

Kaw Valley **Senior Monthly** **FREE!**

April 2012

Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 11, No. 10

INSIDE

KEVIN GROENHAGEN PHOTO



At Vintage Park communities, residents find that assisted living adds to the fullness of their lives by providing services such as housekeeping, three meals a day, and numerous activities. - page 6



How can you manage and reduce shoulder pain? What causes the pain? How can you regain your strength? Laura Bennetts, PT, owner of Lawrence Therapy Services LLC and Baldwin Therapy Services LLC, answers these questions and more. - page 14



Faught offers patient's perspective on joint pain.

See story on page three



www.seniormonthly.net

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

I N D E X	Business Card Directory...24, 25	Pet World30
	Calendar18	Puzzles and Games.....32, 33
	Health & Fitness 14, 15	Restaurant Guide29
	Humor.....27	Retire Smart.....16
	Mayo Clinic17	Travel Troubleshooter28
	Personal Finance..... 12, 13	Wolfgang Puck's Kitchen.....29

Find Out What They Have To Say

We asked families how they felt about the living experience of their loved ones living at Legend at Capital Ridge. Nothing is more comforting than hearing it straight from the source. These are just some of the heartfelt thanks our families had to share.

"At this time of year, we reflect on things we are thankful for and have made an impact on our lives. Legend Assisted Living at Capital Ridge is one of those things that I am so grateful for and has been a lifesaver for our family. This is the third assisted living facility that my parents have lived at - but it is the only one that I can call their home. Legend is beautiful, comfortable and the activities available help keep them engaged in life. They are happy and most important have their dignity. It is not easy to be dependent on others when you have been responsible for yourself all of your adult life. Legend staff and residents have forged a community that has given my parents purpose and a place they call home, hopefully for the rest of their lives. Thank you so much,"

~ Cynthia Shepard, daughter of Charles and Donna Eissler



*Resident at
Legend at Capital Ridge*

"It took only a couple of days for her to be thrilled. So I was THRILLED! The surroundings are fabulous (like an upscale hotel/lodge), the food delicious, the staff friendly and kind and the other residents have been accepting, caring, helpful and lovely people. "

~ Marva Early, Power of Attorney and Executor for Aunt

"If anyone I know is considering assisted living for themselves, or a loved one I make sure I tell them about Legend at Capital Ridge. I let them know how happy we are and how much better physically and mentally my mother is. Yes, she is happy to be here too!"

~ Lynn McKinsey daughter of current resident

LEGEND

Assisted Living & Memory Care

At Capital Ridge

1931 SW Arvon Place

Topeka, Ks 66615

785.272.9400

*Call Today For Your Personal
Tour And Complimentary
Meal!!*

Faught becomes patient advocate for joint pain

By Kevin Groenhagen

Bob Faught used to set up international distribution for companies that sold, among other products, commercial furniture, windows, and doors. Today he distributes information to help others alleviate joint pain.

Bob's journey from a business executive to founding Our Joint Decisions, Inc. NFP with his wife, Leah, started more than 30 years ago when he injured his right knee.

"I played sports my entire life," Bob said. "I really didn't have any major problems until 1981 when I tore my anterior cruciate ligament and lateral collateral ligament. My doctor, at that time, was also the team doctor for the San Francisco 49ers, the Giants, and Stanford University. He just took a steel staple to attach a tendon from the front of my knee to the side of my right knee for stability. He said I would never run or play basketball again. I said, 'Yes, I will.' I did one year of rehab three times a week, and one year later I was running and playing basketball. I willed myself through that. Since then I have had eight knee surgeries, two total knee replacements, a total right hip replacement, and shoulder and ankle surgeries. I recovered quickly after each surgery. For example, I had

my total hip replacement on a Friday morning in 2006. By Sunday, I was walking without any support or pain. I returned to work by 2:00 p.m. the following Monday, one and a half days off work."

After having his total right knee replaced in 2000, Bob started walking the halls of the hospital every day to regain his strength and stride. However, he noticed other patients who never left their rooms except for their scheduled rehabilitation twice a day. After talking to these patients, many began walking the halls with him.

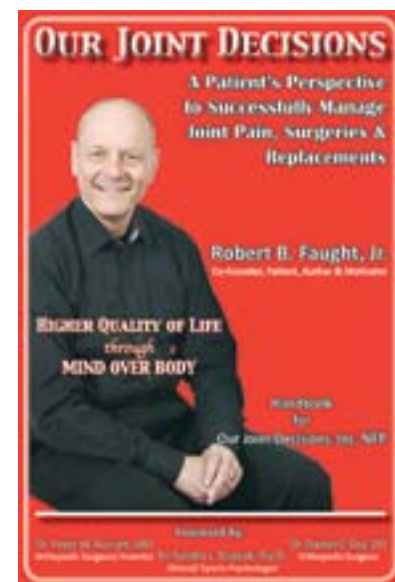
"As a writer, motivational speaker, and a seasoned patient, I knew in 2000 there needed to be an Our Joint Decisions coming from a patient advocate within the orthopedic community," Bob said.

Bob uses a car analogy when talking about the human body.

"When your car breaks down, you can get a new car," he said. "But when your body breaks down, you can't get a new body. You can get new parts for your body. That's the only option you have."

Unfortunately, Bob's first injury put his right knee out of alignment. This forced his left knee to work harder, which, in turn, caused

During the past three decades, Bob Faught has had eight knee surgeries, including two total knee replacements, a total right hip replacement, and shoulder surgery. His book, *Our Joint Decisions*, educates and motivates patients and their teams by replacing fear with knowledge, and demonstrates the immense power our minds have over our bodies.



that joint to deteriorate. After two arthroscopies, he had a total left knee replacement in 2003.

"After this surgery, I still felt I needed more experience," Bob said. "Having bilateral total knee replacements, or both knees replaced, I felt very strong about my knowledge of knees. I felt there was a void because of my lack of knowledge concerning hips."

That void was filled in 2006. After years of supporting his right knee, Bob's right hip was damaged to the

point that he was barely able to walk. With the total hip replacement, he now believed he had enough experience to begin the creation of Our Joint Decisions.

"The first thing I discussed with Leah was the name of the new company," Bob said. "We would use this eventually for our website and our first book. While on a plane trip from Chicago to Mumbai, India, I decided to see if I could come up with the best

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$7.50 for 12 monthly issues.

Contact us:

MAIL

2612 Cranley St.
Lawrence, KS 66046

PHONE / TEXT

785-841-9417

E-MAIL

kevin@seniormonthly.net

DRURY PLACE
Affordable Retirement Apartments

Call for more details.

TOPEKA
ANDREA GRAHAM
Director 785.273.6847
druryplacetopeka.com

LAWRENCE
SANDY NELSON
Director 785.841-6845
druryplacealvamar.com

Bob Faught

■ CONTINUED FROM PAGE THREE

name. I wrote down some ideas, and then it hit me. This is about patients making the best joint decisions with their doctor. From this came *Our Joint Decisions*. When I called Leah from India, we finalized the name.”

On another overseas plane trip, Bob came up with the phrase “CORE ROADS TO LIFE” to help him share the principles he had used to recover quickly from his surgeries. Each letter in the phrase represents a principle (see sidebar on page five).

The Faughts had originally planned for *Our Joint Decisions* to be a for-profit corporation. However, they changed their minds after realizing that a for-profit corporation would cause them to miss sharing their message with millions of people looking for pain-free mobility and a higher quality of life.

Part of that message entails getting people with joint pain to take care of the problem as soon as possible. They share this message through motivational speaking. The audiences range from citywide meetings and senior centers to students.

“I’ll ask people how long they waited to have joint surgery,” Bob said. “They’ll tell me one, two, or three years. Then I’ll ask them how they feel about that. They say that they feel that they lost one, two, or three years of their lives. Everyone says that they wish they had had surgery sooner.”

Why do people wait so long?

“Fear over pain is the first challenge that the patient has,” Bob explained. “Most of the time, our mind tells us that things are fine and there is no problem, even though there is a signal that there is pain in a joint somewhere in the body that needs to be addressed. So what we do is procrastinate and procrastinate until, finally, it becomes worse and worse, and we have to see the doctor. It ends up being major surgery when there could have been rehabilitation in the beginning.”

Bob also stresses the importance of rehabilitation.

“We advocate patients educating patients,” he said. “However, it has to be the right patients—positive, proactive patients who went through rehab and are walking with pain-free mobil-

ity. It can’t be someone who is still in pain two years later because they didn’t do their rehabilitation. You have to work through getting your joints healthy again. You don’t just have surgery and then everything is fine.”

In the Faughts’ book, “*Our Joint Decisions: A Patient’s Perspective to Successfully Manage Joint Pain, Surgeries & Replacements*,” Bob tells about a woman he met in the hospital after his first total knee replacement. She didn’t have much hope for her own joint replacement because the

first one she had three years ago still bothered her. She admitted to Bob that she had not been a model patient that first time.

“I told her, ‘Now you can make a difference in what you were not able to achieve before,’” Bob said. “Months later I talked to her and she said that she had pain-free mobility because she followed through this time. She said, ‘I wish I had met you when I was in here for my first total knee replacement.’”

Bob promotes “Mind Over Body” to help patients get over the fear of getting

surgery and to help them recover more quickly. In his book, he tells the story of how his father-in-law used “Mind Over Body” to recover from gangrene. The hospital called Leah in 1996 to tell her that her father, then 86, had just 24-48 hours to live. The Faughts had to travel from different cities to get to the hospital, and Bob arrived first.

“I said to my father-in-law, ‘Bill you do not want to die,’” Bob wrote. “‘We have too many things left to do. We have our fishing, camping,

■ CONTINUED ON PAGE FIVE

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.



Services Include:

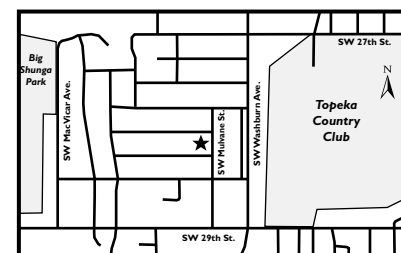
- Personalized Care
- Private & Semi-private bedrooms
- 24 Hour Care by Certified Staff
- Daily supervision by RN and LPN
- Medication Assistance
- Fresh home-cooked meals served at a family table
- Social interaction and activities
- Fire sprinkler and door security
- Personal Laundry Service
- Licensed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

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



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

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



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

Bob Faught

■ CONTINUED FROM PAGE FOUR

and the trips we take. You can't leave now!' I continued talking with Bill for another four hours before I had to pick Leah up at the airport."

When Bob and Leah returned to the hospital, the doctor pulled Bob into his office.

"He said, 'I don't know what to say,'" Bob said. 'Ever since you went in and held your father-in-law's hand and started talking with him, it appears the gangrene stopped.'"

Within a week, Bob's father-in-law had minor surgery and was back to his normal life.

Bob also stresses the need for patients to educate themselves.

"When we do motivational speaking, we ask how many people have had joint replacements," he said. "Sometimes, up to half the crowd will put their hands up. We'll then ask those who put their hands up if they know the manufacturers of their joints. Nobody puts his or her hand up. I then ask, 'When you buy a car, how much research do you do?'"

People will spend months researching cars, but will do no research when it comes to putting new joints in their bodies."

For his own education about total joint replacement, Bob has taken steps others might consider a bit extreme.

"I stayed awake during the whole surgery," Bob explained. "I wanted to see how long it took to prepare the room before the doctor got there. I thought that was the best way to research it. I also saw the representative for the manufacturer of the prosthesis there."

The Faughts and Our Joint Decisions were based in Effingham, Ill., until last fall. They moved to Topeka, where Bob grew up, several months ago to take care of Bob's father, who passed away in February, and his mother.

Since they arrived in Topeka, they have been promoting Our Joint Decisions' website, message, and their book in this region and throughout the U.S. In addition, they have been speaking before groups in the area. They are scheduled to do a presentation on Wednesday, April 11, to the Shawnee County Advocacy Council on Aging in Topeka.

The Faughts' book is available in

CORE ROADS TO LIFE

Commitment: Patient must be committed to improve his or her own life

Ownership: Patient must take accountability for his or her own life

Research: Patient's team must be dedicated to finding best doctor, options and solutions

Expectations: Eliminate fear by understanding all the procedures

Rehabilitation: Patient diligent in short and long-term follow-through

Obstacles: Need to understand all the obstacles; biggest one is ourselves

Attitude: Positive attitude is the cornerstone of success

Decisions: A patient and team make the best "**Joint Decisions**" with doctor

Support: Caregiver, family, and friends united in support for patient

Teamwork: Teamwork required by all for success

Opportunities: Success brings unlimited opportunities

Liberating: Patient's success is liberating for all

Inspirational: Inspires everyone to be his or her best

Fulfillment: Patient and support team find fulfillment in their achievements

Exhilarating: Pain-free mobility creates a higher quality of life; it's an exhilarating feeling

paperback from their website, www.ourjointdecisions.org. The paperback and Kindle version are available at www.amazon.com. The paperback version is also available at Barnes & Noble in Topeka, and the Nook ver-

sion at www.bn.com.

For more information about Our Joint Decisions, please visit www.ourjointdecisions.org, call (217) 343-1788, or email bfaught@ourjointdecisions.org.



Memory foam beds. America's Choice!

Twin flats sets
starting at

\$499⁹⁹

Twin XL innerspring mattress with adjustable bed (No Massage), Starting at \$999!

Free local delivery available

Bed Mart

OPEN
M-Thur 10-7
Friday 10-6
Sat 10-6
Sun 12-5

Financing Available

Family Owned and Operated!

2329 Iowa Street Ste H
Lawrence, Kansas 66046
(785) 832-0501
www.bedmartinc.com





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

Vintage Park promotes sense of community

By Billie David

Sue Brown, director of Vintage Park at Baldwin City, believes that consistency is the key to the fact that her community has achieved a deficiency-free rating in the most recent seven of eight surveys done in its 12-year history.

"Mostly it's through having the care team very well trained," she said. "I take a lot of care to hire qualified people. We use consistency at all times."

Consistency ensures that the things that need to be done are done the right way every time, she explained, adding, "Our mission statement is 'making a difference every day, every time.'"

But it is also the sense of community the residents share that makes a difference, according to Suzanne Green Johnston, director of Vintage Park at Tonganoxie.

"My joy here is to have this wonderful community of people," she said. "We share our joys and sorrows. It's as congenial as a home can be. We support one another. Growing older is not easy, but it's excruciatingly difficult to grow old alone."

People tend to associate assisted living with the older nursing-home concept, but assisted living is actually a fairly new concept, Green Johnston said.

"Families come in with fear in their eyes, and I just want to hug them

and tell them that's not what we're all about," she explained. "People here have full lives. They're not just sitting and staring vacantly. They have their own apartment, their own key, and you can come and go as you please. It's your own place."

In fact, Green Johnston added, residents find that assisted living actually adds to the fullness of their lives by providing services such as housekeeping, three meals a day, and activities such as the flower-arranging class that Tonganoxie residents enjoy, complete with fresh-cut flowers.

They also enjoy their surroundings.

"We have a lovely back patio with big rocking chairs, with a lovely view," Green Johnston said. "We have a fountain and raised flower beds. One is for an herb garden, and one will be for attracting hummingbirds and butterflies."

There's also a cinema room with a large screen at one end, and a place to pop popcorn for munching while watching movies.

There are several Vintage Park assisted living communities in the area, including Baldwin City, Tonganoxie and Ottawa.

The first Vintage Park facility was started in Kansas 16 years ago and Vintage Park at Baldwin City opened in 2000. The one in Ottawa opened in 2007, and Tonganoxie followed by opening a Vintage Park in 2009.

"Each community stands on its

own," said Regional Director of Marketing Rosanna Smith. "Fourteen of the 18 communities have deficiency-free surveys and almost all of the buildings have national quality awards."

Smith helps the area facilities with their marketing, advertising, health fairs and seminars through the California-based Skilled Health Care Group. In addition, she conducts environmental surveys at the facilities to make sure they are neat and clean.

"I also do in-services with staff so they understand and implement good customer service," she said.

Vintage Park homes place an emphasis on being an active part of the community by being available to social and civic groups that want to hold meetings there, by holding blood drives, and by providing safe trick-or-treating for area children.

At Vintage Park in Tonganoxie, for example, they recently held a chili supper for firefighters and other emergency personnel in order to say

thank you.

"In Ottawa, two times a week we do a coffee hour," Smith said. "People come in and we provide coffee and refreshments. It brings the outside in for the residents, and we also take busses out into the community."

Baldwin City director Brown agrees.

"The community involvement is huge," she said. "We have coffee meetings and clubs. It is just a happy place to be, and people like to participate in what we are doing."

Brown also likes the relationship Vintage Park has with residents of Baldwin City's nearby independent living facilities. "They come here a lot to be involved with what we do," she said.

Brown's connection between the community and Vintage Park is personal.

"My parents were some of the first residents here in January of 2000. I was here every day," she said.

■ CONTINUED ON PAGE SEVEN

BATE'S FURNITURE

In Business Over 40 Years

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

**Moving? Downsizing?
We also buy furniture!**

Karl Behring, Manager

We offer lay-away and delivery.



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

ADVANCED HOMECARE

MEDICAL EQUIPMENT RENTAL AND SALES

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

**Always Improving the
Quality of Your Life!**

2851 Iowa St • Lawrence

785-841-2200

www.advancedhomecarekansas.com

24 Hour Emergency Service 1-800-827-9406



Vintage Park

■ CONTINUED FROM PAGE SIX

Brown soon accepted the position of activities director and after a few months became the director.

“I love the concept of this type of facility being in Baldwin City, because we need it very much” she said. “It’s a healthy, safe place to live and be part of the community. It’s a great place to call home.”

It’s this concept of home that Brown emphasizes when she describes the facility.

“It’s a very warm, inviting, comfortable place,” she said. “It’s beautiful in a homelike way. It’s pretty and clean, but not in an ‘I can’t touch anything’ way. It has a relaxed atmosphere, and you can see how the residents are interacting with the staff and others. People come in and right away they say it feels just like home.”

Other features of Vintage Park at Baldwin City are its conference room and cinema room, but Brown said it’s the relationships that make the difference.

“We have employees and management here that care about more than



The first Vintage Park community opened in Kansas 16 years ago. Vintage Park at Baldwin City (left) opened in 2000. The one in Ottawa (center) opened in 2007, and Tonganoxie (right) followed in 2009.

just the bottom line,” she said. “We care about the people who live here and how things are for them every day.”

The Vintage Park facilities in Baldwin City, Ottawa and Tonganoxie are similar in the amenities they offer.

They have between 38 and 41 apartments, each with a large walk-in dressing area, wheelchair-accessible bathrooms, and a kitchenette with a half-size refrigerator and microwave. The windows are large, and drapes and carpeting are furnished, but people can bring in their own furniture and personal items. They can also individually control their own heating and cooling.

A popular feature of Vintage Park

is the open kitchen.

“You can go by, get a cup of coffee and visit with the chef,” Smith said. “It gives it a home-like feel.”

Other features include the all-inclusive prices, plus the fact that rental is on a month-to-month basis and they don’t charge a security deposit.

Residents can help themselves to three meals a day or pick up fruit and cookies at a snack bar that is open all day. They can gather in the main area for activities, watching TV, sitting by the fireplace, or just finding a quiet place to read. Plus there’s a beauty shop on the lower level along with a fitness area for exercise.

Vintage Park facilities also provide weekly housekeeping, medica-

tion management, 24-hour staffing, health monitoring, personal care for bathing, hygiene and dressing, respite care and transportation to medical appointments and shopping.

Vintage Park at Baldwin City is located at 321 Crimson Avenue and personal tours can be scheduled by calling 785-594-4255. Their website is www.vintageparkbaldwincity.com.

The Vintage Park facility in Tonganoxie is located at 120 W 8th Street and can be reached at 913-845-2204. Their website is www.vintagepark-tonganoxie.com.

Vintage Park at Ottawa is located at 2250 Elm Street and can be reached at 785-242-3715. The website there is www.vintageparkottawa.com.

No place like home

Are you ready for a positive change?

Need a little help?

There are times that you might wish you had a little help around the house. Shopping, cooking, chores, laundry, gardening and even small repairs. That’s exactly why people call us into their homes. But we’re more than just a standard support for home services. We’re really more like a friend giving you an extra hand.

As active, vibrant seniors ourselves we’ll help around the house and we’ll also take time together to share conversation about what matters in life. Try us out and see how much joy and independence we can add to each other’s lives.



SENIORS Helping SENIORS®
...a way to give and to receive®

Like getting a little help from your friends

TOPEKA

LAWRENCE

(785) 272-0090 (785) 842-0090

www.seniorshelpingseniors.com/TopekaLawrence



Want to help?

We are always looking for more loving, caring, compassionate people. You may be someone who understands that the true joy lies in helping other. Our helpers work only as many hours a week as they want, and they get to supplement their income in a very rewarding way

**Now Serving Shawnee
& Douglas Counties!**

Earth Day or any day, save a tree by going online

By Norm Franker

Social Security District Manager in Lawrence

April 22 is Earth Day. More than one billion people will celebrate Earth Day in one way or another.

You could plant a tree, and recycle your plastic, glass, and paper, or use the back side of printer paper before tossing it. But what's even better than recycling your paper is not having any paper to begin with. By doing business with Social Security over the Internet, you'll be doing your part to help us in our environment-friendly practices.

Whether you want to get an estimate of your future retirement benefits, apply for Social Security benefits or Medicare, request a replacement Medicare card, report a change of address or direct deposit (if you are currently receiving benefits), or take charge of your retirement planning, you can use our secure website.

Going online saves you a trip, as well as the gas and carbon emissions

that go along with it. Go to www.socialsecurity.gov/onlineservices to get started.

Doing business with Social Security online is fast, easy, and secure. It's also environmentally the cleanest, greenest way to do your Social Security business.

A HELPING HAND HOME CARE

*Providing Respect,
Compassion and Better
Quality of Life For You and
Your Loved Ones*

Family Owned, RN Administrator

- Personal Care • Companionship
- Facility Sitting During Hospitalization
- Meal Preparation
- Light Housekeeping
- Medication Reminders • Laundry
- 1-24 Hours Per Day
- All Caregivers are Trained, Insured & Bonded

Call Us Today for a FREE, No
Obligation Assessment

(785) 856-0192

3300 Clinton Parkway Ct. • Lawrence

Many of our online services are available as automated phone services too. Just call 1-800-772-1213.

On Earth Day, not everyone can

give their home or office an environmental makeover or purchase an electric car. But anyone can use our online services or automated phone services.

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

- LAWRENCE -

1420 Wakarusa, Ste. 202 • Lawrence, KS 66049

(785) 841-5300

Fax (785) 841-5310

Toll Free: 800-396-7778

- KANSAS CITY -

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

(816) 444-4611

Fax (816) 444-9480

- LEAWOOD -

8900 State Line Rd., Ste. 439 • Leawood, KS 66206

(913) 948-9473

Fax (913) 948-9477

Toll Free: 866-878-4611



Gerald Whiteside
Au.D., CCC-A

Your hearing is very important to the quality of your life.

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

Marston Hearing Center has been locally owned and operated since 1975, and we take pride in our excellent customer service and overall customer satisfaction. Gerald Whiteside, a Doctor of Audiology who is licensed by the State of Kansas and certified by the American Speech-Language-Hearing Association, is an authorized dealer for Oticon, Phonak, Starkey and ReSound.



AMERICAN
SPEECH-LANGUAGE-
HEARING
ASSOCIATION
Certified Member

Oticon



ReSound

Call to schedule a free consultation.



785-843-8479

1112 W. 6th St. Ste. 100

Lawrence, KS

www.marstonhc.com

YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.

Countdown to all-electronic Social Security payments begins

(ARA) - The U.S. Department of the Treasury is encouraging recipients of Social Security and other federal benefits to switch from paper checks to electronic payments ahead of the March 1, 2013, deadline. On that date, all people who receive federal benefits, including Social Security, must get their monthly payments via direct deposit into a bank or credit union account or on a **Direct Express®** Debit MasterCard® card. The switch to electronic payments will save taxpayers \$1 billion over 10 years.

Safe, secure, required

“As this deadline approaches, we’re urging the remaining 10 percent of federal benefit recipients who still receive a paper check to make the switch to electronic payments as soon as possible,” says Treasurer of the United States Rosie Rios. “The switch to electronic payments is a win-win for federal benefit recipients and for taxpayers. It provides a safer, more secure, more convenient way for Americans to access their federal benefits, while also improving government efficiency and delivering more than \$1 billion in savings. The sooner everyone makes the switch, the sooner we’ll realize those benefits.”

The Treasury Department published a final rule in December 2010 to gradually eliminate paper checks for federal benefit payments.

Since May 1, 2011, all people

newly applying for federal benefits, including Social Security, Supplemental Security Income (SSI), Veterans Affairs, Railroad Retirement Board, Office of Personnel Management benefits and other non-tax payments, have had to choose direct deposit or a **Direct Express®** card when they sign up for the benefit. March 1, 2013, is the final deadline by which all remaining federal benefit check recipients must receive their money electronically.

Ninety percent already use direct deposit

For the first time in recent history, the number of monthly paper check payments for Social Security, Veterans Affairs and other federal benefits has dropped to approximately 7 million. Currently, about 90 percent of Social Security and SSI payments are being made electronically, up from 85 percent in December 2010.

“We’ve come a long way in informing Americans that direct deposit is a faster, easier and more reliable way to receive their money, but there is still more work to do,” Rios says. “We are continuing that strong commitment to public education, aggressively reaching out to check recipients with information about how to easily make the transition and helping them through the change.”

Make the switch today

Federal benefit recipients can switch to electronic payments online at www.GoDirect.org or through the

U.S. Treasury Electronic Payment Solution Center toll-free at 1-800-333-1795. It’s free to switch and takes less than 10 minutes.

The preceding information has been provided by the U.S. Department of the Treasury, Financial Management Service. The **Go Direct®** campaign is sponsored by the U.S. Department of the Treasury and the Federal Reserve Banks. The **Direct Express®** logo, **Go Direct®** and

Direct Express® are registered service marks, and the **Go Direct™** logo is a service mark, of the U.S. Department of the Treasury, Financial Management Service. The **Direct Express®** Debit MasterCard® card is issued by Comerica Bank, pursuant to a license by MasterCard International Incorporated. MasterCard® and the MasterCard® Brand Mark are registered trademarks of MasterCard International Incorporated.

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.



Family-Style Assisted Living

1126 Hilltop Drive, Lawrence, KS



Care Cottage

Provides personalized care in an intimate home setting for four senior residents



3109 W. 26th St., Lawrence, KS



Memory Care Residence

Provides Alzheimer's and dementia care for eight senior residents

Tour Bridge Haven to experience the difference!
785-550-6168 or bridgehaven@sunflower.com



Community
Easter Egg Hunt
April 7, 3 p.m.
Everyone is
welcome!

Stop in for a tour.
We are conveniently
located off K-10 highway
between Kansas City
and Lawrence.

Creating Home for More than 50 Years

- Medicare certified
- Flexible Adult Day Care options
- In-patient/Outpatient physical, occupational, and speech therapy
- Chiropractic services specializing in relaxation techniques, soft issue massage, and therapeutic touch
- Diabetic shoe fitting for qualified individuals
- On staff facility chaplain and spiritual services
- Hair stylist, dental consultation, and podiatrist available on-site
- Resident Centered Care featuring four unique neighborhoods based on resident choices and "person first" care
- Open breakfast with a cooked-to-order menu in the mornings, and home-cooked meals at lunch and supper from menus offering varied choices
- Private cable and telephone available
- Activities and 14-passenger bus for community outings
- Competitive private and semi-private rates

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

Gardening tips to avoid injury and discomfort

(ARA) - It's that time of year again when you can dig your hands into the dirt, spread seeds over the freshly turned earth, and smell the delicious scent of green plants growing.

Gardening is very healthy, both physically and mentally. In addition to providing exercise, gardening delivers health benefits in the fresh foods you eat and in the calming presence of flowers in your environment.

To get the most out of gardening's health benefits, it's a good idea to do a bit of stretching to help avoid injury or irritating existing conditions while out in the garden. Here are some tips to stay healthy:

Stretch those muscles

Heading out into the garden is just like going for a jog or visiting the gym. Before you grab all your gardening tools, practice some full-body

stretches to warm up your muscles. Target your arms, legs and back, because the muscles in these areas will be put to good use while you're planting, weeding and watering. And before you finish for the day, do some more stretching to help loosen any muscles that tightened during your gardening work.

Banish bending

Many Americans suffer from

chronic back pain, which can put a damper on the gardening experience. Consider installing raised garden beds, which allow you to garden without have to bend over. And container gardens can be placed on tables or deck railings to make it easy to reach plants.

Hand and wrist protection a must

■ CONTINUED ON PAGE 11



Providing affordable, local, & personalized in-home support to Douglas County residents for over 30 years.

842-3159

www.trinityinhomecare.org



La Colonia
Retirement Community



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



- 24-hour security
- Staff on call 24 hours
- Water & trash paid
- Lawn care

- Weekly shopping transportation
- In house laundry facilities

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



VISITING NURSES

*All Your Home Care Needs
Under One Roof*

**Home Health • Rehabilitation
Hospice • Private Duty**

HOME HEALTH CARE AND REHABILITATION

- Skilled Nursing
- Wound Care
- Home Health Aide
- Medical Supplies
- Telemonitoring
- Rehabilitation - Physical, Occupational and Speech Therapy
- Programs designed to fit your needs

All services are available in Douglas County, while Home Health Care and Rehabilitation services are now available in Topeka. In Topeka, call 785-234-2700.

HOSPICE

- Strives to improve quality of life through dignity and compassion
- Helps patient at the end of life to achieve physical and emotional comfort
- Care addresses the physical, emotional and spiritual needs of the patient and family

PRIVATE DUTY

- Companion and Personal Care Services available on short or long-term basis
- Paid for by client or family
- Free initial visit to customize care plan
- Overnight Care Available

YOU RIGHTFULLY EARNED IT. NOW RIGHTFULLY KEEP IT.

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

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

Call or visit your local financial advisor today.



Harley Catlin

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



Ryan Catlin

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

www.edwardjones.com

Member SIPC

Edward Jones

MAKING SENSE OF INVESTING

Gardening

■ CONTINUED FROM PAGE 10

Weeding, hoeing, raking, shoveling—the repetitive motions of gardening can lead to hand and wrist pain, and worsen existing conditions such as arthritis. Taking steps to minimize irritation and discomfort while you work can help ensure your gardening tasks don't create aches or worsen pain. Consider wearing an arthritis glove, like the Imak-made glove commended by the Arthritis Foundation, to provide mild compression and warmth while you work. Because the gloves are made of cotton material with an open-fingertip design, they won't make your hands hot or hinder movement. Designed by an orthopedic surgeon, the arthritis gloves are also fully washable, so you don't have to worry about getting a little dirt on them as you go about your gardening tasks. An added bonus—wearing any kind of glove can help you avoid another common gardening injury: blisters.

Keep skin protected

Because gardening keeps a person outdoors a lot during the warm, summer months, it's important to protect your skin from insect bites and sunburn. While most insect bites are just an irritation, sunburn can cause serious, long-term skin damage. Use insect repellent and sunscreen that blocks both UVA and UVB rays. Also wear a wide-brimmed, lightweight hat and sunglasses to protect your eyes and keep the sun off your head.

Lift carefully

Between the heavy bags of soil, the many tools needed, or full baskets of vegetables being carried into

the kitchen for processing, lifting is a common labor when gardening. Remember to lift from a squatting position, with your back straight, so that your legs do the work, not your back. When kneeling down, use gardening knee pads or even just a rolled up towel to cushion your joints from the hard, damp ground. Remember to minimize twisting motions that can inure your back and joints.

Enjoy the healthful benefits of gardening this summer. Follow these simple precautions to keep safe and injury-free so you can play in your garden until the snow falls.

**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.



Everyone can afford a Penwell-Gabel funeral



Penwell-Gabel

Funeral Homes, Crematory & Cemeteries
Everyone can afford a Penwell-Gabel funeral

PenwellGabelTopeka.com

354-8558



THE PERFECT GIFT



Leather Goods for Men & Women
Brighton — Hobo — Scully
Handbags, Wallets, Briefcases
Shoes, Belts, Jackets, Luggage

Sunglasses
RayBan — Brighton — Hobo

Jewelry
Huge Selections of Sterling Silver
Brighton — Ayala Bar — Chamilia
Native American Jewelry
Antique Jewelry

Gifts & Accessories
Frank Lloyd Wright Designs
Lamps, Art Glass, Clocks

KU
Jewelry, Jayhawk Doorbell
Ties, Scarves, etc.

928 Mass. • Lawrence
785-843-0611

etowner@sunflower.com
www.theetcshop.com

FREE Parking in Garage Behind Store

PERSONAL FINANCE

Know your options for long-term care

Long-term care is an increasingly important part of planning for your future. Not only are you going to live longer, but it is increasingly difficult for working people to provide the care needed for their loved ones. When independence is limited by a chronic mental or physical ill-



Joe B.
Jones

ness, you or a loved one will need to find the care you need. Depending upon the level of assistance required, care may be administered at home, in the community or within a facility.

Receiving care at home

When determining the appropriate plan of care, keep in mind that people generally prefer to remain in their home because it is familiar and probably the most comfortable. Home care can also promote emotional well-being for the entire family.

The most common providers of home care are family and friends. However, their assistance is not always available on a 24 hour a day basis. When extensive care is required, the family may decide to hire third-party home health care providers.

Home health care providers can be divided into two main categories, and are typically provided through home health care agencies, or by qualified and independent care providers. Some examples include:

Professional Home Health Care Providers- registered nurses, licensed practical nurses, licensed vocational nurses, occupational therapists, physical therapists and speech therapists, or

Personal Home Health Care Providers - licensed social workers and nurse's aides.

To assist those families whose adult children work during the day, and may be unable to provide ongoing care, adult day care facilities may

be a practical alternative. Designed to promote social interaction while meeting the health care needs of long-term care recipients, adult day care offers caregivers the time necessary to meet their own day-to-day responsibilities at home and at work.

Moving to a facility

Moving a loved one into a facility can be stressful and time consuming. Is it the right thing to do? Is it the right facility? How will the bills be paid? Do you or your family member have the resources to cover expenses that are not covered by Medicare or supplemental coverage? These questions are not easy to answer. To make an informed decision, it is important to know the choices of facilities available in your area.

Today, there are many types of facilities from which to choose. The levels of care available range from limited, or custodial assistance, to skilled nursing. The services and licensure needed by a facility is often determined by the state. However, some types of facilities may not be approved to do business in all states.

One type of facility is an alternate living facility. These facilities, known as residential care facilities in California or assisted living facilities in other states, are designed to meet a wide range of individual needs within a residential-type setting. A typical facility can accommodate anywhere from 5 to over 100 residents. Depending on an individual's needs, units may be adapted to facilitate physical activities like bathing and meal preparation.

Care delivered in nursing homes is also evolving. As the cost of hospitalization increases, many people complete their recovery in nursing homes. Nursing homes offer a less expensive alternative to some types of care and therapies formerly available only in a hospital. Some nursing home residents receive therapy, which encourages them to regain their independence and then return home. Others may find they continue to need assistance throughout the day and remain at the nursing home for extended periods of time.

Planning Ahead

No one likes to think about a long-term care event, but considering your options while you're healthy is the best time to plan. First it is important to educate yourself about long-term care options offered through Medicare, Medicaid and Medigap supplemental policies.

Generally, Medicare doesn't pay for long-term care. Medicare pays only for medically necessary skilled nursing facility or home health care. However, you must meet certain conditions for Medicare to pay for these types of care. Most long-term care products are designed to assist people with support services such as activities of daily living like dressing, bathing, and using the bathroom. Medicare doesn't pay for this type of care called "custodial care".

One option to consider is to purchase long-term care insurance. Long-term care insurance enables you to receive care in your home, the community, an alternate living facility (e.g., Alzheimer's facility), or in a nursing facility. It can protect you from depleting your assets and diverting your retirement income in order to receive the necessary care. Long-

term care insurance offers a sense of independence—freedom from having to rely on your own assets, your children or the government to pay for care.

Buying a long-term care insurance policy is an important decision that shouldn't be taken lightly or put off. Not only is it more affordable in your 40s and 50s, but you are more likely to be insurable. Make sure that you buy from a reliable company that is licensed by your state to sell long-term care insurance.

A good place to learn more about long-term care options and long-term care insurance is to visit www.longtermcare.gov, or consult with your state's insurance department for additional information including a buyer's guide, which can further explain long-term care insurance.

- Article prepared by Northwestern Long Term Care Insurance Company (NLTC) with the cooperation of Joe B. Jones. Jones, a Managing Director with Northwestern Mutual, based in Lawrence, is a licensed insurance agent. He can be contacted at 785-856-2136 or joe.jones@nmfn.com.

YOUR SAFETY IS IMPORTANT TO US

RE-BATH helps assure your safety by offering walk-in bathtubs, seated shower bases, grab bars and bath lifts.

Mention this ad and enjoy
\$500.00 OFF
A Complete Re-Bath System. Must be used at time of initial estimate only.
Not valid with any other offer.

BATHTUB TO SHOWER CONVERSION



WALK-IN BATHTUB



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

- DuraBath SSP® Shower Bases for Bathtub-to-Shower Conversions.
- Shower Seats and Grab Bars
- Walk-In Bathtubs
- BathGard Slip Resistant Bottom
- Wall Surround Systems to Match Your New Shower Base

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

Call today for a free in home estimate!

RE•BATH®

1-800-BATHTUB

Topeka Showroom: 2040 SW Wanamaker Ste 105

(corner of 21st and Wanamaker facing Target)

785-266-9800 • www.rebathkansas.com

PERSONAL FINANCE

Even with low rates, you can invest for income

Not long ago, the Federal Reserve (Fed) announced that it plans to keep short-term interest rates near zero until late 2014. The Fed initially pushed rates to that level in 2008, in an effort to stimulate economic growth. Clearly, low interest rates have a wide-ranging impact — but what effect will they have on you, as an individual investor?



Harley Catlin and Ryan Catlin

If you need income from your investments, then the continuation of ultra-low interest rates may be a matter of some concern, particularly if you own certain types of fixed-income investments, such as certificates of deposit. While CDs are insured, offer return of principal at maturity and provide regular interest payments, they are not risk-free. With low interest rates, you risk losing purchasing power.

Still, fixed-rate vehicles may well have a place in your portfolio. If you're even somewhat dependent on your investments for income, you may need to broaden your search. Here are a few ideas to consider:

- **Build a bond ladder.** Long-term bonds, by their nature, are more subject to interest rate risk than shorter-term vehicles. In other words, interest rates are more likely to rise during the life span of a longer-term bond — and when rates go up, the prices of existing bonds will fall. To help lower this risk, you may want to build a "ladder" of bonds of varying maturities. Then, if market interest rates are low, you'll still have your long-term bonds earning higher rates, but if rates rise, you can take advantage of them by reinvesting the proceeds of your maturing short-term bonds. But remember to

work with your financial advisor to evaluate whether a bond ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial circumstances.

- **Dividend-paying stocks.** You can find companies that have paid dividends for many consecutive years — and in some cases, increased their dividend payout each year. In 2012, companies listed in the S&P 500 are on track to pay out more than \$252 billion in dividends, a record amount, according to data compiled from Standard & Poor's. (Keep in mind that the S&P 500 is an unmanaged index and is not available for direct investment.) Of course, stock prices will fluctuate in value, and you may receive more or less than your original investment when you sell. Historically, dividend-paying stocks have been less volatile than non-dividend-paying stocks. Be aware, though, that companies can lower or discontinue dividend payments at any time without notice. Past performance is not a guarantee of future results.

- **Refinance your mortgage.** Today's low rates are good news for borrowers. With tougher standards in place, it may not be as easy to refinance a mortgage as it once was, but if you qualify, you may want to think about refinancing. You may be able to save quite a bit of money on your monthly payments — and lower payments can translate into a greater cash flow. Plus, if you don't need all the savings, you can put some of the money into an Individual Retirement Account (IRA) or another retirement savings vehicles.

Ultimately, an extended period of low interest rates is just one more factor to consider in creating and adjusting your investment strategy. Work with your financial advisor to help ensure low rates won't affect your income needs.

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

Neuvant House of Lawrence

Assisted Living Residence



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

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

Come visit us and see the difference we can make.



Learn how Tai Chi and personal friendships are enriching lives at www.neuvanthouse.com



NEUVANT HOUSE

OF LAWRENCE

Personal Memory Care



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

HEALTH & FITNESS

Shoulder pain

Shoulders, as the late comic Rodney Dangerfield might have said, never get no respect. They win lots of metaphorical attention—we have shoulders to cry on, we stand on the shoulders of giants, we shoulder heavy burdens—but knees and hips are far more widely discussed with



Laura
Bennetts

respect to pain and coping. That's unfortunate. Anyone who suffers from shoulder problems knows the truth: Shoulder pain can ruin your sleep, weaken your arms, and cause pain in nearby joints.

If your shoulder hurts, you may find it hard to open jars, lift milk cartons, or reach for coffee cups. Your arm might feel heavy, stiff, and weak to the point that you rely on your other hand to lift, pull, or reach. You may find it hard to turn over in bed or dress yourself.

How can you manage and reduce shoulder pain? What causes the pain? How can you regain your strength?

Tendonitis

Shoulder pain can be caused by arthritis or by torn tendons. Tendons, the fibrous sinews that connect muscles to bones, can tear for any number

of reasons—say, wear and tear after a lifetime of work, or if you fall and catch yourself with your outstretched arm. But shoulder pain is most often caused by inflammation of the group of muscles and tendons, the “rotator cuff,” that holds the shoulder joint together and allows it to move. This is called tendonitis.

Tendonitis can hurt acutely and limit or even “freeze” your shoulder functionally.

If you have the following symptoms, you may have tendonitis:

Gradual onset of pain. Did your shoulder pain start suddenly or gradually? Did you injure yourself all at once—say, in a fall or in a forceful activity like hammering or heavy lifting? Or did the pain “sneak up on you” gradually?

An arch or peak of pain. Reach upwards and notice when the pain starts and stops. Tendonitis often hurts at the height of the movement, not during the entire movement. The pain begins midway through the reaching movement and worsens as your hand reaches shoulder height, the “arch” or peak of the movement.

Sleep woes. Trying to sleep on your side hurts your shoulder, waking you and forcing you on to your back or stomach.

Get Thee to Therapy

When you first notice pain in your shoulder, you can self-treat with ice, rest, and over-the-counter anti-inflammatory medication. But if the pain doesn't subside and full motion

hasn't returned within two weeks, you should seek help from a physical therapist. Waiting and resting the arm for longer than that may actually delay your recovery, because the arm will become weaker and stiffer as you wait. Luckily tendonitis is treatable with a course of therapy that includes deep heat, manual therapy, and exercise.

Strengthening is Key

The longer your shoulder pain lasts, the longer it takes to recover. If your shoulder tightens, the therapist will need to restore your full range of motion by manually stretching your arm and shoulder blade. Strengthening, meanwhile, requires exercises (with weighted wands, hand weights, and elastic bands) to strengthen your atrophied muscles. If you have neck pain or elbow pain, the therapist will work those areas and strengthen them as well.

As your pain decreases, your joint mobility will improve and you'll be able to accelerate the strengthening process. Your therapist will give you home exercises and monitor and increase these exercises as you get better. The more responsibility you take for your own recovery by exercising on your own, the faster you will improve.

Mobile = Vulnerable

An ounce of prevention is worth a pound of cure. So if you don't have shoulder pain, you should take pains to protect yourself. The shoulder is your most mobile joint and can move in countless ways. When you have full range of motion you can reach over your head to touch your opposite ear or behind your back to scratch between your shoulder blades. The shoulder is also a shallowly anchored joint that can easily be dislocated or

injured when grasped or pulled.

In order to protect yourself, there are positions you should avoid. If you put grab bars next to your toilet, you should work with a therapist to position the bars correctly so that you can stand up easily without hurting yourself. Reaching up to a grab bar—to pull yourself to a standing position—can transfer your body weight to your shoulders, causing injury.

You should also avoid being lifted by your arms. Say that someone is helping you get into a wheelchair or sit up in bed. If they lift you by your arms, that forces your shoulders to bear your full body weight, pulling down on your shoulders as your body rises. So if you're in bed and you need to be lifted, ask your helper to use a drawsheet. And if you can, you should lower the head of the bed so that you can move upwards without obstruction.

Don't cry on your shoulders—respect and protect them, without tears. Rodney Dangerfield would have approved.

- Laura Bennetts, PT, earned a Masters' degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services LLC (785-594-3162). For details about these clinics, see <http://lawrencetherapyservices.com>. For answers to your therapy questions, you can write to Laura c/o laurabennetts@hotmail.com

WORDS OF WISDOM

“Here cometh April again, and as far as I can see the world hath more fools in it than ever.”

- Charles Lamb

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

Martin Creek Place

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

Age 62 & older.



4950 SW Huntoon • Topeka 785-273-2944



HEALTH & FITNESS

Benefits of coenzyme Q10

Coenzyme Q10 is also known as ubiquinone, coenzyme Q, or CoQ10. Coenzyme Q10 is a natural compound found in every cell in the body. Coenzyme Q10's alternate name, ubiquinone, comes from the word ubiquitous, which means "found everywhere."



Dr.
Farhang
Khosh

CoQ10 plays a key role in producing energy in the mitochondria, the part of a cell responsible for the production of energy in the form of ATP. Ninety-five percent of the human's body energy is generated in the form of ATP. The organs of the body that have the highest energy requirements have the highest concentrations of CoQ10 and they include the heart, liver and kidneys.

Benefits of taking CoQ10 are wide and various. Coenzyme Q10 helps to maintain a healthy cardiovascular system. There is evidence of CoQ10 deficiency in heart failure. Recently, CoQ10 plasma concentrations have demonstrated as an independent predictor of mortality in chronic heart failure, CoQ10 deficiency being detrimental to the long-term prognosis of chronic heart failure. CoQ10 may play a key role in preventing atherosclerosis.

Supplementation of coenzyme Q10 has been found to have a beneficial effect on migraine headaches. CoQ10 is also being investigated as a treatment in cancer and cancer treatment side effects. A recent clinical trial of CoQ10 and its effectiveness for treating hypertension was evaluated. The results of the preliminary

data showed that CoQ10 was effective in lowering both the systolic and diastolic blood pressure without producing side effects. Studies have shown that diseased gum tissue is deficient in CoQ10 compared to healthy gum tissue. These studies showed a link between oral administration of CoQ10 and improved gingival health, immune response in gum tissues, and a reversal of the diseased gum conditions.

Low dosages of coenzyme Q10 have increased the lifespan in rats and may be effective as an adjunctive treatment in Parkinson's disease. Other conditions that CoQ10 has been used in are diabetes, kidney failure, fatigue, fibromyalgia, chronic fatigue syndrome, lowering cholesterol, and weight loss.

Food sources of coenzyme Q10 are available, but the nutrient is in low concentrations. The foods that have the richest source of dietary CoQ10 are meats (mainly in beef, pork, chicken) and fish. Dairy products have very low sources of coenzyme Q10. Vegetable oils are rich in the CoQ10 sources, while most fruits and berries represent a poor to very poor sources of CoQ10. Coenzyme Q10's active form is ubiquinone. Ubiquinone is the fully oxidized form of CoQ10 and the form mostly sold in supplements. Once ubiquinone is absorbed in the body, more than 90% of the ingested amount is converted into its active antioxidant form, which is called ubiquinol. Most of the circulating CoQ10 in our body is present in ubiquinol. While coenzyme Q10 seems to be beneficial as a daily supplement, it is always advisable to check with your health care practitioner before taking any supplement.

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



Joe B. Jones
Managing Director
The Jayhawk Financial Group
4601 W. 6th St., Suite B
Lawrence, KS 66049
(785) 856-2136
(913) 269-1109
joe.jones@nmfn.com



Northwestern Long Term Care Insurance Company™

A Northwestern Mutual Company

Long-Term Care Insurance can help protect your nest egg from the high cost of long-term care. You'll worry a lot less and look much younger than the rest of your book club. Visit www.nmfn.com for more information.

A few less gray hairs.



YOUR HEALTH COMES FIRST!

Use the Bankruptcy Law To Protect Your Health & Financial Well-being
Stop Bill Collectors, Repossessions & Foreclosures

Come see me and I'll show you how to get a fresh start!

HARPER LAW OFFICE, LLP

Topeka 354-8188 • Lawrence 749-0123

A Debt Relief Agency That Provides Legal Advice

Helping People File for Relief under the Bankruptcy Code for over 25 Years!

RETIRE SMART

Tax time for retirees

The Super Bowl is over and baseball season hasn't yet begun, so you know what that means—it's tax time! Hold the groans, please. Maybe you thought your tax prep would get less complicated once you stopped working, but preparing taxes in retirement can be quirky.



Jill
Schlesinger

First the good news: Uncle Sam is giving everyone two extra days to file. Taxpayers will have until Tuesday, April 17, to file their returns because April 15 falls on a Sunday, and Monday, April 16, is Emancipation Day, a Washington DC holiday.

I field many questions about the taxation of retirement accounts, so let's start there. When you turn 70 1/2, you must take Required Minimum Distributions (RMDs) from retirement accounts (other than Roth IRAs). The rules for this are very IRS-ese, which means they are confusing. You must begin withdrawing funds from your retirement accounts by April 1 of the year following the year in which you turn age 70 1/2. For all subsequent years, including the first RMD year, you have to take your distribution by December 31.

RMDs exist for a very simple reason: Uncle Sam wants his money. Your retirement contributions haven't been taxed, so the government is anxious to take its share. So anxious, in fact, that failure to take your RMD

can result in a serious penalty—a 50 percent tax levied on the amount not withdrawn—ouch!

How do you calculate your RMD? For many, the answer is “who cares?” because brokerage firms, IRA custodians and retirement plan administrators usually calculate the RMD for you. Still, the IRS reminds us that “the IRA or retirement plan account owner is ultimately responsible for calculating the amount of the RMD.” To double-check the math, take the December 31 balance of your IRA or retirement plan account and divide it by your life expectancy factor, found in the ever-fascinating IRS Publication 590.

If you have multiple IRA accounts, you can calculate the RMD separately for each one, but you can withdraw the total amount from just one. Note that if you never rolled over your 401(k) or 457(b) plans, you will have to take your RMD separately from each of those plan accounts.

Next it's time to consider potential taxation of Social Security benefits if you have other income from part-time work, or taxable interest and dividend income. Here's how it works: If you are single and your “combined income” (your adjusted gross income + nontaxable interest + 1/2 of your Social Security benefits) is more than \$34,000, up to 85 percent of your benefits may be taxable. If you are married filing jointly, and your combined income is more than \$44,000, up to 85 percent of your benefits may be taxable. No one pays federal income tax on more than 85 percent of Social Security benefits. If you do have to pay taxes on your Social Security benefits, you can make quarterly estimated tax pay-

ments to the IRS or have federal taxes withheld.

Some other things to keep on your tax prep list:

- The Credit for the Elderly or the Disabled is a credit for people age 65 and older, or people under 65 who are retired on total disability or receiving taxable disability income. Check IRS Publication 524 to see if you qualify.

- If you itemize your deductions, you may be able to claim a deduction for medical expenses. You can only deduct the portion of your 2011 medical expenses that exceed 7.5 percent of your adjusted gross income (IRS Publication 502). You can also include amounts paid for qualified long-term care services and premiums paid for qualified long-term care

insurance contracts.

Although it's easy to beat up on the IRS, let me plug the government's searchable and easy-to-navigate website, www.irs.gov. For both the layman and the tax pro, it's the definitive source. Finally, remember that while tax time is onerous, at least it only happens once a year ... and “pitchers and catchers” are just around the corner!

- Jill Schlesinger, CFP, is the Editor-at-Large for www.CBSMoneyWatch.com. She covers the economy, markets, investing or anything else with a dollar sign on her podcast and blog, *Jill on Money*, as well as on television and radio. She welcomes comments and questions at askjill@moneywatch.com.

© 2012 Tribune Media Services, Inc.

“We provide nursing care with the comfort of home.”

ComfortCare Homes is pleased to present a full array of outside medical service providers to our residents.



Dara Lowe, M.D.
House Physician



Megan Roelofs
Occupational
Therapist



Dr. Jeremy Rodrock
Chiropractor



Dorian Logan
Physical Therapist



Michele Ritzman
Dental Hygienist
Oral Care Specialist



James E Reeves
Podiatrist



COMFORTCARE
HOMES
of Baldwin City

The only locally owned and operated care home in southern Douglas County, for all stages of long-term memory loss.

Hair care, radiology, laboratory, spiritual and hospice care services are available in the home through outside providers.

For information: 785 594 2603 or visit comfortcarebaldwin.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



MAYO CLINIC

Lump or swelling in scrotum should be examined by a doctor

DEAR MAYO CLINIC: I'm 71 and recently noticed a lump in my scrotum. It doesn't hurt, but I am a bit concerned it is cancer. What else could cause this?

ANSWER: A lump or swelling within the pouch of skin (scrotum) that holds your testicles, or even near your testicles, may not cause harm or even need to be treated. But it is still important you see your doctor so he or she can determine what's causing the lump. For older men, it's not necessarily cancer. It's uncommon for men over 40 to develop testicular cancer—and even more rare in men over 65. However, numerous other problems can cause scrotal lumps (masses).

Diagnosing the cause of a scrotal mass often can be done based on the signs and symptoms it's causing and the location and feel of the mass. Additional visualization is usually done with ultrasound imaging, and by viewing the mass while shining a bright light through the scrotum (transillumination). Urine or blood tests may be done to test for a bacterial or viral infection.

Causes of relatively painless lumps may include:

Varicocele: This is an enlargement of the veins that carry oxygen-depleted blood away from scrotal tissues. Most varicoceles occur on the left side of the scrotum. Less commonly, they occur on both sides. They may not cause symptoms and often don't require treatment.

When a varicocele causes symptoms, they're usually felt as a dull ache in the scrotum that's more noticeable when standing and goes away when lying down. Treatment of problem varicoceles typically involves sealing off the enlarged veins with a minimally invasive surgical procedure.

Hydrocele: This occurs when fluid accumulates within the tissue layers that surround the testicle (tunica vaginalis). Typically, hydroceles begin small and fill slowly over time. They're usually harmless with painless swelling their only sign.

However, they can become quite large and tense, leading to discomfort and making it difficult for your doctor to examine your scrotum for other problems. Treatment of a problematic hydrocele involves surgical removal of the tunica vaginalis. Draining the hydrocele won't work, as it will quickly refill.

Spermatocele: This is a fluid-filled bulge (cyst) that occurs on an area of tissue (epididymis) at the top of the testicle that stores and transports sperm. Surgical removal of the cyst isn't necessary unless it becomes bothersome.

Testicular cancer: Although rare, testicular cancer can occur in older men, usually as a painless lump on the testicle that may be accompanied by a dull ache or sense of heaviness of the scrotum.

It's important to know that pain in this area—with or without a scrotal

mass—typically signals the need for emergency care, as certain causes of pain can begin to cause permanent tissue damage within hours of the start of pain.

Even if you're not experiencing pain or other symptoms, any scrotal mass should be examined by a doctor for accurate diagnosis and treatment.

- Todd B. Nippoldt, M.D., Endocrinology/Metabolism, Mayo Clinic, Rochester, Minn.

- *Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu, or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit www.mayoclinic.org.*

© 2012 Mayo Foundation For Medical Education And Research. Distributed By Tribune Media Services Inc. All Rights Reserved.

Sometimes, the toughest subjects are the most important.



Dealing with changes that occur as people age can be challenging for everyone involved. That's why so many people count on us to help them understand moving to a retirement community and how it can help them or their loved one live a happier, healthier, more fulfilled life. Any conversation

about retirement living and what it can mean to your family usually starts with a question. We welcome yours. **Just ask.** Call today for our free brochure. **Together, we'll find the answers.**



Call Marsha in Topeka at **785.272.6510** or Maclyn in Lawrence at **785.841.4262** today for more information or to schedule a tour of the community.

4712 SW Sixth Street | Topeka, Kansas 66606
1429 Kasold Drive | Lawrence, Kansas 66049
www.justaskpresbyterianmanors.com



BLASSINGAME HOME CARE

Sometimes we just need a little help. You want to stay in your own home but you don't drive anymore, or can't clean the house or run your errands. No problem. Just let our caregivers help you!

Our Services:

- Home Cleaning
- Personal Shopping and Errands
- Bill Paying
- Transportation

Call us today at **785-608-3399**.
www.blassingamehomecare.com



Serving
Shawnee
County

We're in this together

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.

ART/ENTERTAINMENT

APR 3

HERITAGE BAPTIST CHURCH SING-ALONG

Drury Place, 1510 St. Andrews, 1:30 p.m. Open to the public.

LAWRENCE, (785) 841-6845

APR 5-JUN 17

THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

Richard Karn, best known for playing the role of Al Borland, Tim Allen's handy sidekick on the hugely popular *Home Improvement* and as the host of *Family Feud*, stars in this hilarious musical comedy about six young school kids, overseen by grown-ups who barely managed to escape childhood themselves, finding out that winning isn't everything and that losing doesn't necessarily make you a loser. The New Theatre, 9229 Foster St.

OVERLAND PARK, (913) 649-7469

www.newtheatre.com

APR 6 & 7

LAUGHING MATTERS

Each show is a blend of outrageous comedy sketches and audience participation games. Fee. Show time: 8 p.m. 3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

APR 6-15

MISS NELSON IS MISSING

Talk about the worst behaved class in school. Spitballs flying across the room, paper airplanes sailing every which way and uncontrollable children send their gentle, long-suffering teacher, Miss Nelson, over the edge. But the students in Room 207 are in for a surprise when Miss Nelson turns up missing and is replaced by Viola Swamp, a scary substitute teacher who assigns homework from hell! Event Time: 7 p.m. Friday 11 a.m. & 2 p.m. Saturday 2 p.m. Sunday. Fee. 3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

APR 10-14

FARFALLE

FARFALLE (Italian for butterflies) takes audiences of all ages on a unique journey through the lifecycle of a butterfly. Compagnia TPO, a visual theatre group from Prato, Italy, uses digital technology and multimedia to transform the stage into a beautiful, virtual landscape filled with images of plants, insects and vibrant colors where dancers gracefully weave the story against a backdrop of light and sound. Tuesday, April 10, 7 p.m. Wednesday, April 11, 5 p.m. &

7 p.m. Friday, April 13, 4 p.m., 6 p.m. & 8 p.m.

Saturday, April 14, 11 a.m., 5 p.m. & 7 p.m.

Lied Center, 1600 Stewart.

LAWRENCE, (785) 864-2787

APR 11

KARAOKE

With VFW Singers. Drury Place, 1510 St.

Andrews, 6 p.m. Open to the public.

LAWRENCE, (785) 841-6845

APR 13-29

STEEL MAGNOLIAS

Welcome to Truvy's beauty salon, where all the ladies who are "anybody" come to have their hair done. Filled with hilarious and revealing verbal collisions, the play blends comedy and tragedy while drawing on the underlying strength—and love—of ladies who are touching, funny and amiable company in good times and bad. Theatre Lawrence, 1501 New Hampshire.

LAWRENCE, (785) 843-7469

www.theatrelawrence.com/season/currentseason.html

APR 14

SENTIMENTAL JOURNEY PERFORMING

Drury Place, 1510 St. Andrews, 6:30 p.m. Open to the public.

LAWRENCE, (785) 841-6845

APR 14

FABULOUS FINALE

John Strickler, Conductor Shostakovich: Piano

Concerto No. 2 Julius Kim, piano Sibelius:

Symphony No.2 Event Time: 7:30 p.m. Fee.

White Concert Hall, 1700 SW Jewell Avenue.

TOPEKA, (785) 232-2032

www.topekasympphony.org

APR 20

WTCT RADIO PLAYERS

This group of players celebrate the radio plays of the 30's, 40's, and 50's! Show: 8 p.m. Fee.

3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

APR 20

NEW HORIZONS BAND

Drury Place, 1510 St. Andrews, 4 p.m. Open to the public.

LAWRENCE, (785) 841-6845

APR 20- MAY 5

WILLIAM SHAKESPEARE'S HAMLET

A story of passion, revenge, and intrigue. When Prince Hamlet learns that his father, the King of Denmark, has been murdered and that his mother, the Queen, has married his father's brother, he is driven to near madness. Or is he? Event times: 6 p.m. Dinner & 8 p.m. Show Friday & Saturday 7 p.m. Show Wednesday & Thursday 12:30 p.m. Brunch & 2 p.m. Fee.

3208 SW 8th Avenue.

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

APR 21

THE SENIOR CLASS

An offshoot of Laughing Matters, this company of zany actors are all over age 50! Humor not suitable for all audiences. Show: 8 p.m. Fee. 3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

■ CONTINUED ON PAGE 19

RJ's Auction Service



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

Auctions start at 3:00 p.m. and last until around midnight (auction house open for viewing on Friday and Saturday). Concessions available during auction and plenty of friendly people to help you load your purchases.

We're a full-service auction company and can help you sell your estates, collectibles, vehicles, and much more! We're always looking for good consignment items.

Auction house open from 10:00 a.m.-5:00 p.m., Monday through Friday, to take phone calls, pickups, deliveries, etc.

April 7 & 21: Auction starts at 3 p.m. outside, inside at 4:30 p.m.

April 20: Coin auction starts at 6 p.m. Coins will be sold in house and online at the same time.

15767 Topeka Ave. • Scranton, KS • 785-793-2500

www.rjsauctionservice.com • rjsdiscount@sbcglobal.net



PETERSON
KRUSCHE
VAN HORN, INC.

*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

Meals on Wheels of Shawnee and Jefferson Counties, Inc.



**Your affordable option for hot,
healthy and delicious meals**

Call today: (785) 670-2434

Meals on Wheels and good nutrition can help you:

- **Remain independent in your home**
- **Avoid hospitalizations**
- **Assist with management of chronic illness**

RURAL DELIVERY AVAILABLE



Please contact us, if you'd like to become a meal delivery volunteer!

www.meals-on-wheels-inc.org

■ CONTINUED FROM PAGE 18

APR 27

ATCHISON ART WALK

Take in the talents of some of the region's best artists in a variety of media. Second annual event hosted by the Atchison business community, who have opened their establishments to house the artwork. We invite you to explore historic Atchison through art. Stroll the downtown area; enjoy music and art all along the way. 200 South 10th St., 5:30-8:30 p.m.
ATCHISON, (913) 367-2427
www.atchisonkansas.net

APR 30

SOUTHWEST JUNIOR HIGH CHOIR

Drury Place, 1510 St. Andrews, 11 a.m. Open to the public.
LAWRENCE, (785) 841-6845

MAY 2

JOE BONAMASSA

As Joe Bonamassa grows his reputation as one of the world's greatest guitar players, he is also evolving into a charismatic blues-rock star and singer-songwriter of stylistic depth and emotional resonance. His ability to connect with live concert audiences is transformational, and his new album, *Black Rock*, brings that energy to his recorded music more powerfully than ever before. 214 SE 8th Avenue.
TOPEKA, (785) 234-2787
www.tpactix.org

MAY 4-20

THE GREAT AMERICAN TRAILER PARK MUSICAL

There's a new tenant at Armadillo Acres - she's wreaking havoc all over Florida's

most exclusive trailer park. When Pippi, the stripper on the run, comes between the Dr. Phil-loving, agoraphobic Jeannie and her tollbooth collector husband, the storm begins to brew. Event times: 7 p.m. Thursday 8 p.m. Friday & Saturday 2 p.m. Sunday. Fee. 3802 SW 8th Avenue.
TOPEKA, (785) 357-5211

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

MONDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 7 p.m.
LAWRENCE, (785) 842-3415

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m.
TOPEKA, (785) 235-9073

WEDNESDAYS

PINECREST APARTMENTS

924 Walnut, 12:30-1 p.m.
EUDORA, (785) 542-1020

FRIDAYS

EAGLES LODGE

1803 W. 6th St., 7 p.m.
LAWRENCE, (785) 843-9690

FRIDAYS

ARAB SHRINE

Mini Bingo 6:30 p.m., Regular Bingo 7 p.m.
TOPEKA, (785) 234-5656

SUNDAYS & TUESDAYS

MOOSE CLUB

1901 N Kansas Ave, 6 p.m.
TOPEKA, (785) 235-5050

APR 10

Open Bingo. Drury Place, 1510 St. Andrews, 1:30 p.m. Open to the public.
LAWRENCE, (785) 841-6845

APR 25

Open Bingo. Drury Place, 1510 St. Andrews, 1:30 p.m. Open to the public.
LAWRENCE, (785) 841-6845

EDUCATION

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail. Call to make reservation.
TOPEKA, (785) 354-5225

APR 3

BASIC PERSONAL FINANCE & INVESTING

Class provides an overview of financial planning considerations, including: financial goal setting; investment options such as stocks, bonds, mutual funds, and ETFs; risk tolerance and capacity; and diversification, asset allocation, and rebalancing of an investment portfolio. While the focus is on saving and investing for retirement, the principles apply to other long-term financial goals, such as providing for a child's college education. The presentation 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. Tonganoxie Public Library, 303 South Bury, 10-11:30 a.m.
TONGANOXIE, (913) 845-3281 or (785) 841-4554

APR 5

SKILLBUILDERS: TALK TO YOUR DOC LIKE A PRO

Presented by Joleen Bechtel, RN. Skillbuilders is a series of educational and support programs for those adjusting to changes in their lives due to the loss of a loved one. The loss may be due to death, an illness or other circumstances that have placed limitations on a spouse, child or a significant relationship. The programs are a variety of practical topics, such as legal and financial, with those that discuss the feelings that accompany loss. All programs are lead by local professionals. Skillbuilders will meet on Thursdays from 10-11:45 a.m. in the Gallery of the Lawrence Public Library from March 8 through May 17. Attend all of the programs or only those that are of interest. There is no

■ CONTINUED ON PAGE 20

ASSISTED LIVING • SKILLED NURSING • INDEPENDENT LIVING



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

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

■ CONTINUED FROM PAGE 19

charge for the programs and registration is not necessary. Transportation is available by calling the Douglas County Senior Services, 842-0543. Skillbuilders is sponsored by the Outreach Services of the Lawrence Public Library, Visiting Nurses Association and the Douglas County Senior Services. For more information on Skillbuilders or any of the programs, call Pattie Johnston at the Library.

LAWRENCE, (785) 843-3833 ext. 115

APR 5-MAY 10

**KANSANS OPTIMIZING HEALTH
– LIVING A HEALTHY LIFE WITH
CHRONIC CONDITIONS**

Do you have or care for someone with arthritis, diabetes, heart or lung disease or another chronic condition? This six-week KDHE program facilitated by LMH and Lawrence Housing Authority representatives will cover self-care strategies to reduce pain, cope with fatigue, exercise safely, eat well, manage stress, use medications effectively, and set and meet personal goals. Participants should be working in partnership with a healthcare provider before attending this class. Advance enrollment required as class size is limited. Fee. Thursdays, 1:30-4:00 p.m.

LAWRENCE, (785) 749-5800

APR 10

FUNDAMENTALS OF ESTATE PLANNING

Class provides an overview of the options in arranging your affairs: what happens under intestate succession if you die without a plan; the uses of either a Will or Revocable Living Trust; an overview of probate administration; the impact of estate taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid eligibility might affect your assets. The presentation 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. Tonganoxie Public Library, 303 South Bury, 10-11:30 a.m.

TONGANOXIE, (913) 845-3281 or
(785) 841-4554

APR 11

FUNDAMENTALS OF ESTATE PLANNING

See April 10 description. Basehor Community Library, 1400 158th Street, 6-7:30 p.m.

BASEHOR, (913) 724-2828 or
(785) 841-4554

APR 12

**SKILLBUILDERS: TAKING CARE OF
YOUR CAR**

Presented by Richard Haig, Westside 66. See April 5 description for more information about Skillbuilders, including its mission, program location, time, etc.

LAWRENCE, (785) 843-3833 ext. 115

APR 14

10,000 STEPS A DAY

This program is designed to increase daily steps to 10,000 and thus improve health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log daily steps. Only fee is \$10 for the pedometer. This program is also available to take out to groups of 5 or more. Enrollment required. 9:00-10:30 a.m.

LAWRENCE, (785) 749-5800

APR 16

**CONSIDER THE CONVERSATION; FAMILY
STORIES**

In recognition of National Healthcare Decisions Day, members of LMH and the Coalition to Honor End of Life Choices (CHEC) invite you to attend this free interactive forum. If you had a health crisis, who would speak for you if you were unable to speak for yourself? Come and learn more about making future healthcare decisions and how to promote conversations with your loved ones about this issue before a crisis occurs. Community members and a local physician will share decision-making stories. No advance enrollment needed. Lawrence Public Library, 707 Vermont St., 7-8:30 p.m.

LAWRENCE, (785) 749-5800

APR 17

**BASIC PERSONAL FINANCE &
INVESTING**

See April 3 description. Tonganoxie Public Library, 303 South Bury, 5:30-7 p.m.

TONGANOXIE, (913) 845-3281 or
(785) 841-4554

APR 18

PREDIABETES CLASS

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

LAWRENCE, (785) 749-5800

APR 18

**BASIC PERSONAL FINANCE &
INVESTING**

See April 3 description. Basehor Community Library, 1400 158th Street, 6-7:30 p.m.

BASEHOR, (913) 724-2828 or
(785) 841-4554

APR 19

**NUTRITION ROUNDTABLE: "UNDER-
STANDING THE 'CHOOSE MY PLATE'
METHOD OF EATING"**

Last year, a more simplified system of how to eat healthfully was introduced by the U.S.D.A. Join LMH Registered Dietitian Patty Metzler as she explains the new "Choose My Plate" method of eating. Free but advance registration is recommended. 6:30-7:30 p.m.

LAWRENCE, (785) 749-5800

APR 19

**SKILLBUILDERS: HEALTHY EATING FOR
ONE**

Presented by Susan Krumm, Douglas County Extension Office. See April 5 description for more information about Skillbuilders, including its mission, program location, time, etc. Note: This program will be held at Douglas County Senior Services.

LAWRENCE, (785) 843-3833 ext. 115

APR 24

FUNDAMENTALS OF ESTATE PLANNING

See April 10 description. Tonganoxie Public Library, 303 South Bury, 5:30-7 p.m.

TONGANOXIE, (913) 845-3281 or
(785) 841-4554

APR 26

**BASIC PERSONAL FINANCE &
INVESTING**

See April 3 description. Linwood Community Library, 19649 Linwood Road (Highway 32), 6:30-8 p.m.

LINWOOD, (913) 301-3686 or
(785) 841-4554

APR 26

**SKILLBUILDERS: MANAGING YOUR
MONEY**

Presented by Barbara Braa, VP/Trust Officer, CornerBank. See April 5 description for more information about Skillbuilders, including its mission, program location, time, etc.

LAWRENCE, (785) 843-3833 ext. 115

APR 29

**MY DARK NIGHTS OF THE SOUL - POET
ROBERT HAYDEN**

Duane Herman will share the story of poet Robert Hayden who became the first African American Poet Consultant to the Library of Congress, an honor known as Poet Laureate of United States. Hayden spent his childhood in Detroit ghetto nicknamed Paradise Valley and his childhood events that would result in times of depression. Event Time: 3 p.m. Kansas Room, Memorial Student Union, 1700 SW College.

TOPEKA, (785) 235-3939

MAY 3

**SKILLBUILDERS: GARDENING FOR
WELLBEING**

Presented by Judy Northway, Master Gar-

■ CONTINUED ON PAGE 21

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



Rumsey-Uost
FUNERAL HOME
& Crematory

Our family serving your family since 1920

6th & Indiana • 843-5111



Hancuff Place

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

*****1 and 2-BR Apartments \$245 to \$434*****

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

We rent to Seniors and Disabled Persons.

Call (785) 594-6996 for more info.

1016 Orchard Lane & 1119 Jersey • Baldwin City



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



■ CONTINUED FROM PAGE 20

dener, Douglas County Extension Office. See April 5 description for more information about Skillbuilders, including its mission, program location, time, etc.

LAWRENCE, (785) 843-3833 ext. 115

EXHIBITS/SHOWS

JAN 1-DEC 31

FREEDOM'S FRONTIER & KANSAS-NEBRASKA ACT EXHIBITS

Pre-statehood exhibit. Documents and exhibits providing insight into the Bleeding Kansas and pre-statehood era star in Lawrence newly refurbished 1904 Carnegie Library, 200 W. 9th St. LAWRENCE, (785) 865-4499

www.freedomsfrontier.org

JAN 20-APR 29

EXHIBIT-YOU ARE HERE: PUTTING KANSAS ON THE MAP

The answer to "Where are we?" can usually be found on a map. Maps provide us with information about what's around us and who we are. They help define Kansas and make it known to the world. This unique exhibit will present many maps that are very rare and seldom displayed. It also offers art work and objects related to maps and mapmaking. Highlights include the world's earliest printed map, a 1540 map of the New World, and an 1823 map labeling the plains as the "Great American Desert." Fee. The Kansas Museum of History, 6425 SW 6th Avenue. TOPEKA, (785) 272-8681

FEB 4-APR 15

ICHI-MAI ORI

Ichi-mai Ori, which means single-sheet origami

in Japanese. Lang has been an avid student of origami for over 40 years and is now recognized as one of the world's leading masters of the art, with over 500 designs cataloged and diagrammed. He is noted for designs of great detail and realism, and includes in his repertoire some of the most complex origami designs ever created. Event Time: 10 a.m.-7 p.m. Tuesday; 10 a.m.-5 p.m. Wednesday-Friday; 1-4 p.m. Saturday & Sunday. Admission is free. 17th & Jewell, Washburn University Campus. TOPEKA, (785) 670-1124

FEB 4-APR 15

INDUSTRIAL NATURE

Industrial Nature features the moth & lichen found object sculptures of Michelle Stitzlein. Stitzlein received her BFA from the College of Art and Design, Columbus, Ohio. Stitzlein creates found object art/sculpture from recycled materials, including piano keys, broken china, license plates, rusty tin cans, electrical wire, bottle caps, and other miscellaneous items. Event Time: 10 a.m.-7 p.m. Tuesday; 10 a.m.-5 p.m. Wednesday-Friday; 1-4 p.m. Saturday & Sunday Admission is free. 17th & Jewell, Washburn University Campus. TOPEKA, (785) 670-1124

APR 7

4TH ANNUAL CORVETTE SHOW

4th year for the show, any year/ mileage/ condition of Corvette is welcome. This year's theme is Corvettes in Racing and will have a special display area for pace cars, festival cars, racing editions etc. RSVP not required but appreciated so we know about how many to expect (just call and tell us you plan to attend). Long distance award for the car that travels farthest to attend the show, other awards as well. SW Corner of

1st & Hickory.

OTTAWA, (785) 418-6844

HEALTH

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE

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

LMH KREIDER REHABILITATION SERVICES
LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FIRST & THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies by Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9 a.m.-1 p.m. TOPEKA, (785) 233-1750, EXT. 252

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

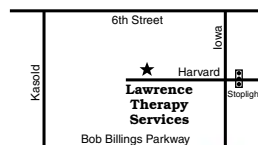
■ CONTINUED ON PAGE 22

Our 12th Anniversary!



- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Massage Therapy
- In-Home Services
- Two Clinic Locations

Feel Better, Move Better with Therapy!



842-0656

2200 Harvard Rd, Ste 101

Lawrence

www.lawrencetherapyservices.com

594-3162

814 High St., Suite A

Baldwin City



We've enriched Steve and Linda's


Life

Hospice Services

We care not only for the mind, body and spirit of patients like Steve, but of their family and loved ones, like his daughter Linda.

Contact us anytime, or ask your physician for a no-obligation referral.

785.271.6500
www.heartlandhospice.com

Heartland 
Enriching life.

■ CONTINUED FROM PAGE 21

**THIRD THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC**

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

**THIRD THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC**

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

**FOURTH THURSDAY OF EACH MONTH
NUTRITION CLINIC**

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

**FOURTH THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC**

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

APR 4

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$6/test. Drop into the LMH Healthsource Room, main level. Lawrence Memorial Hospital, 3-4:30 p.m.

LAWRENCE, (785) 749-5800

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

FRIDAYS

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

**LAWRENCE PUBLIC
LIBRARY BOOK TALKS**

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

Brandon Woods, 1501 Inverness Dr., 10:30 a.m.
Prairie Commons, 5121 Congressional Circle, 1 p.m.
The Windsor, 3220 Peterson Rd., 2:15 p.m.

FOURTH WEDNESDAY OF EACH MONTH

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

MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

FIRST MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

Facilitated by Heartland Hospice and open to those who have lost loved ones. Held at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6 p.m. Call Terry Frizzell for more information.
TOPEKA, (785) 271-6500

FIRST & THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

BEREAVEMENT 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 EACH 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 EACH 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

FIRST TUESDAY OF EACH 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 & THIRD TUESDAY OF EACH MONTH

SCRAPBOOK MEMORIES

Grace Hospice, 3715 SW 29th St., Suite 100, 6 p.m. All supplies provided (except photos).
TOPEKA, (785) 228-0400

FIRST & THIRD TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

Grace Hospice invites individuals coping with the loss of loved ones to join us. For more infor-

mation, call Grace Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2 p.m.

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF EACH MONTH

**HEALING AFTER LOSS BY SUICIDE
(HEALS)**

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

FIRST WEDNESDAY OF EACH MONTH

OLDER WOMEN'S LEAGUE

Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at (785) 832-1692.

WEDNESDAYS AND SUNDAYS

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

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6-9 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

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

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

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

**FIRST & THIRD THURSDAY OF EACH
MONTH**

TRANSITIONS SUPPORT GROUP

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

FIRST FRIDAY OF EACH MONTH

**STROKE SUPPORT AND RECOVERY
GROUP**

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

SECOND MONDAY, SEPT-MAY

**LAWRENCE CLASSICS, GENERAL
FEDERATION OF WOMEN'S CLUBS**

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

SECOND MONDAY OF EACH MONTH

GRIEF AND ENCOURAGEMENT GROUP

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

SECOND MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11 a.m.
TOPEKA, (785) 235-1367, EXT. 130

**SECOND & FOURTH TUESDAY OF EACH
MONTH**

GRIEF SUPPORT GROUP

Grace Hospice in association with Pioneer

■ CONTINUED ON PAGE 23

Babcock Place Apartments



Affordable Independent Senior Living

Applications Being Accepted

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



■ CONTINUED FROM PAGE 22

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

**SECOND TUESDAY OF EACH MONTH
NATIONAL ASSOCIATION OF RAILROAD
AND VETERAN RAILROAD EMPLOYEES**

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

**SECOND TUESDAY OF EACH MONTH
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 (search Good Earth Herbs) LAWRENCE

**SECOND & FOURTH TUESDAY OF EACH
MONTH
SCRAPBOOK MEMORIES**

Grace Hospice, 1420 Wakarusa, 6 p.m. All supplies provided (except photos).
LAWRENCE, (785) 841-5300

**SECOND WEDNESDAY OF EACH MONTH
MEMORY SUPPORT GROUP**

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

**SECOND WEDNESDAY OF EACH MONTH
DIABETES EDUCATION GROUP**

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

**SECOND WEDNESDAY OF EACH MONTH
SOROPTIMIST INTERNATIONAL OF
TOPEKA**

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

**SECOND THURSDAY OF EACH MONTH
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 SATURDAY OF EACH MONTH
HAPPY TIME SQUARES SQUARE DANCE
CLUB**

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

**THIRD MONDAY OF EACH MONTH
ACTIVE PRIMETIMERS**

For ages 50+. Seniors group for friendship fun and travel. Luncheon meeting every third Monday at the Holiday. Reservations needed Thursday prior to meeting. Call Elsie for more information.
LAWRENCE, (785) 224-5333.

**THIRD TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT
GROUP**

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

**THIRD TUESDAY OF EACH MONTH
GRANDPARENT AND CAREGIVER
SUPPORT GROUP**

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

**THIRD TUESDAY OF EACH MONTH
STROKE SUPPORT GROUP**

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

**THIRD WEDNESDAY OF EACH MONTH
ACTIVE AND RETIRED FEDERAL
EMPLOYEES**

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

**THIRD THURSDAY OF EACH MONTH
LUNCH AFTER LOSS**

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

**THIRD THURSDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

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

**THIRD SATURDAY OF EACH MONTH
TOPEKA WIDOWED PERSONS BRUNCH**

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

**FOURTH MONDAY OF EACH MONTH
GRIEF SUPPORT GROUP**

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

**FOURTH TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT
GROUP**

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

**FOURTH WEDNESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

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

**FOURTH THURSDAY OF EACH MONTH
TOPEKA GENEALOGICAL SOCIETY**

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

**FOURTH THURSDAY OF EACH MONTH
CHRISTIAN WIDOW/WIDOWERS
ORGANIZATION**

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

**FOURTH FRIDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**

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

**SECOND & FOURTH FRIDAY OF EACH MONTH
ALZHEIMER'S/CAREGIVER SUPPORT
GROUP**

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

**FOURTH FRIDAY OF EACH MONTH
AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11 a.m. at the Lawrence Country Club. Lunch served at 11:30. New and interested members welcome. Please call Mary for reservations.
LAWRENCE, (785) 331-4247

**APR 12
"SPRUCE UP FOR SPRING"**

Toni Farrell-Higgins from Discovery and Room Makers will be sharing ideas on how to spruce up your home. Local Singer Margo Stewart will entertain with her beautiful music. The speaker for this Topeka Women's Connection luncheon will be Pat Geren, from Fort Smith, Ark. Her topic will be "Perfect Fit, No Alterations Needed". Reservations must be made by April 9 by calling Jeanie at 233-1387 or Ann at 266-1522. Cost of lunch is \$13.00, and there is no cost for the program. Topeka and Shawnee County Public Library, 11:30 a.m. TOPEKA

MISCELLANEOUS

SUNDAYS

VESPER SERVICES

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

MONDAYS

CATHOLIC COMMUNION

Drury Place, 1510 St. Andrews, 2:30 p.m. Open to the public.
LAWRENCE, (785) 841-6845

APR 7-23

4TH ANNUAL TULIP TIME

Over 50,000 tulips and 7,000 daffodils have been planted throughout the botanical garden. 124 NW Clay.
TOPEKA, (785) 368-3888
www.topeka.org

Signal Ridge Villas

"Experience Senior Living at its Finest"

Affordable 1 & 2 Bedroom Country Style Ranch Apartment Homes

- Front Door Parking
- Private Entry on Ground Level
- Full Size Washer/Dryer Hookups
- Refrigerator, Range w/Hood
- Disposal & Dishwasher
- Spacious Storage Closet
- Total Electric
- Central Heating & Air
- Personal Garden Patio
- Water, Trash & Sewer Paid!
- Cable TV and Phone Hookups
- Laundry Facility on Property
- Planned Social Activities
- Community Room/Clubhouse
- Exercise Area
- Computer Room w/Internet Access

* Age and Income Eligibility Restrictions Apply



807 Deer Ridge Court • Baldwin City, Kansas 66006
Phone: (913) 206-2943 or (785) 594-3794



\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment



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

A New Home LLC

Adult Home Plus
Adult Day Care

Sharon
Owner / Operator

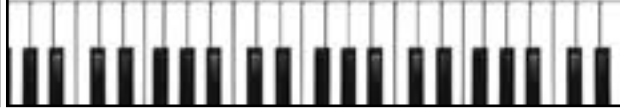
1402 SW Lancaster St. • Topeka • (785) 230-5158
anewhomellc@aol.com • anewhomellc.com

DEELIGHTFUL PIANO of LAWRENCE

Dee Miller specializes in Seniors
and makes house calls!

Group or family rates for multiple students
in same location. First lesson FREE.

785-856-8532 deelightful@sunflower.com




**An Alternative
to Nursing
Home Care**

State of Kansas
Licensed & Inspected

Call Us Today!
785-383-7094

www.tammytheprohomeplus.com



**The Care You Need.
The Comfort You
Deserve.**

OUR HOSPICE TEAM'S MISSION: To provide the highest level of comfort and care, honoring and respecting the dignity of each individual, and enhancing the quality of living at the end of life, under the guidance of Christian principles.

785-430-9256 • tpsks.omega-healthcare.com

BLASSINGAME HOME CARE

Sometimes we just need a little help. You want to stay in your own home but you don't drive anymore, or can't clean the house or run your errands. No problem. Just let our caregivers help you!

Our Services:

- Home Cleaning
- Bill Paying
- Personal Shopping
- Transportation and Errands

Call us today at 785-608-3399.

www.blassingamehomecare.com

We're in this together



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

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

Casual
Dining

**Walt
McFARLAND'S**

Private
Parties

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

Over 70 years of serving fine food

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

LAWRENCE THERAPY SERVICES

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

Services available
in the clinic
or in-home.



842-0656

2200 Harvard Rd, Ste 101

Lawrence

www.lawrencetherapyservices.com

594-3162

814 High St., Suite A

Baldwin City

**We're Just Your Style!**

21ST & FAIRLAWN
Where You Live Your Style!

Over 50
Unique Shops,
Restaurants
and Stores.

21st & Fairlawn
Topeka, Kansas

**The perfect gift:
A Simongiftcard!**

Purchase yours today at
the Simon Guest Service
desk at West Ridge Mall.
For more information
contact Belinda Bomhoff
at bbomhoff@simon.com
or at 785.271.5500.

Business Card Directory Special

Six months for \$85.00 when paid in advance.

That's like getting one month for free!

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

**Now Serving Topeka****Call Us First!****Home Health and Rehabilitation Services**Phone: (785) 234-2700 Fax: (785) 234-2702
www.kansasvna.org

- Certified Geriatric Massage Therapist
- Massage relieves aches & pains of aging
- 30 minutes - \$30
- My place or your place (trip charge may apply)

Mary Lou Herring, NCTM call: (785) 845-5452
2508 SW Shunga Drive, Topeka www.touchofmedicine.comRandy & Sarah Cox, Owners
For a Free In-Home
Consultation Call:**785-267-8200**topeka@comfortkeepers.com
www.comfortkeepers.com**Caring for You, Personally****Comforting Solutions For In-Home Care™**

- Companionship • Meal Preparation
- Recreational Activities • Respite Care
- Light Housekeeping • Clothes Shopping
- Errand Services • Grocery Shopping
- Incidental Transportation • Laundry
- 24-Hour Care Available • "TLC" calls



Each office independently owned and operated

**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

Independent Community—Seniors and Individuals with Disabilities

Looking for a home? Try us!**Marnie Wuenstel**

Director

(785) 272-6700

3805 S.W. 18th
Topeka, KS 66604fccadirect@fctopeka.org
www.thefirstapartments.org**TIME TO SELL?**

- Sell your valuables in a timely-dignified manner
- Sell to a world wide market through the internet
- Sell fine art, furniture, guns, clocks, household, dolls, tools, machinery and real estate of all types

**THE Auctioneers**

887-6900

www.billfair.com

Preventive Medicine Associates is a medical practice whose purpose is to teach you how to successfully lose weight. We help you safely reverse the course of diabetes and other medical conditions related to overweight.

We do not sell food, supplements, or diet pills. We are led by a physician who is residency-trained and Board-Certified in Preventive Medicine.

Irving A. Cohen, MD, MPHFellow of the American College of Preventive Medicine
1919 SW 10th Ave, Topeka (785) 783-7779
www.PreventiveMedicineAssociates.com**Aldersgate Village is a Christian Retirement Community providing:**

- Independent Living
- Assisted Living
- Nursing Services
- Home Care Services
- Transportation

Aldersgate VillageA Retirement Community of
United Methodist Homes, Inc.

7220 SW Asbury Drive • Topeka, Kansas 66614-6059

Call 478-9440 or visit www.aldersgatevillage.org

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

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

The Law Office of David J. Brown, LC
1040 NEW HAMPSHIRE, LAWRENCE 785.842.0777

ATTENTION SENIORS:

Bruce Osladil

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

AT Home

... where the heart is ...

Quality care you can trust.

Rates you can afford.

Non-medical home help for elders, new & working parents, recovery, disability and other life transitions.

785-856-1714 • info@AtHomeKs.com
www.AtHomeKs.com**Barbara Braa**

785.865.1533

www.cornerbanks.com**Asset Management Services**Trust services
Stocks & bonds
Mutual funds
IRAs & Roth IRAsOn your corner. In your corner.
1201 Wakarusa, Ste. B-2
Lawrence, Kansas 66049

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

Forget spring cleaning; scrub down your budget instead

By Norm Franker

Social Security District Manager in Lawrence

Spring is officially here. That means it's time for spring cleaning!

People everywhere are shedding the effects of fall and winter. But what about dusting off your long-term financial plan? April is National Financial Literacy Month — the perfect time to spring into action when it comes to planning your financial future. And if you already have a plan, this is a great opportunity to take another look.

According to a 2011 survey by the Employee Benefit Research Institute, more than half of workers report they've put away less than \$25,000 in total savings and investments; a whopping 29 percent have less than \$1,000 saved for the future.

If you haven't started already, now is the time to begin saving for your retirement — no matter what your

age. If retirement is near, you'll want to jump into the fast lane right away. If you're younger and retirement seems a lifetime away, it's still in your best interest to begin saving now, as compound interest will work to your advantage. Experts agree that saving when you're young will make a world of difference when the time comes to draw on your retirement savings.

Don't take our word for it. You can check out the numbers yourself. A great place to start figuring out how much you will need for retirement is to learn how much you could expect from Social Security. You can do that in minutes with Social Security's online Retirement Estimator.

The Retirement Estimator offers an instant and personalized estimate of your future Social Security retirement benefits based on your earnings record. Try it out at www.socialsecurity.gov/estimator.

We encourage saving for retirement, but there are reasons to save

for every stage of life. A great place to go for help is www.mymoney.gov. MyMoney.gov is the U.S. government's website dedicated to teaching Americans the basics about financial education. Whether you are planning to buy a home, balancing your checkbook, or investing in your 401(k) plan, the resources on www.mymoney.gov can help you.

Another excellent resource is the Ballpark E\$timator at www.choosetosave.org/ballpark. This online tool takes complicated issues, like projected Social Security benefits and earnings assumptions on savings, and turns them into language and numbers that are easy to understand.

Spring into action! Get started right now at www.socialsecurity.gov.

There is no rule that you have to do it all on your own.



The physical and emotional burdens of caring for the aging and frail elderly can take its toll on a patient and their family and friends. Midland Care is here for you, offering a full spectrum of caring solutions, from Adult Day Care to Hospice. Call today or visit our website to learn more.



200 SW Frazier Circle • Topeka, KS 66606
785-232-2044

319 Perry St. • Lawrence, KS 66044
785-842-3627

www.midlandcareconnection.org

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: DELVE MAGIC TANDEM INHALE

Answer: Despite the latest training equipment, the boxer's punches were -- "HAND" MADE

© 2012 Tribune Media Services, Inc.

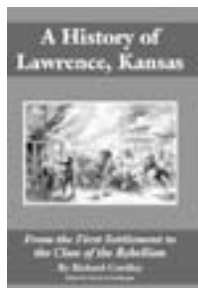
SCRABBLE BRAND GRAMS SOLUTION

M	A	I	L	B	O	X	RA	CK 1 =	104
B	U	L	W	A	R	K	RA	CK 2 =	67
B	U	N	I	O	N		RA	CK 3 =	8
B	E	R	E	A	V	E	RA	CK 4 =	52
A	N	A	L	O	G	Y	RA	CK 5 =	61
PAR SCORE 210-220								TOTAL	302

The History of Lawrence, Kansas

by Richard Cordley
as low as \$11.82

See www.seniormonthly.net/books
for more information.



HUMOR

Bosom Buddies

My wife Emmaline is closely attuned to the world around her. Television's "Dr. Oz" counsels Emmaline about health and fitness. She keeps current on fashion and social trends by watching "The View." I knew that the women on "The View" dealt with a wide range of topics, but I was still floored the other night when Emmaline said:



Larry
Day

"I don't have a perky bosom."
"What???"

"I said I don't think my bosom is perky enough."

In my head, the needle of my internal "don't-screw-this-up" meter rose rapidly: 7...8...9. It topped out at 9.5. I tried to calm my heart rate.

"Why would you say that?" I asked in a quiet, even tone.

"I saw an 86-year-old woman on 'The View' today who had had plastic surgery to make her bosom perkier. She appeared on the show with the doctor who did the surgery. My friend Rhonda is my age, but her bosom is perkier than mine. I'm thinking of having my bosom worked on."

Just as panic struck and words failed me, the phone rang. It was Rick, a bartender at The Enchantment, a dingy roadhouse on the outskirts of Letongaloosa. I meet my friend from outer space out at The Enchantment.

Rick told me that my intergalactic friend had just rolled in.

On the phone I said, "Sam, what's up?" Pause. "Where are you, exactly? Yeh. I know right where that is. I'll be there in twenty-five minutes." I hung up and turned to Emmaline.

"Sam is out on Highway 4Z near

the old Smitheimer place. He has a flat tire and no spare. He needs a hand."

I have few secrets from Emmaline and I almost never fib to her, but I have kept quiet about my occasional visits to The Enchantment, and my long friendship with a space alien. It's for Emmaline's own mental and emotional wellbeing, and my marital safety.

My friend's official name is KB 11.2. I call him Kaybe for short. He isn't one of those scary bug-eyed, green-skinned space aliens that you see in the movies. Kaybe looks like a giant tuna fish can. Erector Set® arms sprout from the curved sides of his body. Three spindly metal legs drop from the flat underside of his stainless steel torso. He has ball bearing wheels for feet. Three sensor-eyes wave at you from the ends of floppy antennae on the top of his lid. He speaks, eats and drinks telepathically.

When Kaybe swings through our galaxy he invites me to meet him out at The Enchantment. Kaybe saved my engagement to Emmaline more than fifty years ago by teaching me Mujerspeak—the language of women. We've been very close ever since. No one at The Enchantment even raises an eyebrow when Kaybe rolls through the door and joins me.

As I walked into The Enchantment Four Finger Fanny, Harry the Hulk and his diminutive pal, Miniature Mike, waved at me. As I slipped into a back booth across from Kaybe, I held my right hand over my heart and laid my left hand flat on his rounded torso—an interstellar greeting.

"You are troubled, my friend." The words flowed telepathically into my mind.

"Emmaline thinks she may get a boob job," I said. "She says an 86-year-old woman she saw on 'The View' got her bosom perked up by plastic surgery. I had no idea how to respond. Rick's phone call saved me. What should I say? What should I do?"

"They're both space aliens," said Kaybe.

"Who?"

"The plastic surgeon and the alleged 86-year-old woman who appeared on 'The View,'" said Kaybe. "They were trying to drum up business. Earthlings in general, and Americans in particular, are the most body-conscious beings in the galaxy. Half the plastic surgeons on this planet are space aliens. They earn billions of Zimbras a year down here."

"But I can't tell Emmaline that," I said.

"Just tell her that you think her bosom is perfectly perky just as it is. Tell her that you are her bosom's bosom buddy. Ask her to please not change a thing."

Emmaline was reading in bed when I got home. I spoke Kaybe's exact words, and everything worked out wonderfully.

- 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.

Santa Fe Place Senior Apartments



ALL
UTILITIES
PAID!



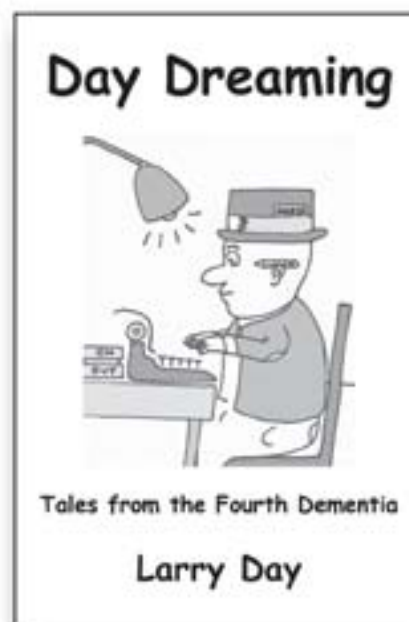
*Santa Fe Place Is Just Right
For Adults 55+ With Care-Free Living!*

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



785-234-3386 • 600 SE Madison • Topeka

santafeapartments@cohenesrey.com



Need a Great Gift Idea?

Larry Day's new book, *Day Dreaming: Tales from the Fourth Dementia*, is now available! To order, please visit www.seniormonthly.net/books or call Larry Day at (785) 830-0277.

TRAVEL TROUBLESHOOTER

I paid for tickets on the wrong airline

By Christopher Elliott

Tribune Media Services

Q: I planned an once-in-a-lifetime trip for my two children and me to South Africa a few months ago. I used a travel agency to book my airline tickets.

My travel agent told me the flight was made with American Airlines. As the date got closer, I called American and was told the booking was there but hadn't been paid. I was very upset and immediately confirmed and paid for the reservation.

At the time I was dealing with a family illness, which made the situation more difficult.

When I called my travel agent, I found out they had changed the flight arrangements to British Airways. I called American Airlines less than 24 hours later to cancel the reservation I had made. The person on the phone did cancel my reservation and I was told my children's reservation, which was separate from mine, was canceled as well. I was charged \$2,187 for each of my children's tickets. The tickets were never used.

I'd like American to either refund the tickets or transfer them to me or to my husband. It is unreasonable that the tickets are not being refunded or at least transferable to me and my husband. American will only allow my children to use the flight credits after adding a \$250 change fee. Can you help? - Laurie Spear, Boca Raton, Fla.

A: Whoa, talk about getting your wires crossed! It sounds as if there was a completely preventable breakdown in communication between you and your travel agent.

Your agent should have told you which airline you were flying to South Africa on. But you should have contacted the agency before confirming the flight with your airline. The reason you deal with a trusted intermediary to book your airline tickets is that they provide an extra service. An agent can confirm your flights, make a change to your reservation, answer any questions about your itinerary and fix a flight if there's a problem.

Your agent would have been on the hook to buy you a new ticket if

somehow American Airlines wasn't paid for the ticket on time.

Stepping in and "fixing" it without first consulting with your agent made the problem worse. Given the difficult situation you were in at the time, I can't blame you for just paying for the ticket.

But the real problem was American Airlines. You asked it to cancel all of your tickets, but it only processed one itinerary. There are ways of verifying a cancellation. Companies will often offer a cancellation number or some other verification that the tickets have been refunded, such as an email. When you didn't get a confirmation from American, you should have called back.

Actually, you should have asked your agent to handle the cancellation. That's what you're paying them for, after all.

Most airlines will refund a ticket if you call within 24 hours to cancel, but after that, they'll offer a credit minus a change fee, which can only be used by the ticketed passenger.

Given your personal circumstances and the problems with your travel agency, I thought American should take another look at your case. It did

and it decided to make an exception to its policy. It issued new flight vouchers that could be used by anyone and are valid for a year from the date of their issue. You'll still have to pay the cancellation fee, but you'll no longer have to use the tickets for your children.

- Christopher Elliott is the author of "Scammed: How to Save Your Money and Find Better Service in a World of Schemes, Swindles, and Shady Deals" (Wiley). He's also the ombudsman for National Geographic

Traveler magazine and the co-founder of the Consumer Travel Alliance, a nonprofit organization that advocates for travelers. Read more tips on his blog, elliott.org or e-mail him at chris@elliott.org. Christopher Elliott receives a great deal of reader mail, and though he answers them as quickly as possible, your story may not be published for several months because of a backlog of cases.

© 2012 Christopher Elliott

Distributed By Tribune Media Services, Inc.

Meet our Experts in the Aisle

the first Wednesday of every month on **Wellness Wednesday**. Representatives from the best vitamin companies will be here to help answer your vitamin and supplement questions.

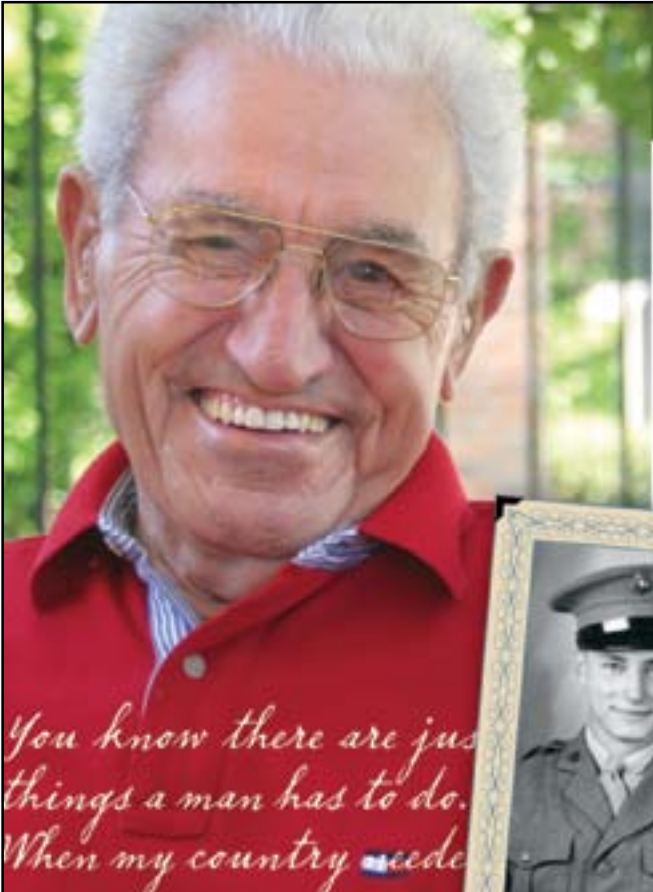
Plus Everyone Saves 5% On

Vitamins	Bulk Herbs
Supplements	Bulk Spices
Body Care	Bulk Teas



John Erke of Nordic Naturals

The Merc Community Market & Deli
901 Iowa · Lawrence · Kansas 66044
785 843 8544 · www.TheMerc.coop



An Assisted Living & Memory Care Residence

the Windsor
OF LAWRENCE

A Lifetime in Every Face, A story in Every Smile.
Hear the Story, Share a Lifetime.

You will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living & Memory Care combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing needs.

Call (785) 832-9900
or visit us at
3220 Peterson Rd.
Lawrence, KS 66049

*Respecting Values, Protecting Dignity,
Supporting Independence.*

You know there are just things a man has to do. When my country needs

WOLFGANG PUCK'S KITCHEN

Gingersnap Pudding: The way to anyone's heart

pudding has long been one of the ultimate comfort foods, both soothing and delicious. And, along with other old-fashioned treats like cupcakes and pies, the dessert has been coming back into vogue lately, with popular restaurants serving everything



Wolfgang Puck

from caramel pudding (often finished with a touch of sea salt) to bittersweet chocolate pudding to old-fashioned banana or coconut puddings.

My retro spin on pudding here starts with a base mixture flavored and seasoned with crushed store-bought gingersnap cookies and spiced up a little bit more with touches of ground cinnamon and ground ginger, seasonings long valued for their ability to stoke the fires of romance.

Next, you prepare a brown-sugar caramel syrup, which will give the pudding even richer, deeper flavor.

Take special care at this stage, first by watching to make sure the syrup doesn't scorch; and then when adding the creamy base to the syrup, keeping safely clear of the mixture as it bubbles up. (Use a long-handled whisk for stirring!)

Adding a mixture of eggs, egg yolks, and cornstarch is the last stage, contributing a thick, custardy, smooth consistency to the pudding. Be sure to follow the recipe directions for slowly whisking the hot mixture into the eggs, a process known as tempering, which ensure that the results will be as smooth as possible.

Before the pudding goes into individual serving dishes for chilling in the refrigerator, I like to stir in a little butter for even greater richness. At this point, you can also include a splash of rum for a more grownup version of the recipe.

A few hours later, this delicious pudding is ready to be served. Top it off, if you wish, with a dollop of lightly whipped cream, and pop in a whole gingersnap cookie to nibble on.

Serves 10

3 cups heavy cream
1-1/2 cups milk
1/2 cup granulated sugar
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1 cup finely crushed store-bought gingersnaps
5 ounces packed dark-brown sugar
1/2 cup water
1 teaspoon kosher salt
1 large cage-free egg
3 cage-free egg yolks
5 tablespoons cornstarch
2-1/2 ounces unsalted butter
1 tablespoon dark rum (optional)

In a medium-sized heavy saucepan away from the heat, whisk together the cream, milk, granulated sugar, cinnamon, and ginger. Whisk in the crushed gingersnaps.

Put the pan over medium heat. Bring to a simmer, stirring occasionally. Remove from the heat, cover, and leave for the mixture to steep for 20 minutes. Strain the mixture through a wire-mesh strainer into a mixing bowl, pressing the ingredients through with a rubber spatula.

In a large saucepan, stir together the brown sugar, water, and kosher salt. Put the pan over medium-high heat and bring to a boil; continue boiling, watching constantly and stirring occasionally to prevent scorching, until the mixture turns a deep-brown

caramel color.

Remove the pan from the heat and, immediately but very carefully, whisk in the gingersnap-and-cream mixture, which will bubble. Continue whisking until the mixture is smooth and fully blended.

Return the pan to high heat and bring to a boil, stirring frequently. Remove from the heat and set aside.

In a medium-sized heatproof mixing bowl, whisk together the egg, egg yolks, and cornstarch. While whisking continuously, carefully and slowly pour in about half of the hot mixture. Then stir in the remainder.

Pour the entire mixture back into the large saucepan. Whisking continuously over medium heat, cook until the mixture reaches a very thick custard consistency, about 2 minutes.

Remove the pan from the heat. Whisk in the butter and, if you like, the rum.

Pour or spoon the pudding evenly among 10 serving bowls or glasses. Cover with plastic wrap. Refrigerate until thoroughly chilled, at least 2 hours.

© 2012 Wolfgang Puck Worldwide, Inc.

Distributed By Tribune Media Services, Inc.

GINGERSNAP PUDDING

Restaurant Guide

McFARLAND'S
Restaurant

Casual Dining, Private Parties
Over 70 years of serving fine food

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

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

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

GOAN
PIZZA CO.

Pizza, Sandwiches,
Pasta, Salad Bar

Family Dining
Carryout

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

HEMER'S BBQ

**Voted Best BBQ
in Lawrence**

University Daily Kansan
Top Of The Hill 2011

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

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

Kaw Valley Senior Monthly

accepts

INSERTS!

We can insert your circulars or flyers for just \$50 per 1,000.* Call 785-841-9417 for more information.

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

Hospice Volunteers Make a Difference!

Whether a patient care or staff support volunteer, hospice volunteers bring their unique talents and skills to enhance the lives of terminally ill patients and their families. They are extraordinary people who do ordinary things to change lives.

**National Volunteer Week
is April 15-21**



**Hospice Care
OF KANSAS**

**Interested in volunteering?
Call for more information!**

Topeka (785) 273-4357
Toll-Free (800) HOSPICE
(800-467-7423)

Find us on Facebook

PET WORLD

Cat's bald spot will probably require veterinary care

While reporting from the Winn Feline Foundation Board and grant review meetings Feb. 10-11, in Houston, Texas (Winn is a non-profit that funds cat health studies), and the Westminster Kennel Club Dog Show



Steve Dale

Feb. 13-14 in New York City, I asked five pet experts to answer some of your questions:

Q: I live in a trainer park, and a neighbor cat has been visiting me for about a year. I'm not sure of his owner, but he's darling. My concern is a bald spot on his leg, which started very small but now has expanded to his underbelly. He doesn't chew or scratch at the spot. Everything I see on the Internet leads me think the problem is due to allergies or stress. I can't afford to take this cat—not my pet, to begin with—to a veterinarian. Any advice? - J.P., Pine City, MN

A: It might not be a bad idea for you to adopt this cat, unless you're sure he already has a home. If you do take him in, however, a prompt veterinary visit would be vital, especially if you have other cats at home. Even then, quarantining the newcomer for a least a couple of weeks would be wise.

A first step might be to buy this cat a collar, then attach a note to it expressing your concerns to the owner.

“Coming out of a Minnesota winter, I'm not certain the cat has a flea allergy, but it's possible,” says Winn Feline Foundation President Dr. Vicki Thayer, of Lebanon, OR. “If you're supplementing the cat with food, you might add an omega 3 fatty acid supplement (available wherever nutritional supplements are sold).

Either break the capsule and pour the contents into the food or buy the liquid form. If there's a food allergy, changing the protein source can make a difference (such as switching to a novel food such as venison), though it's not likely you have control over everything the cat eats.”

How much time are you spending with this cat? I suspect there is a way to determine if the cat is chewing or scratching at his skin when you're not there to see.

While your interest in this cat is laudable, in reality, the Internet can't provide what you need for this cat, which a veterinarian can.

Q: My 4-year-old Red-boned Coonhound has been obedience trained; we've done everything we can to train him off-leash. However, he still breaks free from his lead, leaves the yard and runs off, returning half an hour later. We've never had a dog behave this way before. What's your solution? - G.D., Angola, NY

A: Pet writer Kim Campbell Thornton suggests: “Work with a good trainer on teaching a reliable ‘come.’”

Thornton, author of “Careers with Dogs” (BowTie Press, Irvine, CA, 2010; \$24.94), adds, “Perhaps this dog isn't returning, or you're not there to call the dog. It doesn't really matter. You have a hound dog that is ruled by his nose.”

Charlene LaBelle, author of “A Guide to Backpacking with Your Dog” (Apline/Blue Ribbon, Crawford, CO, 2004; \$12.95), agrees. “A hound's instinct is to run, and you know that's the case with your dog.”

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

she notes. “So, be sure that your dog is wearing an ID tag and is microchipped. The reality, which you may not like, is that leash equals love.”

Also, make sure that in addition to a dog tag and microchipping, you register with the microchip provider.

You indicated that your dog breaks free from his lead. If you literally mean he regularly breaks from his leash or harness, you need to fit him with another. This problem shouldn't happen repeatedly.

Q: This spring, my son and his family (including children ages 4, 6 and six months and their dog) will be moving in with me and my two male dogs. One of my dogs, a miniature Dachshund, is not happy with their dog, and bit his leg, though there was no blood. I'm also worried about the Dashshund's jumping and nipping at the grandchildren. We need some ideas before this living arrangement becomes permanent. Can you help? - R.H., Cyberspace

A: “Oh, my,” begins dog trainer Victoria Stilwell, host of “It's Me or the Dog” on Animal Planet. “Let's try to set up the dogs for success. That may be difficult if the dogs, including

the Dachshund, are not particularly social toward other dogs. Give them lots of opportunities to get to know one another outside the home where there's more space, there are more distractions, and they're having fun. There are also no potential territoriality issues. My hope is that all the dogs are also spayed or neutered.”

Stilwell adds, “I worry about (the dog who is) jumping and scaring the child. Is this dog really being aggressive, or just doesn't have good manners? If the child becomes scared, which I'd expect, the behavior may worsen. And what about when the baby begins to crawl?”

You're smart to try to be pre-emptive and to see the situation for what it is. Now is the time to bring in qualified help—a veterinary behaviorist or certified dog behavior consultant—to assess the situation. Also, if Dachshund's behavior seems uncharacteristic, a veterinary exam is a wise idea.

- Write to Steve at [Tribune Media Services](mailto:TribuneMediaServices@TribuneMediaServices.com), 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Send e-mail to PETWORLD@STEVEDALE.TV. Include your name, city and state.

© 2012 Tribune Media Services, Inc.



Introducing The Humana Preventive Plus Package for Veterans and their families

- **Preventive Plus dental coverage** – a fully insured dental plan
- **Retail prescription savings** – includes deep discounts at more than 62,000 participating pharmacy providers, including more than 4,000 preferred Walmart pharmacies
- **Vision care savings** – savings on services such as exams, frames, and lenses
- **Savings on hearing care** – a lifetime of care starting with a complimentary hearing exam
- **Clinic care savings** – savings on care for non-life threatening conditions
- And more!

Call Joye Johnson for more information!

S STEPHENS INSURANCE

841-9538
2711 W. 6th St., Ste A
Lawrence, KS 66049

Buying from bulk bins saves cents, makes sense

(ARA) - Want to go green? If you're looking for ways to reduce the packaging your family sends to landfills, a great place to start is your grocery's bulk food aisle. If you've skipped this aisle because you think it's only for buying large quantities, think again. "Bu"KL refers to how the store offers the product, not how much you have to buy. In fact, you can buy a pinch or a pound, saving yourself money while reducing packaging waste.

The idea that you have to buy large quantities is one of the misperceptions about buying bulk. Ellen Bouchard, bulk manager at Frontier Natural Products Co-op, describes and dispels the following common bulk-food myths and provides shopping tips for consumers.

Myth No. 1: You must buy in large quantities to buy bulk.

False. In fact, bulk offers an easy and economical way to expand your food horizons by letting you try small amounts of unfamiliar products. You can buy just a pinch of the exotic spice or a cup of the unfamiliar grain called for in a recipe. Or you might purchase small quantities of a number of spices and seasonings or spice blends, such as garam masala, to experiment with a new ethnic cuisine. If you think you might like to try something new, buying in bulk enables you to pur-

chase a small quantity without worrying about wasting money.

Myth No. 2: It's wasteful to buy in bulk.

Quite the opposite, because you can buy just the amount you need. Keep in mind that prices for bulk products are considerably lower than the packaged versions, and the full amount of your purchase goes toward the product, not packaging or advertising. In addition, manufacturing that package wastes energy and resources. So when you buy in bulk and reuse storage containers, it's a positive contribution to the planet's health.

Myth No. 3: It's hard to know what's in those bins and if it's fresh.

Again, not true—bulk foods are often of higher quality, fresher, and more natural than packaged products. They're also more likely to be locally produced. Good labeling practices by retailers will indicate the manufacturer or producer of that bulk item and whether it's organic and/or Fair Trade Certified. For example, the bulk products from Frontier, available in most natural food stores and health-food departments of grocery stores, are natural and sustainably grown. Many are certified organic, too. (Frontier also sells its bulk products online in 1-pound quantities at www.frontier-coop.com.)

Myth No. 4: The bulk selection is

limited.

Another misconception. Some products you'll likely find in the bulk aisle: beans, flours, grains, nuts and seeds, cereals, herbs and spices, pastas, teas and coffees, and household and toiletry items such as laundry detergent and soaps.

Myth No. 5: Bulk products are low quality.

False. Bulk products are most often of equal or higher quality than their packaged counterparts. Many exotic and gourmet items are only available in bulk, as are some Fair Trade Certified and certified organic products. For example, do you know how many types of cinnamon exist? In some bulk spice aisles, you can find multiple varieties of cinnamon, ranging from traditional Korintje (3 percent oil) to premium Vietnamese (5 percent oil) to Ceylon cinnamon from Sri Lanka.

Tips for buying in bulk

- Before you go shopping, look in your cupboards to see which items you usually purchase in packages or cans that you can now purchase in the bulk aisle. Glass is safer than plastics for food storage, so you might want to buy some airtight glass jars in various sizes.

- Explore the store's bulk section a bit, trying one or two new items each visit.

- When filling your containers, use the scoops or the dispensers provided. Take your time and be neat, but if you spill something, there's no need to panic. Just ask a staff person for help in cleaning it up.

- Most stores will have you write down the item number and price of the item (from the bin) before you take your selections to the register.

Here's a fun recipe that lets you try out the "buy a pinch" of seasoning concept.

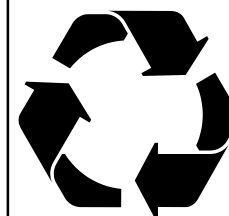
Thai Peanut Dip

Ingredients:

1/4 cup creamy peanut butter
1/3 cup coconut milk
2 teaspoons honey
1 teaspoon crushed red pepper
1 tablespoon Thai Seasoning

Directions:

Stir together all ingredients until smooth. For a thinner sauce, add more coconut milk. Toss with cooked noodles. Or serve with Thai Summer Rolls.



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

THE STAFF CALLS YOU BY NAME . . . THE FOOD ENTICES YOU . . . THE ACTIVITIES AND FRIENDSHIPS ABOUND!



Vintage Park is a unique community with a character and personality all its own. With a full activity schedule, great food and amenities, and friends to share a good laugh with . . . what could be better!



Call or visit one of our three locations today!



Making a Difference . . . Every Day, Every Time!

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

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

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

PUZZLES & GAMES

CROSSWORD

ACROSS

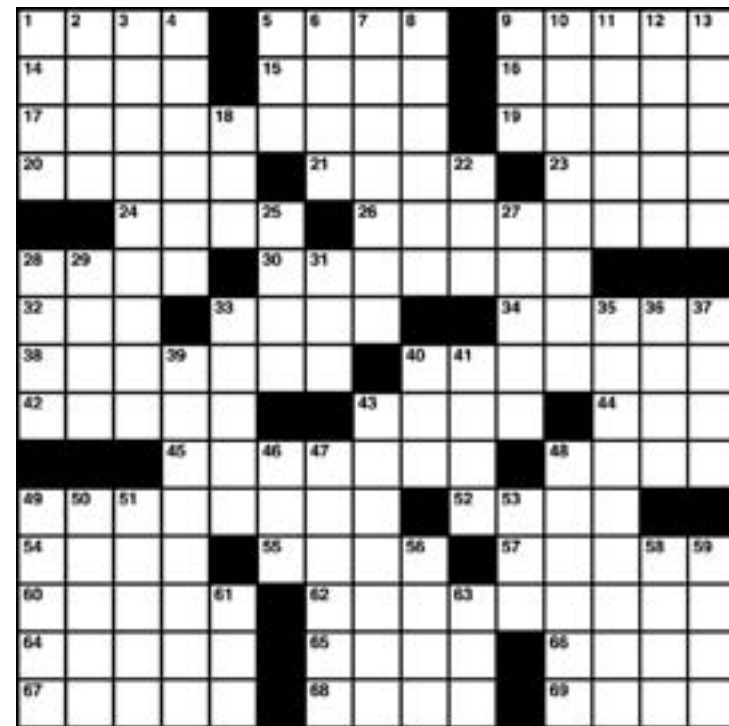
- 1 Birthday secret
- 5 "Back in Black" band
- 9 Visibly amazed
- 14 ___ Domini
- 15 Bodybuilder's supplement
- 16 Hand-dyeing craft
- 17 Very narrow fissure?
- 19 Vintage violin
- 20 Michael Moore health-care film
- 21 Melody
- 23 Rock 'n' roll middle name
- 24 Didn't sell
- 26 Landfill in a toy city?
- 28 CIA part: Abbr.
- 30 Arthur Fiedler et al.
- 32 Hamm of soccer
- 33 Ryder rentals
- 34 Where eaglets hatch
- 38 Minuscule tattoo?
- 40 Dollhouse dress adornment?

- Menotti
- 44 Transp. group in the Loop
- 45 Pago Pago people
- 48 Did a farrier's job
- 49 Where to wear a training bra?
- 52 Lacking spice
- 54 Chain selling stacks
- 55 Clue in a case
- 57 Dip for a chip
- 60 Mila of "Black Swan"
- 62 Very young hobo?
- 64 "Fear of Flying" author Jong
- 65 Sneaky trick
- 66 Luke's sci-fi sister
- 67 Waterfowl whose young inspired this puzzle's theme
- 68 Black stone
- 69 Enjoys a smorgasbord

DOWN

- 1 WWII auxiliaries
- 2 Calvary inscription

- 3 Twinkie or Ding Dong
- 4 Game with sticks
- 5 Pointy tool
- 6 Slip in a pot
- 7 Strips of leaves
- 8 Swan constellation
- 9 The N.Y. Nets were its last champion
- 10 Warren Harding's middle name
- 11 Asteroids maker
- 12 Spike for a mountaineer
- 13 Squeezing (out)
- 18 Keystone character
- 22 Ambulance VIP
- 25 Bur. of Prohibition employee
- 27 Shrimp relative
- 28 Key with no sharps or flats: Abbr.
- 29 NFL Hall of Famer Marchetti
- 31 Zambia neighbor: Abbr.
- 33 Like megapopular web videos
- 35 Cardinal who was a foe of the Musketeers
- 36 Wild about
- 37 "Zounds!"
- 39 Unwanted playground



- game teammate
- 40 Recycling vessel
- 41 Brewer's kiln
- 43 Yuri who was the first to orbit Earth
- 46 Wire measure
- 47 Punch sequence
- 48 Some tees
- 49 Pedaled
- 50 Freedom, in Swahili
- 51 Part of SST
- 53 "Antony and Cleopatra" killer
- 56 Tyne with a Tony and Emmys
- 58 Salon sound
- 59 "What ___!": "How fun!"
- 61 Palindromic airline
- 63 Tex-___ cuisine

© 2012 Tribune Media Services, Inc.

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

JUMBLE

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

VEDEL

○ ○ ○ ○

CAGIM

○ ○ ○ ○

MADENT

○ ○ ○ ○

HIENAL

○ ○ ○ ○

Answer here: " ○ ○ ○ ○ " ○ ○ ○ ○

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

SCRABBLE

G R A M S

SCRABBLE® is a trademark of Hasbro in the US and Canada. ©2012 Hasbro. Distributed by Tribune Media Services, Inc. All rights reserved.

Triples Word Score

3rd Letter Double

BACK 1

BACK 2

BACK 3

BACK 4

BACK 5

PAR SCORE 210-220

BEST SCORE 382

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

DIRECTIONS: Make a 3- 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. "Blank" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

For more information on books, clubs, tournaments and the school program go to www.scrabble-essc.com or call the National SCRABBLE® Association (N3) 477-9832.

Answers to all puzzles on page 26.

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

Need a Senior Monthly rate card?
Email rates@seniormonthly.net for an autoresponder message with rate information.

© 2011 Tribune Media Services, Inc.

PUZZLES & GAMES

BRIDGE

Watch those entries

By Tannah Hirsch

Tribune Media Services

Both vulnerable South deals.

NORTH

♠-A K Q

♥-Q 8 7

♦-J 6

♣-J 6 4 3 2

WEST

♠-10 5

♥-6 3

♦-Q 9 8 3 2

♣-Q 10 9 5

EAST

♠-9 8 7 4 3

♥-5 4 2

♦-K 10

♣-K 8 7

SOUTH

♠-J 6 2

♥-A K J 10 9

♦-A 7 5 4

♣-A

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Pass	2♣	Pass
2♦	Pass	4♥	Pass
5♣	Pass	6♥	Pass
Pass	Pass		

Opening lead: Three of ♥

There are hands where the defense might force you into adopting a line you would not have chosen given another lead. Here's an example.

North bid the hand very well. His two-club response followed by a jump to game in partner's suit showed

a forcing raise to game but with only three-card trump support. When South made a slam try by cue-bidding clubs, North decided that his major-suit values had to offer play for slam.

West's trump lead was troublesome. With any other lead, declarer would simply have conceded a diamond and ruffed two diamonds in dummy. That would not do now because the defense would lead a second trump on gaining the lead, stranding declarer with a diamond loser. A dummy reversal was the only hope.

Declarer won the opening lead in hand with the ace, cashed the ace of clubs and crossed to dummy with the queen of spades to ruff a club with the king, and used the king of spades for another club ruff. To guard against a defender holding two cards in each major, declarer overtook the jack of hearts with the queen and ruffed another club to set up the jack. A spade to the ace allowed declarer to draw the remaining trump with dummy's eight, and the table's long club and declarer's ace of diamonds brought South's total to 12 tricks.

- Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.

© 2012 Tribune Media Services, Inc.



Affordable Senior Living



Clinton Place Apartments

2125 Clinton Parkway in Lawrence
Completely Renovated
Rent Subsidized Apartments for
Qualified Seniors
Applications being accepted
Call 841-1000 for information or visit our
web site at www.ldcha.org

FOUR WAYS
NORTHWESTERN MUTUAL
HELPS PUT THEIR
CLIENTS' MINDS AT EASE.

1

CONSISTENTLY LARGER DIVIDEND PAYOUTS

For the last 10 years in a row, Northwestern Mutual has paid out more life insurance dividends than any company in the insurance industry.*

In 2006 alone, the total payout is \$4.27 billion to our policyowners.

That's the kind of consistent performance that can really help you sleep at night.**

2

THE HIGHEST FINANCIAL RATINGS

Best possible insurance financial strength ratings by all four rating agencies: A++ A.M. Best; AAA Fitch Ratings; AAA Standard & Poor's;

Aaa Moody's Investors Service. September 2005.

3

INDUSTRY LEADER FOR ALMOST 150 YEARS

That's a long time to be in business. And we think it's a testament to sound business practices.

4

EVEN OUR COMPETITION RESPECT US

Northwestern Mutual has been named FORTUNE® Magazine's "Most Admired" life insurance company by our peers in the insurance industry for 23 years. And this year is no exception. *March 6, 2006*



Nancy Jones

Financial Representative
The Jayhawk Financial Group
4601 W. 6th St., Suite B
Lawrence, KS 66049
(785) 856-2136 • (913) 269-1109
nancy.jones@nmfn.com



Northwestern Mutual
FINANCIAL NETWORK®

the quiet company®

* Source: A.M. Best Company; includes Ordinary and Group Life Insurance Dividends.

** The policy dividend and the underlying interest rate are not guaranteed beyond 2006. Dividends are reviewed annually and are subject to change by the Company's Board of Trustees.

05-2621 ©2006 Northwestern Mutual. Northwestern Mutual Financial Network is the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company, Milwaukee, WI (NML), and its subsidiaries and affiliates, and "the quiet company" is a registered trademark. Joe Jones is an Insurance Agent of NM (life insurance, annuities and disability income insurance). 6023-527

Senior housing fair to be held April 28

The Douglas County Coalition on Aging is sponsoring a senior housing fair on Saturday, April 28, from 10 a.m.-12:30 p.m. at Douglas County Senior Services, 745 Vermont, Lawrence. The event will include education sessions and vendor exhibits on topics related to successfully aging in your current home and tips for relocating. People planning for themselves, family members or friends are encouraged to attend. Vendors will include senior housing providers, realtors, financial advisors, and other services. The event is free and open to all ages.

Many people choose to relocate when their children move away or following retirement. Making the decision with time to research your choices can lead to a satisfying situation that feels secure, social and fits your lifestyle for a long time. Delaying the decision until circumstances force a move can be a stressful and exhausting process that results in "moving remorse." The key to

any successful move is to make an informed decision motivated by your needs, not external factors. Speakers and vendors at the housing fair have been selected to provide the information needed for successful choices.

Opening Session: 10:15-10:45

Lawrence: A Retirement Community?

A joint city and county task force is looking into making Lawrence into one of the top retirement destinations in the Midwest. What will this look like and what does it mean for adults who have been in Lawrence for decades and now plan to retire? A presentation by the KU Department of Gerontology will look at the attraction of University Based Retirement Communities.

Staying in Your Home: 11:00-11:30

Deciding to stay in your home seems like a final decision, but may actually be the first of many. The panel looks at how to affordably maintain your home, introduces adaptations that

may be necessary for aging in place and discusses the business of taking in boarders or hiring caregivers.

Relocating: 11:45-12:15

Climate, family, affordability and health are common reasons to move. A growing number of communities are working to attract retirees and offer a widening variety of housing options. Good planning can reduce the number of times you relocate and your level of contentment in the home. Panelists will address deciding

to move, the process of downsizing and the benefits of renting.

The Douglas County Coalition on Aging is a group of local service providers and county residents taking an active role in the advocacy of the aging in order to educate and coordinate resources in City and County government. Anyone with an interest in the needs and contributions of the aging population in Douglas County may join the coalition. For further information call 842-0543.

Delores Stiffler retires

Medicalodges Eudora residents and staff joined guests at an open house on March 24 to celebrate Director of Nursing Delores Stiffler's retirement.

Stiffler started working part-time 31 years ago in the community's laundry department. She later earned a BS in Nursing and began her nursing career at what was then called the Eudora Nursing Center.

In her farewell speech, Stiffler (at right in top photo) said she was officially passing her "treasures" to her successor, Glenda Davis (at left). The treasures included a stethoscope, a box of tissues, and a "Report of Concern" form.

Guests later enjoyed a cake (bottom photo) that included a photo of Stiffler from the 1980s as well as a more recent photo.



The Convenience of Care in the Comfort of Your Home



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

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

CALL 785-274-3303 TODAY!

www.brewsterplace.org

BREWSTER  **AT HOME™**



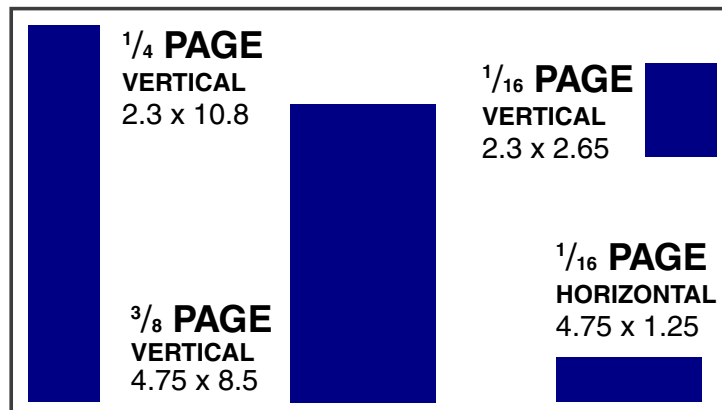
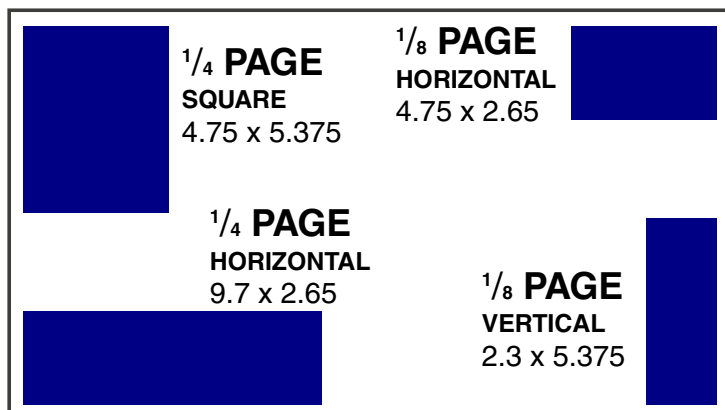
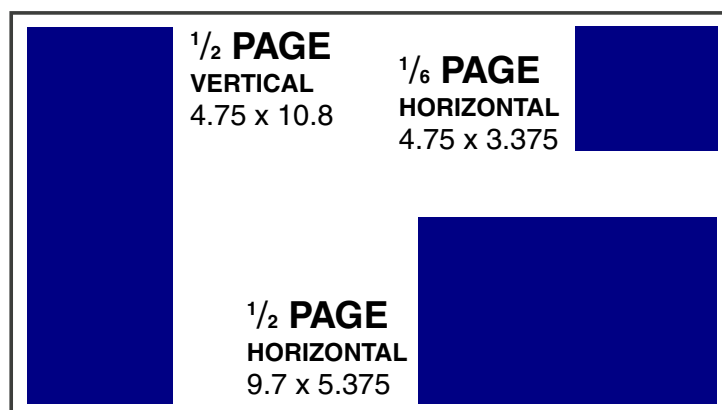
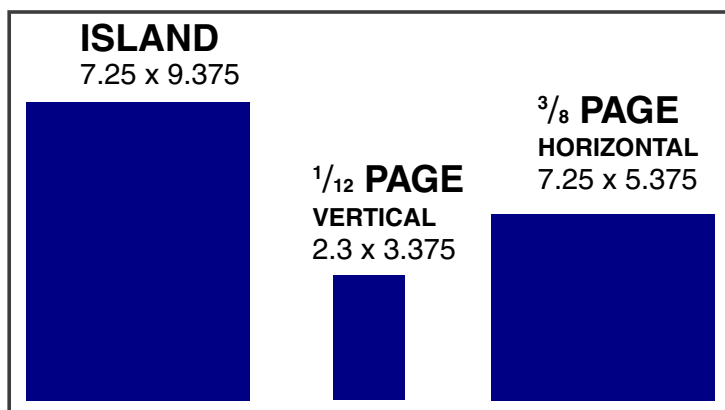
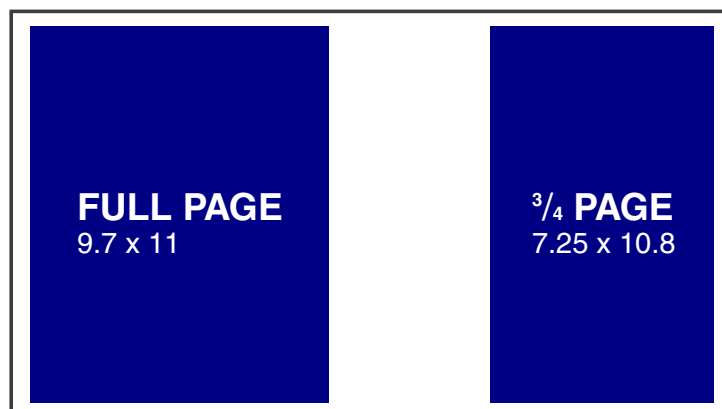
Amazing Aging!

A free publication of Jayhawk Area Agency on Aging, Inc.

2012 Rate Card

DISPLAY RATES (\$ per ad)

FULL PAGE:	338.00	1/4 PAGE:	84.00
3/4 PAGE:	253.00	1/6 PAGE:	57.00
ISLAND:	211.00	1/8 PAGE:	42.00
1/2 PAGE:	169.00	1/12 PAGE:	27.00
3/8 PAGE:	127.00	1/16 PAGE:	21.00



Amazing Aging serves families in Shawnee, Douglas and Jefferson counties. The Spring 2012 issue will be inserted in at least 7,000 copies of the May issue of Kaw Valley Senior Monthly, which is distributed throughout the Topeka and Lawrence area. **DEADLINE FOR THE SPRING ISSUE IS 4/15/2012.**

For more information, please call Kevin at 785-841-9417



John Ross, cancer survivor

Know Your Options.

150+ CANCER
RESEARCH TRIALS.

Our hope is that you never know cancer. But if you do, The Oncology Center at Lawrence Memorial Hospital can give you hope. Our board-certified oncologists and hematologists provide advanced treatments right here, close to your home, family and friends. With more than 150 cancer research trials, we also offer options you won't find at many other treatment centers. More choices and more compassion...reasons why 100% of our cancer patients say they would recommend us.*

At LMH, we know cancer.

*HealthStream Research 2011



Affiliated with Lawrence Memorial Hospital