

Kaw Valley Senior Monthly


FREE!
Take One Home With You

April 2016

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 15, No. 10

INSIDE



**LAWRENCE
OTOLARYNGOLOGY
ASSOCIATES, LLC**
Ear, Nose and Throat Specialists

According to Dr. Robert Dinsdale of Lawrence Otolaryngology Associates, which treats disorders of the ear, nose and throat, his practice has a family feel to it since he and his partners are now treating the children and grandchildren of their first patients. - page 7

Business Card Directory...26, 27
Calendar 18
Estate Planning 16
Goren on Bridge36
Health & Wellness..... 14, 15
Humor.....32
Jill on Money..... 17
Mayo Clinic 11
Memories Are Forever35
Pet World33
Puzzles and Games.....37
Restaurant Guide34
Rick Steves' Europe31
Wolfgang Puck's Kitchen..... 34

www.seniormonthly.net

KEVIN GROENHAGEN PHOTO

SENIOR profile



**Ron
and Linda
Lessman's
Truckhenge is all
about having fun.**

See story on page three

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

**NOW accepting
55 and over!**

National Church Residences
CEDAR SQUARE

Affordable Apartments for
Seniors age 62+



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

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

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

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

*Presenting extraordinary
resident artists.*



Jack Martin

Reflections

Oil on Canvas

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



Find inspiration in your life.

CALL TODAY!

LEGEND™

ASSISTED LIVING & MEMORY CARE

at Capital Ridge

1931 SW Arvonla Pl
Topeka, KS 66615

(785) 272-9400

*The
Windsor*

of Lawrence

ASSISTED LIVING & MEMORY CARE

3220 Peterson Rd
Lawrence, KS 66049

(785) 832-9900

Legal battle inspired Truckhenge, other art projects

By Kevin Groenhagen

As Captain James T. Kirk of the starship USS *Enterprise*, William Shatner boldly went where no man had gone before. However, his stop at Truckhenge last June may have been at one of the most unusual places he has visited on this planet.

"I'm a Trekaholic, so that was the highlight of my year," said Linda Lessman, who, along with her husband, Ron, owns and operates the Lessman Farm and Truckhenge in Topeka. "It was 90 degrees in the shade that day, and that poor man looked miserable."

"Shatner was a nice guy," Ron added. "He was only here for 35 or 40 minutes. He's 20 years older than me, but he makes me look like an old man."

The 84-year-old Shatner arrived at Truckhenge on a Harley Trike he was riding from Chicago to Los Angeles to help raise awareness of American Legion programs and raise funds for The American Legion Legacy Scholarship. The scholarship program helps cover college expenses for children of U.S. military men and women who lost their lives while on duty since September 11, 2001. Along the 2,500-

mile route, Shatner's crew had picked unusual spots to be featured in "The Ride," a documentary starring Shatner.

"We stopped here to get color and uniqueness," Shatner told WIBW. "Here's Kansas in the raw, and we're delighted to be here."

If anyone is looking for color and uniqueness in Kansas, Truckhenge is the right place. And if you're looking for a unique and colorful person, Ron Lessman certainly fills that bill.

"One lady, who used to live in Wichita but now lives in London, had a tour here and wrote on her blog that I'm the craziest guy she's ever met," Ron said. "Well, I take that as a compliment. She lives in London. They have nine million people in London."

Ron has also been a bit of a rebel for most of his life.

"I got kicked out of school four times at Shawnee Heights my senior year because my hair touched my ears," he said.

That rebelliousness ultimately led to

■ CONTINUED ON PAGE FOUR



Ron and Linda Lessman stand beside several bumpers planted into the ground. "The county said they weren't sure what I do out here, so I told them all you have to do is look down the driveway," Ron said. "I've got a bumper crop."

Bath Innovations Walk-In Bathtubs

Therapeutic relief from fibromyalgia and other chronic pain conditions

Replace your old bathtub with an in-home spa!

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

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



Call NOW for FREE estimate! 913-912-1750

Kaw Valley
SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$8.50 for 12 monthly issues.

Contact us:

MAIL

2612 Cranley St.
Lawrence, KS 66046

PHONE / TEXT

785-841-9417

E-MAIL

kevin@seniormonthly.net

Truckhedge

■ CONTINUED FROM PAGE THREE

the creation of Truckhenge at what was once a fairly ordinary family farm.

The Lessman family bought the farm in 1879 and lived in a house that was built in 1864. Ron and Linda moved to the farm shortly after they got married in 1977.

“My grandfather planted a variety of crops,” Ron said. “He used to raise tomatoes, watermelon, and cantaloupe. If you have different crops, they come in at different times, and you always got money coming in. You diversify your income as much as possible. I learned that as well as I could.”

In addition to planting crops, Ron and Linda raised a few hogs. They had six antique trucks on the farm that the hogs would lie under for shelter.

However, since the farm is near the Kansas River, it was susceptible to flooding, as was the case during the summer of 1993. That summer the flooding was so bad that the Lessmans were essentially homeless for three weeks. The upside to being that close

to the river was the sandy soil found on the Lessmans' land is ideal for use in making concrete. In 1991, the House Public Works and Transportation Committee approved \$10 million for the Oakland Expressway in East Topeka. The Lessmans won a contract with the state to provide soil to construct the expressway. The hole left behind allowed the Lessmans to add a 30-acre pond to their farm.

Ron stocked the pond with bluegill, crappie, perch, bass, and three kinds of catfish, and the Lessmans now charge people \$10 to fish all day long.

“I started raising fish because the hogs kept getting out,” Ron said. “I’ve had hogs get over a six-foot fence like it was nothing. Hogs are too damn smart for their own good. If they had fingers, they’d be extinct by now.”

However, with the hogs gone, in 2000 Shawnee County told Ron that he had to pick up his trucks since they were considered abandoned vehicles.

“The county told me to pick up my trucks, so I picked them up,” Ron said while executing a two-armed gesture known as the Italian salute.

KEVIN GROENHAGEN PHOTO



A tree with dozens of shoes hanging from its branches greets visitors as they enter Truckhenge. Ron calls this the “Tree of Lost Soles.”

Of course, the county meant for Ron to remove the trucks from his property. However, Ron said he never even considered doing that. Instead, he used a front-end loader to lift up the vehicles,

and planted each of them in 42,000 pounds of concrete.

“I figured Nebraska had Carhenge, Texas had Cadillac Row,” Ron said.

■ CONTINUED ON PAGE FIVE



WANTED: Volunteers for a Research Study on Advance Directives for Health Care

A researcher from the Gerontology Center at the University of Kansas is conducting a study on advance directives for health care.

We are interested in talking to individuals 65 and older who completed a living will or advance directive for health care in the past 12 months.

Each interview will be conducted in the participant's home and will last approximately one hour. All matters discussed will remain confidential. Each participant will receive \$20.

To participate in this study or for more information, please call **785-864-0665** or email **ckoss@ku.edu**.

Oticon Dynamo: Super Power hearing aid, More speech details!

If you are very hard of hearing, you know all too well there's a long way from hearing sounds to making sense of them. Even with a "powerful" hearing aid, critical high frequency sounds are often lost, making it hard to catch the meaning. Developed for people with severe to profound hearing loss, Oticon Dynamo hearing aids fill in the missing speech details so that you understand more and can stay in the conversation.

Thanks to Oticon's innovative Speech Rescue™ technology, Dynamo takes the high frequencies that often go lost – such as 's' and 'th' sounds – and moves them to a lower frequency range that you can hear. As a result, your brain gets access to the full spectrum of sounds, rescuing speech cues that would otherwise be lost and giving you a more complete sound experience.

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

**MARSTON
Hearing Center**

785-843-8479

1112 W. 6th St. Ste. 100
Lawrence, KS
www.marstonhc.com



oticon
PEOPLE FIRST

Truckhedge

■ CONTINUED FROM PAGE FOUR

“Well, Kansas needed something. The county told me to pick up my trucks, so I picked them up.” Ron also spray painted sayings on each truck.

The county didn’t take too kindly to Ron’s interpretation of “pick up.”

“They took us to court and filed criminal public nuisance charges against us because they said those trucks, which had all that concrete around them, were going to float down the river, take out all the bridges, and kill everyone in Lawrence,” Linda said. “Anyone with a lick of sense knows that, with that much concrete around them, those trucks aren’t going anywhere.”

“They said that was a cynical attempt to get around the law,” Ron added. “I said, ‘Your Honor, I’m not a nuisance. I’m just obnoxious.’”

The Lessmans received a fine, but the county allowed the trucks to stand, making them a bit of an accidental tourist attraction. However, they are not the only attractions on the Less-

mans’ property.

“The county said I couldn’t have any loose metal out here, so I wired all my metal together and made a little tornado,” Ron said.

Ron has also added Boathenge, Beer Bottle City, and numerous woodcarvings he has done with a chain saw.

And then there’s the couple’s home, which Ron built with the help of a few friends after the flood of 1993. Realizing that their old home was no longer safe when the river flooded, the Lessmans replaced it with a Quonset hut with 8,000 square feet of living space. The home is full of Ron’s creations, and even includes a homemade elevator to get to the second floor.

“My whole house is made of used material,” Ron said.

Although Ron does not think of himself as an artist, the Association for Shawnee County Recycling and Preservation in 2006 designated his Truckhenge as a “Kaw Region Art Park.” Pointing at the plaque he received, Ron notes that the acronyms for Shawnee County Recycling and Preservation

■ CONTINUED ON PAGE SIX

KEVIN GROENHAGEN PHOTO



Unlike Michelangelo, who painted on the ceiling of the Sistine Chapel, Ron has done several paintings on the ground floor of his home. “My standards are not as high,” he explained. Inset photo: Artwork using disposable cigarette lighters. “I call this the ‘Lighter Side of Truckhenge,’” Ron said.

Brewster at Home has changed its name!



BrewsterConnect

BrewsterConnect is all about making your life — *in your home and around the town* — easier, healthier, and more satisfying.



Get Connected to:

- Wellness and exercise programs
- Trips, social and cultural events
- Educational seminars
- A network of trusted services providers including home health, housekeeping, home repairs, lawn care and more
- Transportation to activities at Brewster Place, plus shopping trips and doctor’s appointments

CALL 785-274-3303 TODAY!

www.BrewsterConnect.org



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

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

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

Call for a free, no-obligation appointment

Lawrence • 856.8181
Topeka • 272.6101

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

homeinstead.com/584

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

Truckhedge

■ CONTINUED FROM PAGE THREE

and Kaw Region Art Park are, respectively, SCRAP and KRAP.

"I'm not an artist," Ron said. "This is all about having fun. If you smile, they can't beat you."

The Lessmans also lease out their farm for events, including the 420 Urban Music Festival. In addition, Linda and a friend hold an annual Truckhenge Tarot Time, which is a one-day psychic fair.

The Lessman Farm and Truckhenge now attracts more than 3,000 visitors per year.

"We had two people from Albania on March 9," Ron said. "We've had people from South Africa, Macedonia, Australia, and Germany."

"The family from 'Sister Wives'

came here several years ago," Linda added. "They had a good time."

According to Ron, Truckhenge attracts more visitors from out of state than from Kansas. However, tour buses from Kansas City and Wichita have made the trek, and local retirement communities have organized trips to Truckhenge. Even a few county officials returned to Truckhenge after the county's legal battle with the Lessmans.

"We've had police officers who earlier came out with county officials, and then came back later with friends for tours," Linda said.

"The county and I get along fine now," Ron added.

Truckhenge is located at 4124 NE Brier Road in Topeka. The Lessmans do not charge for tours, but will accept donations. They also request visitors to call ahead at (785) 234-3486 to schedule tours.

KEVIN GROENHAGEN PHOTO



Ron with several of the dozens of woodcarvings he has done with a chainsaw.

GraceTime® makes YOUR LIFE AND STORIES...
AVAILABLE AND REMEMBERED !
We do Digital Story Telling.

GraceTime® can be your source for creating your virtual extended presence for future generations.. Making your image and personality available to anyone, anywhere, at anytime via the connected world!

GraceTime® is a 10+ year old online information portal for your *current* or extended audio, visual and video presence. Access to your virtual presence is directed to PCs', Smart Phones and Digital Tablets via tangible markings, Internet search engines and DVDs .

GraceTime® is dedicated in making yours or your loved ones time on this earth more than just a footnote / epitaph on a tombstone or vase. Why wait for someone else to write a review / obit of your life? If you already have pictures, movies, slides, scrapbook or other.. make it available. Or utilize the GraceTime® personal interview service

GraceTime® can show you how to create new media, or turn an existing collection of memories into an enhanced, visual, extended world wide presence. For the sake of those who want to know you or your loved ones, allow GraceTime® to help you now, in defining, preparing and sharing who you are, where you have been, what you have done and what they should know..



How do you want to be remembered?
GraceTime LLC
<http://www.gracetime.com>
Call 913-522-8513 For more information..
gracetime@yahoo.com

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

100% Employee
Owned Company!



"Professional Therapy & Nursing Services in Your Hometown!"



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



We accept MEDICARE, KANCARE & other major insurances.

Medicalodges Eudora

1415 Maple Street, Eudora Kansas

(785)542-2176

WWW.MEDICALODGES.COM

Like Kaw Valley Senior Monthly on Facebook and read senior news from other sources, get details about events that were submitted to us after publication, and share your comments.



Dr. Robert Dinsdale

Lawrence Otolaryngology Associates treats disorders of the ear, nose and throat

By Billie David

One of the best things about having a medical practice in a town the size of Lawrence is you get to know the people who come in as your patients when you meet them on the street or at the grocery, or perhaps downtown, according to Dr. Robert Dinsdale, who co-owns Lawrence Otolaryngology Associates with Dr. Stephen Segebrecht and Dr. Lee A. Reussner.

And one of the benefits of being in business for over 30 years is that the practice has a family feel to it as you find yourself treating the children and grandchildren of your first patients.

“Dr. Segebrecht established Lawrence Otolaryngology Associates about 31 years ago. He is from the Kansas City area, and after he completed medical school at KU Med and specialty training at the University of Utah, he married a young woman from

Lawrence and decided to establish his practice here. I joined him about three years after that,” Dinsdale said, adding that the business recently added Dr. Leo Martinez.

Lawrence Otolaryngology Associates treats disorders of the ear, nose and throat, including voice, laryngeal and swallowing disorders, pediatric tonsil care, cosmetic and reconstructive facial plastic surgery, and treatment of sinus problems, dizziness, hearing loss, head and neck cancers, and thyroid and parathyroid disorders.

In addition to treating several generations of patients and getting to know them in other contexts, Dr. Dinsdale said, “There’s nothing better than seeing someone who’s referred to us by a friend or family member and having them tell us they were told, ‘they’ll treat you right.’”

Although Lawrence Otolaryngology

■ CONTINUED ON PAGE EIGHT

COURTESY PHOTO



Hillside Village Therapy Team

If your loved one has been hospitalized and is in need of Medicare Part A therapy services, Hillside Village of De Soto can help. Through our partnership with Genesis Rehab Services, we offer a full range of physical, occupational, and speech therapy along with wound care, pain management, and dementia care. All of our skilled nursing beds are fully Medicare Part A certified and we accept all major Medicare Advantage (HMO) and Medicare Supplement plans. Our therapists and nursing staff work closely with residents and their families to understand and meet their individual therapy goals.

Call 913-583-1260, x116 to schedule a tour. We are locally owned and with the owner onsite daily.

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



Lawrence Otolaryngology

■ CONTINUED FROM PAGE SEVEN

Associates started in Lawrence and the main office is located in the Lawrence Medical Plaza building at 6th and Main streets, there are also satellite offices in Topeka and Ottawa. The practice treats people of all ages, from newborns to 100-year-olds.

“For seniors, we do a lot of evaluations and treatment of hearing loss and balance problems, growths, and cancers of the head and neck, including thyroid and parathyroid cancers and skin cancer,” Dinsdale said. “We also do a lot with voice problems. As we grow older, our vocal cords grow thinner, which makes it hard to get voice volume, and we can do surgery or therapy for that.”

Other issues that seniors often come to the clinic for include swallowing problems and infections of the ear, sinus and throat.

“Hearing loss is very common,” Dinsdale said. “About two-thirds of folks aged 70 or over have hearing loss. I’ve seen older folks who get ear infections just like a little kid.”

In cases where there is sudden hearing loss caused by things like fluid buildup or a virus, the situation is often treatable, but it is important to seek treatment within days of when the problem started.

“Seniors tend to put it off, but some things need to be done right away, especially for sudden changes in hearing,” Dinsdale said. “They can go to their doctor for a referral, but often they don’t have to get a referral. They can come in directly.”

If patients have original Medicare, they don’t need referrals, and if they aren’t sure about other insurance, they can call the front desk and ask, he added.

Another common reason for patients to seek treatment at Lawrence Otolaryngology Associates is skin cancer, which is also a situation that should be checked out right away.

“It can be very subtle, like a blemish that doesn’t heal, or a cold sore, or pink, raised or scaling skin, especially in areas that have been exposed to the sun,” Dinsdale said.

“If it doesn’t go away within a couple of weeks it should be checked out, especially if it is painful or bleeding. Skin cancer caught early is fairly easy to treat, and it’s a shame if they wait and we have to take part of their ear or nose off. We do complete removal of the skin cancer, and we can offer it at any of our offices. People appreciate that it is local, so they don’t have to leave Lawrence for treatment.”

In addition to seeing patients at all three clinics, each of the doctors performs surgery once or twice a week in

Topeka at St. Francis Hospital, in Ottawa at Ransom Memorial Hospital, or in Lawrence at Lawrence Memorial Hospital.

“I do facial cosmetic surgery as well, including eyelid tucks and face-lifts,” Dinsdale said. “A fair number of seniors have extra eyelid skin impairing their vision, and it is covered by Medicare if we can show it causes vision impairment.”

Technical advances in medicine have made a big difference in how ear, nose and throat conditions are treated.

“People with hearing loss today can benefit from advances in hearing aids that are more adaptable to different situations,” Dinsdale said, “and even more amazing is the fact that there are medications being developed that may restore hearing. They will probably start doing clinical trials on that in the next five years.”

Advances in medicine have also made an impact on the way the doctors do surgery, including anesthetics that act more quickly and leave the body quicker, which means fewer side effects, and as for treatment of voice problems, “we have technology that

didn’t even exist when we started,” Dinsdale said. “That’s all new.”

And when you think about the nature of the work that ear, nose and throat specialists do, you will probably agree that progress is a really good thing

“Our specialty is looking into narrow, deep holes,” Dinsdale explained, “and what we want to do is to accomplish that with minimal pain. Advances in technology, such as fiber optic instruments and small instruments that are controlled remotely, help with that goal.”

But all of those advances require constant learning on the part of the doctors.

“There are a lot of people in our field who are great innovators,” Dinsdale said. “All of us went into this in part because we like to learn.”

Lawrence Otolaryngology Associates’ main office is located at 1112 West 6th Street, Suite 216, in Lawrence. The Topeka branch is located at 634 Southwest Mulvane Street, Suite 200, and the Ottawa branch is located at 1402 South Main Street. More information can be found on the website at lawoto.com.

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





The History of Lawrence, Kansas

by Richard Cordley

See www.seniormonthly.net/books or call Kevin at 785-841-9417 to purchase.



VISITING NURSES Hospice

Let Our Family Take Care of Your Family

All your homecare needs under one roof:

Home Health | Hospice | Rehabilitation | Help at Home

(785) 843-3738 www.kansasvna.org



The Iconic
Musical Returns!

April 5th

TOPEKA PERFORMING
ARTS CENTER

YOU SHOULD BE DANCING!

SATURDAY NIGHT FEVER

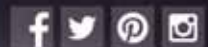
Boogie over to
[ticketmaster.com](https://www.ticketmaster.com)
to get your
tickets.

PRESENTED BY:



**Capitol
Federal**[®]

True Blue[®] for over 120 years



[capfed.com](https://www.capfed.com)
888.8CAPFED

Spring into your stress-free retirement

By Norm Franker

Social Security District Manager in Lawrence KS

There's nothing like saying "good-bye" to old man winter and "hello" to budding green leaves and fresh flowers. Spring is here! One way we welcome the season is by celebrating Stress Awareness Month.

Recognizing the sources of stress is the best way to understand how you can start eliminating factors in your life that put unnecessary strain on your body and mind. Did you know that stress, also called the "silent killer," could cause

heart disease and high blood pressure?

Social Security wants to make your retirement planning as stress-free as possible, which is why we have a number of online tools available for you. You can create your own secure, personal my Social Security account from the comfort of your living room and avoid unpleasant traffic and a possible wait in one of our local offices. Once you have a my Social Security account, you can view your Social Security Statement, verify your earnings record, and find out what to expect in monthly benefits if you retire at ages 62, full retirement age, or 70. Once

you begin receiving Social Security benefits, you can use my Social Security to check your benefit information, change your address and phone number, change your electronic payment method, and obtain an instant benefit verification letter and replacement SSA-1099/1042S. In some areas, you can even request a replacement Social Security card using your my Social Security account.

You can easily sign up for my Social Security at www.socialsecurity.gov/myaccount.

If you're thinking about retiring at an age not shown on your Statement,

reduce the stress of the unknown by using our Retirement Estimator. The Retirement Estimator allows you to calculate your potential future Social Security benefits by changing variables such as retirement dates and future earnings. You may discover that you'd rather wait another year or two before you retire to earn a higher benefit. Or, you might see that this is the season for you to kiss that work stress goodbye and retire right now. To get instant, personalized estimates of your future benefits, go to www.socialsecurity.gov/estimator.

When you decide it's time to start receiving your retirement benefits, the application process is far less stressful now that you're prepared. You can securely apply online without picking up the phone or leaving your house. Simply go to www.socialsecurity.gov/applyonline, and, in as little as 15 minutes, you can breeze through our online retirement application.

Ex-spouse benefits, taxes, and you

By Ann Woodbury

Social Security Management Support Specialist in Lawrence KS

Mid-April features both Ex-Spouse MDay and tax day. These two observances are extra important if you are an ex-spouse, because Social Security pays benefits to eligible former spouses. And, you may need to claim this income on your tax forms.

If you are age 62, unmarried, and divorced from someone entitled to Social Security retirement or disability benefits, you may be eligible to receive benefits based on his or her record. To be eligible, you must have been married

to your ex-spouse for 10 years or more. If you have since remarried, you can't collect benefits on your former spouse's record unless your later marriage ended by annulment, divorce, or death. Also, if you're entitled to benefits on your own record, your benefit amount must be less than you would receive based on your ex-spouse's work. In other words, we'll pay the higher of the two benefits for which you're eligible, but not both.

You can apply for benefits on your ex-spouse's record even if he or she hasn't retired, as long as you divorced at least two years before applying. The same rules apply for a deceased former spouse.

The amount of benefits you get has

no effect on the benefits of your ex-spouse and his or her current spouse. Visit Retirement Planner: If You Are Divorced at www.socialsecurity.gov/retire2/divspouse.htm to find all the eligibility requirements you must meet to apply as a divorced spouse. Our benefits planner gives you an idea of your monthly benefit amount. If your ex-spouse died after you divorced, you can still qualify for widow's benefits. You'll find information about that in a note at the bottom of the website.

Visit www.socialsecurity.gov/retire2/divspouse.htm today to learn whether you're eligible for benefits on your ex-spouse's record.

NON-MEDICAL TRANSPORTATION



Serving Seniors in Topeka & Surrounding Areas

NEW LOWER RATE.

Phone: 785-250-7838

Contact: Debbie

You make the appointment, then call Debbie's Redi-Ride. I will get you or your loved one to:

- **Medical Appointments**
- **Grocery Shopping**
 - Help you carry in and put things away
- **Personal Trips**
 - Hair/Nail Appointments
 - Airport
 - Concerts

Anywhere you want to go, including Kansas City area. I will treat you like family.

Debbie's Redi-Ride

Door to Door & So Much More.



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

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

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



prairie wind
senior living inc.

HOME PLUS

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

MAYO CLINIC

Antidepressants offer gradual, not instant relief

DEAR MAYO CLINIC: How soon after starting on antidepressants should I begin to feel better? What type of changes will I notice? It's been three weeks and I don't feel like my depression has lessened. If anything, it seems to be getting worse. Do I need to try another medication?

ANSWER: Many people who start taking an antidepressant begin to see some improvement in their symptoms within several weeks. But for others, it may take longer. The changes are not immediate or sudden, so you may not notice them much at first. Because of that, it's important to give the medicine time to work. Anytime you feel symptoms of depression getting worse, however, contact your health care provider.

As with all medications, you need to take an antidepressant at an adequate dose for an adequate length of time to see the most benefit. Typically, four to six weeks is a reasonable amount of time to use an antidepressant and decide if it is effective for you.

In most cases, the improvement you get from an antidepressant is gradual, and the benefits may be subtle. For example, if tearfulness is a common symptom for you, it might become less frequent. But it's unlikely to disappear right away. If anxiety is a persistent problem, it may slowly diminish and your interest in returning to hobbies and

other activities may gradually increase.

Sometimes family members and friends may notice that you're doing better before you feel significantly better. With that in mind, try not to rely only on your own perspective. Consider asking the people around you what their impressions are, too.

If you don't see any improvement within four to six weeks, then it may be time for another approach. Your health care provider may recommend you continue taking the same medication, but increase the dose. It's possible that taking another type of medication along with an antidepressant may be helpful. This is called augmentation. The purpose is to use an additional medicine, such as lithium, to boost the effects of the antidepressant.

In addition to medication, adding another type of therapy to your treatment plan may be useful, as well. For example, psychotherapy, also known as counseling or talk therapy, often can be effective treatment for depression. Several kinds of psychotherapy are available. Your health care provider can help you decide which one may be right for you.

Switching to a different antidepressant is an option, too. Usually a medication from a class of drugs known as selective serotonin reuptake inhibitors, or SSRIs, is the first line of treatment

for depression. These include medications such as fluoxetine (Prozac), paroxetine (Paxil) and sertraline (Zoloft).

Other types of antidepressants are available, though, if SSRIs are not effective for you. Among them are drugs known as serotonin and norepinephrine reuptake inhibitors, or SNRIs, and norepinephrine and dopamine reuptake inhibitors, or NDRI. Studies have shown most antidepressants to be comparable across classes. That means there's no need for you to be on one certain type of antidepressant. You can work with your health care provider to find the one that best fits your needs and circumstances.

Communication with your health care provider is key to developing an effective plan for treating depression. It's important that you feel comfortable talking with him or her about your symptoms and how you're doing. If

you don't feel you have good rapport with your provider, or if communication is challenging, you may want to consider seeking a second opinion.

Also, keep in mind that if your symptoms get worse at any point, it's critical for you to contact your provider to reassess your situation. The two of you can then decide if you need to make changes to your treatment plan right away. - Michael Reese, M.D., Psychiatry and Psychology, 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. For more information, visit www.mayoclinic.org.*

© 2016 Mayo Foundation For Medical Education And Research. Distributed By Tribune Content Agency, LLC. All Rights Reserved.

You can't be there for your loved one 24/7.
But our nursing staff can.



It's time to meet

Bridge Haven

Assisted Living & Memory Care

www.mybridgehaven.com 785-371-1106 lawrence, ks



Hearing Loss Affects One In Three American Adults

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

Audiologists

Misti M. Ranck MS CCC-A

Meryl R. Lockling, AuD

Serving the Lawrence area for over 30 years

Lawrence • Ottawa • Topeka

785-841-1107



LAWRENCE
OTOLARYNGOLOGY
ASSOCIATES, LLC

Ear, Nose and Throat Specialists

Kansas to host Missouri in Granny Basketball

The newly-formed Kansas Granny Basketball League will host its first Kansas-Missouri contest in Lawrence on April 2. Starting at "High Noon," three games will take place in a round-robin format at the Holcom Park Recreation Center. The Missouri Show Me Shooters from Jefferson City will take on the Kansas Grayhawks and the Kansas Gray Tornadoes in 1920s-style, six-on-six competition.

Granny Basketball is a playful, fun-filled senior exercise activity that encourages women age 50 and over to stay fit in a non-traditional, social environment. The league provides wholesome, nostalgic and sometimes humorous entertainment, as well as an outlet for charitable fundraising.

The six-on-six game is based on rules from the 1920s, when women's basketball was a milder game. The floor is divided into three courts, and players can have up to two dribbles per possession. Running is not allowed, but "hurrying" is. With an emphasis on safety, players are not allowed to jump or have physical contact. Also, only three fouls are allowed. The modified league rules also award three points for underhanded "granny shots."

The Kansas Granny Basketball League is currently enjoying its first season. Players dress in 1920s-inspired uniforms—black bloomers, middy blouses and sailor-style collars displaying each player's number. League

games take place each Sunday afternoon from 2 to 4 p.m. at the Lawrence Community Center through May 22, except on holidays.

"Our first two Kansas teams have been practicing and playing since January to learn the special rules of Granny Basketball. We're now ready to take the court with the Missouri Show Me Shooters," said Michele Clark, Kansas coordinator and volunteer for Granny Basketball.

"I suppose we could call it a show-down, but we're actually delighted they plan to show up," Clark said. The Missouri players will drive about three hours to play in Lawrence. The Missouri teams plan to host Kansas at a similar round-robin event in Jefferson City next fall.

The public is invited. Admission is to the Kansas-Missouri High Noon Show Up is free, and free-will donations will be accepted at the door for a local charity.

The Granny Basketball League is a non-profit Iowa-based organization founded in 2005. Kansas is the newest state for teams to join the league. Currently, 22 Granny Basketball teams are active in seven states. Each summer, teams across the nation compete in the National Granny Basketball Tournament, which this year will be held July 23 in Nashville.

For more information, visit www.grannybasketball.com.

LIVING LIFE WITH *Grace*

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

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



www.gracehospicellc.com

– TOPEKA –

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

(785) 228-0400

Fax (785) 228-9049

Toll Free: 800-396-7778

– LAWRENCE –

1420 Wakarusa, Ste. 202 • Lawrence, KS 66049

(785) 841-5300

Fax (785) 841-5310

– KANSAS CITY –

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

(816) 444-4611

Fax (816) 444-9480

Toll Free: 866-878-4611

– LEAWOOD –

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

(913) 948-9473

Fax (913) 948-9477



Affordable Senior Living



2125 Clinton Parkway
in Lawrence

Rent Subsidized
Apartments for
Qualified Seniors

Applications being accepted
841-1000 www.ldcha.org

Clinton Place Apartments

YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.

ABWA honors Dr. Grace Morrison as 'Woman of Distinction'

American Business Women's Association Career Chapter of Topeka recognized Dr. Grace Morrison as the 2016 Woman of Distinction at the 34th Annual Woman of Distinction Scholarship Luncheon on March 9. The ABWA Career Chapter Scholarship Luncheon raises funds for Washburn University and Washburn Tech scholarships.

With the addition of the VIP event, The Many Faces of Grace, held on March 8 showcasing the talents of Grace Morrison and a special auction, the ABWA Career Chapter surpassed all their goals with the highest gross and net dollars raised for the event to date.

The ABWA Career Chapter Scholarship Luncheon and Woman of Dis-

inction has raised more than \$350,000 in scholarship funds assisting more than 500 students pursuing degrees at Washburn University and the Washburn Institute of Technology over the past 34 years.

Dr. Morrison, a Topeka native and Shawnee Heights High School graduate, has delivered approximately 5,000 babies and performed countless surgeries as an Obstetrician and Gynecologist at Lincoln Center OB-GYN in Topeka. During that time, she also served as a Clinical Assistant

Professor at her alma mater, the University of Kansas, School of Medicine.

Dedicated to making the world a better place, Dr. Morrison shares her time and wisdom to make her profession and her community better. Currently, Dr. Morrison is an active member of First United Methodist Church; Topeka Opera Society Concert Association; Minerva Club of Topeka, and Philanthropic Educational Organization, EP Chapter. She serves on the board of directors for the Topeka Community



Dr. Morrison

Your loved one never leaves our care.

Douglas County's only locally owned crematory



Rumsey-Most
FUNERAL HOME
& Crematory

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



VALLEY SPRINGS
SENIOR APARTMENTS



Country Living at its Best.

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

Opening doors to a beautiful lifestyle for over forty years!

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

PACE can help you live independently



Midland Care's Program of All-Inclusive Care for the Elderly (PACE) is for seniors who want to stay safely at home with help. We partner with you to coordinate health care affordably. The support comes from Midland Care, your Northeast Kansas, not-for-profit health care provider for 35 years. Call today to learn more.



1-800-491-3691
www.midlandcare.org

We Help Our Clients Improve the Quality of Their Lives

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

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

Advantaged
Home Care

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

HEALTH & WELLNESS

New ways to avoid back pain

When back pain comes to mind, you probably don't think about your shoes or your furniture. But you should. Back pain is one of the most common problems physical therapists treat—and it can often be avoided or reduced by simple steps involving shoes, chairs, and kitchen counters.



Laura
Bennetts

The trick is to make sure that your home doesn't hurt you.

Start with your chair

Take a critical look at your favorite chair. Is it the right height? Does it support your back? Is it stable? Here are some ways to tell:

Rule #1. When you sit down, your knees should not be higher than your hips. If you sit too low, it's hard to stand up without straining your back. In fact, this amounts to standing up from a squatting position, which can hurt your back or knees.

So you want to sit with your hips either as high as your knees or higher. Take Sam, one of my former patients. Sam had back pain when he rose from his chair. I measured the chair and found that he was sitting just 15 inches above the floor, though (because he's tall) his knees rise six inches higher. So I found him a chair with a seat 21 inches above the floor and now he stands with ease.

To help yourself in the same way, find a chair at the furniture shop that puts your hips and knees at the same level. That's the chair you want. And it's wise to measure the chair—from the floor to the top of the seat—so that you'll know what to look for in the future, too.

Rule #2. You want to sit comfortably without sinking into the chair. Proper support means that your low back touches the back of the chair without making you slouch. Remember, sitting

for over 20 minutes with poor posture can cause significant back pain.

Rule #3. It's hard to stand up safely from chairs that rock or swivel. If your chair rocks forward when you stand up, it will drop your hips below knee level. You will rise from a squatting position from a chair that is moving backwards. That is far from safe.

Counters, cabinets, and sinks

Kitchens and bathrooms can hurt your back, too. Are your counters and cabinets too low? Is the faucet in your sink too close to the porcelain? You may not be able to easily change the height of counters, cabinets and sinks, but you can change the way you stand to prevent irritating your back.

When you wash dishes, open the cabinet under the sink and place one foot on the edge of the cabinet. Keep your head in alignment with your spine, keep your shoulders back, and take a break every few minutes. Stand tall to maintain good posture when you work.

If you stress your back when you bend low over the sink to brush your teeth, you can brush differently. Use a cup of water to rinse your mouth when brushing and only lean forward for a moment to spit into the sink. Stand tall while you brush your teeth to avoid leaning over the sink.

Mattress test

Your mattress may not support you properly. How old is it? Is it still providing the support you need? When you lie on your side, do your hips sink into the mattress, causing low back stress? Is your bed so soft that it's difficult to roll over in bed.

If the answer to any of these questions is "Yes," you probably need a new mattress.

Cruel shoes

No item of dress affects your back more than your shoes. Supportive shoes align your feet for walking so that the impact on your back is reduced. Keep in mind that the cushioning inside your shoes may wear out before the outside of your shoes wears down. You should replace your walking shoes at least yearly, or regularly rotate several pairs.

Remember, also, that high heels can damage the joints of your feet and put your back at risk by throwing the weight of your torso forward as you walk. And putting things inside your shoes can alter the way you walk and cause back pain. New shoes and orthotics should be instantly comfortable to your feet and back. Don't buy shoes that hurt or pinch now with the idea that, when you "break them in," the pain will go away.

Back in the saddle

So, dear reader, these are just a few tips on how to limit your back pain. Wear the right shoes, sit in the right chair, sleep on the right mattress, and avoid bending low over sinks and counters. If back pain persists, see your doctor. And if you need treatment, exercise, or expert advice, ask your doctor for a referral to a physical therapist. You'll be glad you did.

- Laura Bennetts PT, MS, physical therapist.



*Where Families
Come Together*

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

*All Inclusive Pricing
Restaurant Style Dining*

Call Vintage Park today!

BALDWIN CITY
Vintage Park at Baldwin City
321 Crimson Ave.
785-594-4255

OTTAWA
Vintage Park at Ottawa
2250 S. Elm
785-242-3715

TONGANOXIE
Vintage Park at Tonganoxie
120 W. 8th St.
913-845-2204

vintageparkassistedliving.com

HEALTH & WELLNESS

Relief for seasonal allergies

Spring is here! The long winter months are over with and now its time to get outside...or is it? For those suffering from allergies springtime can be like a scene from a horror movie—"Silence of the Lamb," "Halloween," "The Birds." The trees are blooming,



*Dr.
Farhang
Khosh*

the grass is growing, the flowers are budding... and sneezing, congested, runny nosed and watery eyes aliens are running everywhere! No, it's not a scene from a horror movie its seasonal allergies, and people with seasonal allergies can be quite miserable. Seasonal allergies are when your allergies act up at certain times of the year. In the spring, pollinating trees are usually to blame for allergies. In summer, grasses and weeds are the main culprits. In fall, it's weeds, especially ragweed. For those who suffer from mold allergies, it usually peaks at the end of summer or early fall but can also be all year around depending on where you live.

For allergy sufferers, medications may be the only answer to bring them relief. But did you know your diet can make a difference concerning how allergies affect you? This means what you eat cannot only help you manage allergies, but can make them less horrifying to your system and make it possible to bypass the medications all together. Controlling allergies is very important. Certain foods can help to decrease the allergy response that your body produces in response to allergens. Giving your diet a boost of nutritious food may be what you need to fight the zombie-like allergic response you have to seasonal allergies.

One of the best foods to boost the immune system and fight allergies is

garlic. Studies have long shown that garlic extract can help decrease an allergic reaction and can help prevent an allergy by blocking the production of the chemicals that cause allergic reactions. As little as eating garlic two to three times a week may be beneficial in fighting allergies. Eating fish such as salmon and tuna, which are high in omega-3 fatty acids is extremely beneficial in preventing allergies or dealing with the reaction of allergies.

Fruits and vegetables high in Vitamin C, such as the citrus fruits, strawberries, red peppers, spinach, and broccoli help to control allergy symptoms.

Quercetin, a flavonoid found in some foods, is believed to help reduce the inflammation associated with allergies. It is thought that the quercetin prevents immune cells from releasing histamines, or an allergic response. Apples, onions, berries, cabbage, and cauliflower contain quercetin.

Other foods that can help those who suffer from allergies are onions, turmeric, local honey, and kefir, which is loaded with probiotics. What you eat can make a difference in how you feel. Some foods can make allergy symptoms better, and some foods can make allergy symptoms worse. So when dealing with seasonal allergies, clean up your diet and you might be pleasantly surprised what used to be a horror movie is now a pleasant drama.

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

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



NEUVANT HOUSE
OF LAWRENCE

Person Centered Care



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



One Campus, two specialties of care!

WEST HOUSE

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

EAST HOUSE

Designed to care for individuals with physical needs.

KEY FEATURES

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

Learn more about Neuvant House!

Matt Stephens

785-856-7900

admin@neuvanthouse.com

Take a video tour at www.NeuvantHouse.com

1216 Biltmore Drive, Lawrence, KS 66049

ESTATE PLANNING

Back to Basics – General POAs, Part 2

A Durable General Power of Attorney is a very powerful document.

If you are hospitalized due to a severe, incapacitating injury, your Attorney-in-Fact can use your checking account to make the mortgage payments (always nice to have a house



**Bob
Ramsdell**

to return to once you're healthy) and pay the medical bills. If need be, your Attorney-in-Fact can sell your assets—whether shares of a mutual fund or the vacation cabin on Lake Michigan—to obtain the funds needed for your care and welfare. In short, you are giving your Attorney-in-Fact authority over your assets with the expectation that he or she will be honest and exercise good judgment in using that power for your welfare.

If your Attorney-in-Fact writes a check to himself for money to which he has no right, it is theft. But theft cloaked with an apparent legitimacy that makes it hard to detect. And severe abuses do occur. In late 2005, a man pled guilty in Jefferson County, Kansas, to 10 counts of felony theft for using his General POA authority to steal his grandmother's life savings—almost \$400,000—over a three year

period. [He received two years probation with an underlying one-year prison sentence and was ordered to pay restitution at a rate of \$500 per month.] A Google search will find examples of similar abuses throughout the country.

So, do not name anyone your Attorney-in-Fact (or your Co- or Successor Trustee if you have a Revocable Living Trust) unless you know them well and consider them absolutely worthy of your trust. If you name someone and later learn anything that alters your trust—such as that person being convicted of a crime or exhibiting signs of financial stress—then promptly execute an updated General POA that removes them and names someone else.

In some cases a financial institution—bank or trust company—may agree to serve as an Attorney-in-Fact, but this varies with the institution and some may agree to serve only in conjunction with other duties, such as trustee of a trust.

You can also build safeguards into your General POA. You can exclude the exercise of certain powers outright (in addition to those prohibited by law) or limit the exercise of others (such as allowing the sale of real estate, but not the land that represents the family farm). Another option is to require that the exercise of certain powers needs the agreement of your primary and successor Attorneys-in-Fact. For example, you can allow your primary Attorney-in-Fact to individually handle most transactions while specifying that certain transactions—such as the sale, gift,

transfer, mortgage or other alienation of your homestead (if you've included that power), transactions above a specified dollar amount, withdrawal of an amount in excess of the Required Minimum Distribution from an IRA or other retirement account, etc.—require the written agreement of your primary and successor Attorneys-in-Fact.

Another safeguard might be to require your Attorney-in-Fact to periodically account for his or her actions with an independent third party. This could include providing the third party with copies of bank statements and transaction records.

Bottom line: Do not name anyone your Attorney-in-Fact unless you know them well and they are worthy of your

trust. And talk to them in advance to be sure they would be willing to serve. If someone first learns you named them your Attorney-in-Fact after you are incapacitated and then declines to serve, your General POA will be little more than an impressive, notarized piece of paper.

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell Qualseth & Warner, P.A., in Lawrence. He can be reached at 785-841-4554. The Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, can be reached at 1-888-353-5337. The information in this column is intended to provide general public information, not legal advice.

Our Family... Serving Your Family



WARREN-McELWAIN
MORTUARY

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



KANSAS ELDER CARE

Lawrence-Owned & Operated since 2006

Local, Compassionate Home Care Services

COMPANION CARE

- medication reminders
- meal preparation
- grocery shopping
- driving to appointments
- companionship

PERSONAL CARE

- incontinence care
- bathing • feeding
- toileting and transfers
 - dressing
 - oral hygiene

Our services can be provided in private homes, assisted living facilities, nursing homes, and hospitals.

Call for a Free In-Home Consultation
(785) 856-5555

www.kseldercare.com • info@kseldercare.com

Martin Creek Place

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

Age 62 & older.

4950 SW Huntoon • Topeka 785-273-2944



JILL ON MONEY

No, mortgage apps aren't going to cause Housing Bubble 2.0

Super Bowl commercials rarely create activity in my inbox, but the one for Quicken's Rocket Mortgage earlier this month was an exception. In the middle of the game, people started



Jill
Schlesinger

sending me messages like, "Did you just see that mortgage spot?"

The ad started with a simple premise: "Here's what we were thinking: What if we did for mortgages what the Internet did for buying music and plane tickets and shoes?" It then described how borrowers could get a mortgage

with a few clicks on their phones. "If it could be that easy, wouldn't more people buy homes?"

Except it is never that easy. Twitter lit up with Rocket Mortgage haters, accusing the company of taking us back to the bad old days of 2005, when anyone with a heartbeat (and now a phone) could snag a mortgage. If you've refinanced or tried to get a mortgage lately, you know that getting a mortgage in eight minutes is impossible.

That left Quicken Loans President Jay Farner with the task of repeating a simple clarification: Quicken is not using the app to "change the underwriting criteria or guidelines." Prospective borrowers will apply for a loan in a streamlined way and be able to qualify, subject to the outcome of the underwriting process.

So what does the Rocket app do? Once you enter your income and bank

details, Quicken communicates directly with lenders to compare loan terms and rates. The app also estimates the amount you can borrow and monthly costs and allows you to lock in a rate. At this point, the loan must go through underwriting, just like any other loan. You may get dinged in the process or you may get approved.

In many respects, the app provides you with a prequalification, which lenders have always used. According to Mike Raimi, a managing director of Luxury Mortgage Corp., a prequalification is "an estimate of buying power provided by the borrower, without the collection of actual documents to substantiate income, assets or a hard credit inquiry. A pre-approval is based on the actual review your financial wherewithal to repay the loan and therefore is considered the stronger, more complete process."

While it has become easier to attain a mortgage in the past couple of years, Bankrate.com said the median credit score of a mortgage applicant is now 753 (out of 850), the highest since 2001, and there is no reason to think that Rocket Mortgage's app will change

that fact. So what do you need to know before you start the mortgage or re-fi process? Raimi recommends that you go to AnnualCreditReport.com and correct any errors on your credit report first.

For 30-year conventional mortgages, the best rates are available for those with credit scores above 720. For every 20-point drop in score, the rate edges up an eighth to a quarter of a percentage point. If your credit score is below 620, a conventional loan is generally not an option, although an FHA loan is. Credit scores do not have nearly as much impact on loans with terms of 15 years or shorter.

I still recommend a 20 percent down payment, because you will not be subject to mortgage insurance. Right now, a 30-year fixed rate mortgage for a borrower with excellent credit is just below 4 percent, which is still a historically low rate.

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

© 2016 Jill Schlesinger.

Distributed By Tribune Content Agency, LLC

BATE'S FURNITURE

In Business Over 40 Years

We now carry
Custom-sized
Lift Chairs!

Starting at

\$499⁰⁰

Moving? Downsizing?
We also buy furniture!

Karl Behring, Manager

We offer lay-away and delivery.



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



QUALITY Service You DESERVE

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

Accepts Medicare, Medicaid and most insurances.

For more information, call

620-364-2117

601 Cross Street • Burlington, Kansas
lifecarecenterofburlington.com



LIKE TO ADVERTISE IN SENIOR
MONTHLY?

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

SENIOR CALENDAR

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

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

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

Calling all knitters, crocheters, and quilters who want to gather for a good cause—You are invited to participate with the residents at Arbor Court Retirement Community to create needed blankets for the Pregnancy Center of Lawrence. This is also an opportunity to teach and learn. If you want to learn a new art form, we are here to assist you as well. Arbor Court Retirement Community at Alvamar, 1510 St. Andrews Dr., 2 p.m.
LAWRENCE, 626-429-1572

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWORK

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

SECOND SATURDAY OF THE MONTH

MONTHLY MOOSE MARKET

Pancake feed and market with arts, crafts, gifts, baked items and more. Open to the public. Pancakes are \$4 for all you can eat, free to shop. 8 a.m.–12 noon. Moose Lodge, 1901 N. Kansas Ave.
TOPEKA, 785-250-6788

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

MAY 1

ANNUAL ART IN THE PARK

One of Lawrence's premiere art events, Art in the Park is an annual juried outdoor exhibition that draws more than 150 artists. Along with the finest work from area artists and craftspeople,

the event features live music, food vendors and family activities. Art in the Park is the Lawrence Art Guild's primary fundraiser. South Park, 1130 Massachusetts, 10 a.m.–6 p.m. Free.
LAWRENCE

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 6:45 p.m.
LAWRENCE, 785-842-3415

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

SUNDAYS & TUESDAYS

MOOSE CLUB

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

DAY TRIPS/TOURS

APR 13

NEW THEATRE-MOON OVER BUFFALO

Sponsored by Lawrence Parks and Recreation. In this hilarious comedy, two fading stars of the 1950s are playing a comedy and a drama in rotation in Buffalo, New York. On the brink of a disastrous split-up, they receive word that they might have just one last shot at regaining their stardom. One perfect performance is all they need. Unfortunately, everything that can go wrong does go wrong and no on stage knows if

they're in the drama or comedy. This trip will be in the LPRD department bus. Register at www.lprd.org or any Lawrence Recreation Center. Registration deadline: March 11. 10:45 a.m.-4:00 p.m. Fee.

LAWRENCE, 785-832-7920

MAY 18

BLUEGRASS WIND FARM

This motor coach tour to historic King City is full of stops that reflect the agricultural and rural character of the area during the 19th through 20th centuries. Trip includes the King City Museum and Historical Society, a community of its own and Bluegrass Wind Farm, the first and largest wind farm in Missouri. Registration and details available at any Lawrence Recreation Center or by contacting Gayle Sigurdson at gsigurdson@lawrenceks.org. Early bird price through April 8.

LAWRENCE, 785-832-7920

EDUCATION

ONGOING

COOKING CLASSES

The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website.

LAWRENCE, 785-843-8544
themerc.coop/classes

ONGOING

FREE INSURANCE COUNSELING

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

TOPEKA, (785) 354-6787

FIRST MONDAY OF THE MONTH

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.

TOPEKA, 785-580-4400

FIRST WEDNESDAY OF THE MONTH

COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your financial future. Hy-Vee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online.

LAWRENCE, 785-838-4380

midwesttfc.com/coffee-talk-lawrence

FRIDAYS

HEALTHWISE TV

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

SECOND TUESDAY OF THE MONTH

COMPUTER CAFÉ

This time is an opportunity to meet with other computer users and an instructor to problem

solve or learn about new apps, websites and other ways technology can ease our lives. Drop-in and enroll (fee) on-site at the Carnegie Building, 200 W. 9th St., on the second Tuesday of the month from 12-1:30 p.m.

LAWRENCE, 785-832-7920

APR 4

HEALTHWISE SENIOR SUPPER

"Geriatric Oncology" is the topic of the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. Dr. Camille Adeimy, hematologist/oncologist, will explore the issues and concerns that older adults may experience with a cancer diagnosis. Fee for the meal. Reservations requested by Wednesday, March 30. Please call.

TOPEKA, 785-354-5225

APR 5-MAY 3

INTRO TO IPADS

Thinking about getting an iPad or already own one and not sure if you are getting the most out of it? This class will be a demonstration and learning session, so please bring your iPad with you. iPads will also be available during class. We will cover the basic operation of the device and apps for recreation, health, education, finance and socializing. Instructor: Karen Johnson. Register at www.lprd.org or any Lawrence Recreation Center. (Lawrence Parks and Recreation). Fee. Location: Community Building. Tuesdays, 2-3:30 p.m.
LAWRENCE, 785-832-7920

APR 8

WAR FARE: A FREE LECTURE BY LORA VOGT

The Kansas Museum of History is presenting a free lecture by Lora Vogt, The National World War I Memorial Museum. Held in conjunction with the special exhibit What's Cooking, Uncle Sam? Kansas Museum of History, 6425 SW 6th Ave., 6:30 p.m.

TOPEKA, 785-272-8681

www.kshs.org/museum

APR 9

PLANTING FOR POLLINATORS

Attracting many different kinds of pollinator insects will bring life and movement to your garden. Learn the various ways in which flowers are adapted to different insects. The class will discuss how to choose the right plants for your garden, those that bring beauty and support area and migrating wildlife. Instructor: Susan Phillips, Master Gardener. Register at www.lprd.org or any Lawrence Recreation Center. Fee. Location: East Lawrence Center. 9-10 a.m.
LAWRENCE, 785-832-7920

APR 9

LADIES DAYS

Head to the Commercial Street Mall for fun workshops on plumbing, electrical, paint and gardening. Join Mary Carol from Nell Hill's from 9 a.m. to 3 p.m. as she talks about new interior and outdoor trends! 9 a.m.-5 p.m.
ATCHISON, 913-367-7616

APR 19-MAY 17

CREATING FAMILY ARCHIVES

This class is for those with a box of pictures,

■ CONTINUED FROM PAGE 18

clippings and other family ephemera with which they are someday, going to do something. Learn about different types of family archives, genealogy techniques and area resources from local experts in the field that will guide you toward a defined plan for preserving your family history. Fee. Tuesdays, 7-8:30 p.m. Location: Carnegie Building. LAWRENCE, 785-832-7920

APR 19

SENIOR SUPPER AND SEMINAR

This month's topic: "End of Life Issues: What You Need to Know About Resuscitation."

Presented by Richard Sosinski, MD; David Goering, MD & Janelle Williamson, APRN. On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. At 6 p.m., there will be a short educational program on a health or wellness topic of interest to seniors, presented by LMH affiliated physicians or associates. Reservations are required for the meal and must be made at least 24 hours in advance by calling LMH Connect Care at (785) 749-5800 or sending an e-mail to connectcare@lmh.org. Seating is limited so enroll early.

LAWRENCE

APR 20

NATIONAL HEALTHCARE DECISIONS DAY: UNDERSTANDING ADVANCE

DIRECTIVES; DO YOUR LOVED ONES KNOW YOUR CHOICES?

In honor of National Healthcare Decisions Day, come and learn why advance care planning is important. Review information about advance directives including durable power of attorney for healthcare and living will. Time for discussion, plus assistance provided for those who wish to complete their documents. Sponsored by LMH Palliative Care Consult Team and C.H.E.C. (Lawrence Area Coalition to Honor End of Life Choices). Free. Register early as space is limited. 6:30-8:30 p.m. LAWRENCE, 785-505-5800

APR 20

LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the 3rd Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call (785) 505-2807 to enroll for the workshop. 1:00-2:30 p.m. LAWRENCE

APR 20

PREDIABETES CLASS

This free class is 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. Taught by LMH Diabetes Education Center staff. 12-1:30 p.m. LAWRENCE, 785-505-5800

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

The Lawrence Irish Session is a lively gathering of musicians sharing Irish traditional tunes each week. Beginners and experienced players are welcome. Come to listen, learn and share tunes and songs of Ireland, and best of all, have a great time. Henry's on 8th, Upstairs in the Pub, 11 E. 8th St., 5:30-9 p.m.

LAWRENCE, www.lawrencecession.com

THURSDAYS

JUNKYARD JAZZ

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

LAWRENCE, 785-842-3415

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

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

LAWRENCE

FEB 18-APR 24

OVER THE MOON

OVER THE MOON by Ken Ludwig. Starring Marion Ross from *Happy Days* and Hal Linden from *Barney Miller* In this hilarious comedy two fading stars of the 1950's are playing a comedy and a drama in rotation in Buffalo, New York. On the brink of a disastrous split-up, they receive word that they might just have one last shot at regaining their stardom. One perfect performance is all they need. Unfortunately, everything that could go wrong does go wrong and no one on stage knows if they're in the drama or the comedy! New Theatre Restaurant, 9229 Foster St. Time: Varies by Performance. Fee.

OVERLAND PARK, 913-649-7469

www.newtheatre.com/home.html

APR 1

OLGA KERN, PIANO

With vivid stage presence, passionately-confident musicianship and extraordinary technique, Olga Kern captivates audiences. In 2001, the striking Russian pianist jumpedstart her U.S. career as the first woman in more than 30 years to receive the Gold Medal at the Van Cliburn International Piano Competition. Kern is a laureate of many international competitions and has an impressive discography including a Grammy nominated recording. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

■ CONTINUED ON PAGE 20

Babcock Place

Affordable Independent Senior Living

Applications Being Accepted

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

www.ldcha.org  842-8358



Meals on Wheels of Shawnee and Jefferson Counties, Inc.



Your affordable option for hot, healthy and delicious meals

Call today: (785) 295-3980

Meals on Wheels and good nutrition can help you:

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

RURAL DELIVERY AVAILABLE



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

www.meals-on-wheels-inc.org

NOW LEASING!



1 Bedroom Apartments
Income-based Housing
for Seniors Over 62!

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

Call 785-267-0960 today!


CENTURY PLAZA
APARTMENTS



2200 SE 28th Street
Topeka, Kansas



Personalized in-home care for Douglas County residents

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

842-3159 • www.tihc.org



■ CONTINUED FROM PAGE 19

APR 1, 2, 8, & 9

SKIPPYJON JONES

An adventurous kids musical based on the book by Judy Schachner, this enchanting musical is about unleashing your powerful imagination and following your dreams. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 7 p.m. Fee. TOPEKA, 785-357-5211
www.topekacivictheatre.com

APR 1

LAUGH LINES – SPRING 2016

Laugh Lines improv comedy shows pack the house and perform comedy sketches and games based on audience suggestions. You won't want to miss a single exciting evening with this troupe of comics that have become a Topeka tradition! Laugh Lines humor is not suitable for all audiences. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 7 p.m. Fee. TOPEKA, 785-357-5211
www.topekacivictheatre.com

APR 5

SATURDAY NIGHT FEVER

SATURDAY NIGHT FEVER – THE MUSICAL, the iconic story of Tony — the kid from Brooklyn USA — who wants to dance his way to a better life is back! And back in an all-new production that shares Tony's love for dancing in spectacular new ways. Fueled by the vintage Bee Gee hits, this contemporary retelling of the classic story captures the energy, passion and life-changing moments that have thrilled movie audiences since 1977. Now, a new generation of dancers meets a new generation of playgoers to explore the soaring sounds and pulsating rhythms of this coming-of-age Disco fantasy. Topeka Performing Arts Center, 214 SE 8th St., 7:30 p.m. Fee. TOPEKA, 785-234-2787
www.tpactix.org/events.html

APR 6

BRANFORD MARSALIS QUARTET

Branford Marsalis, the National Endowment for the Arts Jazz Master and renowned Grammy Award-winning saxophonist, will team up with quartet members Joey Calderazzo, piano; Eric Revis, bass; and Justin Faulkner, drums. Together they make up one of the most innovative and forward-thinking jazz ensembles around today. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/calendar

APR 8, 9, 10, 14, 15, 16 & 17

A STREETCAR NAMED DESIRE

This celebrated classic and Pulitzer Prize Winner ranks as one of the greatest in theatre. Blanche du Bois is a woman whose life has been undermined by her romantic illusions, which lead her to reject life's realities. When she goes to live with her sister in New Orleans the pressure mounts and is intensified by her sister's earthy young husband, Stanley. Ultimately Blanche's tragic self-delusion forces her to escape from reality. Theatre Lawrence, 4660 Bauer Farm Dr. Thursdays- Saturdays 7:30 p.m., Sundays 2:30 p.m. Fee. LAWRENCE, 785-843-7469
www.theatrelawrence.com

APR 8

NEW HORIZONS BAND OF LAWRENCE

The New Horizons Band is a project of Douglas County Senior Services. Most, but not all, of the participants are retired or retirement age. Meadowlark Estates, 4430 Bauer Farm Dr., 4 p.m. LAWRENCE, 785-785-865-3519

APR 14 & 15

FOREIGNER

With 10 multi-platinum albums and 16 Top 30 hits, Foreigner is universally hailed as one of the most popular rock acts in the world with a formidable musical arsenal that continues to propel sold-out tours and album sales, now exceeding 75 million. Responsible for some of rock and roll's most enduring anthems including "Juke Box Hero," "Feels Like The First Time," "Urgent," "Head Games," "Hot Blooded," "Cold As Ice," "Dirty White Boy," "Waiting For A Girl Like You," and the worldwide #1 hit, "I Want To Know What Love Is," Foreigner continues to rock the charts more than 30 years into the game. Prairie Band Casino & Resort – Great Lakes Ballroom, 12305 150th Rd., 8 p.m. MAYETTA, 785-966-7777
www.prairieband.com

APR 15, 16, 22, 23, 29 & 30

SHAKESPEARE'S MUCH ADO ABOUT NOTHING

Much Ado About Nothing is generally considered one of Shakespeare's best comedies because it combines elements of robust hilarity with more serious meditations on honor, love and shame. Set in the port city of Sicily, two sets of lovers face trials in their relationships over rumored infidelity. Can true love survive gossip and scandal? A romantic tale of mistaken identity and mistrust run awry. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 7 p.m. Fee. TOPEKA, 785-357-5211
www.topekacivictheatre.com

APR 16 & 17

SLEEPING BEAUTY

Awakened by a kiss...Ballet Midwest presents the classic and captivating fairy tale of Sleeping Beauty. Experience the story of a cursed princess, fated to sleep until awakened with true love's kiss. The tale unfolds with a talented cast of local dancers through the moving art of ballet. Topeka Performing Arts Center, 214 SE 8th St. April 16, 8 p.m. April 17, 3 p.m. Fee. TOPEKA, 785-234-2787
www.tpactix.org/events.html

APR 22, 23, 29, & 30, MAY 6 & 7

BONNIE AND CLYDE

At the height of the Great Depression, Bonnie Parker and Clyde Barrow went from two small-town nobodies to America's most renowned folk heroes and the law's worst nightmares. Fearless, shameless, and alluring, the Tony-nominated musical is the electrifying story of love, adventure and crime that captured the attention of an entire country. Topeka Civic Theatre and Academy. Venue: Helen Hocker Theater, 700 SW Zoo Pkwy, 8 p.m. Fee. TOPEKA, 785-357-5211
www.topekacivictheatre.com

APR 22

HOME FREE

Since being crowned NBC's "The Sing-Off" victors, Home Free has made their mark on the music scene, selling more than 200,000 albums, racking up more than 50-million YouTube views, and entertaining more than 100,000 people live in concert. The country vocal quintet brings their high-energy and quick-witted performance peppering Nashville standards with country-dipped pop hits to town as a part of the Don't It Feel Good: Spring Tour. Topeka Performing Arts Center, 214 SE 8th St., 7:30 p.m. Fee. TOPEKA, 785-234-2787
www.tpactix.org/events.html

APR 22

GREAT OVERLAND STATION – MARGARITAVILLE

The 12th Annual Great Overland Station Fund-raising Gala. The theme will be Margaritaville! There will be Jimmy Buffet style music, entertainment, island food and more. Great Overland Station, 701 N Kansas Ave. TOPEKA, 785-232-5533
www.greatoverlandstation.com

APR 22

NEW HORIZONS BAND OF LAWRENCE

The New Horizons Band is a project of Douglas County Senior Services. Most, but not all, of the participants are retired or retirement age. Arbor Court, 1510 St. Andrews Dr., 4 p.m. LAWRENCE, 785-785-865-3519

APR 23

WORLDS AWAY - REQUIEM

Our season will conclude with Verdi's magnificent Requiem, a collaboration for chorus, soloists, and orchestra. Over 100 singers will join us onstage for this monumental finale to our year. Verdi, Messa da Requiem with the Washburn University Choir and Festival Singers. The Topeka Symphony Society, Washburn University, 7:30 p.m. Fee. TOPEKA, 785-232-2032
www.topekasympphony.org

APR 24

THE SENIOR CLASS

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

APR 27

EMERSON STRING QUARTET

Formed in 1976, the Emerson String Quartet has an unparalleled list of achievements consisting of more than 30 acclaimed recordings and nine Grammys, including two for Best Classical Album. Join us for a program featuring works by Schubert, Brahms and Tchaikovsky. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/calendar

APR 27-JUL 3

BEAU JEST

BEAU JEST by James Sherman. Starring Cindy Williams & Eddie Mekka from *Laverne & Shirley*. Sarah is a nice Jewish girl with a problem: her mother wants her married to a nice Jewish boy. Her mom has never met her boyfriend, a WASP executive named Chris Kringle. She tells her she is dating a Jewish doctor and Mom insists on meeting him. Sarah plans a dinner party and, over the heated protests of Chris, employs an escort service to send her a Jewish date to be Dr. Steinberg. Instead, they send Bob Schroeder, an aspiring actor who agrees to perform the impersonation. Happily, he is extremely convincing in the role... so much so Sarah falls head over heels in love with him! New Theatre Restaurant, 9229 Foster St. Time: Varies by Performance. Fee. OVERLAND PARK, 913-649-7469
www.newtheatre.com

APR 28

PATTI LUPONE: COULDA, WOULD, SHOULD

Tony and Olivier Award-winner Patti LuPone in her new concert COULDA, WOULD, SHOULD...played that part performs songs from musicals which she could have played, should have played, did play and will play. The list of shows includes Hair; Bye, Bye Birdie; Funny Girl; West Side Story; and Peter Pan. It also includes her Tony Award-winning performances in Evita and Gypsy. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/calendar

APR 28

BLUE MAN GROUP

Blue Man Group is comedy, theater, rock concert and dance party all rolled into one. This wildly popular phenomenon delivers an unforgettable multi-sensory experience that has captivated 35 million people worldwide. Topeka Performing Arts Center, 214 SE 8th St., 7:30 p.m. Fee. TOPEKA, 785-234-2787
www.tpactix.org/events.html

APR 29

POPOVICH COMEDY PET THEATER

The world-famous Popovich Comedy Pet Theater is a family-oriented blend of comedy featuring the extraordinary talents of dogs, cats and a variety of other pets paired with the unique comedy and juggling skills of Gregory Popovich. All of the show's 15 cats and 10 dogs were strays rescued from animal shelters. Now, they love to show off by performing a variety of stunts and skits! It's a show that both adults and kids of all ages will enjoy! Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/calendar

APR 29 & 30, MAY 6 & 7

SUPER SIDEKICK THE MUSICAL

Action! Adventure! Romance! Ninja Koalas! All this and more in this brand new children's musical from rising L.A. playwright Gregory Crafts and composer Michael Gordon Shapiro.

■ CONTINUED FROM PAGE 20

Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 7 p.m. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

APR 30

LEANN RIMES

LeAnn Rimes is one of the most successful entertainers with a career spanning more than two decades. With forty-four million albums sold, two GRAMMY Awards, three Academy of Country Music Awards and 12 Billboard Music Awards, she has made her mark in the world of music. Unstoppable from the age of 11, LeAnn was the youngest person to ever win a GRAMMY Award and was the first country artist to win the GRAMMY Best New Artist.

Prairie Band Casino & Resort, 12305 150th Rd., 7 p.m. Fee.

MAYETTA, 785-966-7777

www.pbpgaming.com

MAY 4

RED GREEN'S "I'M NOT OLD, I'M RIPE!" TOUR

After 20 successful years on television, Red Green, the Possum Lodgehandyman who believed that "anything is possible if you use enough duct tape." is back with a whole new show. I'M NOT OLD, I'M RIPE! focuses on Red's life, with a few side trips! The new show follows on the heels of 77 live performances across North America in his How To Do Everything... from The Man Who Should Know Tour. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

MAY 5

DISNEY'S BEAUTY AND THE BEAST

Disney's Beauty and the Beast, the smash-hit Broadway musical, returns to the Lied Center by popular demand. Based on the Academy Award-winning animated feature film, this eye-popping spectacle has won the hearts of more than 35 million people worldwide. This classic musical love story is filled with unforgettable characters, lavish sets and costumes and dazzling production numbers, including Be Our Guest and the beloved title song. Experience the romance and enchantment of Disney's Beauty and the Beast. Lied Center of Kansas, 1600

Stewart Dr., 7 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

EXHIBITS/SHOWS

JAN 12-MAR 5

HALLOWED ABSURDITIES: WORK BY THEODORE WADDELL

Made of road kill, animal skulls, jawbones, pelts and skins, as well as body bags, bullets, tools and actual guns, the art works in Hallowed Absurdities raise the issue of the use of guns in our society. The Mulvane Art Museum, 1700 SW Jewell Ave. Free.

TOPEKA, 785-670-1124

www.washburn.edu/mulvane

JAN 28-MAY 1

WHAT'S COOKING, UNCLE SAM?

Food. We love it, fear it, and obsess about it. We demand that our government ensure that it is safe, cheap, and abundant. In response, government has been a factor in the production, regulation, research, innovation, and economics of our food supply. It has also attempted, with varying success, to change the eating habits of Americans. From the farm to the dinner table, explore the records of the National Archives that trace the government's effect on what Americans eat. Kansas Museum of History Special Exhibits Gallery, 6425 SW 6th Ave. Fee.

TOPEKA, 785-272-8681

www.kshs.org/museum

MAR 4-APR 23

AMERICAN PLAINS ARTISTS SIGNATURE SHOW

Original paintings and sculptures of the American Great Plains rendered in traditional media and in a realistic or representational style similar to Remington or Russell. Artwork features the people, life, landscape, and wildlife of the Plains in past or present times. The artwork is produced by the Signature Members of the American Plains Artists (APA) who hail from across the U.S.A. Opening Reception is Friday, March 4 from 5-7 p.m. at the SouthWind Art Gallery, 3074 SW 29th St. Gallery hours are Mon.-Fri. 10 a.m.-6 p.m., Sat. 10 a.m.-4 p.m.

TOPEKA, 308-249-1488

www.americanplainsartists.com

FAIRS/FESTIVALS

APR 8-25

TULIP TIME

Topeka's Tulip Time Festival has earned the honor of being named a Top 100 Event for Groups for 2016 by the American Bus Association. The festival features more than 100,000 tulips and daffodils blooming at picturesque locations around Topeka, including Lake Shawnee's Ted Ensley Botanical Gardens, Old Prairie Town at Ward-Meade Historic Site and Gage Park. 6 a.m.-11 p.m. Fee.

TOPEKA, 785-251-2600

parks.snco.us

APR 17

TULIP TIME FESTIVAL AT THE LAKE

The 8th Annual Tulip Time will take place early to mid-April of 2016. Cost of admission varies by location. To coincide with the annual event, the Kansas Tulip Time Festival at the Lake will be held on April 17 from 10 a.m. to 4 p.m. at the Ted Ensley gardens. Attendees will be able to enjoy food and walk among the flowers, as well as shop several vendors and listen to live entertainment.

TOPEKA, 785-251-2600

parks.snco.us

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

LAWRENCE, 785-832-7920

ONGOING

FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the

original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three class different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity #127102 at www.lprd.org.

LAWRENCE, 785-832-7920

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

■ CONTINUED ON PAGE 22

THE FIRST APARTMENTS

"Home without the hassles"

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

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

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



Hill Crest

Experience a peaceful lifestyle with a hometown feeling.

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



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



■ CONTINUED FROM PAGE 21

TUESDAYS, WEDNESDAYS & THURSDAYS JAZZERCISE LITE

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

TUESDAYS AND THURSDAYS HEALTHWISE EXERCISE CLASS

This fun workout includes chair aerobics, strength training, balance and flexibility exercises tailored to seniors and others looking to stay fit. 9:30 to 10:45 a.m. Tuesdays and Thursdays at Stormont Vail Health, 1500 S.W. 10th Ave. Cost: \$25 punch card covers 20 drop-in classes. Call for enrollment forms. TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS FLEXERCISE

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

TUESDAYS AND THURSDAYS FREE BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS ZOSTAVAX (SHINGLES) CLINIC

HealthWise 55 Clinic. 8 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, 785-354-6787

WEDNESDAYS FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and questions. Appointments are available between 8 a.m. and noon every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

WEDNESDAYS FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments are available between 12:30 and 4:30 p.m. every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hearing consultations. Call today to schedule your desired appointment time or stop in the first

Wednesday OF THE MONTH. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids. LAWRENCE, (785)748-8034

FRIDAYS BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
Drop in 9:30-11 a.m. at the Southwest YMCA, 3635 S.W. Chelsea Drive. Free. No appointment necessary. TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
Drop in 8:30-9:30 a.m. at the Oakland Community Center, 801 N.E. Poplar. Free. No appointment necessary. TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
Drop in 9 to 10 a.m. at the Rose Hill Place clubhouse, S.W. 37th and Gage Boulevard. Free. No appointment necessary. TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
Drop in 9-10:30 a.m. at the Kuehne Branch (North) YMCA, 1936 N.W. Tyler St. Free. No appointment necessary. TOPEKA, 785-354-6787

APR 2 & 9, APR 14 & 21 NORDIC WALKING

Walking poles work your arms, shoulders, chest and upper back muscles through a functional range of motion as you walk — which can help you turn your daily walk into a full-body workout. Poles also take some of the load off your lower back, hips and knees, which may be helpful if you have arthritis or back problems. This class will teach the proper technique using poles for improved balance, stability and increased aerobic benefits. Poles not provided. Co-Sponsored by Lawrence Memorial Hospital. Two Sessions: Saturday, April 2 & 9, 9-10:30 a.m. and Thursday, April 14 & 21, 6-7:30 p.m. Fee. Union Pacific Depot, 402 North 2nd Street. LAWRENCE, 785-832-7920

APR 8 WELLNESS FRIDAY

Join representatives from LMH the second Friday of each month for discussion on a health or wellness topic of interest. No registration needed; just drop in. Each program lasts about one hour. This month's topic is: "What's All of the Hype About Hypertension?" Friday April 8, at the LMH Performance and Wellness Center, Suite 100, Lawrence Parks and Recreation Sports Pavilion, 100 Rock Chalk Lane, 9:30 a.m. LAWRENCE, 785-749-5800

APR 8 CHOLESTEROL SCREENING

This screening event offers a full lipid (cholesterol) profile by finger stick. \$15 test (exact cash or check only). Please fast 9-10 hours before the screening (water and necessary medications are okay). No registration needed. Just drop into the LMH Performance and Wellness Center between 7:30 and 9 a.m. LAWRENCE, 785-749-5800

APR 11 BLOOD PRESSURE SCREENING

Drop by the Lawrence Parks and Recreation Community Building to have your blood pressure measured and to pick up free and helpful information on hypertension, reducing sodium in your diet and other helpful heart healthy brochures and tips. No charge for blood pressure measurement. 115 West 11th Street, 9:30-11:15 a.m. LAWRENCE, 785-749-5800

APR 23 NUTRITION CARNIVAL

Join LMH, the Lawrence Public Library, and our other wonderful community partners for the free Nutrition Carnival. Interactive, fun nutrition education activities and information for kids ages 4 and up to adults; special presentations, performances and guests, including the Last Carnival Circus Arts and Aerial Dance School; Edible Books Festival; nutritious remake of carnival foods contests; and healthy snacks and giveaways. For more information and a list of presentation times, go to lawrence.lib.kans.us and click on News and Events. Lawrence Public Library, 707 Vermont St., 11 a.m.-1 p.m. LAWRENCE

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

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

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

FRIDAYS
Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.
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 THURSDAY OF THE MONTH
Babcock Place, 1700 Massachusetts St., 1 p.m.
Presbyterian Manor, 1429 Kasold Dr., 2:30 p.m.

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

FOURTH THURSDAY OF THE MONTH
Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

FOURTH FRIDAY OF THE MONTH
Brandon Woods, 1501 Inverness Dr., 10 a.m.

MEETINGS

SUNDAYS
O.U.R.S. (OLDSTERS UNITED FOR RESPONSIBLE SERVICE) DANCE
OURS dances are held every Sunday evening from 6-9 p.m. at the Eagles Lodge, 1803 W. 6th St. Dances are open to everyone. Admission is \$7 per person. Carry-in meal served at 7:15. LAWRENCE

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

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

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

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

FIRST & THIRD MONDAY OF THE MONTH
BEREAVEMENT SUPPORT GROUP
LAWRENCE SENIOR CENTER
2:15-3:45 PM, 785-842-0543

FIRST & THIRD MONDAY OF THE MONTH
GRIEF SUPPORT GROUP
Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital. LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP
For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL
4-5 PM, 785-840-3140

■ CONTINUED FROM PAGE 22

FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.
LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY MEN'S COFFEE

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

FIRST TUESDAY OF THE MONTH BLOOD PRESSURE CLINIC

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

FIRST TUESDAY OF THE MONTH LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

FIRST TUESDAY OF THE MONTH MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

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

FIRST TUESDAY OF THE MONTH TOPEKA AREA OSTOMY SUPPORT GROUP

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

FIRST & THIRD TUESDAY OF THE MONTH 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 THE MONTH GRIEF SUPPORT GROUP

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

TUESDAYS & THURSDAYS WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special

features include warm water therapeutic pool with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124.
LAWRENCE, 785-838-7885
www.OrthoKansasPA.com

FIRST & THIRD TUESDAY OF THE MONTH HEALING AFTER LOSS BY SUICIDE (HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging 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 THE MONTH KAW VALLEY OWL (OLDER WOMEN'S LEAGUE)

Meetings are held at the United Way building, 2518 Ridge Ct. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson.
LAWRENCE, 785-691-7314

FIRST & THIRD WEDNESDAY OF THE MONTH CANCER SUPPORT GROUP

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

FIRST THURSDAY OF THE MONTH MAN TO MAN PROSTATE CANCER SUPPORT GROUP - TOPEKA

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

FIRST THURSDAY OF THE MONTH
LAWRENCE AREA PARTNERS IN AGING
Networking group. Call Ashley at 785-842-0543 for more information. \$12.00 to attend (includes lunch). 11:30 a.m.-1 p.m.

FIRST THURSDAY OF THE MONTH PARKINSON MEETING

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

EVERY OTHER THURSDAY GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet.
TOPEKA, 785-232-2044

EVERY OTHER THURSDAY GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet.
TOPEKA, 785-232-2044

FIRST FRIDAY OF THE MONTH STROKE SUPPORT GROUP

Meet other stroke survivors, their families, and

hear guest speakers discuss topics related to recovery. Please contact Randy Williams or Lisa Rundell for more information. Kansas Rehabilitation Hospital, 1504 SW 8th Ave.
TOPEKA, 785-235-6600

SATURDAYS

LAWRENCE BRIDGE CLUB

Bring a partner and join us for an evening of bridge, snacks and prizes. Annual membership fee. First two visits are free. Kaw Valley Bridge Center, 1025 N. 3rd Street, 6:30 p.m.
LAWRENCE, 785-760-4195

ONE SATURDAY EACH MONTH

LAWRENCE DEATH CAFE

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death. A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cwhiston@sunflower.com or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl.
LAWRENCE

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m.
TOPEKA, 785-235-1367
www.jhawkaaa.org

SECOND TUESDAY OF THE MONTH

NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

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

SECOND TUESDAY OF THE MONTH

KAW VALLEY HERBS STUDY GROUP

An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at

the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup.
LAWRENCE

SECOND WEDNESDAY OF THE MONTH MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF THE MONTH DIABETES EDUCATION GROUP

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

SECOND WEDNESDAY OF THE MONTH SOROPTIMIST INTERNATIONAL OF TOPEKA

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

TOPEKA, 785-221-0501

www.soroptimisttopeka.org

SECOND THURSDAY OF THE MONTH

NAACP MEETING-LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.

LAWRENCE, 785-841-0030, 785-979-4692

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

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

SECOND SATURDAY OF THE MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/

■ CONTINUED ON PAGE 24



Sons of The American Revolution

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

Charles Robinson Chapter

(Lawrence)

John Saylor (President)

785-841-5756

Thomas Jefferson Chapter

(Topeka)

Brian Vazquez (President)

785-272-7647

■ CONTINUED FROM PAGE 23

K10 Bypass). Plus: 7:30-8 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alexander. LAWRENCE, 785-843-2584
www.happytimesquares.com

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

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

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

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.

TOPEKA, 785-286-2329 or 785-231-0763

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

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

LAWRENCE, 785-505-2712

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

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

TOPEKA, 785-286-2273

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

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

LAWRENCE, 785-843-7481

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

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

TOPEKA, 785-271-6500

**THIRD FRIDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.

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

**THIRD SATURDAY OF THE 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 THE MONTH
GRIEF SUPPORT GROUP**

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice.

LAWRENCE, 785-841-5300

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

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

TOPEKA, 785-235-1367, EXT. 130

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

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

TOPEKA, 785-233-5762

www.tgstoepka.org

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

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

TOPEKA

**FOURTH FRIDAY OF THE MONTH
ACTIVE AND RETIRED FEDERAL
EMPLOYEES**

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

TOPEKA, 785-478-0651

MISCELLANEOUS

WEDNESDAYS

**WILD WEE WEDNESDAYS AT THE
DISCOVERY CENTER**

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW

10th Ave., 10:30 a.m.-12 p.m.

TOPEKA, 785-783-8300

www.kansasdiscovery.org

**SECOND SATURDAY OF THE MONTH
FREE SATE EAST SIDE BREWERY TOUR**

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

LAWRENCE, 785-550-9718

www.freestatebrewing.com

**SECOND SUNDAY OF THE MONTH
MONTHLY GUIDED HIKE**

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Fee. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd, 1 p.m.

LAWRENCE, 785-842-8562

ksoutdoors.com/State-Parks/Locations/
Clinton

APR 2

KEGS 'N' EGGS

Kansas City's ONLY Adult Easter Egg Hunt and Craft Beer Festival! Search for eggs throughout the Kansas City Renaissance Festival grounds for EGG-celent prizes and even MONEY! Then partake in a CRAFT BEER festival with over 40 different breweries! Did we mention there will also be a Live BAND providing the soundtrack to this EGG-stravaganza? 633 N. 130th St., 1-5:05 p.m. Fee.

BONNER SPRINGS, 913-721-2110

**STARTING APR 16
GAGE PARK MINI TRAIN AND
CAROUSEL**

Relive old memories and create new memories. The mini-train has been an integral part of the sights and sounds of Gage Park for over 45 years. Follow a mile-long scenic course through the heart of the park, as the engineer enlightens you on the history of Gage Park, and the many attractions, including the carousel, that are available for you and your family to enjoy. Sat 10 a.m.-4:45 p.m., Sun 11 a.m.-4:45 p.m. (Open weekends only). Fee.

TOPEKA, 785-251-2989

APR 23

BARNYARD BABIES

Baby animals are so fun to watch and touch! Bring the family to experience a fun day on the farm. National Agricultural Center and Hall of Fame, 630 N. 126th St., 11 a.m.-3 p.m. Fee.

BONNER SPRINGS, 913-721-1075

APR 23

**16TH ANNUAL LAWRENCE EARTH DAY
PARADE & CELEBRATION**

The parade begins at 11 a.m. down Massachusetts Street, from 7th Street to South Park. 16th Annual Earth Day Celebration, 11:30 a.m.-4 p.m., South Park at 11th & Massachusetts Street. Free Admission, Weather Permitting, No Rain Date. The celebration in the park features live music, food, vendors and children's activities. Attendees are invited to learn from exhibits about waste reduction, recycling, composting, alternative fuels and vehicles, energy conservation, land preservation, wildlife and habitat preservation, and more. The Lawrence Transit System will offer free rides on the T all day Saturday, April 23, providing the experience and benefits of public transportation on all fixed routes. Parks & Recreation staff will be giving South Park Tree ID tours.

LAWRENCE, 785-832-3030

www.lawrenceks.org/swm/earthday

APR 23

EARTH DAY – PARTY FOR THE PLANET

Join us at the Topeka Zoo on Saturday, April 23 from 9 a.m.-3 p.m. to celebrate Earth Day with a party for the planet! Various vendors will be on hand to show you how to be environmentally responsible. Topeka Zoo, 635 SW Gage Blvd. TOPEKA, 785-368-9180

www.topekazoo.com

APR 30

**COMBAT AIR MUSEUM'S ANNUAL
CELEBRITY PANCAKE FEED**

Combat Air Museum's 23rd. Annual Celebrity Pancake Feed; Special event admission includes all of the Perkins pancakes you can eat with a serving of sausage, orange juice or coffee. Includes admission to the museum, fly in auction, live music and entertainment, and mingling with our celebrity guest and elected officials. Tour a 190th AFR KC-135 displayed aircraft and military vehicles, and the museum. Plenty of free parking. All are welcome to attend. Combat Air Museum, 7016 SE Forbes Ave., 7 a.m.-12 p.m.

TOPEKA, 785-862-3303

INSERTS!

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

Call 785-841-9417
for more information.

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

TPAC to present *Star Trek: The Ultimate Voyage*

Topeka Performing Arts Center and VenuWorks proudly announce *Star Trek: The Ultimate Voyage*, coming to the TPAC stage on Sunday, April 24, at 3 p.m.

People of all ages and backgrounds will experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic *Star Trek* film and TV footage is simultaneously beamed in high definition to a 40-foot wide screen. The concert will feature some of the greatest music written for the franchise, played by the Czech National Symphony Orchestra, including music from *Star Trek: The Original Series*, *Star Trek: The Motion Picture*, *Star Trek II: The Wrath of Khan*, *Star Trek IV: The Voyage Home*, *Star Trek: Insurrection*, *Star Trek: The Next Generation*, *Star Trek: Deep Space Nine*, *Star Trek: Voyager* and more. This never-before-seen concert event is perfect for music lovers, filmgoers, science fiction fans and anyone looking for an exciting and unique concert experience.

CineConcerts Co-Founder and Producer Brady Beaubien said, "When

a story has renamed aircraft carriers, NASA space shuttles and the first names of thousands of children in hundreds of countries, you realize these characters go beyond entertainment, but are more like family. *Star Trek* breaks every boundary of judgment or expectation. It inspires, challenges and re-thinks. *Star Trek* is who we want to be. Inspired, fiercely loyal, sometimes reckless."

Star Trek: The Ultimate Voyage will be conducted by Justin Freer, who has quickly become one of the most sought-after conductors of film music with a long list of full symphonic live to projection projects under his belt, ranging from *The Lord of the Rings* trilogy to *The Godfather* to *Gladiator*. He has appeared with some of the world's leading orchestras, including the Chicago Symphony, Philadelphia Orchestra, Philharmonia Orchestra, San Francisco Symphony and Sydney Symphony.

Tickets range from \$35 to \$55 and can be purchased at www.ticketmaster.com, charge by phone at 1-800-745-3000 or at the TPAC box office, open Monday-Friday, 11 a.m.-6 p.m.

Don't know where to pick up a copy of Senior Monthly?

A list of our current distribution locations is available online at www.seniormonthly.net/locations.pdf

If you know of a spot that is not on our list, but would be a good place for others to pick up *Senior Monthly*, email Kevin at kevin@seniormonthly.net. If we begin distributing at that location, we'll give you a FREE one-year subscription to *Senior Monthly*.

Kaw Valley
Senior Monthly

www.seniormonthly.net



Subscribe to Senior Monthly and start saving today.

See seniormonthly.net/savings for more information.

Kaw Valley
Senior Monthly



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

\$8⁵⁰

for 12 issues!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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

Groenhagen Advertising, L.L.C.

2612 Cranley St.

Lawrence, KS 66046

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

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

We Improve People's LivesHome Health, Skilled Nursing, Physical,
Occupational and Speech Therapy
Private Duty Care**Interim**
HEALTHCARE INC.1251 SW Arrowhead Rd., Suite 103 • Topeka
785-272-1616*Aldersgate*
VILLAGE

RETIREMENT COMMUNITY

Independent Living
Assisted Living
Memory Care
Skilled Nursing CareRehabilitation Services
Sub-Acute Program
TransportationCall (785) 478-9440 or visit aldersgatevillage.org!

7220 SW Asbury Drive | Topeka, KS 66614

*Life Transitions Organizing*Specializing in assisting seniors
in downsizing for transition to
new living arrangements or aging
in place*Melissa Long Hickam* 785-865-3722**CHS****CRITICARE**
Home Health Services, Inc.

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

*Medical Equipment with Home Comfort*1006 W. 6th St. • Lawrence
785-749-4878 • 800-527-9596
www.criticarehhs.com**Medicare
Accredited****Natural****Medical****Care**Dr. Farhang R. Khosh, ND
Dr. Mehdi L. Khosh, ND

Member American Association of Naturopathic Physicians

4935 Research Parkway, Lawrence, Kansas 66047
Phone: (785) 749-2255*We're Just Your Style!*21ST & FAIRLAWN
*We're Just Your Style!*Over 50
Unique Shops,
Restaurants
and Stores.21st & Fairlawn
Topeka, Kansas**\$ENIOR
\$AVINGS
CARD**Kaw Valley
SeniorMonthly

Introducing the Senior Savings Card!

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

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

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment



COLDWELL BANKER
GRIFFITH & BLAIR
AMERICAN HOME

June Rockey
REALTOR®

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

Each Office is Independently Owned and Operated



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

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

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



Our Services Include:

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

Matthew 5:14, 16

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

CALL NOW!
785-424-2785

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

CARE AT HOME
Insured

Thornton Place

Gracious Retirement Living
All Inclusive Lifestyle • No Buy In Fees
Month to Month Lease

CALL 785-228-0555 TODAY FOR A COMPLIMENTARY LUNCH & TOUR

2901 SW Armstrong Ave.
Topeka, Kansas
www.thorntonplace.com



BILL FAIR & COMPANY

AUCTIONEERS



800-887-6929
www.billfair.com

Affordable Housing at Cedar Square Apartments

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

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

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




ATTENTION SENIORS:



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

Bruce Osladil

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

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

Wills – Trusts – Estate Planning
Probate Administration

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

785-841-4554 **www.trqlaw.com**



Automotive Analysts Inc.

We test not guess

Brenda Skeffington
Service advisor
1209 E 23rd • Lawrence, KS
785-749-4434

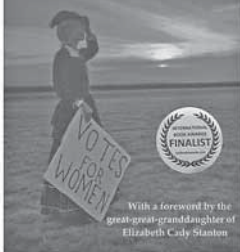
Day Dreaming: Tales from the Fourth Dementia



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

Angels at Sunset

by the author of *Sissy!*
Tom Mach



Nobel Prize Nominated Book!

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

LIFE CONNECTIONS, INC.

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

We accept Medicare and other Insurance

Vicky A. Walters, LSCSW
Certified Aging Specialist

Vicky@LCTopeka.com **785-213-2342**

BUSINESS CARD DIRECTORY SPECIAL

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

GROEN ZONE

The ordeal of change

By Kevin Groenhagen

Just before the 2008 presidential election, Barack Obama stood before an audience and boldly declared, “We are five days away from fundamentally transforming the United States of America.”

Consider the words “fundamentally transforming.” “Fundamental” is defined as “forming a necessary base or core; of central importance.” “Transformation” is defined as “a thorough or dramatic change in form or appearance.” In other words, Obama was essentially calling for a thorough or dramatic change of the necessary base or core of America.

I believe Obama may have gotten carried away with himself and let those words slip out. After all, no moderate would express a desire to fundamentally transform this country. However, a left-wing radical would. Consider the following:

- “As socialists of the Democratic Left, we stand for fundamental change, for socialism, and for every immediate gain which can be achieved by the largely non-socialist mass movements in which we loyally and enthusiastically participate: unions, minority and women’s organizations, the student movement, the liberal wing of the Democratic Party among them. We do not compartmentalize the two aspects of our commitment, segregating vision and practical politics from one another. It is precisely because we are socialists that we feel we have a unique contribution to make to the democratic Left, showing how increments of change must be turned toward structural transformation of the society itself.” - Founding statement of the Democratic Socialist Organizing Committee (1973)

- “When [the crisis] is resolved, America—and the world—will have been more fundamentally transformed than they were fifty years ago.” - Michael Harrington, the late chair of Democratic Socialists of America, *The*

Next Left (1986)

- “We thought it irresponsible not to go for revolutionary/radical/fundamental transformation in North America.” - Weather Underground leader Bernadine Dohrn, *Sing a Battle Song: The Revolutionary Poetry, Statements, and Communiqués of the Weather Underground* (2006)

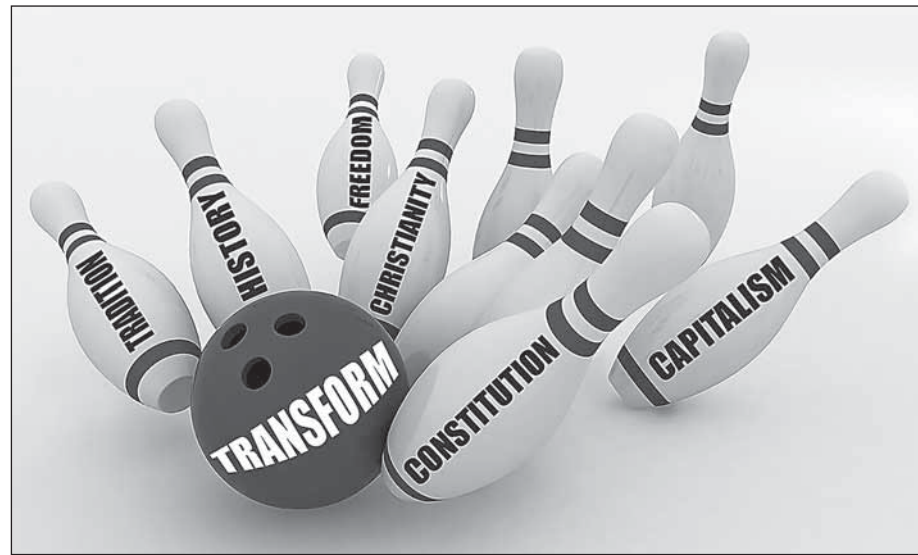
- “If you want fundamental change, tie your fate to the most oppressed.” - Weather Underground leaders Bill Ayers and Bernadine Dohrn, *Race Course Against White Supremacy* (2009)

Decades before these radicals expressed their desire for fundamental transformation, Eric Hoffer wrote the following in a chapter entitled “The Desire for Change” in *The True Believer: Thoughts on the Nature of Mass Movements* (1951): “Those who would transform a nation or the world cannot do so by breeding and captaining discontent or by demonstrating the reasonableness and desirability of the intended changes or by coercing people into a new way of life. They must know how to kindle and fan an extravagant hope. It matters not whether it be hope of a heavenly kingdom, of heaven on earth, of plunder and untold riches, of fabulous achievement of world dominion.”

Hoffer wrote about “hope and change” more than a half century before Obama used those words to attract millions to his “movement.”

However, while some express a desire for change, others strongly resist it. As Hoffer noted in *The Ordeal of Change* (1963), “It is my impression that no one really likes the new. We are afraid of it. It is not only as Dostoyevsky put it that ‘taking a new step, uttering a new word is what people fear the most.’ Even in slight things the experience of the new is rarely without some stirring of foreboding.”

If even slight things can cause some stirring of foreboding, what would someone working to fundamentally transform the United States of America



cause? Obviously, others would work to obstruct that transformation.

In a February column in the *Lawrence Journal-World*, Leonard Pitts Jr. wrote about what he called Republican obstructionism: “It’s grating to hear Obama act as if the GOP’s unrelenting campaign of obstructionism and insult were the moral equivalent of some African-American grandmother or young white progressive who were proud to cast their ballots for the first black president. Moreover, his attempt to shoulder blame for the hyper-partisanship of the last seven years suggests a fundamental misreading of the change he represents and the fear it kindles in some of those whose prerogatives that change will upend.”

According to Pitts, GOP obstructionism has everything to do with Obama’s race and nothing to do with Obama’s desire to fundamentally transform America. Obama, as a victim of racism,

is blameless for the hyper-partisanship of the last seven years. That’s hogwash.

Obama is a disciple of Saul Alinsky, so he is certainly aware that working to fundamentally transform America was going to cause a great deal of discord. “Change means movement,” Alinsky wrote in *Rules for Radicals* (1971). “Movement means friction. Only in a frictionless vacuum of a nonexistent world can movement or change occur without that abrasive friction of conflict.”

When movement is in the direction that most Americans do not want to go, as is the case with Obamacare, the Iran nuclear deal, executive orders on gun control, accepting more Syrian refugees, closing Guantánamo Bay, and other issues, the friction will be even greater. That friction—and resulting obstructionism—would be there regardless of the president’s skin color.



Don't Know Much About Lawrence's History?

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

Now available at

The Watkins Community Museum of History

1047 Massachusetts Street • Lawrence • 785-841-4109

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

Smart cellphone security tips for seniors

(BPT) - Seniors are one of the five groups most at-risk for identity theft, according to a report from U.S. News & World Report. Because your cellphone or smartphone likely contains personal information about you that may include your name, home address, phone number and financial account information, a lost, stolen or hacked phone can be a treasure trove for criminals.

Consumer Cellular, which specializes in no-contract cellphone service and phones primarily for people 50 and older, offers some advice for securing your cellphone:

- Always use strong passwords. You may be tempted to use one password for all your accounts because it's easier to remember one rather than multiple. However, if your login information is compromised, a single password makes it easier for crooks to gain access to all your accounts. Use numbers, symbols and capital letters in

place of lowercase letters to strengthen your passwords. If you're not sure how to create a strong password, Microsoft offers a helpful free online guide. If you're having trouble remembering passwords, try downloading an app that securely manages all your passwords.

- Use your phone's built-in security features, such as a lock screen, password protection and data encryption. Many smartphones give you a variety of ways to secure your phone, such as using your fingerprint, entering a PIN or swiping a pattern on the lock screen. A lock and/or encryption ensures that if your phone is lost or stolen, whoever has it won't be able to easily access data stored on the phone.

- Back-up your phone's data, especially if you use it to capture photos and videos. If your phone gets damaged, lost or stolen, you can easily restore the data onto another eligible device. In addition, backing-up data can help your phone run more efficiently. Stor-

ing data on the device takes up a lot of memory and can slow it down.

- Be cautious about what apps you download to your phone. Carefully review the terms and conditions and privacy disclosures of any app you're considering—before you download it. Some apps may collect data about you and share it with the app developer or others.

- Don't forget to add your cellphone number to the National Do Not Call Registry (www.donotcall.gov) so that you don't receive unwanted solicitation calls. Consider blocking your phone number to further protect your privacy; some businesses you call may collect, store and share your phone number and information unless you block it.

- Accidents happen, and smartphones can be costly to repair or replace. An inexpensive way to protect your phone against drops or spills is using a case. It's also a great way

to personalize the appearance of your device. Another option is to purchase a protection plan or warranty for your phone through the manufacturer or your wireless provider.

INSERTS!

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

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



TAX & FINANCIAL, INC.

FEDERAL, STATE AND ELECTRONIC FILING

TAXES ONLY \$99

*Personal income tax only. Offer for ages 55 & over.

Offer expires April 1st, 2016

Call us today at one of our **THREE** locations!

Topeka

785.232.6923

Lawrence

785.838.4380

Lenexa

913.764.1127

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.



Fight Fraud in Your Community

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

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

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

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

Kansas SMP
Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part by grant number 90MPO987, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.

Kansas
Department of Aging and Disability Services

PROTECT
Medicare & Medicaid

PREVENT
Scams and Errors

FIGHT
Fraud, Waste & Abuse

Council issues request for senior program funding

Shawnee County Advocacy Council on Aging has issued a Request for Proposal (RFP) dated March 7 for applicants wanting to receive Senior Social Service Program Funding. These funds are intended to underwrite programs for the elderly exclusively by Senior Programs for the Elderly (SPE) funded agencies to increase the quantity and the quality of life for senior adults in Shawnee County, Kansas. The Shawnee County Advocacy Council on Aging hopes to award level funding for the 2017 grant year. Proposals will be judged on a competitive basis and grant awards will be for the 2017 fiscal year.

Beginning March 7, the SPE grant application form will be available in electronic form at Community Resources Council- <http://crcnet.org/shawnee-county-advocacy-council-on-aging>. A hard copy form may be made available at Community Resources Council, Avondale East NET Center, 455 SE Golf Park Blvd., Topeka, KS 66605 or by requesting an electronic

copy be sent via email to mthomas@crcnet.org.

Original grant applications (no copies necessary), are due on or before April 8 to Community Resources Council at the address stated above no later than 4 p.m.

The Community Resources Council links with other collaborative groups to address specific needs in the commu-

nity. This is accomplished through the development of community-wide initiatives that avoid duplication of services, maximize available resources, implement community plans designed to meet a specific outcome, and monitor progress. CRC's mission is to connect the resources in our community through Collaboration, Advocacy, Research and Education.

WORDS OF WISDOM

"Take our politicians: they're a bunch of yo-yos. The presidency is now a cross between a popularity contest and a high school debate, with an encyclopedia of clichés the first prize."

- Saul Bellow



PETERSON
KRISCHE
VAN HORN DDS

Gentle &
Comfortable Care

•
Cosmetic Dentistry

•
Teeth Whitening

•
Insurance Processed

•
New Patients &
Emergencies Welcomed

Mention you saw this ad in Senior Monthly



(785) 842-0705

530 FOLKS RD • LAWRENCE
www.pkvdds.com

Winter Meadow Homes Inc.

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

We provide an intimate family setting and more "Attentive" attention.

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



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



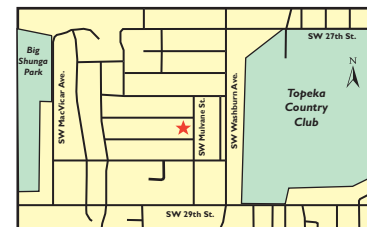
Services Include:

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

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

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

**OPENING SOON!
Winter Meadow
Homes II.**



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

RICK STEVES' EUROPE

Cathedrals, Vikings, and Castles: A perfect day trip from Copenhagen

By Rick Steves

Tribune Content Agency

While I love urban thrills, it's worthwhile to get outside the city limits. Venturing 30 to 60 minutes from most European cities rewards you with great sights (Versailles near Paris), unique settings (Andechs Monastery near Munich), and small towns where you can feel the pulse of a place and its people (Haarlem near Amsterdam).

In Copenhagen, my favorite day trip is easy, convenient, and hits a trio of sights that are different from anything you'll see in Denmark's capital: an imposing 12th-century cathedral, a collection of Viking ships, and a castle floating on an island. This "Zealand Blitz"—a packed day linked by public transportation—gives travelers the highlights of Zealand (the island on which Copenhagen resides).

The first stop is Roskilde, 30 minutes west of Copenhagen. This pleasant town was the seat of the bishop and the residence of Danish royalty until 1450. In its day, it was the second biggest city in the country. Today it's famous for hosting northern Europe's largest music festival.

Hopping on the train by 8 a.m. puts me in Roskilde at 8:30 a.m., and allows me to be at the cathedral when it opens at 9 a.m.

Roskilde's cathedral is Denmark's "Westminster Abbey." It houses the tombs of 39 Danish kings and queens in a modern-looking church with great marble work, paintings, wood carvings, and an engaged congregation that makes the place feel very alive—particularly in largely unchurched Scandinavia.

Completed in 1280, Roskilde Cathedral was cleared of its side chapels and altars by the Reformation iconoclasts—leaving a blank slate for Danish royals to fill with their tombs. The highlight is strolling through a half-millennium of royal chapels, representing a range

of architectural styles, from the rather austere tomb of Christian IV (ironically, one of Denmark's least austere monarchs), to the grand Neoclassical tomb of Frederik V (with mourning maidens in ancient Greek gowns), to the brick chapel outside housing the remains of Denmark's last king, Frederik IX, an avid sailor who requested to be buried with a view of the harbor. Each king or queen commissioned a tomb that suited his or her time—so different, yet all so grand.

The next stop on the blitz is the Viking Ship Museum, a 10-minute stroll from the cathedral. "Vik" literally means "shallow inlet," and "vik-ings" were the people who lived along those inlets. Roskilde—and this museum—are strategically located along one such inlet.

Centuries before Europe's Age of Exploration, Viking sailors navigated their sleek, sturdy ships as far away as the Mediterranean, the Black Sea, the Persian Gulf, and the Americas. This museum displays five different Viking ships, all deliberately sunk a thousand years ago to block an easy channel into this harbor, then excavated in modern times. The vessels represent an impressive range of shipbuilding technology, from a big, sail-powered ocean-going trade ship (like the one Leif Eriksson took to America 1,000 years ago), to a 100-foot-long, 60-oar longship, to a fishing vessel used for whaling and hunting seals.

The museum also has replica Viking ships bobbing in the harbor, a boatyard where modern craftsmen re-create millennium-old ships using original methods and materials, and traditional craft shops like a basket maker and wood carver, sometimes staffed by workers doing demonstrations.

The final stop for the day is Frederiksborg Castle, which sits like a fairy tale on an island in the middle of a lake, 50 minutes north of Copenhagen. To get there from Roskilde, I hop a 1 p.m. train back to Copenhagen (buying

a picnic lunch at Roskilde station and munching it onboard). Back in Copenhagen, I jump on the next train to the cute town of Hilleroed and from there, a bus to Frederiksborg Castle.

The grandest castle in Scandinavia, Frederiksborg is often called the "Danish Versailles." Built in the early 1600s, Frederiksborg was the castle of King Christian IV. From the entrance of the castle complex, it's an appropriately regal approach to the king's residence. I can almost hear the clapping of royal hooves on the cobbled lane as I walk over the moat.

Inside is the grandest royal chapel in Europe. For 200 years the coronation place of Danish kings, the chapel is still used for royal weddings. The castle also houses an exhaustive but fascinating museum collection spanning three floors. The museum juxtaposes portraits, paintings of historical events, furniture, and other objects, including the first Bible translated into Danish and a golden globe illustrating Copernicus' bold new theory—that the sun, not the earth, was the center of our world.

After exploring five centuries of

Danish history at the castle, I'm ready to return to modern times. I hop on a 6 p.m. train and am back in Copenhagen by dinnertime, having seen the highlights of Zealand in one busy but thrilling day.

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

© 2016 Rick Steves

Distributed By Tribune Content Agency, LLC.



VIEVE LIFE | EXPLORE LIFE

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

785-813-1851
www.vievehealth.com

Eastern Kansas' Premier Provider of Low-Cost Cremations and Services

Cremation  Center
of Kansas City

\$100 OFF Cremation
pre-arranged & pre-paid
Regular price \$895

4926 Johnson Dr. • Shawnee Mission

913.384.5566

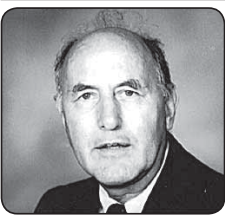
www.CremationCenterKC.com



HUMOR

Meet Hanger Duggins

Hanger Duggins' love of agricultural aircraft started one March day when he spied a JN-4 Jenny gliding low over "Ol' Man" Connolly's potato field. Hanger had a spare nickel (a rare occurrence) and was walking into town to buy a soda when he spotted the airplane. Craning his neck, Hanger watched as a faded red bi-



Larry
Day

plane swooped low to spray fertilizer on a field of soybeans. He knew then that he wanted to be a real-life superhero and learn to fly.

After that day, when Hanger walked into town, he always watched the skies for crop-dusters. Gawking up at the sky one afternoon, Hanger didn't notice an old man approach. The man pulled off his hat and wiped sweat from his brow.

"Watcha lookin' at son?"

Startled, Hanger looked down. "I was hopin' to see the ol' Jenny, is all."

"Those crop duster planes only come around once a year," the man said. "My name's Bruce Connolly. I own this farm."

"Hanger. Hanger Duggins."

"Hanger, huh? Nice to meet ya. Live round here?"

"Up the way. Out neart the Haskinses."

"Come fall we could use a hand harvestin' these spuds."

Hanger spent the next five summers planting and digging with "Ol' Man" Connolly and his crew. Every year he

worked in the fields and watched for Jenny to come buzzing through the sky. Every time he saw her, the urge to fly like the superheroes he had read about as a kid swept over him. He read books about flying, and went to all the picture shows that had planes in them.

John, the bi-plane pilot, whom Hanger met when he was fueling his plane, regaled him with stories of flying Stearmans as a U.S. Army pilot. As time went on John showed Hanger how to work on an ol' girl like Jenny.

Hanger was a pretty decent airplane mechanic by the time he graduated high school. Then he joined the Air Force and spent the next 30 years at various Air Force Bases repairing first piston-driven aircraft, then jets. One of his favorite stations was Mitchel AFB in New York. On his days off, he'd go to LaGuardia to relax, eat a burger at the airport diner, and watch the planes come in.

One day while he sat there sprinkling salt on his French fries, Hanger saw something more beautiful than his beloved airplane—a girl who took his breath away. He felt like he had when he first laid eyes on the bi-wing airplane years before. Hanger wanted to learn everything he could about the girl with the emerald eyes and fiery curls who walked toward him carrying two suitcases.

He approached, fighting to keep his voice light, "Hello, miss. Let me help you with those bags?"

Merry, an attorney with a large New York law firm, said later that she thought that the young man was quite handsome. He was also courteous. She accepted his offer, and they walked out of the terminal together.

That encounter turned into a year's worth of dates. Countless bouquets of flowers from Hanger led, eventually, to wedding vows and to two sons, Paul and Tommy. Air Force mechanic Hanger Duggins and his family were stationed in Canada, England, the Netherlands, and many bases in the United States. For Hanger it was the life of the caped-crusaders and heroic aviators of

his youthful dreams.

After nearly two decades of traveling the world, Hanger and Merry decided to put down roots in the Midwest. The two boys, Paul and Tommy, are attorneys and are following in the footsteps of their mother. They are partners in a family law practice in New York. Nowadays, Merry e-mails advice to her sons, and she volunteers as a guardian ad-Litem. She always has a kind word and a smile in the courtroom for kids who need it.

And "Old Man" Duggins, as he is now affectionately known, is the supervising mechanic at the Letongaloosa Regional Airport. He oversees a crew of young whippersnappers and regales them with tales of his travels as a young Airman. And even though he may be old, Hanger is learning to fly an ol' Ag-Cat he affectionately calls "Jenny." On weekends he soars through the air like the comic book characters he loved so much as a kid.

- 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.

WREN
oldies radio
WREN.RADIO.NET
all oldies...
all the time



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

PET WORLD

For owners of multiple cats, social skills are important

Q: How do I best get our cats to accept one another? We have a 16-year-old named Tyler. Two years ago, 6-year-old Kallie showed up. It took awhile, but they get along fine.

After about a year, we heard about a kitten left in a house to starve, so we rescued her, and named her Holly. She



Steve Dale

was brought back to life from the brink of death, but we now call this sweetie 'the monster.' She constantly attacks the other two cats. We tried Feliway plug-in diffusers. We've tried to separate them. If they're together, Holly constantly chases them and it's not a happy household.

My husband wants to give her up, but after seven months, I can't. Do you have any ideas? - D. P., Las Vegas

A: Good for you for saving Holly's life. You should feel good about yourself, and understand none of what's happening now is your fault. Or anyone's fault. Part of the problem may be that Holly, who was apparently abandoned by her mom, never learned cat social skills.

Veterinary behaviorist Dr. Theresa DePorter of Oakland, Mich., says your situation is not hopeless. Your best bet at this point may be to bring in a veterinary behaviorist or a certified cat behavior consultant.

There's a new Feliway pheromone product specifically designed for cats not getting along with one another, called Feliway Multi Cat. Another idea may be Solliquin, a nutritional supplement, which can help to ease anxiety.

"However, you'll definitely also require a behavior protocol, and perhaps if the situation is as bad as it sounds, anti-anxiety medication," says DePorter. "But you also need a professional to assess that." Your next step is to again separate Holly from the other two cats, and many weeks from now slowly introduce them.

DePorter makes a point of saying, "Never punish or startle any of the cats—that will only make them more anxious. So no squirting water bottles. Instead, when that stare (to another cat occurs), take a toy (with feathers, for example) and re-direct the cats. With play, you change the emotional state. Of course, this may be easier said than done without help."

Here are some additional tips from DePorter to ease social tension:

- Space. Provide enough real estate for each cat to enjoy preferred resting, playing, and eating activities while still avoiding stressful encounters with housemate cats.
- Distribute important resources. Each cat should have easy access to food, resting areas, scratching posts, toys and litter boxes without encountering an unfriendly cat.
- Don't force cats to interact. Each time the cats experience an aggressive encounter, they are learning to fight next time.
- Guide cats to move away from an aggressive or tense encounter. Encourage either cat to move away by using a sweet, gentle tone of voice. You may coax using food, treats, or toys, or tuna or sardines.
- Be realistic. Some cats are not going to be best pals no matter what you do, but you do want them to be tolerant of one another. After all, living with the stress you describe isn't healthy for people or pets.

By the way, DePorter and I are conducting a study that can help describe what cats are feeling before and after veterinary visits. You can participate by filling out a brief survey just before your cat's next routine visit. For a survey, email TheresaDVM@aol.com.

Q: Our 3-year-old Doberman has a gas problem. We've tried several pet foods; nothing has helped. Do you have any suggestions? - J. J., Cyberspace

A: Begin with a clothespin, that's for your nose.

Chicago veterinarian Dr. Sheldon Rubin says ruling out parasites with a stool sample might be an easy way to begin. And a general veterinary exam with blood work is suggested as well.

Rubin also wants to know if table snacks may play a role in what's happening.

Rubin says, "If you rule out parasites, often excessive gas is related to digestive issues—perhaps the type of grain in the food. Talk with your veterinarian about choosing a food with a novel protein source and limited or a single carbohydrate."

- Steve Dale welcomes questions/

comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Send e-mail to PET-WORLD@STEVEDALE.TV. Include your name, city and state. Steve's website is www.stevedalepetworld.com; he also hosts the nationally syndicated "Steve Dale's Pet World" and "The Pet Minute." He's also a contributing editor to USA Weekend.

© 2016 Tribune Content Agency, Inc.

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.



Have Type 2 Diabetes?



PRA Health Sciences is seeking moderately overweight men and women with Type 2 diabetes for a clinical research study. Volunteers must be 30-65 years old and may be taking Metformin, but must not be taking insulin.

You must be available for four outpatient visits at our clinic in Lenexa, Kan.

Call Today 913-410-2900

Qualified study participants may receive compensation up to \$1,250. Refer a friend and receive up to \$300.



PRAHEALTHSCIENCES

9755 Ridge Dr. • Lenexa, KS

www.seniormonthly.net

PRAstudies.com • [Facebook.com/PRAvolunteer](https://www.facebook.com/PRAvolunteer)

WOLFGANG PUCK'S KITCHEN

You won't believe how easy it is to make this restaurant favorite

It always surprises me how many chefs love to talk about "secret" recipes that they won't divulge to anyone, no matter how polite or pleading the request might be. Why? Because, to tell you the truth, there aren't really that many top secrets in the world of restaurants.



Wolfgang
Puck

Most experienced chefs can look at and taste a dish in a restaurant and figure out pretty easily how to reproduce it after a little trial and error. And very few chefs would ever dream of "stealing" someone else's recipe, because part of any good cook's signature style is all the personal twists that add up to make a particular dish uniquely his or hers. Add to that simple cooking talent - culinary skills, a good sense of taste and beautiful ways of presenting food - combined with great service, and a restaurant succeeds without necessarily having any top secrets.

That's why I have no hesitation in sharing my own "secrets" for Cut restaurant's butter lettuce and blue cheese salad. This beautiful salad has become one of the most popular first courses at Cut. Why? The combination of ingredients is just right: tender leaves, creamy crumbles of rich and tangy cheese, sweet cherry tomatoes, a touch of creamy avocado, fragrant fresh herbs and a light, spicy dressing. It's also a perfect beginning to a meal featuring a robust main course, though I know many guests who also enjoy it before a lighter seafood course.

Of course, the quality of ingredients is important. I especially like to use a great blue cheese such as those from Maytag Dairy Farms or Point Reyes, or imported Roquefort or Stilton. Sherry vinegar adds just the right tangy

flavor to the dressing, and cherry tomatoes promise touches of sweetness and beautiful color whatever the season.

Finally, there's the presentation. Rather than just tossing the salad, I love to stack the ingredients on each plate in a beautiful little tower. It takes just a few minutes to do, but produces an edible work of art that really wows everyone. After all, we eat with our eyes before food ever reaches our mouths. And that's no secret!

CUT RESTAURANT BUTTER LETTUCE AND BLUE CHEESE SALAD

Serves 4

HONEY-DIJON VINAIGRETTE:

- 1 1/2 tablespoons fresh tarragon, chopped
- 2 tablespoons sherry vinegar
- 2 to 4 teaspoons honey
- 2 teaspoons Dijon mustard
- 1/2 cup extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

SALAD:

- 1 1/2 to 2 heads butter lettuce, separated, rinsed well and dried, 20 to 24 leaves total
- 1 ripe Hass-style avocado
- 4 ounces blue cheese, crumbled
- Fresh dill, separated into small sprigs
- Fresh chervil, separated into small sprigs
- Fresh tarragon, separated into individual leaves
- Fresh chives, cut into 1- to 2-inch (2.5- to 5-cm) pieces
- Organic celery, small leaves only, stalks reserved for another use
- 20 cherry tomatoes, cut in half

First, make the Honey-Dijon Vinaigrette. In a mixing bowl, whisk together the chopped tarragon, vinegar, honey and mustard. Season to taste with salt and pepper. While whisking continuously, drizzle in the oil, continuing until a thick and creamy emul-

sion forms. Season to taste with salt and pepper. Set aside.

Separate the butter lettuce leaves. Rinse them well under cold running water, and then pat them thoroughly dry with a clean kitchen towel or paper towels. Select 20 to 24 leaves total, reserving the rest for another use.

With a sharp, sturdy knife, cut the avocado in half lengthwise. Grasp the avocado between your hands and twist the halves in opposite directions to separate them. To remove the pit, use a tablespoon to scoop it out. With a large spoon, scoop out the flesh whole from the skin of each half. Cut the flesh of each half lengthwise in half again, then

crosswise into thin slices.

Put a one of the largest lettuce leaves on each serving plate, facing upward like a cup. Drizzle with a little vinaigrette. Add a few blue cheese crumbles, herbs and celery leaves. Top with another lettuce leaf, more dressing, some tomato slices and avocado pieces. Continue layering like this, balancing the leaves so the stack stay upright, until all ingredients have been used, reserving a few crumbles of cheese, tomato and avocado pieces, and fresh herbs to garnish each plate. Serve the salads immediately.

© 2016 Wolfgang Puck Worldwide, Inc.

Distributed By Tribune Content Agency, LLC.

1 BR
starts at
\$325



2 BR
starts at
\$350

**-Senior Living Offering the Best of Both Worlds-
A Peaceful Country-like setting, At Rates That Can't Be Beat!**
(Ask about our medical expense credits & rental assistance program!)

We rent to Seniors and Disabled Persons.



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



Restaurant Guide

McFARLAND'S Restaurant



Casual Dining, Private Parties
Over 70 years of serving fine food
4133 Gage Center Dr. • Topeka • 785-272-6909

Chic-A-Dee CAFÉ



"Good Home Cooked Food"
Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm
3036 SE 6th • Topeka • 785-233-0216

Serving Topeka Since 1969



Open 7 Days A Week
6:00 a.m.-3:00 p.m.
1034 S. Kansas Ave.
785-232-1111



You're Gonna Love It!

Pizza, Sandwiches,
Pasta, Salads
Family Dining
Carryout

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

Old 56

Family Restaurant

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



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



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.

MEMORIES ARE FOREVER

Each month I will write about a memory of a person's life and I hope you will enjoy it. For information you need to submit your own memories, please visit my blog at

www.MemoriesAreForever.net

I would love to hear from you. If you wish to include a nostalgic picture of yourself, please send it as an attachment to your submission email. (The photo below is me as a two-year-old sitting on the steps of my home in Chicago.) - Tom Mach



Tom
Mach

A Matter of Taste

By Michelle Langenberg

On a bright September morning in 1912, Rusty Baum waved goodbye to his mama and set off for his first day of school. Paper lunch bag in hand, he skipped along the sidewalk until he reached the large double doors of Allen Elementary in Kansas City's Westport area. It was a tall, two-story brick building, and Rusty felt intimidated by it. But once inside, he found nothing but friendly faces.

Louisa, Rusty's mother, had plenty to do while her son was gone. Her chores included baking her own bread and rolls every day but Sunday; washing, wringing, and hanging wet laundry and then starching and ironing. Every workday Louisa also prepared sack lunches, and a sit-down dinner for family and boarders seven days a week. Yet still she had time to wonder how Rusty's first day went.

Rusty was excited as he returned home from school. "Mutti, Mutti," he called out in perfect German as he ran up the driveway.

"Wie geht's, Rusty?"

"I got something to show you, Mutti."

"Sehr gut. But first come in and have milk and cookies. *Ich habe pfeffernuesse.*"

"Maybe you should speak English more, Mutti," he said, his eyes downcast.

"Why? Why you say that?"

"Read this note."

Louisa noticed a note pinned to the five-year-old's jacket.

"*Ich werde.* But only after you have glass of milk and cookies."

She removed the note, poured his milk, and told him to choose a handful of her spice cookies.

"Now I will see note," she said after she planted herself in a rocking chair. It was from his teacher. "Dear Mr. and Mrs. Baum," she read, "We do not speak German in the classroom. It is not fair to the other children. Please speak only English when Russell is home."

Louisa nodded in agreement. "*Er sollte Englisch in der Schule sprechen.*" She then directed her attention to her son. "Yes, your teacher is right. We need to speak English everywhere. We live in America, and we speak English here."

"My teacher say I do good in school."

"I so happy you do good."

Rusty hugged her and ran outside to climb the cottonwood in the backyard.

Each morning that week passed much like the first: Rusty would leave with his lunch and race to school. On Friday, Louisa packed thick slices of leftover roast beef on her homemade bread and, as any proud cook might do, she asked her son later that afternoon if he enjoyed it.

"I didn't eat it," he replied.

"*Was ist das?* What did you do with it?"

"I traded with Jimmy," Rusty said. "Jimmy's mama makes gut sandwiches, Mutti. You will make some like his? *Bitte?*"

Louisa knew that Jimmy's family was struggling to keep a roof over their heads. What could they provide that was better than her own sauerbraten?

She asked Rusty what kind of sandwich Jimmy had traded him.

"Fat and white it was."

She questioned that. Fat and white? Could it be cheese?

Rusty took his mother's arm and helped her from the rocking chair. Tugging on her hand, he led her into the kitchen.

"There, Mutti, over the stove—what you make pie crust with."

"*Gott in Himmel,*" Louisa exclaimed, lapsing into her native speech. "Lard?" She sat heavily on a straight-backed wooden chair and pulled her son close. In a mixture of German and English, they discussed the matter of lunch—for Rusty and Jimmy. "From now on, I will give you two sandwiches. One for you, one for your friend. And we'll save the lard for pastry, *ja?*"

"Yes, mama. Teacher tell us to say 'yes.'"

"*Ja, ja,* I will say yes." Louisa laughed and began to set the table for

dinner.

...

Russell "Rusty" Kenneth Baum was my maternal grandfather. He lived beyond those first days of school to work in the Kansas City stockyards—with a shovel, for two dollars a day—during the Great Depression. Rusty was a hard worker. Eventually he established his own packing plant, SaHaBa Meats, whose slogan was Eat the Meat that Meets the Taste. All his life he practiced the generosity he learned from his parents, whose own parents were the first German Christian Jews to settle in the Westport area of Kansas City, Missouri. Grampa's generosity included sponsoring children's



Rusty (center) with brothers
Les (l) & Glenn (r)

surgical operations at the Shriner's Hospital in Minneapolis, and sending me home with a cooler full of meat when I was an unemployed college graduate. The harshest thing Grampa ever said to me was, "Never let me hear that you've gone hungry again."



Find us on
Facebook

Like Senior Monthly on
Facebook
(facebook.com/seniormonthly)
and be eligible for monthly
prize drawings.

GOREN ON BRIDGE

Use the fork, Luke!

With Bob Jones

Tribune Content Agency

Both vulnerable. South deals.

NORTH

♠-Q 8 6

♥-Void

♦-K Q 8 7 6 4

♣-8 7 3 2

WEST

♠-A J 9 2

♥-K Q 10 8

♦-3

♣-Q 9 5 4

EAST

♠-10 7 5 4

♥-J 7 6 4 3 2

♦-2

♣-10 6

SOUTH

♠-K 3

♥-A 9 5

♦-A J 10 9 5

♣-A K J

After some thought, South realized that the ace of hearts wasn't wasted at all, he just had to be careful about choosing what to discard on it. He ruffed the opening heart lead in dummy, saving the ace for later. Next came a trump to his jack, drawing trumps, and he followed with a low spade toward the dummy. Had West risen with his ace, declarer would have had a discard for his club loser, so West played low, dummy's queen winning. This was followed by a club to the ace, then the ace of hearts, discarding a spade from dummy, and a heart ruff. That left this position:

NORTH

♠-8

♥-Void

♦-K Q 8

♣-8 7 3

WEST

♠-A J 9

♥-Q

♦-Void

♣-Q 9 5

EAST

♠-10 7 5

♥-J 7 6

♦-Void

♣-10

SOUTH

♠-K

♥-Void

♦-A 10 9 5

♣-K J

The bidding:

SOUTH	WEST	NORTH	EAST
1♦	Dbl	5♦	Pass
6♦	Pass	Pass	Pass

Opening lead: King of ♥

The ace of hearts seemed wasted, but the contract was sound, needing only to find the queen of clubs. However, the auction and lead made it almost certain that West held the king-queen of hearts and the ace of spades, and quite likely the queen of clubs as well. What to do?

South now exited with a spade to the king and West's ace. West had an ugly choice between yielding a ruff-sluff or

playing a club into the "wheelhouse." Well played!

* South's play of the spade three toward dummy's queen, giving West no winning choice, is known as the Morton's Fork Coup.

- Bob Jones welcomes readers' responses sent to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to tcaeditors@tribune.com.

© 2016 Tribune Content Agency, LLC.



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

- Vitamins
- Supplements
- Body Care

The Merc Co+op
901 Iowa
Lawrence, KS 66044
785.853.8544
Open Daily 7 a.m.-10 p.m.
www.TheMerc.Coop

Your local hub for health for over 40 years



STEPHENS • CHAPIN INSURANCE

Medicare Questions?

Medicare • Home • Auto • Commercial

785-841-9538

We Have The Answers

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



Call today for a tour!

785-338-2979

5015 SW 28th St.

Topeka, Kansas 66614

Tanglewoodnursingandrehabilitation.com

TANGLEWOOD
NURSING & REHABILITATION



PUZZLES & GAMES

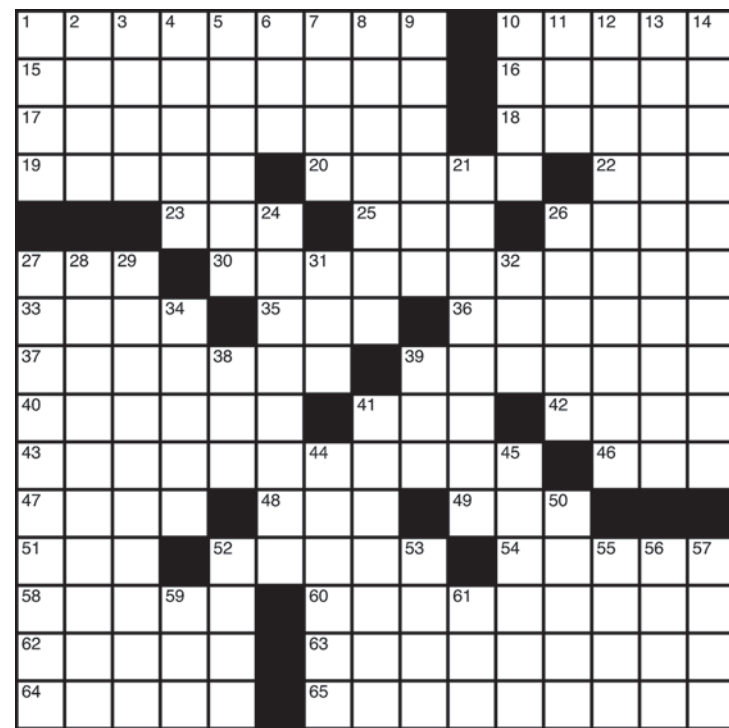
CROSSWORD

Across

- 1 Modern location code
 10 Vertical sides
 15 Ability to stand?
 16 "What I always get"
 17 Baby, for one
 18 Ward cry?
 19 "Bless ___ ...": Psalm 68
 20 "Shadow of the Vampire" Oscar nominee
 22 Mr. ___!: old detective game
 23 Churchill's "so few": Abbr.
 25 Chess tactic
 26 [Oh, my!]
 27 Reagan era mil. program
 30 "Die Hard" cry adapted from an old cowboy song
 33 Trap catchings
 35 Wager
 36 Get comfy
 37 "The Hangover" star
 39 Is worth something, in dialect
- 40 Fifth-grader's milestone, maybe
 41 One may involve a homonym
 42 Like the Negev
 43 Range for some power measurements
 46 "The Spanish Tragedy" dramatist
 47 Behan's land
 48 Robot extension?
 49 Chinese dynasty during Caesar's time
 51 Little
 52 "___ yourself!"
 54 1946 Literature Nobel
 58 Nice parting
 60 Baklava flavoring
 62 One removed from the company?
 63 Cocktail portmanteau
 64 Start using Twitter, say
 65 Victoria's Secret purchase

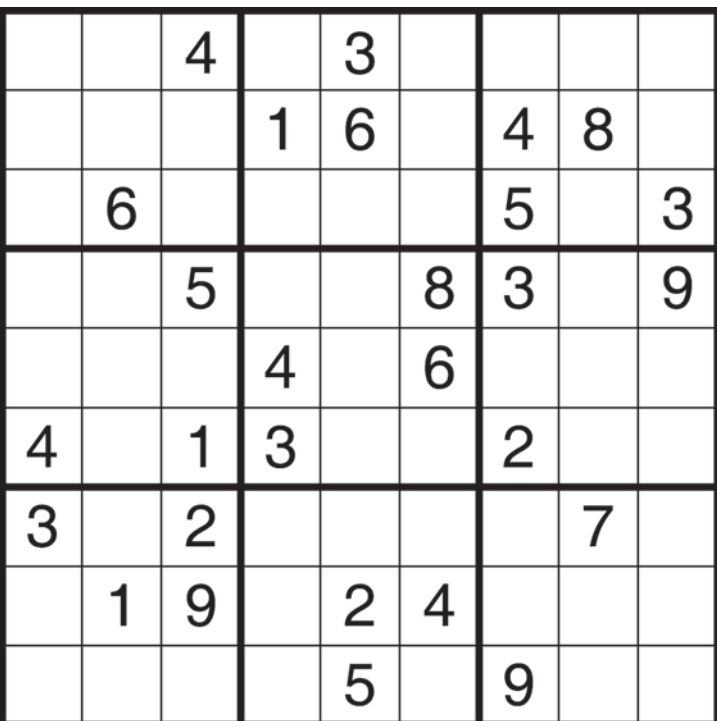
Down

- 1 Tiny
 2 Urban, e.g.
 3 Boorish Sacha Baron Cohen persona
 4 Style
 5 1993 rap hit
 6 Low-quality paper
 7 Home of Phillips University
 8 Full of spunk
 9 Instagrammed item
 10 ___ bug
 11 Pac-12 sch. whose mascot carries a pitchfork
 12 "Swingin' Soiree" DJ
 13 It doesn't include benefits
 14 About to crash?
 21 About 1.8 tablespoons, vis-à-vis a cup
 24 "Double Indemnity" genre
 26 Basic ideas
 27 Despicable sort
 28 Australian wind
 29 Willing consequence?
 31 Step on stage
 32 Grasp
 34 Jackson Hole's county
 38 Court call



- 39 TV input letters
 41 1980s "SNL" regular
 44 Sacred beetle
 45 Name derived from the Tetragrammaton
 50 "Far out!"
 52 Cheat, in slang
 53 Notice
 55 Hullabaloo
 56 Text status
 57 Most massive known dwarf planet
 59 Fair-hiring initials
 61 2012 British Open winner

© 2016 Tribune Content Agency, Inc.



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

JUMBLE
 THAT SCRAMBLED WORD GAME
 by Mike Argirion and Jeff Knurek

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

BOARR
 WOGIN
 WEENST
 EDGERD

Three shows a day, six days a week. I'm tired.

WHY THE EXOTIC DANCER QUIT HER JOB.

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

Answer: IT _____ A "_____"

SCRABBLE BRAND

SCRABBLE® is a trademark of Hasbro in the US and Canada. ©2015 Hasbro. Distributed by Tribune Content Agency, LLC All rights reserved.

E1 U1 P3 T1 R1 M3 T1
 E1 I1 Y4 K5 T1 C3 R1
 O1 O1 V4 T1 R1 P3 S1
 A1 Y4 D2 S1 R1 W4 K5
 I1 O1 Y4 R1 F4 T1 M3

Triple Word Score
 2nd Letter Double

PAR SCORE 275-285
 BEST SCORE 351
 DIRECTION: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

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

Answers to all puzzles on page 38

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

SCRABBLE BRAND GRAMS SOLUTION

T ₁	R ₁	U ₁	M ₃	P ₃	E ₁	T ₁	RACK 1 =	61
R ₁	I ₁	C ₃	K ₅	E ₁	T ₁	Y ₄	RACK 2 =	66
P ₃	R ₁	O ₁	V ₄	O ₁	S ₁	T ₁	RACK 3 =	86
S ₁	K ₅	Y ₄	W ₄	A ₁	R ₁	D ₂	RACK 4 =	73
M ₃	O ₁	R ₁	T ₁	I ₁	F ₄	Y ₄	RACK 5 =	65
PAR SCORE 275-285							TOTAL	351

SCRABBLE® is a trademark of Hasbro in the US and Canada. ©2015 Hasbro
Distributed by Tribune Content Agency, LLC All rights reserved.

JUMBLE ANSWERS

Jumbles: ARBOR OWING
NEWEST DREDGE

Answer: Why the exotic dancer quit
her job -- IT WAS A "GRIND"

© 2016 Tribune Content Agency, Inc.



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

ATTENTION ADVERTISERS

The Spring 2016 issue of *Amazing Aging!*, the Jayhawk Area Agency of Aging, Inc.'s newsletter, will be included as a pull-out section in the May issue of *Kaw Valley Senior Monthly*, which is distributed throughout the Topeka and Lawrence area.

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

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

Advertising Deadline is April 15.

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

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



FULL COLOR

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

*Includes flyer design and printing!



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



**COME LIVE WHERE THE
PRICE IS RIGHT**

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



**Amenities included
in your monthly rent:**

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

**ARBOR COURT RETIREMENT
COMMUNITY AT ALVAMAR**
1510 St. Andrews Dr. • Lawrence
785-841-6845

**Call us today
for a
personal tour!**

**ARBOR COURT RETIREMENT
COMMUNITY AT TOPEKA**
4200 SW Drury Lane • Topeka
785-273-6847

Excellence is here to stay.

TRUVEN HEALTH ANALYTICS 

**100 TOP
HOSPITALS**

2016

The only hospital in Kansas to be recognized **four years in a row** for:

How we care about **you** and your family
superior experiences

Keeping **your health** a top priority
extraordinary outcomes

Valuing **your time** and access to care
exceptional efficiency

Investing in the health of **your community**
financial strength

LAWRENCE MEMORIAL HOSPITAL 

Stay healthy. Stay close.

Stay for Life.

lmh.org/100top