMINAR
Century Health Solutions, a subsidiary of Stormont-Vail Healthcare, will hold a Medicare educational seminars on November 1 at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. For information, call 233-1816, email us info@century-health.com, or sign up at our website, http://centuryinsuranceagencyks.com on the Medicare tab. Light snacks and beverages will be provided.
TOPEKA

NOV 3 & 9
MEDICARE EDUCATIONAL SEMINAR
Century Health Solutions, a subsidiary of Stormont-Vail Healthcare will hold a Medicare educational seminar on November 3 and 9 at 1 p.m. Learn the basics of Medicare and all of its options. Seminar is designed for those

■ CONTINUED FROM PAGE 22

becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. For information, call 233-1816, email us info@century-health.com, or sign up at our website, <http://centuryinsuranceagencyks.com> on the Medicare tab. Light snacks and beverages will be provided.

TOPEKA

NOV 3

“NIAGARA, 1814” (FORT LEAVEN-WORTH SERIES)

As the War of 1812 stretched into its second year, President James Madison launched his best troops once more into Canada in a final attempt to win the war he started. American, British and native warriors battled for four bloody, desperate months along the Niagara River — examined here by Rich Barbuto. Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free.

LAWRENCE, 785-864-2700

NOV 6

OPTIMISM IS POWER: LIVE YOUR PASSION, LEADERS ARE RISK TAKERS

This two-part leadership series is designed to motivate women to be leaders. We hope it will encourage participants to act, challenge themselves and believe enough in their dreams to turn them into reality. We hope participants will discover, or further develop, the leadership skills they already possess. Dole Institute of Politics, 2350 Petefish Dr., 4-6 p.m.

LAWRENCE, 785-864-4900

NOV 10

MARINE CORPS BIRTHDAY

The Dole Institute museum gallery will be closed to public viewing for the Marine Corps Birthday celebration beginning at 10 a.m. The event is open to the public. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.

LAWRENCE, 785-864-4900

NOV 10

BEING MORTAL

Join us for a viewing of the documentary “Being Mortal,” based on the book of the same name by Atul Gawande, MD. The film explores the relationships doctors have with patients who are nearing the end of life. After the video presentation, a panel of local experts will lead a discussion surrounding end of life issues. No advance registration is needed and this program is free. In addition, stop by the Lawrence Public Library to record your entry on the Before I Die wall. Lawrence Public Library Auditorium, 707 Vermont St., 6:30-8:30 p.m.

LAWRENCE, 785-505-5800

NOV 10

ESTATE PLANNING SEMINAR

How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning

answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Those attending get a free copy of the book Estate Planning Overview. Douglas County Senior Center, 745 Vermont Street, 6-7:30 p.m. No pre-registration required.

LAWRENCE, (785) 841-4554

NOV 15

SENIOR SUPPER AND SEMINAR

This month’s topic: “Fifty Ways to Simplify the Season.” Presented by Aynsley Anderson Sosinski, MA RN, of LMH Community Education. On the 3rd Tuesday of each month, seniors are invited to come and dine at LMH for \$5.51 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are **required** for the meal due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connectcare@lmh.org. Supper: 5:00 p.m., Educational presentation: 6:00 p.m.

LAWRENCE, 785-505-5800

NOV 15

TOSS OUT THE PLAYBOOK: WHAT JUST HAPPENED?

Dole Fellow Steve Kraske looks back on a tumultuous election, why the results fell where they did and what it means for the nation going forward as Barack Obama prepares to exit the stage. Dole Institute of Politics, 2350 Petefish Dr., 4 p.m.

LAWRENCE, 785-864-4900

<http://doleinstitute.org/event/discussion-group-toss-out-the-playbook-what-just-happened>

NOV 21

BABY CARE FOR GRANDPARENTS

Are you a little anxious about watching the new baby in your family? Come get a refresher on baby care with Laura Odum, LPN, IBCLC, from Stormont-Vail Health, as she discusses safe sleep practices for babies, feeding and daily cares of infants, milestones and when to expect baby to reach them. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1-2:30 p.m.

TOPEKA, 785-580-4662

NOV 28

DIY HOLIDAY DECORATIONS AND GIFTS

You can make terrific holiday decorations, cards and gifts using recycled materials, found objects and other things you probably have around the house. Take home some great ideas and a finished item (or more). Materials provided. Registration required at <http://tsclp.eventbrite.com>. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1-2:30 p.m.

TOPEKA, 785-580-4662

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

The Lawrence Irish Session is a lively gathering of musicians sharing Irish traditional tunes each

week. Beginners and experienced players are welcome. Come to listen, learn and share tunes and songs of Ireland, and best of all, have a great time. Henry’s on 8th, Upstairs in the Pub, 11 E. 8th St., 5:30-9 p.m.

LAWRENCE, www.lawrencecession.com

THURSDAYS

JUNKYARD JAZZ

Put on your dancing shoes and dance to the sounds of The Junkyard Jazz. American Legion, 3408 West 6th St., 7-8:30 p.m.

LAWRENCE, 785-842-3415

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

Classical guitar player, John Jervis, will play every Saturday morning, 8-11 a.m. at Panera, 23rd St. and Louisiana St. Enjoy wonderful classical and baroque music.

LAWRENCE

NOV 4

JAKE SHIMABUKURO

Consider the humble ukulele. It’s an adaptation of a stringed instrument that traveled with Portuguese immigrants who came to work in the sugar cane fields of Hawaii. Islanders made the “machete” their own, mixing external influences of classical European music and Spanish guitar with Hawaiian songs. Native Hawaiians renamed the little machete the ukulele, and it’s become synonymous with Hawaiian music and Hawaiian culture. Jake Shimabukuro comes from that same process of mixing both island and outside influences, both modern and historical. He’s combined the qualities of a long line of virtuoso ukulele players with modern rock musicians to create a sound that’s uniquely his own but still firmly grounded in Hawaiian tradition. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 5

LAWRENCE IN LAWRENCE: TORI LAWRENCE + CO

Tori Lawrence + Co., a dance company with a focus on experimental dance films and interdisciplinary performances, is creating a new work for the Lawrence Arts Center stage. The performance, featuring live music, dance, and film, explores the dystopian search for order and idealized comfort within contemporary society. Lawrence Arts Center, 940 New Hampshire, 7:30 p.m.

LAWRENCE, 785-843-2787

lawrenceartscenter.org

NOV 5

SEVEN THINGS I’VE LEARNED: AN EVENING WITH IRA GLASS

Ira Glass is the host and creator of the public radio program *This American Life*. The show is heard each week by over 2.2 million listeners on more than 500 public radio stations, with another 2.2 million podcast downloads. For years, the podcast of *This American Life* was the most popular one on iTunes, until the show started its first spin-off program Serial, which quickly became the most popular podcast ever created. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 9

JOEY TARTELL, TRUMPET

Joey Tartell has toured and recorded with Maynard Ferguson, the Woody Herman Orchestra and the U.S. Army’s Jazz Ambassadors. He has also performed with the Smithsonian Jazz Masterworks Orchestra, the Count Basie Orchestra and the Glenn Miller Orchestra. Tartell has performed with amazing artists such as Doc Severinsen, Aretha Franklin, Don Henley and The Manhattan Transfer. Currently, he serves as an associate professor of music (trumpet) and the director of Undergraduate Studies at Indiana University’s Jacobs School of Music. Tartell will share the stage with the group The New York Times describes as “one of America’s most esteemed concert bands.” The University of Kansas Wind Ensemble features the finest wind and percussion players at the university. The ensemble is conducted by Dr. Paul W. Popiel, director of bands, author, performer and proponent of distinctive new music. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 11

FREE STATE STORY SLAM

This is a don’t-miss occasion to hear and share whoppers, MOTH-style, the second Friday of each month (excluding December). Raconteurs step up to the mic to bring laughs, tears, surprise, amazement, and the occasional awkward moment. All are welcome, bring a tale to tell on the theme for the evening, or just come to listen. Never the same story, or evening, twice. Adults, 18+ only. Live music starts at 7 p.m., Slam at 7:30 p.m. Cocktails throughout. Donations encouraged. Lawrence Arts Center, 940 New Hampshire.

LAWRENCE, 785-843-2787

NOV 11

AXIS DANCE COMPANY

AXIS Dance Company exists to change the face of dance and disability. Based in Oakland, CA, it’s one of the world’s most acclaimed and innovative ensembles of performers with and without disabilities. Under the artistic direction of Judith Smith, the company has collaborated with leading contemporary choreographers and composers, including Bill T. Jones, Stephen Petronio, Joe Goode, Victoria Marks, Ann Carlson, David Dorfman and Alex Ketley. AXIS has toured major dance venues and festivals in more than 100 cities nationwide as well as internationally to Europe and Russia. The company was featured twice on FOX TV’s *So You Think You Can Dance* as well as on KQED’s SPARK program and KRCB’s One in 5 Stories. AXIS’ work has been honored with seven Isadora Duncan Dance Awards. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 13

CHARLIE ALBRIGHT, PIANO

PAVILION CHAMBER SERIES Hailed as “among the most gifted musicians of his generation” with a “dazzling natural keyboard

■ CONTINUED FROM PAGE 23

affinity” who “made quite an impression,” by the Washington Post —American pianist, composer and improviser Charlie Albright is the recipient of the prestigious 2014 Avery Fisher Career Grant and 2010 Gilmore Young Artist Award. Albright also won the 2014 Ruhr Klavier Festival Young Artist Award presented by Marc-André Hamelin (Germany) and first prize at the Lawrence based International Institute for Young Musicians Competition. Lied Center, 1600 Stewart Drive, 2 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 17

AN EVENING WITH POET TERRANCE HAYES

Poet Terrance Hayes will deliver an annotated poetry reading and discussion of his newest work, *How to Be Drawn* (Penguin 2015), considering themes of popular culture, race, music, and masculinity. Hayes is a 2014 MacArthur Fellow. His previous collection, *Lighthouse* (Penguin 2010), was winner of the 2010 National Book Award and finalist for the National Book Critics Circle Award and Hurston-Wright award. Hayes' other honors include a Guggenheim Fellowship, a National Endowment for the Arts Fellowship, and a profile in *The New York Times Magazine*. His first book, *Muscular Music* (Tia Chucha Press, 1999) won both a Whiting Writers Award and the Kate Tufts Discovery Award. His second book, *Hip Logic* (Penguin 2002), was a National Poetry Series selection and a finalist for both the Los Angeles Times Book Award and the James Laughlin Award from the Academy of American Poets. *Wind In a Box* (Penguin 2006), a Hurston-Wright Legacy Award finalist, was named one of the best books of 2006 by Publishers Weekly. Lied Center Pavilion, 1600 Stewart Drive, 7:30 p.m. Free.

LAWRENCE, 785-864-4798

lied.ku.edu/calendar

NOV 19

FAME THE MUSICAL

Fame — The Musical is a stage musical based on the 1980 hit musical film *Fame* which starred Irene Cara and featured the famous title song. The show had its world premiere in Florida, USA in 1988 before it transferred to an Off-Broadway venue in 2003. The show was conceived and developed by David de Silva, who was one of the original producers of the film. After the film's success, a television series was mounted and it ran for six seasons. The musical was developed away from the film and TV adaptations, and although there are similarities, their scripts and book are fundamentally different. The score for the musical was completely re-written and the title track only included as an addition. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.topekaperformingarts.org/fame.html

NOV 29

RODGERS+HAMMERSTEIN'S CINDERELLA

Rodgers + Hammerstein's CINDERELLA is the Tony Award-winning musical from the creators of *South Pacific* and *The Sound of Music* that's delighting audiences with its surprisingly

contemporary take on the classic tale. This lush production features an incredible orchestra, jaw-dropping transformations and all the moments you love—the pumpkin, the glass slipper, the masked ball and more—plus some surprising new twists! Be transported back to your childhood as you rediscover some of Rodgers + Hammerstein's most beloved songs, including *In My Own Little Corner*, *Impossible/It's Possible* and *Ten Minutes Ago* in this hilarious and romantic experience for anyone who's ever had a dream. Lied Center, 1600 Stewart Drive, 7 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 30

ANNIE

The world's best-loved musical returns in time-honored form. Directed by original lyricist and director Martin Charnin and choreographed by Liza Gennaro, this production of ANNIE will be a brand new incarnation of the iconic original. Featuring book and score by Tony Award®-winners Thomas Meehan, Charles Strouse and Martin Charnin, ANNIE includes such unforgettable songs as “It’s the Hard Knock Life,” “Easy Street,” “I Don’t Need Anything But You,” plus the eternal anthem of optimism, “Tomorrow.” McCain Auditorium, 207 McCain Auditorium, 7 p.m.

MANHATTAN, 785-532-6425

www.k-state.edu/mccain/events

DEC 2-18

PETER PAN

Share a magical journey across the stars with Peter Pan and Tinkerbell. From ticking crocodiles to fierce warriors, bungling pirates and the villainous Captain Hook himself, this classic will delight all ages with its fun and adventure. Songs include *I’m Flying*, *I Gotta Crow*, and *Never Never Land*. Shows: December 2, 3, 4, 8, 9, 10*, 11, 15, 16, 17*, 18 *2 shows last two Saturdays: 2:30 p.m. and 7:30 p.m. Theatre Lawrence, 4660 Bauer Farm Rd. Fee.

LAWRENCE, 785-843-7469

www.theatrelawrence.com/season/2016-17_Season

DEC 3

A CLASSIC ROCK CHRISTMAS

Robert Berry created the A Classic Rock Christmas concept to make Holiday music hip and relevant for today's listeners and to have a way to give back to each community through Food Bank donations. Robert has performed with some of the best musicians of today and of the Classic Rock era. Keith Emerson, Carl Palmer, Sammy Hagar, Ambrosia. He is presently the bass player for the Greg Kihn Band. He will perform with Gary Pihl, Jack Foster, David Medd, and David Lauser. Topeka Performing Arts Center, 214 SE 8th Avenue, 8 p.m. Fee.

TOPEKA, 785-234-2787

www.topekaperformingarts.org

EXHIBITS/SHOWS

THROUGH JAN 13

FROM STATE TO NATION: DOLE FOR VP, 1976

This Fall 2016 special exhibit outlines Sen. Bob Dole's campaign for the vice presidency in 1976. Audio description for this exhibit made

possible by Kansas Audio-Reader Network – Made possible by the Enid and Crosby Kemper Foundation. Dole Institute, 2350 Petefish Drive. LAWRENCE, 785-864-4900

FAIRS/FESTIVALS

DEC 2-4

FESTIVAL OF TREES

The SLI Festival of Trees will celebrate its 39th year at Kansas Expocentre - Ag Hall. The Festival attracts over 5,000 people each year and is a holiday tradition for many families. You can view approximately 65 beautifully decorated trees and wreaths donated by local businesses, organizations and individuals. Along with the display of trees and wreaths there are other activities such as local entertainment, Santa pictures, Mistletoe Market and the Silent Auction. Festival of Trees supports the SLI clients with intellectual and developmental disabilities. One Expocentre Dr. Time: December 1-2, 9 a.m. - 4 p.m.; December 3, 8 a.m. - 4 p.m.; December 4, 11 a.m. - 3 p.m. Price: \$5 for adults, \$3 for seniors (62+), free for kids under 12

TOPEKA, 785-233-2566

shelteredliving.org/abou/

FARMERS MARKET

APR 9-NOV 19

SATURDAY FARMERS MARKET

Stroll through the open air market, enjoy the live entertainment and demonstrations while you select fruits, vegetables, soap, baked goods, meat, jams, jellies, wine, pasta sauces, salsa, flowers, honey, fudge and so much more. 824 New Hampshire St., 7-11 a.m.

LAWRENCE, 785-505-0117

www.lawrencefarmersmarket.com

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

Need help reaching your fitness goals? Lawrence Parks and Recreation has certified personal trainers to help you make your workouts safe, productive and successful. Training and registration are available at all recreation centers. For more information, contact Gayle Sigurdson.

LAWRENCE, 785-832-7920

ONGOING

FIT FOR LIFE

Exercise in a safe, supervised and non-threatening environment. Physician's medical clearance required. 12 sessions. Fee. LMH Therapy Services.

LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three class different class schedules to meet your needs.

For more information or to enroll, call the Community Building or search activity 127102 at www.lprd.org.

LAWRENCE, 785-832-7920

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9:30-11 a.m. at the Downtown YMCA, 421 S.W. Van Buren. Free. No appointment necessary.

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.) Monday through Friday. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE. Lawrence Parks and Recreation. For more information, contact Stephen Mason.

LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

Monday-Friday at the Sports Pavilion Lawrence. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play.

LAWRENCE, 785-832-7950

TUESDAYS

BADMINTON

Players of all skill levels are welcome to join in this friendly game that challenges agility, pace and coordination. Games are played on a drop-in basis so join us when you can. Basic equipment is provided; players are welcome to bring their own racquets. For more information, contact Gayle Sigurdson at 785-832-7920. (Lawrence Parks and Recreation). Location: Sports Pavilion Lawrence, 6-8 p.m. No fee.

LAWRENCE, 785-832-7950

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at West Ridge Mall (Food Court, near the restrooms), 1801 S.W. Wana-maker Road. Free. No appointment necessary.

TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

Drop in 10 a.m.-noon every Tuesday. Stormont Vail Health's HealthWise Clinic, 2252 S.W. 10th Ave. No appointment necessary.

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

HEALTHWISE EXERCISE CLASS

This fun workout includes chair aerobics, strength training, balance and flexibility exercises tailored to seniors and others looking

■ CONTINUED FROM PAGE 24

to stay fit. 9:30 to 10:45 a.m. Tuesdays and Thursdays at Stormont Vail Health, 1500 S.W. 10th Ave. Cost: \$25 punch card covers 20 drop-in classes. Call for enrollment forms. TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS

FLEXERCISE

This exercise program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. Meets from 8:30-9:30 a.m. at East Lawrence Recreation Center, 1245 E. 15th St. Closed. Fee. Enroll at LPRD.org or at East Lawrence Center. LAWRENCE, 785-856-6030

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

TUESDAYS AND THURSDAYS

ZOSTAVAX (SHINGLES) CLINIC

The Zostavax (shingles) vaccine can be administered from 8 a.m.-noon. at the Stormont Vail HealthWise Clinic, 2252 S.W. 10th Ave. A doc-

tor's prescription is required, and costs may apply. TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCIE BALL

Interested in playing bocce ball? There are two public courts at Holcom Park. Equipment can be checked out from the Holcom Park Recreation Center. Beginners are invited to join experienced players for open play on Wednesday nights from 6-8 p.m. Call 832-7940 for information or to make court reservations within 24 hours of playing time. LAWRENCE

WEDNESDAYS

FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and questions. Appointments available at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments available by phone or at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hearing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday OF THE MONTH. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids. LAWRENCE, (785)748-8034

FRIDAYS

BLOOD PRESSURE CHECKS

Arbor Court, 1510 St. Andrews, 8:30 a.m. Open to the public. LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9:30-11 a.m. at the Southwest YMCA, 3635 S.W. Chelsea Drive. Free. No appointment necessary. TOPEKA, 785-354-6787

SECOND FRIDAY OF THE MONTH

WELLNESS FRIDAY

Join representatives from LMH the second Friday of each month for discussion on a health or wellness topic of interest. No registration needed; just drop in. Each program lasts about one hour. LMH Performance and Wellness Center, Suite 100,

Lawrence Parks and Recreation Sports Pavilion, 100 Rock Chalk Lane, 9:30 a.m. LAWRENCE, 785-749-5800

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at the Oakland Community Center, 801 N.E. Poplar. Free. No appointment necessary. TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9 to 10 a.m. at the Rose Hill Place clubhouse, S.W. 37th and Gage Boulevard. Free. No appointment necessary. TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9-10:30 a.m. at the Kuehne Branch (North) YMCA, 1936 N.W. Tyler St. Free. No appointment necessary. TOPEKA, 785-354-6787

NOV 2

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary

■ CONTINUED ON PAGE 26

Reserve Your Space Today!

For the "2017 Senior Resources Directory," a special pull-out section that will be available in the January 2017 issue of Kaw Valley Senior Monthly.

Please mail completed form to Groenhagen Advertising, 2612 Cranley St., Lawrence, KS 66046.

Include Your Business or Organization's Listing for just

\$ 30⁰⁰

Deadline is Dec. 9

Contact Kevin at 785-841-9417 or kevin@seniormonthly.net for more information.

An online form is available at www.seniormonthly.net/directory.html

Business/Organization Category: _____

Business/Organization Name: _____

Address: _____

Phone: _____ E-mail: _____

URL: _____

Contact Names (up to 3): _____

Description of your services and/or products (up to 75 words)

Place Your Logo Here
 Logo will run at a maximum width of 2.25" and a maximum height of 1".
 Logo runs in black and white.

■ CONTINUED FROM PAGE 25

medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Main Campus (West lobby), 325 Maine St., 8-9:30 a.m.
LAWRENCE, 785-505-5800

NOV 9

DIABETES INFORMATION FAIR

November is Diabetes Awareness month. In recognition, please join the LMH Diabetes Education Center and Lawrence Endocrinology for a free fair. Drop in and receive free health screenings including height, weight, body mass index, blood pressure and finger stick glucose. Please note that screenings will close at 7:15 p.m. Browse the exhibits and pick up information about prevention and management strategies for prediabetes and diabetes. Light refreshments served. No registration is necessary. This program will be in Conference Room A on the lower level of Lawrence Memorial Hospital. 5:30-7:30 p.m.
LAWRENCE, 785-505-5800

NOV 11

HEEL BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick, easy heel screening can indicate if further testing for this potentially debilitating disease is needed. Education provided. Appointment required. To arrange, please call (785) 505-5840 or (785) 505-33066. \$15/person. Note: if this time is inconvenient, please call to arrange an alternate day and time. LMH Performance and Wellness Center, 11 a.m.-1 p.m. (by appointment) at the LAWRENCE

NOV 12

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test

takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Performance and Wellness Center, 8-9:30 a.m.

LAWRENCE, 785-505-5800

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.
Arbor Court, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m.
Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.
Wyndam 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 THURSDAY OF THE MONTH

Babcock Place, 1700 Massachusetts St., 1 p.m.
Presbyterian Manor, 1429 Kasold Dr., 2:30 p.m.

THIRD FRIDAY OF THE MONTH

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 10 a.m.
Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH THURSDAY OF THE MONTH

Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

FOURTH FRIDAY OF THE MONTH

Brandon Woods, 1501 Inverness Dr., 10 a.m.

MEETINGS

SUNDAYS

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

OURS dances are held every Sunday evening from 6-9 p.m. at the Eagles Lodge, 1803 W. 6th St. Dances are open to everyone. Admission is \$7 per person. Carry-in meal served at 7:15.
LAWRENCE

MONDAYS

BREAST CANCER SUPPORT GROUP

Meets at Presbyterian Manor, 1429 Kasold, 5:30 p.m. Call Dena for more information.
LAWRENCE, 785-979-8362

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

MONDAYS

GRIEF SUPPORT GROUP

12-week adult group for recent loss. Midland Hospice, Building A, 4-5 p.m. Please call for start dates and information packet.
TOPEKA, 785-232-2044

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell.
TOPEKA, 785-271-6500; 785-230-6730 on first Monday between 5:30 and 7:30 p.m.

FIRST & THIRD MONDAY OF THE MONTH

BEREAVEMENT SUPPORT GROUP

LAWRENCE SENIOR CENTER
2:15-3:45 PM, 785-842-0543

FIRST & THIRD MONDAY OF THE MONTH

GRIEF SUPPORT GROUP

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.
LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.
LAWRENCE MEMORIAL HOSPITAL
4-5 PM, 785-840-3140

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please

join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.

LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

Meets in the library at Pioneer Ridge, 4851 Harvard Rd., at 9:30 a.m. Open to the public.
LAWRENCE, 785-749-2000

FIRST TUESDAY OF THE MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free.
TOPEKA, 785-354-6787

FIRST TUESDAY OF THE MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3 p.m. in Conference E of LMH.
LAWRENCE, 785-830-8130

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

Meets at Lawrence Memorial Hospital, 5:30 p.m.
LAWRENCE, 785-393-1256

FIRST TUESDAY OF THE MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

Our focus is supporting, assisting, and educating individuals with colostomies, ileostomies, urostomies and continent ostomies. Meets at 6 p.m. at St. Francis Health Center, 1700 SW 7th St.
TOPEKA, 785-295-5555

FIRST & THIRD TUESDAY OF THE MONTH

GRIEF SUPPORT GROUP

Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at 785-228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 1 p.m.
TOPEKA

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 THE 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



Find us on
Facebook

Like Senior Monthly on
Facebook

(facebook.com/seniormonthly)
and be eligible for monthly
prize drawings.

■ CONTINUED FROM PAGE 26

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 & THIRD WEDNESDAY OF THE 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 email to liv.frost@lmh.org.

LAWRENCE

FIRST THURSDAY OF THE MONTH MAN TO MAN PROSTATE 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 THE 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 THE MONTH PARKINSON MEETING

Midland Care, 200 SW Frazier, 5:30-7 p.m.

LAWRENCE, 785-235-1367 or (800) 798-1366

EVERY OTHER THURSDAY GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet.

TOPEKA, 785-232-2044

EVERY OTHER THURSDAY GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet.

TOPEKA, 785-232-2044

FIRST FRIDAY OF THE MONTH STROKE SUPPORT GROUP

Meet other stroke survivors, their families, and hear guest speakers discuss topics related to recovery. Please contact Randy Williams or Lisa Rundell for more information. Kansas Rehabilitation Hospital, 1504 SW 8th Ave.

TOPEKA, 785-235-6600

SATURDAYS LAWRENCE BRIDGE CLUB

Bring a partner and join us for an evening of bridge, snacks and prizes. Annual membership fee. First two visits are free. Kaw Valley Bridge Center, 1025 N. 3rd Street, 6:30 p.m.

LAWRENCE, 785-760-4195

ONE SATURDAY EACH MONTH LAWRENCE DEATH CAFE

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death. A Death Cafe is a discussion group about death rather than a grief support or counsel-

ing session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cwhiston@sunflower.com or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl.

LAWRENCE

SECOND MONDAY, SEP-MAY LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.

LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.

TOPEKA, 785-580-4662

SECOND TUESDAY OF THE 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 THE MONTH LAWRENCE ACTION CIVITAN CLUB

Civitans have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. at Just Food, which is located at 1000 E. 11th St. For more information, please visit the Civitan International website at civitan.org, the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan, or call Frank Kelley.

LAWRENCE, 727-631 9354

SECOND TUESDAY OF THE 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 WEDNESDAY OF THE 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 THE 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 THE 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 THE 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 THE 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 THE 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 TUESDAY OF THE MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF THE 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 THE 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 TUESDAY OF THE MONTH ALZHEIMER'S SUPPORT GROUP

Alzheimer's support group for families and caregivers. Blessingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling.

TOPEKA, 785-286-2273

THIRD WEDNESDAY OF THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Lawrence chapter of the National Active

and Retired Federal Employees (NARFE) meets the third Wednesday OF THE 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 THE 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

THIRD FRIDAY OF THE 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

FOURTH MONDAY OF THE MONTH GRIEF SUPPORT GROUP

Presbyterian Manor, 1429 Kasold., 4 p.m.

Sponsored by Grace Hospice.

LAWRENCE, 785-841-5300

FOURTH WEDNESDAY OF THE 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 THE 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 THE 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 THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday OF THE MONTH (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker

■ CONTINUED FROM PAGE 27

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.
TOPEKA, 785-478-0651

VETERANS DAY EVENTS

NOV 5

SALUTE OUR HEROES FESTIVAL

The Salute Our Heroes Festival is kicking off a variety of small pocket events leading up to the Topeka Veterans Parade as the main event. This event is free to the public with no general admission. As many as a dozen food trucks are expected at the festival, with new entries every day. Benefitting the Military Veteran Project. Kansas State Capitol, 9 a.m.-2 p.m.
TOPEKA, 785-633-2575
www.militaryveteranproject.org/salute-our-heroes-festival.html

NOV 13

FREE DAY HONORING VETERANS AND ACTIVE MILITARY

The Kansas Museum of History honors all veterans and active military on this day with free admission. Kansas Museum of History, 6425 SW Sixth Avenue, 1-5 p.m.
TOPEKA, 785-272-8681
ksks.org/19838

MISCELLANEOUS

EVERY MONDAY AND THURSDAY

SCRABBLE: OPEN PLAY

Anyone interested is welcome-beginner or long timer-just walk in or give a call. Douglas County Senior Service, 745 Vermont St., 1-4 p.m.
LAWRENCE, 785-842-0543

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m.
TOPEKA, 785-783-8300
www.kansasdiscovery.org

SECOND SUNDAY OF THE MONTH MONTHLY GUIDED HIKE

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas.

Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Fee. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd., 1 p.m.

LAWRENCE, 785-842-8562

ksoutdoors.com/State-Parks/Locations/Clinton

NOV 1-JAN 1

OVER 100 HISTORIC CHRISTMAS TREE & ORNAMENT DISPLAY

100 indoor Christmas trees with antique, vintage, and themed decorations. Many unique ornaments, plus a 15-foot live cedar tree in our beautiful chapel. Located in Lecompton, KS, "The Birthplace of the Civil War, Where Slavery Began to Die!" Kansas Territorial Capital Museum, 640 E. Woodson, hours vary.
LECOMPTON, 785-887-6148

NOV 5

BLOOMFIELD CHILI & VEGETABLE SOUP SUPPER & BAZAAR

Get a jump start on your Christmas Shopping

on November 5. There will be good food and great fun at our Annual Chili and Soup Supper and Craft Bazaar in the Bloomfield Church on the Threshing grounds. We will start serving food at 5:30 p.m. with the auction starting around 7 p.m. Come anytime for yummy soup or chili and don't forget a piece of homemade pie. There will be craft items and baked goods for sale and door prizes. 8275 K-4 HWY, 5:30 p.m. Free.

MERIDEN, 785-484-3713

NOV 6

LEARN TO PLAY GRANNY BASKETBALL

This learn-to-play practice will introduce Kansas women age 50+ to the 1920s-style game rules in preparation of the 2017 Granny Basketball league season. The six-on-six game provides wholesome, nostalgic and sometimes humorous entertainment, as well as an outlet for charitable fundraising. Lawrence Community Building, 115 W. 11th Street, 2 p.m.
LAWRENCE, 785-409-2791

■ CONTINUED ON PAGE 29



LIKE TO ADVERTISE IN SENIOR MONTHLY?

See our rate card at
www.seniormonthly.net/advertise.



Subscribe to
Senior Monthly and
start saving today.

See seniormonthly.net/savings for more information.

Kaw Valley Senior Monthly



Have *Kaw Valley Senior Monthly* delivered right to your home. Just
\$8.50

for 12 issues!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Mail this completed form along with \$8.50* to:

Groenhagen Advertising, L.L.C.

2612 Cranley St.

Lawrence, KS 66046

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

■ CONTINUED FROM PAGE 28

NOV 12

HOWLIDAY BAZAAR

Please join us for HHHS' 3rd annual HOWLIDAY BAZAAR! Up to 50 vendors will be present to offer a variety of products in plenty of time for Thanksgiving and Christmas shopping. Products available include but are not limited to homemade pies and pastries, handcrafted jewelry, blankets, quilts and clothing, toys, pet treats, spices, fashion accessories and much, much more! A silent auction of items donated by our wonderful, generous vendors will also be held, delicious food will be available for your shopping convenience, and Karen and Drew Walker of Solid Rock Sound Machine will provide background music, vendor interviews and more! Please also join us as we open early at 10 am to see our wonderful adoptable pets and enjoy special adoption events: \$25 Festival Fall Felines and National Adopt a Senior Pet Month \$50 dogs and \$10 cats. Please join us at this fun and exciting event as we help raise funds for HHHS and the many animals awaiting their forever homes at the same time. HHHS, 5720 SW 21st Street, 9 a.m.-3 p.m. TOPEKA, 785-224-6672 www.hhhstopeka.org/events

NOV 13

GIVING THANKS & FINDING HOPE: REMEMBERING OUR LOVED ONES

A service remembering and honoring loved ones who have passed from this life. Featured speaker, Dr. Harold Ivan Smith, noted grief author and professor, will provide practical

help on coping with the holidays. Photographic display honoring loved ones who have passed in our "Room of Memories." Music by Shawnee Heights High School Choir and bagpiper, Richard Gannon. Refreshments provided. The Great Overland Station, 701 N Kansas Ave. Free to the public. Sponsored by Grace Hospice. Program begins at 3 p.m. TOPEKA

NOV 23-DEC 31

WINTER WONDERLAND

Winter Wonderland is located at Lake Shawnee.

This 2.5 mile dazzling holiday light display. Winter Wonderland is TARC's largest annual fundraiser. TARC is a 501(c)-3 that provides service support and to 2,500 children, families and adults with developmental, intellectual or related disabilities. Join us for a sparkling light display to get you in the holiday spirit - a suggested \$10 donation at the gate or pre-sale tickets are available for \$7 at TARC, Inc., 2701 SW Randolph. TOPEKA www.facebook.com/TARCWinterWonderland

DEC 3

WING FLING

2nd Annual Wing Fling, in which area restaurants compete to be the best in different categories. Patrons get all you can eat wings. The infamous Cowboy Mouth from New Orleans will be performing on the Budweiser Stage. Kansas Expocentre One Expocentre Drive, 12-4 p.m. Fee. TOPEKA, 785-235-1986 www.ksexpo.com



Our idyllic country setting is safe, beautiful and convenient to Topeka and Lawrence

Living at Prairie Wind is much like living at home. Meals are made from scratch with the most wholesome ingredients available. The home setting allows for close relationships and makes it possible to easily accommodate each senior's preferences in schedule, meals and daily activities. Prairie Wind is owned and operated by a local family with more than 60 years of experience in caring for elders. Let our family care for you or your loved one.

We now offer Adult Day Care for seniors who don't need 24/7 care. We provide a safe place for the senior while the caregiver sleeps, works, runs errands, etc.



HOME PLUS

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

SeniorMonthly: Locally Owned and Operated

With Senior Monthly, your advertising dollars go further today, and not farther away.



KTPK, WIBW (Alpha Media, Portland, Oregon)

Lawrence Journal-World (Ogden Newspapers, Inc., Wheeling, West Virginia)

KSNT (Media General, Richmond, Virginia)

Topeka Capital-Journal (Morris Communications, Augusta, Georgia)

KMAJ, KDVV, KTOP-FM (Cumulus Media, Atlanta, Georgia)

WIBW-TV (Gray Television, Atlanta, Georgia)

Kaw Valley Senior Monthly (Groenhagen Advertising, LLC, Lawrence, Kansas)

KLWN (Great Plains Media, Inc., Cape Girardeau, Missouri)

KTKA-TV (Vaughan Media, LLC, Port Charlotte, Florida)

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

**Sons of The American Revolution**

Can you trace your family tree back to a point of having an ancestor who supported the cause of American Independence during the years 1774-1783? If so, please consider joining the Sons of the American Revolution. Local contacts can guide you through the membership process.

Charles Robinson Chapter

(Lawrence)

John Saylor (President)

785-841-5756

Thomas Jefferson Chapter

(Topeka)

Brian Vazquez (President)

785-272-7647

We Improve People's Lives

Home Health, Skilled Nursing, Physical, Occupational and Speech Therapy
Private Duty Care

Int-rim
HEALTHCARE INC.

1251 SW Arrowhead Rd., Suite 103 • Topeka

785-272-1616**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**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

We're Just Your Style!**21ST & FAIRLAWN***We're Just Your Style!*

Over 50
Unique Shops,
Restaurants
and Stores.

21st & Fairlawn
Topeka, Kansas



**Is Advertising in the
Daily Newspapers
Getting a Bit
Burdensome?**

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



Introducing the Senior Savings Card!

Kaw Valley Senior Monthly launched its Senior Savings Card program in March 2016, and we would like to invite your business to participate. In order to participate, all a business has to do is provide our subscribers with a discount (which is not currently available to the general public) when they present their Senior Savings Cards. Other than the discount, the program is **FREE** for participating businesses. A full listing of participating businesses and their discounts is available at seniormonthly.net/savings.

**To sign up your business for the Senior Savings Card program,
please visit seniormonthly.net/savings.**

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment



Graceful Home Healthcare
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
- Homemaker 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

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



Questions about
MEDICARE OR SOCIAL SECURITY



Call Bill Woody, Jr. for answers.
785-841-9538

STEPHENS CHAPIN INSURANCE
2711 W. 6th St. • Suite A • Lawrence, KS

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

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

Wills – Trusts – Estate Planning
Probate Administration

THOMPSON RAMSDELL
QUALSETH & WARNER, P.A.
333 West 9th Street, Lawrence, Kansas 66044

785-841-4554 www.trqlaw.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



COLDWELL BANKER
GRIFFITH & BLAIR
AMERICAN HOME

June Rockey
REALTOR®

(785) 224-8454 (Mobile)
(785) 267-8600 (Fax)
2222 SW 29th St., Topeka, KS 66611
June@JuneRockey.com



PEAVLER & ASSOCIATES

MEDICARE QUESTIONS?

John McGrath
SENIOR BENEFITS SPECIALIST

785-418-7298

Email: john@pfckc.com Fax: 866-514-2919




• Medicare Education & Consultation
• Medicare Supplement Plans
• Medicare Advantage Plans
• Part D Prescription Drug Plans
• Dental, Life, Disability

2951 S.W. Woodside Dr., Topeka, KS 66614

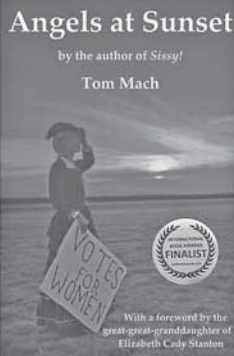
(785) 233-1816 or toll-free (800) 227-0089
www.centuryinsuranceagencyks.com

Day Dreaming: Tales from the Fourth Dementia



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

Angels at Sunset
by the author of *Sissy!*
Tom Mach



Nobel Prize Nominated Book!

ANGELS AT SUNSET by Tom Mach is an awe-inspiring historical novel that is about one woman's disbelief in angels. Nominated for the Nobel Prize by Albertus Magnus College in 2012. \$15 ppd. HILL SONG PRESS, PO Box 486, Lawrence, KS 66044

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

BUSINESS CARD DIRECTORY SPECIAL

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

GROEN ZONE

The upcoming (and overdue) revolt against the mainstream media

By Kevin Groenhagen

On April 2, 2013, Steve Rose of the *Kansas City Star* compared Johnson County, Kan., with Berkeley, Calif. “Berkeley voted 90 percent for Barack Obama last year,” Rose wrote. “Poor Mitt Romney got only 4.6 percent of the vote, barely eking out second place against the candidate for the Green Party, who got 3.2 percent. You can’t get any more liberal than that and still be in America.” That’s not quite true. As Tim Groseclose noted in *Left Turn: How Liberal Media Bias Distorts the American Mind* (2012), “[A]ccording to surveys, in a typical presidential election Washington correspondents vote about 93-7 for the Democrat, while the rest of America votes 50-50.” Remarkably, Berkeley is slightly *less liberal* than Washington correspondents. King County, Texas, is the only county in the United States that votes as conservatively as Washington correspondents vote liberally.

“[W]hile the job of a journalist is to shine light on facts, in the current state of the U.S. media, journalists do not shine their light straight,” wrote Groseclose, who has joint appointments in the political science and economics departments at UCLA. “Instead it is as if they use a prism, bending the light and causing it to make a left turn. The end result is that we, the readers and viewers of the news, are more likely to see facts from the left side of the spectrum. This is what I mean by a *distortion theory* of media bias. Such behavior of journalists also causes our political views to make a left turn—that is, to become more liberal.”

Groseclose’s conclusions about media bias are supported by eight years of research, state-of-the-art statistical and social-scientific methods, and research by rising-star professors of economics and political science. He developed a “political quotient” (PQ) based upon issues chosen by the

Americans for Democratic Action, a liberal interest group. He also developed a “slant quotient” so that media bias “can be measured objectively and quantitatively.” According to the slant quotients, “every mainstream national news outlet in the United States has a liberal bias.” That includes Fox News. In addition, Groseclose found that “media bias aids Democratic candidates by about 8 to 10 percentage points in a typical election.” Without that bias, John McCain would have defeated Barack Obama 56-42 instead of losing 53-46. Of course, without media bias, Mitt Romney also would have defeated Obama.

According to Groseclose, “In our current world, where views are distorted by media bias, the PQ of the average voter is approximately 50. This is about the score of Sen. Ben Nelson (D-Neb.) or Sen. Olympia Snowe (R-Me.)” However, if media bias could be eliminated, then the PQ of the average voter would be approximately 25 or 30. In such a world, Groseclose writes, American political values would mirror those of Kansas. In Kansas, Mitt Romney received nearly 60% of the vote in 2012, every federal and statewide elected official is a Republican, Republicans control more than 90 of 125 seats in the Kansas House of Representatives, and Democrats in the Kansas Senate can literally meet in a phone booth. Instead, the mainstream media try to convince us that Harry Reid (PQ 75.6), Joe Biden (PQ 80.5), Hillary Clinton (PQ 87.6), Barack Obama (PQ 87.7), and Nancy Pelosi (PQ 100.7) are “moderate” politicians.

Are members of the mainstream media being deliberately dishonest when they portray these far-left politicians as “moderates.” Groseclose does not believe so. “Most journalists, I have found, aren’t that bothered that the typical newsroom is so liberal,” he wrote. “One reason is that they often don’t realize how liberal they are. As Bernard

Goldberg has noted, journalists are like fish. Having lived their entire lives in water, they don’t realize they’re wet.”

Unfortunately, these journalists often swim in the same water as prominent members of the Democratic Party. During the hearings on the Benghazi

scandal, Patrick Howley with the Daily Caller reported that CBS News president David Rhodes is the brother of Obama Deputy National Security Advisor Ben Rhodes, the official who was instrumental in changing the [Benghazi]

■ CONTINUED ON PAGE 33



Is the cost of advertising in the daily newspapers getting to be burdensome?

Call Kevin at 785-841-9417 to find out how your advertising can reach seniors in Lawrence and Topeka for rates that are not out of this world.

Kaw Valley
Senior Monthly

Mainstream media

■ CONTINUED FROM PAGE 32

hazi] talking points in September 2012.

Investigative reporter James Simpson in May 2013 reported that “ABC [News] President Ben Sherwood’s sister, Dr. Elizabeth Sherwood-Randall, is a Special Assistant to Barack Obama on national security affairs,” while CNN’s deputy bureau chief, Virginia Moseley, is the wife of Tom Nides, who was Hillary Clinton’s deputy.

Former White House Press Secretary Jay Carney, a former Washington bureau chief for *Time* magazine, is married to Claire Shipman, a senior correspondent for ABC News (which already has credibility issues with George Stephanopoulos, who was a leading member of Bill Clinton’s 1992 U.S. presidential campaign and, later, a member of the Clinton administration).

Chuck Todd, chief White House correspondent for NBC News, is married to Kristian Denny Todd, “a veteran of numerous successful Democratic campaigns.” After serving as senior communications strategist to U.S. Senator Jim Webb’s 2006 victory in Virginia, she “joined Steve Jarding and Jessica Vanden Berg in creating Maverick Strategies and Mail providing direct mail and consulting services for Democratic candidates and progressive causes.” Chuck Todd himself worked for the 1992 presidential campaign of former Sen. Tom Harkin (D-Iowa).

Chris Cuomo, co-host of CNN’s “New Day,” is the brother of Andrew Cuomo, the Democratic governor of New York. Their father, the late Mario Cuomo, was also a Democrat who served as governor of New York.

Connie Schultz, a columnist for *The Cleveland Plain Dealer*, resigned from that newspaper in September 2011 after she videotaped a Tea Party rally that featured Ohio Treasurer Josh Mandel as one of the speakers. Schultz later wrote a column about the rally in which she concluded that the patriotic Americans at the rally “deserve better than the extremists claiming to be their leaders.” Presumably, Schultz considered Mandel one of those “extremists.” She didn’t mention Mandel by name, so she must have believed no one would mind if she took a swipe at him before he officially announced that he would be running as a Republican challenger for the U.S. Senate seat held by Sherrod Brown (D-Ohio), Schultz’s husband. Brown was also on the list of Hillary Clinton’s potential running mates.

When members of the news media are related to those who hold key positions in the Obama White House, do consulting for Democratic candidates and progressive causes, or are married to Democratic elected officials, it is difficult to believe that they report the news down the middle. Add to this the fact that, in a typical presidential election, 93 percent of Washington correspondents vote for the Democratic candidate, and we have to consider the



following point made by Groseclose in *Left Turn*: “People sometimes treat the press as the fourth branch of government. Suppose, however, that one of the actual three branches were as unrepresentative of the people as the press is. For instance, suppose that 93 percent of Congress were Democratic. Or suppose the opposite—that 93 percent were Republican. Or suppose that one party tended to win the presidency 93 percent of the time. If this were the case, then it would not be an exaggeration, I believe, to say that such a situation would produce a revolution. A government that unrepresentative of the people cannot remain stable.”

I wrote this column before the November 8 election. While it was not yet clear then who would win the

presidential election, it is clear that we witnessed an unprecedented amount of media bias this year. In fact, emails shared by WikiLeaks showed many members of the mainstream media were shilling for and colluding with the Clinton campaign. As Jim Rutenberg of *The New York Times* noted in August, “Balance has been on vacation since Mr. Trump stepped onto his golden Trump Tower escalator last year to announce his candidacy.” Further, journalists “have to throw out the textbook American journalism has been using for the better part of the past half-century, if not longer, and approach it in a way you’ve never approached anything in your career.”

How much longer can the American people tolerate this imbalance?

INSERTS!

Kaw Valley Senior Monthly can insert your circulars or flyers for as little as \$50 per 1,000.*

Call 785-841-9417 for more information.

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



STICKER ADVERTISING

Place your message on the front cover of Senior Monthly with a 3" x 3" sticky ad. The January and February issues are currently available (must do both issues). Call Kevin at 785-841-9417 for more information.

RICK STEVES' EUROPE

Finding peace, faith in Assisi

By Rick Steves

Tribune Content Agency

Located in the hills of central Italy, Assisi is the hometown of St. Francis. It's where he was born, lived and worked—and where he died. Today tourists flock to this town, which sits atop a hill just outside of Tuscany in neighboring Umbria, to visit the basilica that's dedicated to him and to celebrate his teachings: chastity, obedience, harmony and a beautiful promise of your reward in heaven.

Francis taught by example, living without worldly goods and aiming to love all creation. He and his “brothers” (“fratelli,” or friars) slept in fields, begged for food and exuded the joy of nonmaterialism. Known as the “Jugglers of God,” Franciscan friars modeled themselves after French troubadours (“jongleurs,” or jugglers) who roved the countryside singing and telling stories.

Perched on a ridge at the bottom of the old town, the grand Basilica of St. Francis is one of the spiritual and artistic highlights of Western Civilization. Built between 1228 and 1253, the church has three parts: the upper basilica, the lower basilica and the saint's tomb. In the lower basilica, a fresco of the Crucifixion by Giotto, a follower of St. Francis himself, was considered radical at the time for its unprecedented realism and its depiction of holy people expressing emotion (such as Mary fainting in despair). Below the lower basilica is the tomb, with a humble elegance and beauty befitting the saint's message.

The upper basilica—the first Gothic church in Italy—is slathered with frescoes by Giotto and his followers, showing 28 scenes from Francis' life. One scene depicts a nearly naked Francis—the rich kid tossing his fancy clothes to his father—befuddling high society by trading a life of power and luxury for one of simplicity and poverty. Perhaps the most endearing scene shows Francis preaching to the birds, who repre-

sent the diverse flock of humanity and nature, all created by God and worthy of love.

Every time I'm here, I learn something. On my last visit, a friar named Daniel helped me clarify some points: To call St. Francis a monk is technically wrong. Monks live in solitude in a monastery—it's just them and God. Franciscans are friars (from the Latin word for “brother”)—their calling is to be with people as brothers. And they stay in convents, which are not just for women (and monasteries are not just for men). It's all about whether you're social or solitary—like the words “convene” and “monologue,” whose roots they share. As always, I left inspired by the friars' gentle and loving approach to life. In a hyphenated word, they are Christ-like.

The story of St. Francis starts in the Basilica of St. Mary of the Angels, located in the modern town in the valley below Assisi. This marks the spot where Francis lived, worked, and died. It's here that Francis restored a small chapel and established the Franciscan order. Centuries later, to accommodate the many pilgrims wanting to pay homage to St. Francis, a grand church was built surrounding the chapel, which now sits directly under the dome. (I wonder what humble Francis would think of the huge church built over his tiny chapel?) Nearby is the small cell where Francis died.

Especially in a stony and historic town like Assisi, I enjoy spending the night so I can take in the ambience after the day-trippers disperse. There's history everywhere, such as the Temple of Minerva—the centerpiece of Roman Assisi 2,000 years ago. I love hanging out in what was the Roman forum (today's main square), marveling at the beautiful fluting on the temple's Corinthian columns.

Walking through town, you may also see some creches, which are extremely popular here. It's said that St. Francis, a master at teaching Bible lessons with clever props, created the first Nativity scene to help people relate to the

Christmas message more vividly. Ever since then, the Baby Jesus has been shown on his day of birth in a humble setting, in local scenes that have not a hint of Bethlehem—an Italian setting for Italian viewers (or an Arctic scene for Eskimos)—to connect more intimately with the story of the Nativity.

In Assisi, my favorite ritual is to sit quietly on the rampart of the medieval fortress high above town. I look down at the basilica dedicated to the saint, then into the valley at the church where Francis and his “Jugglers of God” started the Franciscan order. Hearing the same birdsong that inspired Francis, and tasting the same simple bread, cheese, and wine of Umbria that sustained him, I calm my 21st-century soul and ponder the message of a saint who made the teaching of Jesus so accessible.

IF YOU VISIT...

SLEEPING: On a ridge overlooking the valley, Hotel Ideale offers bright and airy rooms with views and a tranquil garden setting (moderate, www.hotelideale.it). Hotel La Rocca, sitting peacefully at the top end of town, has modern rooms inside a medieval shell

along with a rooftop terrace (budget, www.hotelarocca.it).

EATING: Ristorante Medioevo is an elegant, accessible playground of gastronomy. Enjoy traditional cuisine with a modern twist while you listen to mellow jazz and bossa nova (splurge, Via Arco dei Priori 4, tel. 075-813-068). Near the Temple of Minerva, La Bottega dei Sapori is handy for assembling a picnic of Umbrian treats, including good roasted pork sandwiches (budget, Piazza Del Comune 34, tel. 075-812-294).

GETTING AROUND: The old town is walkable, although minibuses can save the uphill climb from the Basilica of St. Francis at the low end of town to Piazza Matteotti at the top.

TOURIST INFORMATION:

www.visit-assisi.it.

- Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

© 2016 Rick Steves

Distributed By Tribune Content Agency, LLC.

Healthy? Postmenopausal?

PRA Health Sciences is currently seeking volunteers for an investigational study at our facility in Lenexa, Kan. You may qualify if you are:

- A healthy, postmenopausal female
- Ages 50-80
- Available for four stays of two nights each, plus a follow-up visit

Qualified study participants may receive compensation up to \$2,800. Even if you don't qualify, you could receive up to \$300 for referring a qualified participant.



PRAHEALTHSCIENCES

9755 Ridge Dr. • Lenexa, KS



Call: 913-410-2900 • PRAstudies.com/Lenexa

HUMOR

The 50-Foot Turkey Goes To Hollywood

Dexter Dolby had to confess. When he started writing the screenplay for *Attack of the 50-Foot Turkey* he never thought he would end up here. How he got from his own red carpet premiere at the Letongaloosa Fall Film Festival to being stuck in bumper-to-bumper traffic along the Pacific Coast Highway was a blur. One day he's a writer and movie critic for the Letongaloosa *Register-Journal-Challenger-*

events of that fateful night after Halloween was better than a prize-winning movie. Incredibly, Dexter had said goodbye to the small circulation newspaper and to small-town life. The turkeys at the wildlife conservatory had changed his life and provided him with the future he had longed for. With a firm offer of a job, Dexter bid goodbye to friends and family, packed up his Revere 8mm, and headed for Hollywood.

The weeks following the movie premiere had passed like a whirlwind. After "Mr. Hollywood," Paul Peterson showed up that night outside of the Cineplex, the people of Letongaloosa had treated Dexter like a celebrity. The managers of the burger stand told him he'd never pay for a burger and fries and shakes again. The manager of the movie theater assured him he'd have free movie tickets. The president of the Wild Life Sanctuary presented him a certificate that made him a lifetime member. He could visit the turkeys that turned him into an up-and-coming filmmaker any time he wanted.

All of the attention at first mystified,

then humbled Dexter. He was delighted that people liked his work. He was ecstatic about the attention Paul Peterson paid him in the following weeks. They became friends.

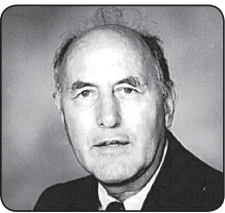
The two discussed everything from to do with the creation of films and screenwriting, to the nitty gritty of post-production editing. One day Paul talked to about turning *Attack of the 50-Foot Turkey* into a one-day classic for the big screen. All of those conversations resulted in an offer for Dexter to go to Hollywood and make movies for TPP Productions.

It was a dream come true! Dexter loved his job as writer and movie critic in Letongaloosa, but he was thrilled with his new life, even when he had to sit in this traffic jams on his way to write and make movies. Slowly, the sea of cars began to inch forward. Dexter

felt a warm breeze on his face. He was on his way to HOLLYWOOD. He was going to make movies. The cars started to move and Dexter felt the Wrangler roll. It moved closer and closer to his future as a Hollywood filmmaker.

In front of the offices on the TPP Studio lot, he noted the palm trees. He sat and marveled for a moment at the studio's white stucco façade. Then he stepped out of his sturdy, old vehicle, grabbed his Revere 8mm, and walked confidently toward the studio. He was no longer that kid from a small town in the Midwest. He was Dexter Dolby, Hollywood screenwriter and filmmaker.

- 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.



Larry
Day

Sun Chronicle. The next, it seemed to him, he was here sitting behind the wheel of his old blue Wrangler, a week before Thanksgiving, staring out at the turquoise waters and waiting to begin life as a Hollywood screenwriter.

How a film gets made had always been incredibly important to Dexter. As a kid he'd sit for hours absorbing every detail of every plot line, camera angle and costume in movies like *The Giant Claw*, *Dementia 13*, and *The Terror*. He wanted to be a film writer, and he knew if he was going to be taken seriously he had to pay attention to every detail of the production.

It was that attention to detail that caught the eye of Paul Peterson, the CEO of Talking Pictures Productions (TPP). The way the camera captured the detail and movement of a giant 50-foot turkey as it toppled the tiny country town made the hair stand up on the back of Paul Peterson's neck. He prided himself in being able to spot creativity and talent wherever he saw it—even in a backwater town like Letongaloosa. Peterson wanted Dexter working for his company.

For Dexter, thinking back to the

INSERTS!

Kaw Valley Senior Monthly can insert your circulars or flyers for as little as \$50 per 1,000.*
Call 785-841-9417 for more information.

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

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

100% Employee Owned Company!


MEDICALODGES
Eudora

"Professional Therapy & Nursing Services in Your Hometown!"

KEY REHAB

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



We accept MEDICARE, KANCARE & other major insurances.

Medicalodges Eudora

1415 Maple Street, Eudora Kansas

(785)542-2176

WWW.MEDICALODGES.COM

WOLFGANG PUCK'S KITCHEN

Trend report: Retro appetizer proves everything old is new again

It always interests me to hear people talk about the latest food trends. While my team of chefs and I do keep our eyes, ears and mouths open for exciting new things, I also try to remember the truth to be found in the word "trend" itself. It comes from an old German word meaning "to turn or revolve," which reminds us that trends



Wolfgang
Puck

are cyclical. So not only will what is new today become old tomorrow, but also old things can suddenly seem new and exciting again.

I see that phenomenon happening with many of my most popular dishes, from chicken potpies to goulash to butterscotch pudding. And it certainly is true of a recipe I'd like to share for clams casino.

This recipe for fresh clams that are first steamed and then baked on the half-shell with a flavorful filling originated 99 years ago in a Rhode Island restaurant called the Little Casino. Its popularity quickly spread, especially to family-style Italian restaurants. Today, I see clams casino booming again, particularly paired with the retro cocktails that have become so popular.

As my description of clams casino's basics may suggest, the recipe offers lots of room for interpretation. My own version aims to provide an exciting, well-rounded combination of tastes, aromas, textures and colors to complement the fresh clams you'll find in markets now through winter and spring.

The clams themselves, of course, are the start. I like to use the Littleneck or Cherrystone varieties, which I buy fresh from reputable seafood shops or departments. Make sure the shell-

fish are closed and smell fresh, and keep them loosely covered and well-chilled in the refrigerator before cooking the day you buy them. Scrub them thoroughly under cold running water before cooking.

I first steam the clams open with white wine and vermouth, which add wonderful flavor to the shellfish and the juices they give off. (Discard any that don't open.) Once they've cooled a bit, I remove the top shells, loosen the bottom meat with a teaspoon, and nestle the half-shells with the meat on a bed of coarse kosher salt in a baking tray.

My filling combines crispy bacon with sauteed, diced shallot and bell pepper, some of the clam cooking juices, coarse breadcrumbs, freshly grated Parmesan, a dash of Basque Espelette pepper or cayenne, and lots of fresh herbs. As the final step, I bake the clams in a hot oven just until the filling forms a deep golden-brown crust.

Serve the dish with your favorite cocktails or a glass of crisp, cold white wine. You and your guests will feel wonderfully retro—and right on the cutting edge of a hot culinary trend!

CLAMS CASINO

Serves 4

1/2 cup (125 mL) dry white wine
1/2 cup (125 mL) dry vermouth
1 sprig fresh oregano
Pinch crushed red pepper flakes
20 fresh clams, such as Littleneck or Cherrystone, scrubbed clean under cold running water
4 tablespoons extra-virgin olive oil
2 slices applewood-smoked bacon
1/2 cup (125 mL) finely chopped shallots
1 tablespoon unsalted butter
1/2 cup (125 mL) finely diced red bell pepper(s)
Pinch Espelette pepper or cayenne pepper
3/4 to 1 cup (185 to 250 mL) coarse dry breadcrumbs, such as panko
1/4 to 1/2 cup (60 to 125 mL) freshly

grated Parmesan cheese

1/4 cup (60 mL) chopped fresh herbs such as Italian parsley, chives and tarragon, plus extra for garnish

Kosher salt

Freshly ground black pepper

1 large lemon, cut into 6 wedges

In a large pot, combine the wine, vermouth, oregano and red pepper flakes. Bring to a boil over high heat. Add the clams. Cover and cook until the clams open, 5 to 7 minutes. Remove from the heat. Uncover and leave to cool.

Drizzle 2 tablespoons olive oil in a medium skillet over medium-high heat. Add the bacon and saute until crisp. With a slotted spoon, transfer to paper towels to drain. Pour off some of the fat, leaving a thin, even coating in the skillet. Add the shallots and butter and saute until translucent, about 3 minutes. Add the bell pepper and saute briefly.

Add 1/2 cup to 3/4 cup (125 mL to 185 mL) of the clam cooking juices to the skillet. Simmer, stirring occasionally, until the mixture thickens, 3 to 5 minutes. Stir in the bacon. Transfer to a bowl to cool. Stir in the Espelette pepper or cayenne, most of the breadcrumbs and Parmesan, the chopped herbs, 1 to 2 tablespoons more olive oil, and salt and pepper, adding more of the

crumbs, Parmesan, and oil to achieve a light yet firm and moist consistency.

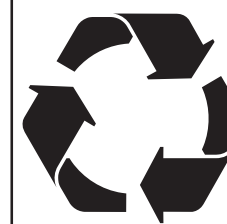
Line a rimmed baking sheet with a 1/4-inch (6-mm) layer of kosher salt. One clam at a time, twist off and discard the top shells. With a teaspoon, detach the meat from the bottom shell. With the spoon, mound and pack the filling over the clam meat in each shell half. Nestle in the salt.

Position a rack at the top of the oven and preheat to 500 F. Bake the clams until the filling is heated through, crisp, and golden-brown, 5 to 8 minutes.

Garnish with lemon wedges, sprinkle herbs over the clams and serve. For a more impressive presentation, spread a 1/4-inch (6-mm) layer of kosher salt on a serving platter large enough to hold all the clams. Then carefully nestle the clams in the salt before garnishing with the lemon wedges and herbs.

© 2016 Wolfgang Puck Worldwide, Inc.

Distributed By Tribune Content Agency, LLC.



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

Restaurant Guide

McFARLAND'S Restaurant



Casual Dining, Private Parties

Over 70 years of serving fine food

4133 Gage Center Dr. • Topeka • 785-272-6909

Chic-A-Dee CAFÉ



"Good Home Cooked Food"

Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm

3036 SE 6th • Topeka • 785-233-0216

Serving Topeka Since 1969



Open 7 Days A Week

6:00 a.m.-3:00 p.m.

1034 S. Kansas Ave.

785-232-1111

Old 56

Family Restaurant

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



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

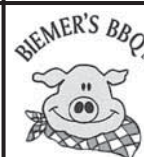


You're Gonna Love It!

Pizza, Sandwiches,
Pasta, Salads

Family Dining
Carryout

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



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.

MY PET WORLD

How to keep turtles happy, healthy and clean

By Marc Morrone

Tribune Content Agency

Q: I have two red eared slider turtles. I got them last year when they were the size of half-dollars. Now in a 75-gallon tank with a sunning rock and two different lights, they are 5- and 6-inches, each. But I can't keep the tank clean for more than four days even with a filter. I've heard that some people feed their turtles in a separate tank, but as soon as I take mine out, they "clam" up. How can I train them to eat outside their usual environment? What type of tank and should it have water in it? - Stewart Williams, Las Vegas, NV

A: I think you need a stronger filter than what you have, but feeding the turtles in a separate container will keep their habitat much cleaner no matter what the filter.

The feeding tank does need to have water because water turtles cannot swallow their food unless their heads are under water. Even if they grab a piece of food on land they still need to carry it into the water and swallow it with their head under water. I don't have an answer to why this is, despite researching it.

I feed my turtles in a plastic kitty litter pan with just enough water to cover their shells. After I put them in it and feed them, I leave them to their own devices for 20 minutes or so to allow them time to eat and poop in the pan. Then I put the turtles back into their vivarium and use the messy water in the feeding pan to water my

houseplants.

If your turtles are too shy right now to eat out of their habitat, then just put them into the feeding pan a few times a day to swim for about 20 minutes, so they can grow feel comfortable in it—just be sure that the water in the feeding pan is the same temp as in their vivarium.

Q: Years back we all had Iguanas as pets and I had a very clever one named "Iggy," who actually lived loose in my studio apartment for many years. However you never see them offered as pets anymore in the pet stores we went to and I was wondering why? - Richard Grant, Chicago, IL

A: Keeping reptiles as pets has come a long way in the last few decades. Years back, the iguana was so popular as a pet only because it was the only lizard that was available as a pet.

In Central America the green iguana is a popular food source. The animal is commercially bred on farms for this purpose, so there are many babies that are available to be sold in the pet trade and years back every pet store had them.

The problem, though, is that baby iguanas need a lot of specialized care that not all pet keepers are capable of providing. Because of this, most of them died as infants.

So many adult iguanas ended dumped in parks and other areas by those people who could not keep them and many municipalities made them not legal as pets. In parts of Florida pet iguanas that got dumped have taken

over as an invasive species.

While all this was going on, dedicated reptile enthusiasts started to breed and domesticate other lizards, such as bearded dragons and geckos. Those animals are much smaller than a 6-foot, 15 pound iguana, thus easier to keep as a pet. That is the main reason you seldom see baby iguanas offered for sale as pets.

If you do find one to purchase, you must be sure you are capable of keep-

ing one as a pet before you purchase it.

- Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.

© 2016 Distributed By Tribune Content Agency, LLC.



Where Families Come Together

Drop by one of our three locations and see why Families love calling Vintage Park "Home."

*All Inclusive Pricing
Restaurant Style Dining*

Call Vintage Park today!

BALDWIN CITY

Vintage Park at Baldwin City
321 Crimson Ave.

785-594-4255

OTTAWA

Vintage Park at Ottawa
2250 S. Elm

785-242-3715

TONGANOXIE

Vintage Park at Tonganoxie
120 W. 8th St.

913-845-2204

vintageparkassistedliving.com

Put your mind at ease

Advance funeral planning is a way to achieve comfort and peace of mind.

*Compassion and Service
...More Than Just Words*

Lawrence 843-1120

Eudora 542-3030

www.warrenmcelwain.com



WARREN-McELWAIN
MORTUARY

MEMORIES ARE FOREVER

I would like to receive your memory as a child. It should be about 725 words more or less and include a photo of yourself as a child. You can write your favorite memory either longhand or have it typed out. Then mail it to me at Tom Mach, PO Box 486, Lawrence, KS 66044.

You can also send it to me by email at tom.mach@yahoo.com. Go to www.memoriesareforever.com for more information. Don't worry about spelling or grammar as I would be happy to edit it and send it back to you for approval. This column will cease to exist if I don't receive memories from our Senior Monthly readers. Thanks. - Tom Mach



Tom
Mach

November In Chicago

By Nancy Julirn Kopp

The crisp, sunny days of October somehow slid into damp, gray ones during November in the Chicago area where I grew up. The sun played hide-and-seek in the late autumn and

winter months, mostly hiding. Wind swept across Lake Michigan, bringing a chill that seeped through warm, woolen jackets and into the bones. Fallen leaves swirled around our feet with each new gust and naked branches dipped and swayed like ballerinas. We walked faster on our way to and from school. Once home, Mother often commented that we had roses in our cheeks, nice way to describe chapped skin. We paid little mind to our rosy cheeks once inside our warm apartment.

Each of the five rooms had a large radiator with an on-off knob on the side, and a deep, narrow pan for water that hooked over the back to increase humidity. We had steam heat, fired by a huge coal furnace in a garden level basement. The coal man inserted a chute from his truck into a window. He sent the coal rumbling down the chute while several kids gathered around. The apartment janitor stood at the delivery end of the chute in the basement. Once this scary looking, coal-blackened man finished, the kids ran to the basement door to witness the next step in bringing heat to all our apartments. The janitor, grabbed a big shovel and fed the furnace from that huge heap. He let us watch for a few minutes, then snarled at us. "Get out of here now. No place for you kids." His fierce look sent us scattering. During a coal strike, we wore coats and hats inside, waiting for the hissing sounds of heat coming through the radiators.

We celebrated Armistice Day every

November 11, commemorating the armistice signed to end WWI at the 11th hour on the 11th day of the 11th month, 1918. Even after WWII, Armistice Day remained as November 11th. Now we call it Veterans Day. There are still parades and meals to mark the day.

At school, we studied the Pilgrims first Thanksgiving—history and art class rolled into one. Some classes had replica feasts.

My Thanksgiving menu now remains the same as when my mother or aunts prepared the dinner—turkey roasted to a golden brown and stuffed with a moist dressing redolent with sage. Aunt Adeline made French dressing, a spicy sausage added to it. We savored mashed potatoes and rich gravy, sweet potato casserole, homemade yeast rolls, cranberry sauce, a salad called Seafoam made with lime jello, cream cheese, mashed pears and whipped cream. Our vegetables were usually green beans. Pumpkin pie with real whipped cream finished the feast.

We alternated the dinner with my dad's two sisters who lived near us. My five cousins, three brothers and I had a wonderful time together, despite the wide range of ages. After dinner, we were shooed outside to play, even when it was very cold. I suspect the adults sat around and drank more coffee, nibbled on the leftovers, and did all they could

to put off the dish washing time. No dishwashers, so all the women cleared the table, washed and dried the dishes with towels made from flour sacks. When my female cousins and I got older, we were drafted to help. Chattering women and clattering dishes, that's what was heard in the kitchen after dinner. The men plunked themselves in comfy chairs and listened to the radio and often napped.

Once married, I thought about asking my extended family to our house for Thanksgiving. I hesitated for fear of upsetting my mother who had cooked countless

Thanksgiving turkeys. My aunts had passed away, so Mom was always the hostess. One year, I worked up the courage to suggest it, and Mom threw her hands skyward and said, "Finally! I've been waiting for someone to invite me for Thanksgiving for years."

Now, my children sometimes make the trip to Kansas for Thanksgiving. We use a few shortcuts and we load the dishwasher instead of drying dishes with flour sack towels, but the grandchildren revel in being with cousins just as I did all those years ago. The faces around the table may be different, but the same warmth of a family gathering to give thanks and spend time together is there. May it ever be so.



Nancy Julirn Kopp

Babcock Place

Affordable Independent
Senior Living
Applications Being Accepted

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

www.ldcha.org 842-8358



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.



GOREN ON BRIDGE

No trump bidding

With Bob Jones

Tribune Content Agency

East-West vulnerable. North deals.

NORTH

♠-K Q J 6

♥-Q 10 6

♦-J 6

♣-K 8 7 4

WEST

♠-A

♥-A 7 5

♦-A Q 7 4 2

♣-9 5 3 2

EAST

♠-8 4 3

♥-K 9 8 3 2

♦-K

♣-A Q J 6

SOUTH

♠-10 9 7 5 2

♥-J 4

♦-10 9 8 5 3

♣-10

The bidding:

NORTH	EAST	SOUTH	WEST
1NT	Pass	2♥*	Pass
3♦**	Pass	3♠	Pass
Pass	Pass		

*Transfer to spades

**Four-card spade support, doubleton diamond

Opening lead: Five of ♣

The usual range for a one no trump opening in the USA is 15-17 points. That is not always the case on other shores. Many prefer the so-called "weak" no trump, showing 12-14 points. These players re-bid one no

trump to show 15-17. This difference can cause any number of things to happen, some quite subtle and some comical.

Today's deal was played some 10 years ago between two of the best pairs in the world. The Italian North-South pair was using a 12-14 no trump range, and had the auction shown. Three diamonds was a "super acceptance," showing an excellent fit with shortness in diamonds, obviously a doubleton as he had opened one no trump. South, of course, had no interest in game and signed off. In fact, with his weak hand, he had no interest in the three-level, but what could he do? Neither player at any point was attempting to make a deceptive bid. They were just following their system. The contract failed by two tricks due to a classic duplication of values—nothing opposite nothing!

Note that East-West can easily take 10 tricks in hearts and would probably come to 11 tricks. Neither player can be seriously faulted for not entering the auction, though either might have with a slight overbid. The comparison with their teammates, who defended a heart game, would probably have been fun to watch.

- Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to icaeditors@tribune.com.

© 2016 Tribune Content Agency, LLC.

OVERWEIGHT?

Do you have a SLOW METABOLISM?

WE CAN HELP!



- NO pre-packaged meals
- NO dangerous drugs
- NO calories to count

"I lost 61 lbs!
I JUST FEEL
WONDERFUL!"

- Linda, MRC Client

Lose Weight, Look Great, and Feel Great for the Holidays!

FREE CONSULTATION

Call TODAY & Start Losing TONIGHT!

785-783-0004

Lawrence • Topeka



Find us on Facebook



1 BR starts at \$325

2 BR starts at \$350

-Senior Living Offering the Best of Both Worlds-
A Peaceful Country-like setting, At Rates That Can't Be Beat!
(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 • Baldwin City

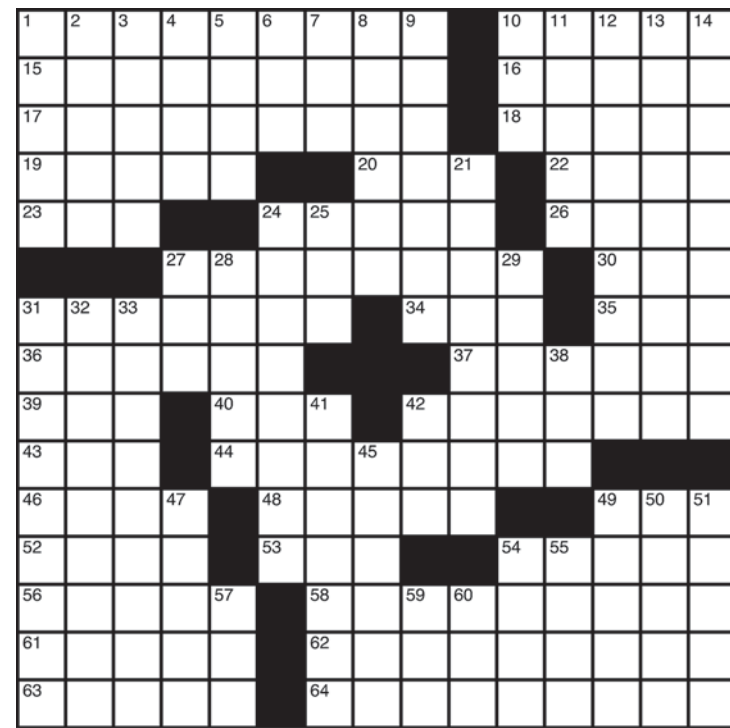
PUZZLES & GAMES

CROSSWORD

- Across**
- 1 Discouraged
 - 10 Father of Reuben, in Genesis
 - 15 Spider producer
 - 16 ___ Bowl: Boston College won the last one in 2000
 - 17 54-Down cause, in modern jargon
 - 18 Samurai without a master
 - 19 Sell the scene
 - 20 ___ Air
 - 22 Have more than enough
 - 23 Mtge. application datum
 - 24 Hayek of "Frida"
 - 26 Meld
 - 27 Shafts, so to speak
 - 30 Court pos.
 - 31 Hillshire Brands owner
 - 34 "Bad idea"
 - 35 Skosh
 - 36 High-protein grain
 - 37 Great Plains tribe
 - 39 Sch. whose marching band played on Fleetwood Mac's "Tusk"
 - 40 Spray-making co.
 - 42 Golden Globe nominee for "Tommy"
 - 43 Second-most populous Afr. country
 - 44 What some authority figures wear?
 - 46 God in 56-Across
 - 48 Past
 - 49 K.C. setting
 - 52 Item on a carhop's tray
 - 53 Fox's leg?
 - 54 Reno-___ Intl. Airport
 - 56 It concludes with Hector's funeral
 - 58 Little League game ender, perhaps
 - 61 ___ mentality
 - 62 Yosemite attraction
 - 63 "Blade Runner" actor Rutger ___
 - 64 "Days," for one

Down

- 1 Gun holders
- 2 Bucks
- 3 River in a Burns poem
- 4 Great quantity
- 5 City with a Penn State campus
- 6 Get into
- 7 Surprise letters
- 8 Ineffective
- 9 Court leader
- 10 Shake up
- 11 Hard to reach
- 12 Copper, notably
- 13 Jack Nicklaus Museum campus
- 14 Time to celebrate
- 21 Dream state?
- 24 Misfit '70s sitcom character
- 25 Power chaser?
- 27 Bolted
- 28 Up
- 29 Old will?
- 31 Easily appalled
- 32 Where billabongs flow
- 33 "The Three Musketeers" antagonist
- 38 Ring concerns: Abbr.
- 41 Vilifies
- 42 Indian lentil dish



- 45 Asian citrus fruit
- 47 Part of a process
- 49 Drag racing safety feature
- 50 ___ system
- 51 "Lovegirl" vocalist Marie
- 54 Paper slip
- 55 "What ___!": "I've been swindled!"
- 57 Aachen article
- 59 Onetime Hertz owner
- 60 Tube top

© 2016 Tribune Content Agency, Inc.

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

JUMBLE

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

HOPUC
 [] [] [] [] [] [] []

TESCA
 [] [] [] [] [] [] []

GURTIA
 [] [] [] [] [] [] []

WURFOR
 [] [] [] [] [] [] []

A: [] [] [] [] [] [] [] OF [] [] [] [] [] [] []

THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

TOO MUCH WINE CAN RESULT IN THE ---

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

SCRABBLE G.R.A.M.S.

PAR SCORE 260-270
BEST SCORE 328

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Double Word Score RACK 1: [] [] [] [] [] [] []
 O₁ O₁ Y₄ N₁ T₁ P₃ H₄

RACK 2: [] [] [] [] [] [] []
 A₁ E₁ U₁ X₈ T₁ T₁ L₁

3rd Letter Triple RACK 3: [] [] [] [] [] [] []
 A₁ A₁ I₁ L₁ M₃ G₂ C₃

RACK 4: [] [] [] [] [] [] []
 I₁ O₁ O₁ S₁ S₁ L₁ T₁

RACK 5: [] [] [] [] [] [] []
 O₁ O₁ T₁ T₁ S₁ P₃ M₃

Answers to all puzzles on page 42

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

CROSSWORD SOLUTION

S	C	A	R	E	D	O	F	F	J	A	C	O	B
A	L	F	A	R	O	M	E	O	A	L	O	H	A
F	A	T	F	I	N	G	E	R	R	O	N	I	N
E	M	O	T	E	B	E	L	O	D	O	N		
S	S	N	S	A	L	M	A	F	U	S	E		
			R	A	W	D	E	A	L	S	C	T	R
S	A	R	A	L	E	E	N	A	H	T	A	D	
Q	U	I	N	O	A	L	A	K	O	T	A		
U	S	C	F	T	D	D	A	L	T	R	E	Y	
E	T	H	T	H	E	P	A	N	T	S			
A	R	E	S	O	F	O	L	D	C	S	T		
M	A	L	T	G	A	M	T	A	H	O	E		
I	L	I	A	D	M	E	R	C	Y	R	U	L	E
S	I	E	G	E	E	L	C	A	P	I	T	A	N
H	A	U	E	R	S	O	A	P	O	P	E	R	A

SUDOKU SOLUTION

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

SCRABBLE G R A M S SOLUTION									
T ₁	Y ₄	P ₃	H ₄	O ₁	O ₁	N ₁	RACK 1 =	80	
T ₁	E ₁	X ₈	T ₁	U ₁	A ₁	L ₁	RACK 2 =	64	
M ₃	A ₁	G ₂	I ₁	C ₃	A ₁	L ₁	RACK 3 =	66	
S ₁	O ₁	L ₁	O ₁	I ₁	S ₁	T ₁	RACK 4 =	57	
T ₁	O ₁	P ₃	M ₃	O ₁	S ₁	T ₁	RACK 5 =	61	
PAR SCORE 260-270							TOTAL	328	

JUMBLE ANSWERS

Jumbles: POUCH CASTE GUITAR
FURROW

Answer: Too much wine can result
in the -- WRATH OF GRAPES

© 2016 Tribune Content Agency, Inc.



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

WREN
oldies radio

WREN.RADIO.NET

all oldies...
all the time

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!



**YOUR LIFE. YOUR STYLE.
YOUR HOME.**



**COME LIVE WHERE THE
PRICE IS RIGHT**

*Call us for
our great
move-in
specials!*



**Amenities included
in your monthly rent:**

- Private Apartments
- Complimentary Housekeeping
- Free On-site Laundry
- Social Activities and Entertainment
- Scheduled Transportation
- Complete Kitchens
- Safety Designed Bathrooms
- Tornado Shelter
- Beauty/Barber Salon
- Daily Exercise Program
- Fine Dining
- Private Party Area
- Outdoor Living Areas
- Pet Friendly
- And Much, Much More!

Call us today at 785-273-6847 for a personal tour!

ARBOR COURT RETIREMENT COMMUNITY AT TOPEKA

4200 SW Drury Lane • Topeka



Love Your Legs Again



Dale P. Denning, MD, FACS
Board Certified

Free Vein Screenings

Say goodbye to spider and varicose veins. Start with a FREE SCREENING at Lawrence Vein Center.
Call us today: 785-856-VEIN (8346)



Lawrence Vein Center

Affiliated with Lawrence Memorial Hospital

1130 W. 4th Street, Suite 2051, Lawrence, KS • lmh.org/veincenter

Free screenings are not available to Medicare and other federal health care beneficiaries.

TRUVEN HEALTH ANALYTICS

**100 TOP
HOSPITALS**

2016