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August 2013

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Vol. 13, No. 2

INSIDE



The Summer 2013 issue of *Amazing Aging!* is included in this month's *Senior Monthly*. See inside.

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KEVIN GROENHAGEN PHOTO



Honomichl's hooked on pickleball.

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Honomichl part of growing number of pickleballers

By Kevin Groenhagen

On September 25, seniors will begin competing in the 30th annual Kansas Senior Olympics. During the next several days, these seniors will compete in 18 different well-known sports, including badminton, basketball, bowling, cycling, swimming, and pickleball. *Pickleball?* What the heck is pickleball?

According to a July 16, 2013 article in the *Wall Street Journal*, pickleball is “often described as a mixture of tennis and ping pong.” Players use a wooden or graphite paddle that is larger than a ping pong paddle, but smaller than a tennis racket. The ball is similar to a wiffle ball.

The late Joel Pritchard, a Washington state congressman, created pickleball in 1966 in response to his children’s complaints of boredom. There is a legend that the name comes from the family’s dog, Pickles, who would retrieve the balls. However, Pritchard’s wife, Joan, noted in a newspaper column that the game was so heavily based on other games it reminded her of the “Pickle Boat in crew where oarsmen were chose from the leftovers of

other boats.” Pickles came along two years later and was named after the game.

If you’ve never heard of pickleball, you might be surprised to learn that it is one of the fastest growing sports in the United States. At the beginning of 2011, the USA Pickleball Association (USAPA) reported that there were 71,455 pickleball players in the U.S. and Canada and a total of 2,781 pickleball courts. In the *Wall Street Journal* article, the USAPA noted that there are now more than 100,000 players in the U.S. and 5,600 courts in North America.

Ginny Honomichl, Baldwin City, believes USAPA’s figures are very conservative.

“We have pickleball in Baldwin on Thursday evenings,” Honomichl said. “The USAPA doesn’t even know that many of those players exist because they have never registered for any tournaments.”

Honomichl began playing with a group of pickeballers at Lyons Park in



Ginny Honomichl prepares for a serve.

North Lawrence at the urging of her longtime friend, Paige Carney. The friends first met each other on the basketball court when Honomichl played for Kansas State University and Carney

played for Kansas University. “Paige kept telling me, ‘You need to come up to play pickleball,’” Honomichl said. “I was busy subbing in the

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Ginny Honomichl

■ CONTINUED FROM PAGE THREE

Baldwin school district, but finally made it up to Lawrence to play in June of last year. I knew as soon as I showed up I was going to be hooked."

Just three months after picking up a pickleball paddle, Honomichl participated in doubles and mixed doubles competition at the 2012 Kansas Senior Olympics. She and Jane Harris of Lawrence took first place in the 60-64 age bracket. In mixed doubles, Honomichl and Charles Hart of Lawrence took third place in the 60-64 age bracket.

Since even-numbered years are qualifying years for the National Senior Games, Honomichl qualified to compete in those games in Cleveland at the end of July. When she and her fellow pickleball players competed in Cleveland, they were the first to do so at the national level.

"This is the first time that pickleball has been included as an activity at the National Senior Games," Honomichl said. "This is the first time in 20 years that they have added a sport. That was at the request of multiple states and individuals."

Honomichl participated in both doubles and mixed doubles competition

"You have to play in the age division of the younger team member when you play doubles," she said. "I played doubles in the 60-64 age division because my partner is 63. In mixed doubles, since I'm turning 65 this year, I got to play in the 65-69 age division. My mixed doubles partner will be 71 this year, so he had to play in my age division."

Honomichl also competed in the Sunflower State Games on July 20. She earned a silver medal in mixed doubles in the 65-69 age bracket with Hart, and a bronze medal in women's doubles in the 60-64 age bracket with Harris. She noted that the pickleball played at the National Senior Games and the Sunflower State Games is slightly different from the pickleball played at the Kansas Senior Olympics because competition at the Kansas Senior Olympics takes place outside.

"When you play outside, the holes in the ball are smaller and the ball is

a little thicker," she explained. "I also use a heavier paddle when I play outside. The indoor game is different from the outdoor game because you don't have to worry about the wind and sun."

Since the courts at Lyons Park are outside, Honomichl and others who were preparing for the Sunflower State Games and the National Senior Games also practiced at the East Lawrence Recreation Center.

"The East Lawrence Recreation Center has a couple of time frames that

allow us to go indoors on Saturday and Sunday afternoons," Honomichl said. "They put down four permanent court lines there."

Honomichl describes herself as an intense competitor. However, she also said that she does not take herself too seriously when she plays pickleball.

"I'm out there to have fun and enjoy it," she said. "And I have met so many great people."

According to Honomichl, the people she plays with have different levels of

skill and physical ability, and pickleball is a great sport for all of them.

"It is not a power game," she said. "If you've got finesse, put the ball at the right angles, change the speed up, anyone can win."

The game, especially doubles pickleball, doesn't require a lot of running. A regulation tennis court for doubles play is 78 feet long by 36 feet wide, while a pickleball court is just 44 feet long by 20 feet wide. At 34 inches at

■ CONTINUED ON PAGE FIVE



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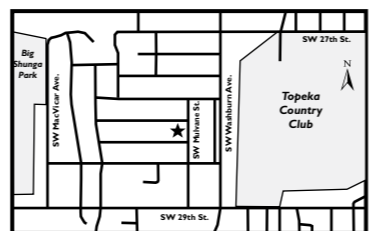
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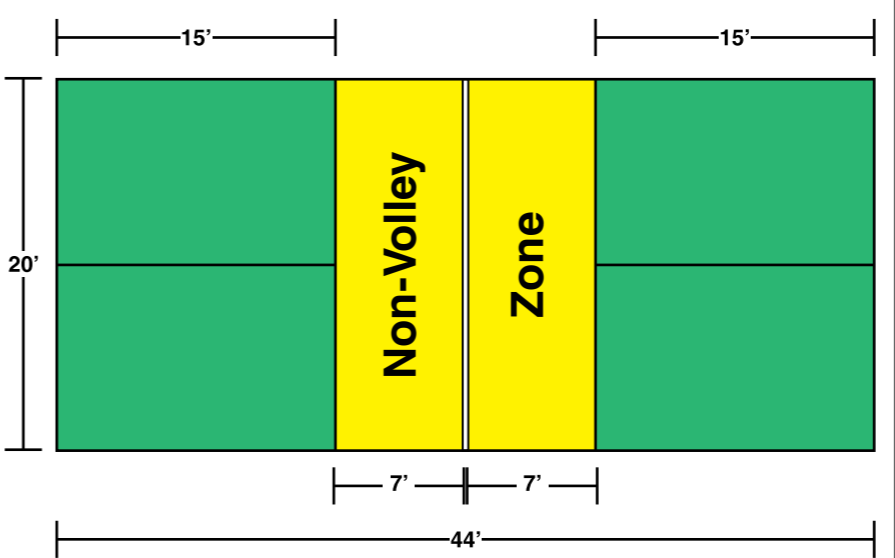
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Official Pickleball Court Dimensions



Net height is 36" at the net post and 34" in the middle of the court

Ginny Honomichl

■ CONTINUED FROM PAGE FOUR

the middle of the court, the pickleball net is two inches shorter than a tennis net. The pickleball court also has a non-volley zone known as the "kitchen."

"The kitchen is the area of the court that is seven feet from the net back," Honomichl said. "You cannot serve the ball into that area and you cannot volley a ball in that area. You can let the ball bounce and then step in and hit the ball back over the net, but you

cannot stand in the kitchen and volley. It keeps people off the net."

Pickleball is also a low-impact sport, which is great for many mature adults with joint replacements. Honomichl noted that she has had a hip replacement, while another member of her pickleball group has had both knees replaced.

Honomichl is originally from Quincy, Kan., a Greenwood County township near Eureka. From 1970 to 1986, she was a science and physical education teacher in Russell, Kan. While at Russell, she was the head coach of the girls' tennis team for 16 years. She also started

the girls' track and field program, which she coached for 14 years, and the girls' basketball program, which she coached for 10 years.

In 1986, Honomichl, her husband, and daughter moved to Baldwin City, where she took a position as a science teacher at Baldwin High School. She was also the girls' tennis head coach for 22 years, head softball coach for nine years, head boys' tennis coach for four years, and the assistant junior high girls' basketball coach for two years. She retired as a full-time teacher in 2008.

Honomichl was inducted into the Kansas State High School Activities Association (KSHSAA) Hall of Fame at the KSHSAA state track meet in Wichita during the spring of 2012. At that time, she said the "honor is a lifetime achievement recognition ... to be shared with the many who made it happen,

especially my family and the Russell and Baldwin City communities."

Honomichl said that the pickleball group welcomes new players. While members meet at Lyons Park every weekday morning at 7 a.m. to play, they request that beginners show up for recreational play on Tuesdays, Thursdays, and Fridays. Beginners are also welcome at the East Lawrence Recreation Center after 4:30 p.m. on Saturdays. The group usually moves from Lyons Park to Holcom Park during the fall. Pickleball equipment is difficult to find locally, but the more experienced players can direct beginners to good online sources.

To view the current Lawrence pickleball schedule, or to find pickleball meet-ups in Topeka and other Kansas cities, visit the USAPA's website at usapa.org/ptp/index.php?code=KS.



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East Village Lawrence promotes concept of community

By Billie David

After a year and a half of careful planning, Eastside Village Lawrence is readying for takeoff.

"We are hoping to have it up and running as soon as possible, possibly even by the end of the year," said the organization's founder and chair, Bonnie Uffman. "I feel hopeful. It takes time to develop an idea, but the whole thing is gaining steam. We are making people aware that this exists, and we are putting the pieces together to make it possible. The focus is shifting from planning to making it real."

Eastside Village Lawrence is based on the Village model of a community of neighbors helping one another, so that its seniors can remain in their own homes.

But it's not just seniors who benefit, Uffman said, because the younger people who volunteer are able to make connections and get to know their neighbors as well, a concept that is reflected in the Eastside Village Lawrence mission statement: to enhance the quality of life for the entire community by helping neighbors remain in their homes as they age.

Uffman first became aware of the concept about one and a half years ago. "I came across an article in an AARP magazine," she said. "It looked like

what is needed."

It also hit close to home, she added.

"I am in my late 60s and I'm looking ahead. I live alone in my own home and it is going to get harder."

The lack of acceptable options hit home for a group of seniors living in Boston as well, and they began looking for a model they could use. They discovered that there were no models, however, so they built one of their own.

The model they come up with is based on the concept of community.

"Basically, it is creating a small town out of a neighborhood," Uffman explained, adding that nowadays families are spread out and often people don't even know their neighbors.

The model consists of members, volunteers and service providers.

When the members have a need, such as safely getting up high enough to change a light bulb, they can call a central office and a volunteer is sent out to help.

Or if the need is greater, such as a plumber to fix a broken pipe, the office can send a preapproved service provider.

"We will have vetted service providers who can be trusted and will give a discount," Uffman said, adding that as a senior living on her own, "I need help sometimes, like I don't know what to

do with my computer. I think that will be one of the hardest ones for people, and yard work. Transportation will also be big."

Another important element of the Village model is meeting the social needs of seniors, helping them connect through activities such as coffee gatherings, card games, outings to various places, or walking groups.

"It all depends on what people want," Uffman said. "Anything we can do to promote people getting together and transportation to get them there is a plus in the community."

As for finding enough volunteers, Uffman said, "I think there are tons of people who would want to help. Honestly, I think the hardest part is finding the members. People don't want to ask for help."

The concept, however, is not based on dependence but rather on interdependence, of people helping each other, with each person benefitting through getting to know their neighbors and having a stronger, healthier community.

When Uffman read about the idea, she realized that there is a growing need for this kind of organization.

"There are senior services now, but in the next 10 or 20 years, the number of seniors needing services is going to

grow," she said. "There will be more need than services, so its time has come."

So Uffman, who is a member of the Lawrence Douglas County Advocacy Council on Aging, shared the article with fellow members, who voiced support of the idea.

"They were my backup," Uffman said.

Then she shared the idea with the Lawrence Association of Neighborhoods, and they were interested as well.

The next step was to share it with members of the Lawrence community, so in July of 2012, they held a Town Hall meeting.

"About 80 people showed up," Uffman said. "They were excited about it."

Now Eastside Village Lawrence has a board of directors complete with subcommittees, plus its own website, which can be accessed at www.EastsideVillageLawrence.org. They also have two AmeriCorps VISTA volunteers.

"It is a way of getting a lot of help from idealistic people who want to help," Uffman said of the VISTA volunteers.

Another step was applying for

Eastside Village

■ CONTINUED FROM PAGE SIX

grants. They decided to work through a fiscal sponsor, the Douglas County Community Foundation, to administer their funds.

"That way people who donate know it is a reliable community agency," Uffman said. "We are also collaborating with various senior agencies in the county."

Those agencies include the Douglas County Senior Center, Independence Inc., AARP Kansas, the Jayhawk Area Agency on Aging, and the Lawrence Association of Neighborhoods.

"We want to work with everybody—not take their place, but fill a niche," Uffman explained. "They agree there is a need for this."

Although they applied for and received some grants—one from Douglas County for \$3000 and one from the Douglas County Community Foundation for \$1,700—they still needed money in the bank for the office, equipment and supplies, so

they held a fundraiser, Early Evening with Eastside Village, on July 18 at the Union Pacific Depot in North Lawrence, featuring food, drinks, a raffle and speakers.

Eastside Village Lawrence was also faced with the task of selecting an area to cover, and decided on the neighborhoods east of Massachusetts Street, including North Lawrence.

"It is basically the lower-income part of the city," Uffman explained. "We needed to pick a neighborhood and started there because the need is greatest. But people all over town would like this option."

Because of the low-income population that would be included in the service area, another challenge was deciding what the annual membership fee should be. In other Village organizations it runs anywhere from \$50 to \$900, with an average fee of \$450.

"Our annual fee is yet to be determined, but we are thinking it will be around \$200 a year," Uffman said, adding that they hope at some point to have scholarships to subsidize people who can't afford the fee.



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Senior Support Initiatives, Inc. to hold two-day, statewide conference on aging on Sept. 4 and 5

Bob and Leah Faught have established a statewide conference to continue improving the quality of life and delivery of care for seniors and those with disabilities.

The Faughts moved from Illinois to Topeka, where Bob grew up, during the fall of 2011 to take care of Bob's father, who passed away in early 2012, and Bob's mother.

In the past 32 years, Bob, with Leah's support, has learned how to create a higher quality of life for himself through adversity and pain. He has had eight knee surgeries, two total knee replacements, a total right hip replacement, and shoulder and ankle surgeries. His successful experiences with those surgeries led him and Leah to found Our Joint Decisions, Inc. NFP in 2009.

The goal for their first nonprofit corporation was to educate and motivate patients to achieve pain-free mobility and a higher quality of life by making the best "joint decisions" with their doctors, caregivers, family, and friends. They promoted this message through Our Joint Decisions' website, book, and motivational speaking in this region and throughout the U.S.

"When we went out to visit with seniors and their support teams, we garnered a great deal of feedback and insight," Bob said. "The two things we always heard were, one, 'I don't know where to go for help,' and, two, 'If I had known this is the way this program works, I would have made a completely different decision for my mother, father, or other loved one.'"

"With our own experiences, and information we gathered, Leah and I felt there needed to be a new vehicle to get this information to the public," Bob continued. "We discussed it with providers in the community, and they agreed we needed a symposium to educate, and a health fair to provide support."

The couple co-founded Senior Support Initiatives, Inc. last year and held the Topeka & Shawnee County Senior Health Fair and Symposium

COURTESY PHOTO



Bob and Leah Faught

last October. The symposium allowed experts in health care to speak directly to the public on key topics facing seniors. The 70 providers in 64 booths were able to share their services and

support directly with the public.

After the Topeka & Shawnee County Senior Health Fair and Symposium, the Faughts promised to con-

■ CONTINUED ON PAGE NINE



2013 Kansas Conference on Aging
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Conference Website: www.kscoa.org
Contact: Bob Faught, Senior Support Initiatives 785-806-7806, bfaught@kscoa.org

Conference on aging

■ CONTINUED FROM PAGE EIGHT

tinue creating initiatives for seniors around the state of Kansas.

"We received feedback about creating similar events around the state," Bob said. "We realized that it would take years to get around the entire state. Then it was suggested to hold a statewide, two-day conference that would allow professionals and providers around the state to network. We were given valuable references to research this option. We contacted the Landon Center on Aging and other key organizations in the state. The feedback we received was that 'Interprofessional Team-Based Medicine' is the new foundation to improve the quality and delivery of care across all disciplines."

"With this input, and discussion with others around the state, we created the 2013 Kansas Conference on Aging," Bob continued. "The theme is 'Shining New Light on Senior Living' with the focus on 'Interprofessional Team-Based Care.' Our primary goal is to 'Change the Culture of Aging and Disabilities' in the state of Kansas."

Nationally, large hospital groups and others have been working to improve the quality, delivery, and costs of health care for all. Statewide, key organizations are taking similar steps. The focus is now on team-based relationship-centered delivery systems. Sustainable solutions have and are being created. Now, there are experts willing to share their new models at this conference.

Senior Support Initiatives, Inc. will

hold the 2013 Kansas Conference on Aging on Wednesday and Thursday, September 4 and 5, at the Capitol Plaza Hotel and Convention Center and Expocentre in Topeka. National and state experts will share their valuable experiences across many disciplines with professionals and providers from around the state. CEU credits are also available for almost all disciplines that register for this conference.

"This conference will provide networking, collaboration, powerful presentations, CEU credits, candid discussions, 80 exhibit booths, and continue to expand patient-centered care," Bob said. "We need to remember that any and all efforts made to improve the quality and delivery of health care for seniors and those with disabilities will benefit every citizen in the state of Kansas."

Professionals, providers, and students can register online after "Login" at the conference website, www.kscoa.org. The cost for both days, including all presentations, meals, and CEU credits is \$175; seniors, age 65+ is \$150; and student registration is \$100. There will be 80 exhibit booths with organizations that provide support, programs, and services to seniors, those with disabilities, and their support teams.

"Since we have 80 providers with exhibit booths set up, the public is invited to attend the conference during exhibit hours for free admission," Bob said. "The exhibit hours are from 8 a.m. to 4 p.m. on September 4, and from 8 a.m. to 3 p.m. on September 5."

The public is also invited to attend

the select "Track 2 Breakout Sessions" during both days of the conference. These 10 sessions, targeted for the public and providers, will include discussions on topics such as dementia/Alzheimer's, role of Area Agencies on Aging offices in Kansas, physical therapy, Medicare, KanCare, hearing, vision in aging, music therapy, caregiving with music, culture change in aging, and exercise for the elderly. A complete list of these breakout sessions, including their lead presenters, times, and locations, is available on the conference's website at www.kscoa.org.

"Track 1 and 2 Breakout Sessions," breakfasts and lunches on both days, nine major conference presentations, and CEU credits will be available to registered attendees of the conference. The 28 "Track 1 Breakout Sessions" will include discussions on topics such as team-based solutions, coordinated care, long-term care, oral health for seniors, medication therapy management, diabetes in aging, balance and aging, vision loss and aging, and patient engagement. The major presentations include "Hope in Health

Care" by David Moen, M.D., "What is Interprofessional Team-Based Education and Practice" by the KUMC Team, "Practical Bioethics" by John Carney, MEd, and "Patient Responsibility" by Bob Faught. Also, door prizes donated by organizations in Kansas will be given away during the conference to all registered attendees (professionals and providers).

A complete list of the "Track 1 and 2 Breakout Sessions" and the major presentations, including their presenters, times, and locations, is also available on the conference's website. Click on the "Conference Program" from the Home Page or Presentations Page at www.kscoa.org.

The deadline for sponsor, exhibitor, and advertiser registration is August 7. Check out these options available on the conference website. You can register online after "Login" at the conference website.

For more information about the 2013 Kansas Conference on Aging, please call the Faughts at (785) 806-7806, email them at bfaught@kscoa.org, or visit www.kscoa.org.

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Nobody likes extreme and prolonged heat, but such conditions can be deadly for seniors.

According to the National Oceanic and Atmospheric Administration (NOAA) heat is the number one weather-related killer in the United States. On average, excessive heat claims more lives each year than tornadoes, hurricanes, floods and lightning combined (<http://www.noaawatch.gov/themes/heat.php>).

“The elderly are often the most vulnerable to severe heat,” said Gail Shaheed from the Home Instead Senior Care office serving Topeka, Lawrence and surrounding communities. “Their bodies do not adjust as well as young people to sudden changes in temperature, they are more likely to have a chronic medical condition that changes normal body responses to heat, and they are often on a prescription medicine that impairs the body’s ability to regulate its temperature or that inhibits

perspiration,” she continued.

If you are a senior or caring for an elderly individual, the following tips, from the Home Instead Senior Care office serving Topeka, Lawrence and surrounding communities, will help them combat the heat:

- Keep a glass of water in every room to quickly and easily access fluids. Drink plenty of fluids, even if you don’t feel thirsty.
- Go through the closet and remove all heavy materials, long sleeves and dark colors. Store them until fall.
- Set fashion trends. If you’re in need of new clothes, check out the latest fashion magazines. Look for short sleeves, lightweight rayons or cottons, and light-colored clothing that reflect the heat.
- Stay out of the sun during the hottest times of the day. Fill up your bird feeder in the morning and water the lawn at night. Sunburn makes the

job of heat dissipation that much more difficult.

Put down that broom! Save household chores, particularly washing and drying clothes and operating the dishwasher, for evenings, when the weather is cooler.

- Take a nap during high heat times—between 3 and 5 p.m. in the afternoon, for instance—or find a good television program or movie to watch.
- While you’re napping or enjoying a movie, keep shades down and blinds pulled. Keeping a house tightly closed is more energy efficient.
- Invite your friends over for an iced tea break. Replace coffee breaks with iced tea or lemonade breaks in an air-conditioned spot—not the patio. Staying in an air-conditioned dwelling during hot days is safer.
- Go on a shopping spree. If you don’t have an air conditioner, or if yours is broken, spend the afternoon

at the mall. You can shop or just enjoy cool drinks and a good book.

Put away that meat loaf recipe for the summer and track down new recipes for fruit and vegetable salads. Foods like proteins that increase metabolic heat production also increase water loss.

- If increased use of a central air conditioning system causes higher utility bills that are a problem for your budget, consider purchasing a fan or small window unit that can cool down a home at a lower cost. In fact, window fans provide an effective way to exhaust the day’s hot air during the night.

For more information about the heat, visit the National Weather Service Web site at <http://www.noaa.gov> and the Federal Emergency Management Agency Web site at www.fema.gov. Or, to learn more about Home Instead Senior Care, log on to www.homeinstead.com/584.

Seniors can register for Kansas Senior Olympics until August 23

Registrations are now open for the 30th Annual Kansas Senior Olympics, sponsored by Shawnee County Parks and Recreation. An estimated 700 athletes from Kansas and the United States are expected to compete this year at the games in Topeka.

The 2013 Kansas Senior Olympics offers competition in 18 different sports by December 31, 2013. These sports include Archery, Badminton, 3 on 3 Basketball (teams), Bowling, Cycling, Golf, Horseshoes, Pickleball, Racquetball, Road Races, Shuffleboard, Softball (teams), Swimming, Table Tennis, Tennis, Track and Field, and Volleyball (teams). For the not-so-serious athlete

there are also ten just-for-fun events.

The individual sport competition will be held September 25-29; team sports, October 3-6; golf competition, October 4; archery, October 5. The early deadline for registration is Friday, August 9, with a cost of \$40 per athlete or \$250 for softball teams. The final deadline will be Friday, August 23, with a cost of \$50 or \$300 for softball teams.

For entry information or to register online, visit our website at <http://kansasseniolympics.fusesport.com> or contact the Kansas Senior Olympics Office at 785-368-3798.

For more information, please contact the Senior Adult Program at (785) 368-3798.

Kansas senior athletes compete in Summer National Senior Games

About 140 senior athletes from Kansas joined almost 11,000 athletes from all 50 states ranging in age from 50-101 at the 2013 Summer National Senior Games presented by Humana in Cleveland, Ohio, July 19-August 1. Forty-one percent of participants were ages 70 and up, proving that competition and physical activity can keep you young at heart. Athletes competed in 19 medal competitions, with the new Cleveland Convention Center serving as the hub of activities for the Games. These athletes earned the right to compete in these national games by virtue of their performance at their state games in 2012.

The National Senior Games Association governs the Summer National Senior Games, the largest multi-sport event in the world for seniors, and other national senior athletic events. It is an umbrella for member state organizations across the United States that host

State Senior Games or Senior Olympics. The NSGA is a non-profit member of the United States Olympic Committee dedicated to motivating senior men and women to lead a healthy lifestyle through the senior games movement. For more information on the NSGA, visit their website at www.nsga.com.

The 2013 Kansas Senior Olympics will be held September 25-29 and October 3-5 in Topeka. This year is a non-qualifying year. In 2014, athletes will have the opportunity to qualify to attend the 2015 Summer National Senior Games in Minnesota.

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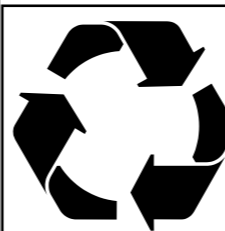
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ESTATE PLANNING

Durable general powers of attorney – 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 pay-



Bob Ramsdell

ments (always nice to have a house 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 DPOA 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 DPOA that 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 most only agree to serve in conjunction with other duties, such as trustee of a trust.

You can also build safeguards into your DPOA. 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.

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

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.

But keep a sense of balance. You want your DPOA to be effective and allow your Attorney-in-Fact to take timely and appropriate actions on your behalf.

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 they've been named your Attorney-in-Fact after you are incapacitated and then declines to serve, your DPOA may be little more than an impressive, notarized piece of paper.

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

PERSONAL FINANCE

Can you benefit from municipal bonds?

Over the past couple of years, the economic picture has brightened for many cities and states — but some of them are still facing potential financial problems. As a citizen, you may well have concerns about these issues. And as an investor, these financial woes may affect your thinking about one particular type of investment vehicle: municipal bonds.



Harley Catlin and Ryan Catlin



Specifically, given the difficulties faced by a few municipalities, should you consider adding “munis” to your to the fixed-income portion of your portfolio?

It is true that municipal defaults, though still rare, rose in 2012. But we haven't experienced any sharp increases in defaults in 2013. Overall, default rates for municipal bonds are low — much lower than for corporate bonds of comparable quality, according to Moody's Investor Services.

Of course, there are no guarantees, but if you stick with “investment-grade” municipal bonds — those that receive the highest grades from independent rating agencies — you can reduce the chances of being victimized by a default. And municipal bonds offer these benefits:

• **Tax advantages** — Municipal bond interest payments are free from federal taxes, and possibly state and local taxes, too. (However, some munis are subject to the alternative minimum tax, as well as state and local taxes.) This tax treatment means you would have to earn a much higher yield on other types of bonds to match the “taxable equivalent yield” of municipal bonds.

• **Civic benefits** — By adding quality municipal bonds to your portfolio, you can help support worthwhile projects in your community, such as

construction of schools and hospitals.

• **Steady income** — Barring a default, you will receive a regular, predictable income stream for as long as you own your municipal bonds. However, if you currently own many long-term munis, you may want to consider reducing your overall position. Eventually, rising interest rates will push down bond prices, and long-term bonds carry added risk because their prices will decline more as interest rates rise. Work with your financial advisor to determine the most appropriate approach for your situation.

• **Diversification** — Municipal bonds can help you diversify the fixed-income portion of your portfolio if it's heavily weighted toward corporate bonds. And you can even diversify your municipal bond holdings by building a “ladder” consisting of munis of varying maturities. Once you've built such a ladder, you can gain benefits in all interest-rate environments — when rates are low, you'll still have your longer-term bonds working for you (longer-term bonds generally pay higher rates than shorter-term ones), and when interest rates rise, you can reinvest the proceeds of your shorter-term bonds at the higher rates.

Consult with your financial advisor to determine if municipal bonds can be an appropriate addition to your portfolio, as investing in bonds involves risks, including credit risk and market risk.

Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Investors should evaluate whether a bond ladder and the securities held within it are consistent with their investment objectives, risk tolerance and financial circumstances.

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

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RETIRE SMART

Halfway through 2013, a midyear update

The Federal Reserve has thrown a wrench into what was shaping up to be a very good six months for investors. The Federal Reserve policy meeting and its aftermath roiled global markets as worries escalated that the economy is actually stronger than we thought—



Jill Schlesinger

gasp! As a result, the Fed should be able to taper its purchases of bonds this year, and eventually, it will stop buying altogether, which is what has caused both stocks and bond prices to drop.

There is an irony in the timing of the market's first 2013 convulsion and the Fed's upgraded view: It comes on the four-year anniversary of the end of the recession. The Business Cycle Dating Committee of the National Bureau of Economic Research "determined that a trough in business activity occurred in the U.S. economy in June 2009." The 18-month recession that began in December 2007 was the longest of any recession since World War II.

Of course, it wasn't really the end. The ensuing four years have been highlighted by a slow and painful recovery, during which job losses continued, housing prices kept dropping and every step forward was met with at least two steps back. Even today, it's

hard to feel upbeat about an economy that will likely grow by about 2.5 percent this year and still has 11.8 million people out of work.

The Fed acknowledges that things aren't all rosy, but, four years into the recovery, its Federal Open Market Committee (FOMC) "sees the downside risks to the outlook for the economy and the labor market as having diminished since the fall." Since you can't do much about the timing of the Fed's policies and the gyrations in the market, six months into the year is a perfect time to revisit the financial issues over which you actually have control: your investments, retirement savings and some of those other financial to-dos that have been on your list for a while.

Investments: Quit complaining about the markets and DO SOMETHING! Remember: If you are a long-term investor, periodic market pullbacks are great opportunities to rebalance your accounts so that your allocation remains in check. This requires that you override your emotional urge to keep winning funds and dump those that are lagging. But that's the point of asset allocation—different funds are supposed to move in different directions at different points in the economic cycle.

Retirement: Many people say they are worried about retirement, but most of them haven't done any planning to help themselves. Any conversation about retirement must start with this easy step: calculating your retirement numbers. EBRI's "Choose to Save Ballpark E\$timate" ([\[save.org/ballpark/\]\(http://save.org/ballpark/\)\) is easy to use, or check out your retirement plan/401\(k\) website for more retirement tools.](http://www.chooseto-</p>
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It seems like the past year has seen an unusual number of natural disasters, from tornados to hurricanes to wildfires. Summer often brings more scary weather, so, before an event occurs, make sure that your current coverage is adequate. The three biggest mistakes that people make with their homeowners or renters insurance are 1) under-insuring, 2) shopping for price only and not comparing apples to apples and 3) not reading policy details before a loss occurs.

Estate Planning: If you haven't done so already, PLEASE DRAFT A WILL! I advise hiring a lawyer to prepare a will, a power of attorney and a health-care proxy/living will. If you insist on doing it yourself, you can use a software program like Quicken WillMaker. All of your estate documents and final instructions should be stored in a safe place - don't forget to provide copies to your executor/trustee.

If your total estate is greater than \$5.25 million this year, a revocable or changeable trust will shelter your unified tax credit against federal estate and gift taxes. Many states impose a state death tax at lower levels, so check the rules. Even if your estate is unlikely to incur estate taxes, you may want a trust to better control the disposition of your assets. Revocable trust assets are not subject to probate.

Volatile markets are always unsettling, but doing what you can now may help you feel more in control and allow you to enjoy the second half of the year a little more.

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

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MAYO CLINIC

New blood thinners offer new benefits, but also some drawbacks

DEAR MAYO CLINIC: What are the new anti-coagulating drugs the FDA is approving for atrial fibrillation? Which would you recommend?

ANSWER: Three new anticoagulant drugs can help prevent blood clots in people with atrial fibrillation. Two have been approved by the U.S. Food and Drug Administration (FDA), and one is still under review. These drugs appear to have a variety of benefits over warfarin, the standard anticoagulant therapy used for atrial fibrillation. But there are some drawbacks, too, including a significant cost increase.

Atrial fibrillation is an irregular heart rate that often results in poor blood flow to the body. During atrial fibrillation, the heart's two upper chambers, called atria, beat irregularly and out of sync with the two lower chambers, or ventricles. This abnormal heart rhythm may cause blood to pool in the atria and form clots. A blood clot that forms could be carried in the circulation from your heart to your brain. There, it may block blood flow, causing a stroke.

Anticoagulant medications, sometimes called blood thinners, can greatly

lower the risk of stroke in people who have atrial fibrillation. For years, the standard anticoagulant used for atrial fibrillation has been warfarin. Although very effective at preventing blood clots, warfarin is a powerful medication that can have serious side effects, including bleeding within the brain and elsewhere in the body.

The new anticoagulant drugs include dabigatran, approved by the FDA in 2010, and rivaroxaban, approved in 2011. The FDA is currently reviewing a third, called apixaban. In studies, these drugs appear to be safer than warfarin in terms of bleeding within the brain. Research has also shown them to be either as effective or more effective than warfarin at preventing strokes, although the specific findings vary among those studies.

One advantage to these new drugs is that they're more convenient for patients because they don't require the close monitoring that warfarin does. Warfarin can interact with many other medications, as well as certain foods. As a result, regular blood tests are required to ensure that a person taking warfarin is

receiving the correct dose. The warfarin dose may need to be adjusted, depending on blood test results. The new anticoagulant drugs have a fixed dose that does not require ongoing monitoring or individual dosing adjustments.

A disadvantage to the new drugs, particularly dabigatran, is that they may increase the risk of bleeding complications in people older than 75, as well as those with kidney problems. In addition, if bleeding starts in someone taking these drugs, currently there is no antidote available to quickly stop the bleeding, as there is with warfarin. In addition, these drugs are significantly more expensive than warfarin. And one of them, dabigatran, needs to be taken twice a day—rather than once a day with warfarin—so patients have to be willing to comply with a more frequent medication schedule.

Although one of these drugs cannot be recommended over the others for everyone, certain people are good candidates to try a new anticoagulant. They include those younger than 75 without other health concerns who have not previously taken warfarin, as well as people

who have taken warfarin but have had required frequent dose adjustments.

If you already take warfarin for atrial fibrillation, your dose is stable and you have easy access to blood monitoring, then there may be no need to change. These new drugs generally are not appropriate for most people older than 75, those with additional health problems that increase the risk of bleeding, and people who have kidney disorders.

If you have atrial fibrillation and think you may be a good candidate for a new anticoagulant medication, talk to your doctor to see if one might be right for you. - Bernard Gersh, M.B., Ch.B., D.Phil., Cardiovascular Diseases, Mayo Clinic, Rochester, Minn.

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

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HEALTH & FITNESS

Prevent neck pain

If you've ever been in a fender bender, you know that acute neck pain can follow even a minor car accident. But most people suffer neck pain for other and more easily preventable reasons.

The most common cause of neck pain is simply how we hold our heads when we work, drive, sleep or relax. Sitting on an overly soft chair or watching TV



Laura Bennetts

sideways or lying on a stack of pillows can overstretch your neck and spine joints, causing pain.

So, here are some words to the wise...

Posture Matters

A glance at a skeleton shows that your spinal column is a long, gently curving string of vertebrae. This string supports your trunk, limbs, and head. And when you stand or sit erect, with good posture, the pressure on your spine is evenly distributed and unlikely to cause you pain. But bad posture can hurt you—above all, by putting undue stress on your joints. This is just as true in your neck as it is in your knee or lower back.

Up to your Neck

Your neck consists of seven vertebral bones stacked on top of each other, with rubbery discs in between them. Any skeletal model shows this. But a model doesn't show what actually happens inside your body. Your spine is more than just a chain of linked bones. Living bones are complex tissues, which work together with muscles, tendons, ligaments, and nerves. The neck vertebrae are unique because (with the assistance of other surrounding tissues) they support the weight of your head and allow you to nod up and down, rotate your head side to side, and so on.

Move with Grace

The joints (the hinges where bones connect, and where bones meet muscles) are pivots that allow you to move. And since motion involves tension and pressure, your joints are especially vulnerable to pain.

Your neck joints help you rotate your head and absorb the shock of motion when you move your neck. Any abnormality in the way you move or stabilize your head can hurt your neck because your spinal joints are full of nerves—motor nerves that prompt movement and sensory nerves that share information with your brain.

When you stress a neck joint, a distress signal of pain flashes to your brain. Most commonly, this is caused by poor posture while standing, sitting, or sleeping.

Don't Slouch!

If your head cranes forward, your neck is stressed by the effort of holding the weight of your head in an awkward position. The soft tissues in your neck cry out for relief. This is typical among people who sit for hours at computers or relax in overly soft chairs. In cases like that, we experience postural fatigue, making it harder and harder to sit up straight.

Stay Ahead of the Curve

If you've ever driven non-stop for hours, I'm sure you recall how your back felt when you finally got out of your car...sore and tight. In general, the longer your spine is overflexed, the more difficult it is to straighten up comfortably and completely.

What's the solution? Simple. Just walk around with good posture at regular intervals—say, every 20 minutes when you're working at the computer or every two hours when you're driving. The same applies for activities like sewing or knitting. This will stretch your joints, send blood flowing through your spine, and help you hold your head erect.

Mirror, Mirror...

If this isn't enough—if your neck is still stiff and sore—check to see what's

wrong. Glance in the mirror to see if your shoulders are rounded and forward. (They shouldn't be.) Is it hard to pull them back or squeeze your shoulder blades together? (That's a warning sign.) Do you feel tightness across your collar bone or in the front of your neck? Does your sitting posture curl your spine into a C-shape? Does your head usually lean in front of your shoulders? If so, is it hard to align your ears with your shoulders? And is it hard to maintain that posture?

If so—if you replied "yes" to any of these questions—you may need stretching and strengthening assistance from a physical therapist to help correct your posture. Exercise can help not only your neck, but your back and shoulders. Standing and sitting tall is easy, and relatively pain-free, when your body has the strength to comfortably support your head and trunk.

Better than a Pain in the Neck

Physical therapists teach you safe

and affective exercises to help you achieve good posture. It takes strong muscles and bones in your neck, shoulders, pelvis, and trunk to sustain good posture. Therapists also treat your neck pain by applying deep heat and by hands-on treatments to increase your flexibility and help you feel better.

So, if your neck hurts, talk to your doctor—and discuss whether physical therapy can help. In many cases, the right therapy makes a world of difference.

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

HEALTH & FITNESS

Top 10 ways to boost your energy levels

Most people have experienced low energy at some point in their life. Exhausted, falling asleep in the middle of the day, or inability to concentrate are common signs of energy problems. The good news is there are some healthy, natural ways to boost your energy:



Dr. Farhang Khosh

1. Eat small, frequent meals, to avoid the sleepy feeling that comes with digesting large meals.
2. Decrease sugar consumption, which will cause fluctuations in energy levels.
3. Consume the proper vitamins

and minerals.

4. Cut down on coffee and energy drinks, which give you a rush of energy but will result in fatigue.
 5. Get enough sleep at night.
 6. Take deep, controlled breaths. Deep breathing helps reduce stress, fatigue, and increases the level of oxygen in the blood.
 7. Drink plenty of water.
 8. Consider homeopathic remedy for fatigue.
 9. Go outdoors. Getting some fresh air is always a good way to improve energy. Finally
 10. Medicinal plants.
- The category of medicinal plants that provide energy are known as adaptogens. This class of medicinal plants includes licorice, ashwagandha, ginseng, and rhodiola. They are thought to build your resistance to physical, chemical, and biological stress, as well as boost your energy and vitality.

Licorice or *Glycyrrhiza glabra* works wonders with the adrenal cortex. Licorice is a staple of traditional medicine for adrenal insufficiency and ulcers. Glycyrrhizin is the main active compound in licorice. Licorice has been positively linked to a range of other health benefits, including improving the immune system, decreasing inflammation, and healing the gut lining.

Ashwagandha or *Withania somnifera* comes from the India's Ayurvedic medicine tradition. It is particularly useful for stress-induced sleeping problems and improving energy levels. Korean Ginseng or the Latin name is *Panax ginseng*. The main root of this plant is traditionally used in western herbal medicine to remedy physical or mental exhaustion, to build an immune system, and to facilitate in the adaptation to stress. Other health benefits from this plant include improving sleep, fatigue, depression, headaches and menopausal symptoms. Eleuthero or *Eleutherococcus senticosus* is an adaptogen herb

used to support cognition, alertness, immune function, and physical stress. Rhodiola or *Rhodiola rosea* is another adaptogenic herb with a long history of traditional use. It has been used for stress and fatigue management, enhance mental performance, and for the treatment of mild depression.

When using medical plants or any natural medication, it is always advisable to check with your health care provider.
- Dr. Farhang Khosh, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. He can be reached at 785-749-2255.

WORDS OF WISDOM

"At one time I agreed with Socialism, because it was simple. Now I disagree with Socialism, because it is too simple." - G. K. Chesterton



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SENIOR CALENDAR

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

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

ART/ENTERTAINMENT

AUG 2-4
MUSICAL: "THE DROWSY CHAPERONE"
 A rare combination of unprecedented originality and blinding talent, THE DROWSY CHAPERONE boldly addresses a great unspoken desire in all of our hearts: to be entertained. If you've ever sat in a dark theatre and thought, "Dear Lord in heaven, please let it be good," this is the show for you! It all begins when a die-hard musical-theater fan plays his favorite cast album on his turntable, and the musical literally bursts to life in his living room, telling the rambunctious tale of a brazen Broadway starlet trying to find, and keep, her true love. Friday and Saturday, 8 p.m., and Sunday, 2 p.m. 500 Delaware Street. LEAVENWORTH, (913) 651-0027

AUG 10
JOSEPH HALL'S ELVIS ROCK 'N' REMEMBER TRIBUTE SHOW
 Joseph Hall's Elvis Rock 'N' Remember Tribute will KNOCK YOUR SOCKS OFF! Joseph does such an incredible job recreating the moves, the look, and the sound of Elvis Presley, that you will think you are watching the King himself! Joseph will blow you away as he recreates the legend of Elvis Presley live on the stage of the C.L. Hoover Opera House. Make your reservations now as this show sells out very fast! 7 p.m. JUNCTION CITY, (785) 238-3906 www.jcoperahouse.org

BINGO

SUNDAYS & TUESDAYS
AMERICAN LEGION POST NO. 1
 3800 SE Michigan Ave, 6:30 p.m. TOPEKA, (785) 267-1923

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

MONDAYS
REBEKAH LODGE
 Minis at 6 p.m., regular games at 6:30 p.m. 745 NE Chester Avenue. TOPEKA

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

TUESDAYS
INDEPENDENT ORDER OF ODD FELLOWS
 1 p.m. 745 NE Chester Avenue. TOPEKA

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

WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS
 3110 SW Huntoon, 6:30 p.m. TOPEKA, (785) 235-9073

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

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

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

SUNDAYS & TUESDAYS
MOOSE CLUB
 1901 N Kansas Ave, 6 p.m. TOPEKA, (785) 235-5050

EDUCATION

ONCE A MONTH
AARP'S 55 ALIVE SAFE DRIVING COURSE
 Monthly classes are held at Stormont-Vail. Call to make reservation. TOPEKA, (785) 354-5225

FIRST & THIRD FRIDAYS OF EACH MONTH
HEALTHWISE AFTER 55
 Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, (785) 354-6787

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

AUG 22
TMJ, DISORDERS, SLEEP DISORDERED BREATHING AND YOUR HEALTH
 New research shows a clear link between the destructive and painful effects of TMJ disorders

and varying stages of sleep apnea and restricted breathing. Oral health, as well as general health can be significantly impacted by these conditions which may affect as many as 30-40% of the population. LMH Medical Staff member and Lawrence Restorative Dentist, James Otten, DDS, will discuss the link between TMJ problems, worn teeth, sleep disordered breathing and other related conditions such as GERD in this interactive forum. Advance enrollment requested, please. There is no fee to attend this program. Lawrence Memorial Hospital, 6:30-8 p.m. LAWRENCE, (785) 749-5800

FAIRS/FESTIVALS

JUL 30-AUG 3
LEAVENWORTH COUNTY FAIR
 Parade, rodeo, 4H/FFA and open class exhibits, games, food, livestock auction and entertainment. Free shuttle rides to/from parking lots. Hwy 24/40 and Hwy 16, Leavenworth County Fairgrounds, Tuesday 6:30 p.m., Wednesday-Saturday 9 a.m.-10 p.m. TONGANOXIE, (913) 683-4560

JUL 31-AUG 6
CENTRAL KANSAS FREE FAIR
 Fair Exhibits, Contests & Judging Info 4-H/ FFA - Dickinson County Only Open Class - All Kansas residents Fair Exhibits & Contest Include The Following: Clothing Construction, Fiber Arts, Equine Show, 4-H Food Sale, Rabbit/Poultry Show, Ag Mechanics, OC Arts & Crafts, OC Foods, Beef Show, Breeding Sheep, Market Lamb Show, Meat Goat Show, Swine Show,

Dairy Show, Dairy Goat Show, Special Baking Contest, Bucket Calf Show, Floriculture, Horticulture, Equine, Round Robin Showmanship, 62nd Annual Livestock Premium Auction. ABILENE, (785) 263-4570 www.ckff.net/

AUG 7-11
TRI RIVERS FAIR & RODEO
 This annual event showcases the 4-H clubs of Saline county. The Tri Rivers Fair Parade starts the Fair off on Tuesday, August 6 beginning at 7:30 p.m. on Santa Fe Avenue in downtown Salina. Rodeos are held in Tri Rivers Stadium, across the street from the Bicentennial Center (800 The Midway). A carnival runs nightly on the east parking lot of the Bicentennial Center. Demolition derbies are also held at Tri Rivers Stadium. Please check their website at for the latest schedule of events. 900 Greeley, Livestock & Expo Center, Bicentennial Center. SALINA, (785) 827-4425 www.tririversfair.org

FARMERS MARKETS

THURSDAYS THROUGH OCTOBER 31
COTTIN'S HARDWARE & RENTAL FARMERS MARKET
 Vendors, live music, Free State beer, public chess tables. Located in the parking lot behind Cottin's Hardware & Rental, 1832 Massachusetts St., 4-6:30 p.m. LAWRENCE www.cottinshardware.com/farmersmarket

■ CONTINUED FROM PAGE 18
APR 13-NOV 23
SATURDAY MARKET - LAWRENCE
 The Saturday Downtown Lawrence Farmers Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets. 7-11 a.m. through Sept. 28. 8-11 a.m. Oct. 5-Nov. 23. LAWRENCE, (785) 331-4445 www.lawrencefarmersmarket.com

APR 13-NOV
DOWNTOWN TOPEKA FARMERS MARKET
 12th and Harrison, South of the Judicial Building. 7:30 a.m.-Noon. TOPEKA, (785) 249-4704 www.topekafarmersmarket.com

MAY 7-OCT 29
TUESDAY MARKET - LAWRENCE
 The Tuesday Market is located in the public parking lot on the 800 block of Rhode Island Street. 4-6 p.m. LAWRENCE, (785) 331-4445 www.lawrencefarmersmarket.com

JUN-SEP
BALDWIN CITY FARMERS MARKET
 Saturdays, 8-Noon. Downtown Baldwin City. BALDWIN CITY, (785) 594-3200 www.baldwincitychamber.com

HEALTH & FITNESS

MONDAYS THROUGH FRIDAYS
FIT FOR LIFE
 LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee. LMH KREIDER REHABILITATION SERVICES LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS, BEGINNING SEP 17
BEGINNING SQUARE DANCE CLASSES
 Dance your way to health, fitness, fun, and friendship! Square dancing is both physically and mentally challenging and the movement to music will keep you healthy. Croco Hall, 6115 SE US Hwy 40. Classes at 7 p.m.; Plus Classes(for experienced square Dancers)at 8:30 p.m. Free. TOPEKA, (785)267-0353 or (785)224-7743

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

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

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

FIRST THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free. TOPEKA, (785) 354-6787

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

SECOND THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free. TOPEKA, (785) 354-6787

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

THIRD THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free. TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH
NUTRITION CLINIC
 Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free. TOPEKA, (785) 354-6787

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

SEP 4
CHOLESTEROL SCREENING
 See August 7 description, 8:30-10 a.m. LAWRENCE, (785) 749-5800

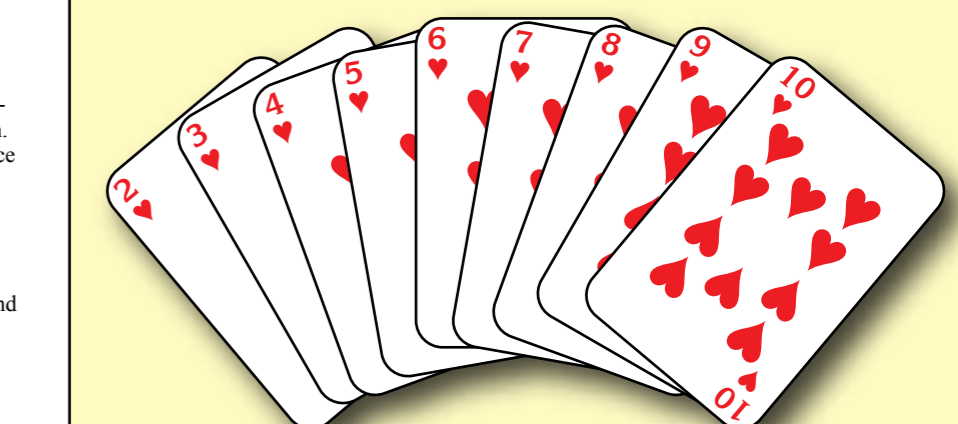
HERITAGE/HISTORY

MAY 4-OCT 12
WEEKEND GUIDED TOURS OF THE BLACK JACK BATTLEFIELD
 Black Jack Battlefield and Nature Park, 163 E. 2000 Road (3 miles east of Baldwin City), Saturdays and Sundays, 1 p.m. Free. WELLSVILLE, (785) 883-2106

www.blackjackbattlefield.org
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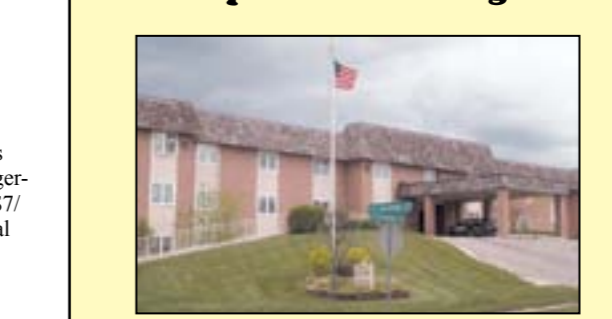
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■ CONTINUED ON PAGE 19

■ CONTINUED FROM PAGE 19

memorial events around the globe. Eisenhower Presidential Library, Museum and Boyhood Home, 200 SE Fourth Street. ABILENE, (785) 263-6700 www.eisenhower.archives.gov

**AUG 17
SPRING VALLEY HISTORIC SITE OPEN HOUSE**

Geary County Historical Society & Museum will be hosting an open house at this historic site. Explore what life was like on the frontier at the beginnings of Kansas Settlement. Imagine learning in a one-room schoolhouse, cooking in a one-room log cabin with a family of five, or attending church in someone’s living room. You can do all that and more at the site! The buildings will be open to self-guided tours and you just might come across a historical figure or two. Water is provided onsite free of charge, and latrines are available as well. Free, no admission charge. K-18 & Spring Valley Rd., 10 a.m. to 1 p.m. JUNCTION CITY, (785) 238-1666 www.gchsw.org/

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

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

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

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

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

THIRD WEDNESDAY OF EACH MONTH
Brandon Woods, 1501 Inverness Dr., 10:30 a.m.
Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH WEDNESDAY OF EACH MONTH
Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m.
Presbyterian Manor-Assst. Living, 1429 Kasold

Dr., 11 a.m.
Pioneer Ridge-Assst. Living, 4851 Harvard Rd., 1 p.m.
Drury Place, 1510 St. Andrews Dr., 2:30 p.m.

MEETINGS

**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

**FIRST MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP**
Facilitated by Heartland Hospice and open to those who have lost loved ones. Held at Heartland’s office, 2231 SW Wanamaker Rd., Ste. 202, at 6 p.m. Call Terry Frizzell for more information. TOPEKA, (785) 271-6500

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

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

**FIRST & THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer’s disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, (785) 842-0543

**FIRST TUESDAY OF EACH MONTH
LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES**
Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens’ services, funeral home care, library and educational services. Meets at 3 p.m. in Conference E of LMH. LAWRENCE, (785) 830-8130

**FIRST TUESDAY OF THE MONTH
MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - LAWRENCE**
Meets at Lawrence Memorial Hospital, 5:30 p.m. LAWRENCE, (785) 393-1256

**FIRST TUESDAY OF EACH 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 EACH MONTH
SCRAPBOOK MEMORIES**
Grace Hospice, 3715 SW 29th St., Suite 100, 6 p.m. All supplies provided (except photos). TOPEKA, (785) 228-0400

**FIRST & THIRD TUESDAY OF EACH MONTH
GRIEF SUPPORT GROUP**
Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2 p.m. TOPEKA

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

**TUESDAYS
GRIEF & LOSS SUPPORT GROUP**
Midland Hospice, 200 SW Frazier Circle. 3-4 p.m. TOPEKA, (785) 232-2044

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

**FIRST THURSDAY OF EACH MONTH
PARKINSON MEETING**
Midland Care, 200 SW Frazier, 5:30-7 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

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

**FIRST FRIDAY OF EACH MONTH
STROKE SUPPORT AND RECOVERY GROUP**
Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2 p.m. for program. For information, call Jan Dietrich in ■ CONTINUED ON PAGE 21

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

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

**WEDNESDAYS & SUNDAYS
OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)**
Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6-9 p.m. on Sundays at the Eagles Lodge. LAWRENCE

**THURSDAYS
GRIEF & LOSS SUPPORT GROUP**
Midland Hospice, 200 SW Frazier Circle. 3-4 p.m. TOPEKA, (785) 232-2044

**FIRST THURSDAY OF THE MONTH
MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - TOPEKA**
Meets at St. Francis Health Center’s Cancer Center, 1700 S.W. 7th St., 7 p.m. TOPEKA, (785) 230-4422

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

**FIRST THURSDAY OF EACH MONTH
PARKINSON MEETING**
Midland Care, 200 SW Frazier, 5:30-7 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

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

**FIRST FRIDAY OF EACH MONTH
STROKE SUPPORT AND RECOVERY GROUP**
Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2 p.m. for program. For information, call Jan Dietrich in

■ CONTINUED ON PAGE 21

■ CONTINUED FROM PAGE 20
the Adult Field Services Office. Health Agency Main Library. TOPEKA, (785) 232-7765

**SECOND MONDAY, SEP-MAY
LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN’S CLUBS**
Volunteer service club. LAWRENCE, (785) 331-4575

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

**SECOND TUESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Independence, Inc. 2001 Haskell Ave., 1-2 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

**SECOND TUESDAY OF EACH MONTH
NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES**
Meets at 9:30-11 a.m. at Coyote Canyon Buffet. TOPEKA, www.narvre.com

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

**SECOND TUESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
3 Sisters Inn, 1035 Ames St., 3:30-4:30 p.m. BALDWIN CITY, (785) 235-1367 or (800) 798-1366

**SECOND WEDNESDAY OF EACH MONTH
MEMORY SUPPORT GROUP**
Held at The Windsor of Lawrence, 3220 Peterson Rd., 2 p.m. For more information, please call Amy Homer. LAWRENCE, (785) 832-9900

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

**SECOND WEDNESDAY OF EACH MONTH
SOROPTIMIST INTERNATIONAL OF TOPEKA**
Soroptimist International’s mission is to improve the lives of women and girls in local

communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more information. TOPEKA, (785) 221-0501 www.soroptimisttopeka.org

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

**SECOND THURSDAY OF EACH MONTH
NAACP MEETING-LAWRENCE CHAPTER**
Meets at the Lawrence public Library Gallery Room at 6:30 p.m. LAWRENCE, (785) 841-0030, (785) 979-4692

**SECOND & FOURTH FRIDAY OF EACH MONTH
ALZHEIMER’S/CAREGIVER SUPPORT GROUP**
Sponsored by the Alzheimer’s Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m. LAWRENCE, (913) 831-3888

**SECOND SATURDAY OF EACH MONTH
HAPPY TIME SQUARES SQUARE DANCE CLUB**
Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/ K10 Bypass). Plus: 7:30-8 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alexander. LAWRENCE, (785) 843-2584 www.happytimesquares.com

**THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Oskaloosa Public Library, 315 Jefferson St., 2-3 p.m. OSKALOOSA, (785) 235-1367 or (800) 798-1366

**THIRD TUESDAY OF EACH MONTH
LAWRENCE PARKINSON’S SUPPORT GROUP**
FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2 PM

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

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

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

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

**THIRD THURSDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Baldwin Healthcare Center, 1223 Orchard Lane, 1-2 p.m. BALDWIN CITY, (785) 594-6492

**THIRD FRIDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

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

**FOURTH MONDAY OF EACH MONTH
GRIEF SUPPORT GROUP**
Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice. LAWRENCE, (785) 841-5300

**FOURTH TUESDAY OF EACH MONTH
LAWRENCE PARKINSON’S SUPPORT GROUP**
Pioneer Ridge Assisted Living Library, 4851 Harvard, 6:30 p.m. LAWRENCE, (785) 344-1106

**FOURTH TUESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Countryside United Methodist Church, 3221 SW Burlingame Rd., 1-2 p.m. TOPEKA, (785) 235-1367 or (800) 798-1366

**FOURTH WEDNESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Administered by Senior Outreach Services

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

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

**FOURTH THURSDAY OF EACH MONTH
CHRISTIAN WIDOW/WIDOWERS ORGANIZATION**
We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards. 5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com. TOPEKA

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

MISCELLANEOUS

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

**MONDAYS
CHURCH SERVICES**
Drury Place at Alvarar, 1510 Saint Andrews Dr., 11 a.m. Open to the public. LAWRENCE, 785-841-6847

**THIRD SATURDAY OF EACH MONTH
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HUMOR

Picture This

"Fools' names and fools' faces are often seen in public places." - 17th-century historian Thomas Fuller.

"Fools' names and fools' faces are too often seen on Internet spaces." - 21st century cyber wizard Daniel K. (Denver Dan) Reeves.

"Mr. Carlyle will see you now, said the secretary. "Please come this way."



Larry Day

Denver Dan Reeves followed the secretary down the carpeted hallway to a large corner office located in the Wall Street building that J. P. Morgan famously called "the corner."

Randall Carlyle, founder and CEO of Carlyle Associates, stood as they entered. He was man in his late forties, six-foot-two, dark hair, tinged with gray at the temples, a patrician nose, and deep set eyes. He wore a \$110,000 Alexander Amosa suit and \$5,000 John Lobb shoes. Carlyle was known on the Street as "The Highwayman," a reference to the elegantly dressed hero of Alfred Noyes' 19th century poem.

Denver Dan Reeves wore an off-the-rack J.C. Penney suit and a pair of three-year-old Payless shoes. Reeves was known to a small, highly select group of Internet experts as "the Magician" because he could make virtually anything appear and disappear from cyberspace.

"Elizabeth, please bring us some tea," Carlyle said. Then, "Sit down Mr. Thompson—the code name Denver Dan had given in making the appointment. Carlyle stepped from behind a mammoth Carpathian oak and ebony desk and joined Denver Dan on a leather sofa.

The secretary left and the two sipped

tea in silence for a few moments. Then Carlyle pulled a top-of-the-line tablet from a small case. He turned it on, and handed it to Denver Dan. On the screen was a still photo of a young woman. She looked like she was 16 or 17 years old. She was wearing what she had been wearing when she was born—that is to say—nothing. The young woman stood in the midst of a group of fully clothed, somewhat older, young men. Everyone was smiling at the camera.

"This is my daughter, Helene," said Carlyle. "She's a junior at Miss Thompson's Girls' School in Dalby, Rhode Island. This photo was taken at a fraternity party that my daughter attended at a nearby university. Helene and her roommate had slipped away from their dormitory by circumventing the school's electronic security apparatus. She's a very bright girl, but she's obviously immature and vulnerable. This photo appeared on the Internet soon after the party. The website currently has few visitors, but that will change if my daughter is identified and her connection to me is publicized."

"There are currently nearly five billion websites on the Internet," said Denver Dan. "How did you ever come across this photo?"

"Purely by chance," said Carlyle. "One of our analysts, a young man who had gone to school with Helene's older sister, came across the photo during a wide-ranging electronic surveillance of international websites. He alerted me. I want you to identify the operators of this website. I want Helene's photo removed, and the individuals responsible for posting her picture dealt with in a way that will dissuade them from posting such material in the future. I'll double your fee and make any resource you need available."

Carlyle held out his hand. Denver Dan shook it firmly and left without another word.

Denver Dan immediately hacked into the website and digitally altered Helene's image so that she couldn't be recognized. Tracing the website's origin and the location of its operators

proved much more difficult. It required all of Denver Dan's experience and expertise. He finally traced them to a house on a side street in downtown Mumbai, India. Denver Dan used a combination of money and dire threats to convince the young hackers to retire. For an extra consideration they supplied Dan with a very important piece of information. It was one of the smiling fraternity brothers in the photo, a young man from a prominent family,

who had sent the photo to the hackers and paid them to post it.

Denver Dan reported that fact, and asked Carlyle what he wanted done about it.

"Nothing," said The Highwayman. "I'll take care of it." And he did.

- 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.

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PET WORLD

Honor lost 'Poco' by saving the life of another cat

Q: I once lived in Highland Park, Ill., with a cat named Poco. We were inseparable. When he was diagnosed with kidney stones, I had to give him up; I just couldn't afford treatment in 1987. I still miss Poco very much. How do I ask



Steve Dale

for forgiveness when he depended on me for everything? I feel like I let him down big time. - C.H., Bloomington, IN

A: How I wish we had the power to change the past, but so far, that can't be done. And I don't have the power to exonerate you. Besides, who am I? I've made mistakes, too. Like you, I suffer from the human condition of

being imperfect.

Perhaps you did let your cat down all those years ago. Then again, since 1987, we've learned a great deal about treating kidney stones in cats. It's possible that when Poco was ill, little could be done.

You could atone by saving a life. If you don't currently have a pet, you could adopt from a shelter. A cat with the feline immunodeficiency virus (FIV) might be a great choice, or a middle-aged cat who otherwise might never find a home.

Q: My female cat has become a bird-killing machine. She's been an indoor/outdoor kitty for several years now. Safety collars (with bells to warn wildlife) come off. Is there a better idea? - E.C., Rutledge, TN

A: Ideally, the best solution is to keep your cat indoors. For one thing, she'll be safer. While your cat is a predator, cats can also become prey for birds of prey, coyotes and worst of all—cars.



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Outdoors, cats may nibble toxic plants or lap up deadly antifreeze. In the winter, they may seek warmth under car hoods, then become mangled when unsuspecting drivers start their engines.

Also, people who allow their cats outside aren't being very neighborly. A roaming cat may use a neighbor's garden as toilet, or drive the neighbor's indoor cat batty just walking past the window. Cats also kill songbirds and other wildlife.

If your cat was formerly feral, or has been living outdoors her entire life, I know it might be challenging to convert her to an indoor existence. The secret is to make life more interesting inside by enriching your cat's environment.

Instead of leaving out food all the time, feed your pet at specific times, except for around 10 percent of her food. Offer that 10 percent in puzzle toys which the cat has to maneuver to reach the goodies. Place the puzzle toys in random spots around the house and encourage your kitty to "hunt" for them. Provide lots of climbing space, and activities when you're not home. Some cats even enjoy watching DVDs

of fish or birds.

Rotate the cat's toys and create some simple new ones; toss a Ping Pong ball in the bathtub or a wine cork in an empty box. If you have a back yard, build or order some cat fencing (one company is at www.catfencein.com). Patios are increasingly trendy—patios or balconies enclosed within cat fencing, so cats can't jump or fall off, and predators can't get in.

Since the bell to warn wildlife isn't working, try a cat bib (available at http://www.catgoods.com/). For many cats, the bib effectively throws off their balance, so catching birds and lizards becomes much more challenging, even impossible. Arguably, a bib might make an outdoor cat more vulnerable to predators.

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

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Last-minute party treat

It's the day before the summer backyard party and you have no idea what you're going to bring. Or maybe you're throwing the party yourself, and you suddenly realize you don't know what you're going to serve for dessert.



Wolfgang Puck

The problem with most party planning, whether you're a guest or a host or hostess, is that some of the most obvious options will have already been done. You can pretty much count on there being hamburgers and hot dogs or some other great grilled protein. Coleslaw? Check. Potato salad? Double check! And as for desserts, it's almost a given that ice cream has already been procured, and somebody will have bought or baked some pie.

So, what can you make or bring that everybody will love, that goes with everything else at the party, and is easy to make at the last minute. I can give you the answer in three words.

Chocolate. Chip. Cookies.

The recipe may seem as traditional and downright patriotic as the Fourth

of July. So you may be surprised to learn that it was first created by accident just over 80 years ago by Ruth Graves Wakefield at her home-style Wakefield, Mass., restaurant, the Toll House Inn. (So now you know how the drop cookies studded with bits of chocolate come by one of their best-known names.) While making a regular recipe for chocolate cookies, she discovered she'd run out of baker's chocolate for the batter; so, instead, she folded in chopped chocolate, assuming it would melt and blend with the batter during baking. But you know what actually happened. World War II packages from home popularized the cookies with GIs, and by the middle of the 20th century the cookie was pretty much everyone's favorite.

My recipe for Chocolate Chip Cookies isn't hugely different from the basic approach. But I have introduced a few subtle chef's tricks to make them, I hope, even better. Instead of all-purpose flour, I used cake or pastry flour to give the cookies a finer, more tender crumb. Instead of equal parts brown and white sugar, I use a little more of the brown for richer-tasting results. And, before mixing and baking the batter, I toast the nuts, which gives them extra crunch and deeper flavor. As for the chocolate, you can use your favorite brand.

The recipe may be easily doubled if you want to bring more to the party, or

leave some at home to enjoy later. For an extra-special treat, you can sandwich a scoop of your favorite ice cream between two of the large cookies.

Enjoy!

CHOCOLATE CHIP COOKIES

Makes 12 large cookies or 36 small cookies

- 1 cup shelled walnut or pecan halves
- 1-3/4 cups cake flour or pastry flour
- 1/2 teaspoon salt
- 6 ounces unsalted butter, at room temperature
- 3/4 cup light brown sugar
- 1/2 cup granulated sugar
- 1/2 teaspoon baking soda
- 2 teaspoons warm water
- 1 large cage-free egg
- 1 teaspoon pure vanilla extract
- 1 cup semisweet, bittersweet or milk chocolate chips

Preheat the oven to 375 degrees F.

Arrange the nuts on a baking tray. Put the tray in the oven and roast the nuts, turning them occasionally with a spatula, until fragrant and slightly darker in color, 12 to 15 minutes, taking care not to let them burn.

Remove the tray from the oven and set the nuts aside to cool. Turn off the oven. By hand with a knife or by pulsing them very briefly in a food processor, coarsely chop the nuts. Set aside.

In a mixing bowl, sift together the flour and salt. Set aside.

Put the butter in the bowl of an electric mixer. Using the paddle attachment, cream the butter at low speed until it looks light and fluffy. Still beating on low speed, gradually

pour in the sugars. Turn up the speed to medium and beat until well combined.

In a cup or small bowl, stir together the baking soda and warm water until the baking soda dissolves. While still beating the butter mixture at medium speed, pour the soda mixture into the bowl. Add the egg and vanilla and continue mixing until smooth. Turn off the machine and sprinkle in the nuts; then, sprinkle in the flour evenly all around the blade. On low to medium speed, mix just until the flour is incorporated.

On the counter, place a sheet of plastic wrap large enough to enclose the dough. Turn out the dough from the bowl onto the plastic and wrap it up. Refrigerate the dough until firm, at least 2 to 3 hours.

Before baking the cookies, preheat the oven to 375 degrees F.

Remove the dough from the refrigerator and unwrap it. With lightly floured hands, shape the dough into 12 equal balls about 3 ounces each for large cookies, or 36 balls about 1 ounce each for small cookies. Line 1 or more baking sheets with parchment paper and arrange the cookies on top, 3 inches apart for large cookies and 2 inches apart for small ones. With a hand, flatten each ball slightly.

Bake the cookies until golden brown, 20 to 22 minutes for large cookies or 15 to 18 minutes for small cookies. Let them cool on the baking sheet for a few minutes before transferring to a rack to continue cooling. Store in an airtight container.

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TRAVEL TROUBLESHOOTER

I waited too long to file a car rental claim

Susan Young has waited too long to file a damage claim with her credit card company. But it's not her fault - a car rental contract employee told her to do it. Who's responsible?



Christopher Elliott

Q: I recently rented a car from Budget in Ontario, Calif. When I returned the vehicle, a representative claimed that I scraped the bottom of the front bumper on the passenger side of the car.

I did not cause this damage and told him I wanted to dispute the claim. He gave me a form to complete and told me not to do anything—including notifying my insurance company—until I heard back from Budget.

I received a letter from Budget in February, stating that I would be held responsible for the damage. I immediately notified my credit card insurance company, through which my rental was covered.

To make a long story short, my credit card company is denying the claim because it was filed on the 46th day after the incident, even though I filed the claim the same day that I was notified I was being held responsible.

When I called the Budget facility

directly, the manager told me I needed to find out why the Budget claims adjuster, who is a contract employee, didn't notify me until six and a half weeks after the incident, saying that I should have been notified within three to four weeks.

My take on this is that the Budget claims adjuster took what should have been a viable claim and negated it by not following the timeline Budget has for notifying customers. I've filed an appeal with my credit card insurance, including a timeline of events. Any advice you could provide would be gratefully accepted. - Susan Young, Lopez Island, Wash.

A: I'm suspicious about a few items in this claim. First, there's the mysterious damage to the bottom of the front bumper. I'm not saying the bill was bogus, but I've handled many car rental damage claims where an employee discovered previously unseen damage to either the underside of the vehicle, or the roof.

Second, there's the lag time between your return and your claim. A damage claim should be sent in within four weeks or less. What took Budget so long? Add that to the directions you received on the damage claim, and I had little choice but to ask Budget to review your case. I'll have the outcome in just a second.

But before I go there, I have a little advice for you. Always, always take a photo of your rental car before you rent it and afterward. These will prove (or disprove) any damage claim. Car rental

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companies ought to be photographing their cars, anyway, and thankfully, some are.

Also, if you believe there might be a damage claim—even if it's not your fault—you'll want to notify your insurance company immediately when you return a car with reported damage. Your credit card requires you to report any claim within 45 days. The contract employee you spoke with was incorrect. Budget dropped its claim against you.

- Christopher Elliott is the author of "Scammed: How to Save Your Money and Find Better Service in a World of Schemes, Swindles, and Shady Deals" (Wiley). He's also the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a nonprofit organization that advocates for travel-

ers. Read more tips on his blog, elliott.org or e-mail him at chris@elliott.org. Christopher Elliott receives a great deal of reader mail, and though he answers them as quickly as possible, your story may not be published for several months because of a backlog of cases.

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The Sesquicentennial of the Quantrill Raid of Lawrence

By Tom Mach

One hundred fifty years ago on August 21, a horde of more than 400 ruffians led by William Quantrill invaded Lawrence, Kansas, a town of around 1,200 people, killing almost 200 men. The raid occurred sometime around 5:15 in the morning when it was just beginning to get light in the eastern horizon. Most of the Lawrence men were still asleep and did not have weapons to fight off these terrorists since the mayor had previously ordered all citizens to store their rifles and revolvers in the armory. The invaders knew this, thanks to information from their spy, Fletch Taylor, who also said that the men on



Mach

Quantrill's death list—Reverend Hugh Fisher, Senator James Lane, and many others—would be in town that day. William Quantrill and his leaders—Todd, Anderson, Yeager, and Cole—planned to attack the town from the southeast, traveling from what is now 13th and Haskell to the Eldridge Hotel. Many reasons were cited as the motive for this attack, including:

- Sheriff Walker's expulsion of Quantrill from Lawrence in 1860.
- The Kansas City Jail collapse (which killed relatives of some of the guerillas—Bill Anderson's sister, John

McCorkle's sister, and Cole's cousin). General Ewing's Order Number 10, which drove guerilla supporters out of their homes. Having done extensive research of this event for my books, *Sissy!* and *All Parts Together*, I came across several interesting vignettes of the raid. For instance, Jesse James (George James' younger brother) most likely did not participate in the raid because Quantrill may have thought that Jesse was too young, too inexperienced, and too impulsive. The Lawrence City Band gave their very first performance on the evening before the raid. The performance likely took place at 8 p.m. at a location near the river—presumably just north of present-day 6th and Vermont. Just past midnight on August 21, a courier delivered a message from Captain Joshua Pike to General Ewing that a horde of men were spotted crossing the Kansas-Missouri border and heading west. Ewing dismissed the importance of this sighting, saying that Quantrill had gone on many small raids across the border in the past. But a scout named Theodore Bartles urged Ewing to reconsider the importance of what was about to happen. Bartles, surprised that Lawrence had not been

warned of a possible imminent attack, didn't think he'd be successful in outrunning the marauders because he'd have to travel north of the Kansas River and lose valuable time. However, an Indian named Pelathe volunteered to do it because he knew the westward trails quite well. Later, at around three o'clock in the morning near Hesper, Kansas, Mrs. Jennings, a close neighbor of Joseph Stone (a man Quantrill's raiders wanted to murder) is awakened by a pounding on her door. After Quantrill's men searched the house in vain, one of them kidnapped a 13-year-old boy named Jacob Rote and forced him to guide the group through the darkness to Lawrence. Todd, one of Quantrill's men, found Joseph Stone and beat him to death out of revenge for being responsible for getting Todd arrested in Kansas City.

The town of Lawrence had two chances to be warned of impending disaster. One was the courageous ride of Pelathe toward the town. The mare he rode died, and by the time Pelathe got there on foot it was too late. The other chance occurred when Henry Thompson, a black servant, ran eight miles from Hester to Eudora. It was about 4:15 a.m. when he got to the outskirts of Eudora. He stopped a man named Frederick Pila and told him about the murder of Joseph Stone and why he knew Quantrill and his men planned to attack Lawrence. Pila drove through Eudora to find someone on horseback who could gallop to Lawrence to warn the townspeople. Two men volunteered to rush but one was hurt after fall-

ing from his horse and the other man stopped to help find a doctor. There were some interesting details uncovered concerning the raid. For instance, Quantrill, apparently interested in robbing the sanctuary of St. John the Evangelist Church in Lawrence and burning the building, didn't follow through after Bishop Miege, who answered the door, spoke to Quantrill. According to the archivist with the Archdiocese of Kansas City, there was something Miege said that made Quantrill change his mind. The archivist had no record of what the bishop told him, but I came up with a reasonable explanation in *Sissy!*

The day after the Quantrill raid was also important, and *All Parts Together* starts with that day and goes forward to the days following a new order from General Ewing. In retaliation for the Quantrill raid, Ewing issued Order Number 11, which ordered residents of several western counties in Missouri to leave their homes by the 9th of September.

The horrific Quantrill raid of August 21, 1863, will forever be remembered by Lawrence, which some historians consider a citadel for freedom.

- Tom Mach's three award-winning historical novels—*Sissy!*, *All Parts Together*, and *Angels at Sunset*—follow the life of Jessica Radford who experienced the Civil War, the Quantrill Raid, Lincoln's assassination at Ford's Theater, and imprisonment in 1917 for picketing the White House in support of the suffragist movement. More information about these books may be found on TomMach.com.



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Tom Mach
Book Two of the Jessica Radford Trilogy

Allow Social Security's lighthouse to guide you into a smooth retirement

By Norm Franker
Social Security District Manager in Lawrence, Kansas

August 7 is National Lighthouse Day. The day honors and commemorates lighthouses, which for centuries have served as beacons of light to guide ships safely through dark and uncertain waters.

August 21 is National Senior Citizen Day, which recognizes the contributions senior citizens make in communities across the nation.

Social Security offers a bright beacon of light for seniors and younger captains who navigate the waters of retirement planning. In fact, we have a few lighthouses that can illuminate the way to a happy retirement.

Lighthouse One: The Retirement Estimator is an easy way to get an instant, personalized estimate of your future Social Security benefits. Just enter some basic information and the Estimator will use information on your Social Security record, along with what you input, to give you a benefit estimate on the spot. You also can experiment with different scenarios, such as changing your future earnings and retirement date. Check it out in English at www.socialsecurity.gov/estimator or in Spanish at www.segurosocial.gov/calculador.

Lighthouse Two: My Social Security is an online account that allows you quick access to your personal Social Security information. During your working years, once you create your online account, you can use my Social Security to view your Social Security Statement to check your earnings record and see estimates of

the future retirement, disability, and survivor benefits you and your family may receive. If you already receive Social Security benefits, you can sign into your account to view, save, and print your benefit verification letter, check your benefit payment information, and when necessary, change your address and phone number in our records. You also can start or change your direct deposit information. Check it out at www.socialsecurity.gov/myaccount.

Lighthouse Three: The online Benefit Application is the most convenient way to apply for Social Security retirement and spouse's benefits. You can apply from the comfort of your home — it's fast, easy, and secure. It's so easy, in fact, it can take you as little as 15 minutes to apply online. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any

further information is needed. Join the millions that have already applied online. Try it out when you're ready to retire or just want to learn more at www.socialsecurity.gov/pgm/retirement.htm.

You'll find a host of other lighthouses at www.socialsecurity.gov to ensure your retirement plans don't go off course. For example, we offer an online library of topical publications

you can read or listen to, and hundreds of frequently asked questions.

Whether you're a new captain learning how to navigate the waters of financial planning, or a salty seadog ready for retirement, Social Security's online lighthouses are here to make sure you don't crash on the jagged sea rocks of procrastination or shallow straights of poor planning. The beacon is guiding you to www.socialsecurity.gov.

Spouses have a significant Social Security benefit

By Phong Nguyen
Social Security Operations Supervisor in Lawrence, Kansas

Social Security can be an important financial asset for married couples when the time comes to apply for retirement benefits. In many cases, one spouse may have earned significantly more than the other, or have worked for a longer span of years. Or it could be that one spouse stayed home to do the work of raising the children or caring for elderly family members while the other focused on a career.

Regardless of your situation, Social Security will look at all possibilities to make sure both spouses receive the maximum benefit possible.

Even if you have not paid Social Security taxes, it's likely you'll be eligible to receive benefits on your spouse's record. If you did work and

pay into Social Security, we will check eligibility based on your work record and your spouse's to see which amount is higher.

You can apply for spouses benefits the same way that you apply for benefits on your own record. You can apply for reduced benefits as early as age 62, or for 100 percent of your full retirement benefits at your "full retirement age." You can find your full retirement age, based on your birth year, at www.socialsecurity.gov/pubs/ageincrease.htm.

The benefit amount you can receive as a spouse, if you have reached your full retirement age, can be as much as one half of your spouse's full benefit. If you opt for early retirement, your benefit may be as little as a third of your spouse's full benefit amount.

If your spouse has already reached full retirement age but continues to

work, your spouse can apply for retirement benefits and request to have the payments suspended until as late as age 70. This would allow the worker to earn delayed retirement credits that will mean higher payments later, but would allow you to receive your spouse's benefit.

You can also apply for spouse benefits based on the earnings record of an ex-spouse or deceased spouse if you were married for at least 10 years. Spouses can consider a number of options and variables. We make it easier to navi-

gate them. A good place to start is by visiting our benefits planner at www.socialsecurity.gov/planners. Take note of the "Benefits As A Spouse" section.

If you are ready to apply for benefits, the fastest, easiest, and most convenient way is to apply online! You can do so at www.socialsecurity.gov/applyonline.

Whether you receive benefits on a spouse's record or your own, rest assured we will make sure you get the highest benefit we can pay you. Learn more at www.socialsecurity.gov.

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PUZZLES & GAMES

You Be the Judge

Goren on Bridge: By Tannah Hirsch
Tribune Media Services

Both vulnerable. East deals.

NORTH

♠-8 7 6 4 2
♥-3
♦-J 8
♣-Q J 6 5 3

WEST

♠-5
♥-A 10 8 7 4 2
♦-K 9 4 3
♣-10 7

EAST

♠-K 9
♥-Q 9 5
♦-10 7 6 5
♣-A K 4 2

SOUTH

♠-A Q J 10 3
♥-K J 6
♦-A Q 2
♣-9 8

The bidding:

EAST	SOUTH	WEST	NORTH
1♣	1♠	2♥	4♠
Pass	Pass	Pass	

Opening lead: Ten of ♣

Study the bidding and play of this deal from the Canadian Nationals in Toronto. Did anyone err in the bidding or play? Decide for yourself.

The bidding cannot be faulted. Indeed, North deserves an accolade for jumping to four spades, which both put the opponents in an impossible guessing situation and ended the auction.

West led the ten of clubs, covered by

the jack and king. East shifted to a diamond, West's king winning. A club was returned to the ace, and a heart back to West's ace completed a one-trick set.

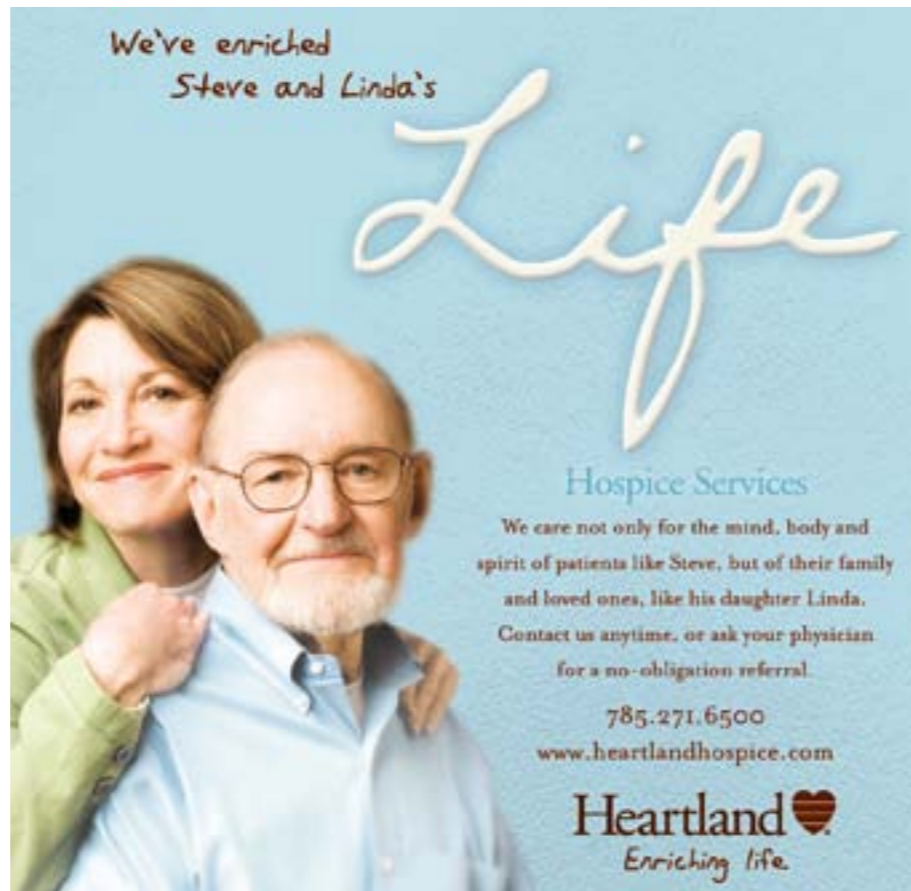
First, East's diamond shift at trick two was imperative. Had East returned a heart, the jack would have forced the ace and one of dummy's diamonds would have vanished on the king of hearts, allowing four spades to be made. Similarly, had East cashed a second club and led a third round, declarer would have ruffed with the ten, led the king of hearts, forcing West to win, then entered dummy with a heart ruff to pick up trumps and eventually discard two diamonds on the queen-jack of clubs.

As the play developed, East guessed well by leading a heart to the ace to collect a one-trick set. But suppose South held the ace of hearts and West the jack of spades. Now the only way to defeat the contract was to continue with a club to promote a trump trick for the defense. Should East have been confronted with this situation?

Absolutely not! After winning the king of diamonds West should simply cash the ace of hearts before reverting to clubs, and the contract would have been scuttled with no ifs, ands or buts.

- Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2010 Westridge Drive, Irving, TX 75038. E-mail responses may be sent to gorenbridge@aol.com.

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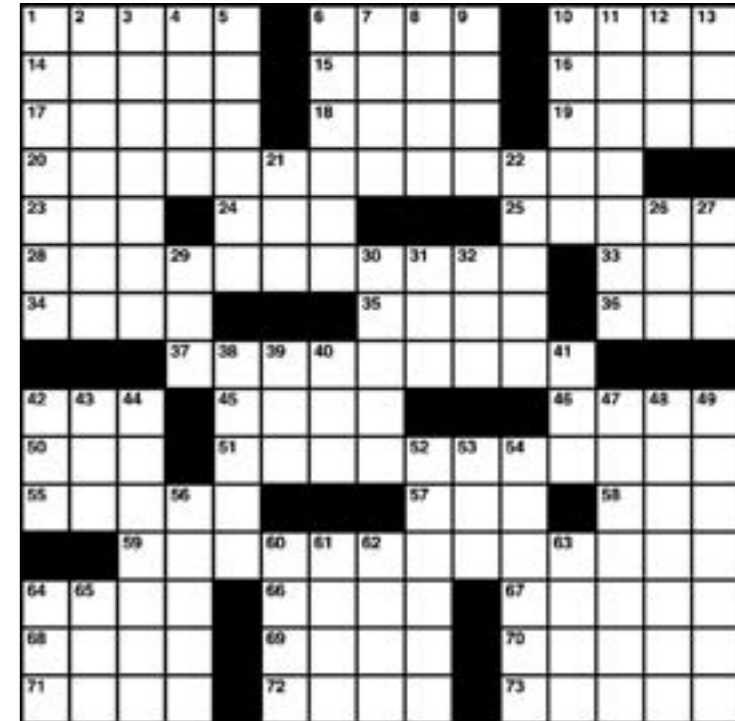
CROSSWORD

Across

- 1 Black Panthers co-founder
- 6 Sprightly dances
- 10 What race winners break
- 14 Flip chart stand
- 15 "Typee" continuation
- 16 Fancy molding
- 17 First name in British sports cars
- 18 Freshness
- 19 River to the Caspian
- 20 Add-on for a large party's tab
- 23 Deposed Amin
- 24 Siesta
- 25 In the lead
- 28 Even thieves have one, it's said
- 33 No-win situation
- 34 Banjo's place
- 35 Age-old stories
- 36 Sphere
- 37 Largest city in California's wine country
- 42 Classic Capek play
- 45 In fighting trim
- 46 Chachi's mother-in-law, to Fonzie
- 50 Outback runner
- 51 Nickname seen on a Northeast license plate
- 55 Fruity soda brand
- 57 King at Versailles
- 58 Down-for-the-count count
- 59 Long-running game show, and a hint to the starts of 20-, 28-, 37- and 51-Across
- 64 Cures
- 66 Rugged vehicles
- 67 Writer Zora __ Hurston
- 68 Sweeten the pot a little?
- 69 One and only
- 70 More pleasant
- 71 Axe
- 72 Hang in the balance
- 73 Jays and O's

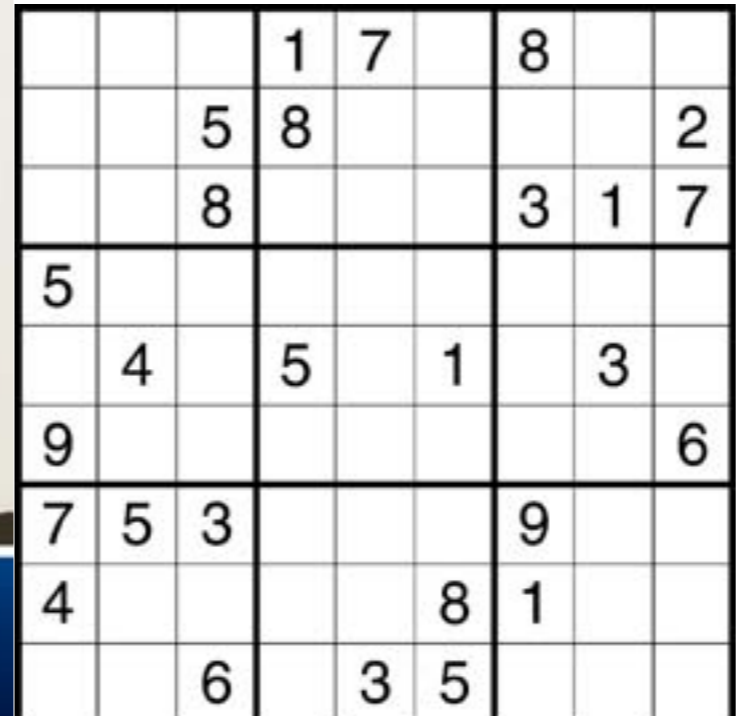
Down

- 2 Entered carefully, as a highway
- 3 With a leg on each side of
- 4 Pope of 903
- 5 Periodic weather disruption
- 6 Crêche figure
- 7 Apple for the teacher?
- 8 Mild oath
- 9 Wrigley slugger
- 10 "Not my problem"
- 11 Go along with
- 12 Whistle bead
- 13 Fish lacking pelvic fins
- 21 Half-__: coffee order
- 22 Some steak orders
- 26 Go public with
- 27 New girl in gown?
- 29 Some Caltech grads
- 30 "__ of Our Birth": Isle of Man national anthem
- 31 Negative conjunction
- 32 Some Spanish escudos were made of it
- 38 Pond accumulation
- 39 PBS benefactor
- 40 Blacktop material
- 41 Tbsp. or tsp.
- 42 Yellow-flag carrier
- 43 Emma's portrayer in



- 44 "The Avengers"
- 47 Chance upon
- 48 Wearying grind
- 49 Joe Greene or Lynn Swann, notably
- 52 Focal points
- 53 Wiped clean
- 54 Calculator figs.
- 55 Crayola's "burnt" color
- 56 Soap box?
- 60 Chug-a-lug
- 61 Platte River tribe
- 62 Grand Ole Opry st.
- 63 Put a roof on
- 64 Key below the tilde
- 65 Diciembre ends it

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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 Argrillon and Jeff Knurek

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

LEEBI
RATTI
LEEMOT
ENWAKE

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THE AUTHOR USED A PSEUDONYM BECAUSE IT WAS HIS

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

Answer: " " " " " " " " " " " " " " " "

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4th Letter Double

Word Score

PAR SCORE 215-225
BEST SCORE 393

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points to each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Stars" used as any letter have no point value. All the words are in the Official SCRABBLE Players Dictionary, 4th Edition.

For more information on books, clubs, tournaments and the school program go to www.scrabble-esac.com or call the National SCRABBLE Association (801) 477-9823.

Answers to all puzzles on page 34

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KDADS revokes license of Topeka adult care facility

The Kansas Department for Aging and Disability Services (KDADS) is revoking the license of an adult care home in Topeka, the Topeka Community Healthcare Center, located at 1821 SE 21st Street in Topeka.

For several years this facility, currently home to 55 residents, has struggled to meet state and federal performance standards.

In September, 2010 federal regulators designated the Topeka Community Healthcare Center a "Special Focus Facility." Special Focus Facilities (SFFs) are subject to additional inspections each year and must meet specific minimum performance standards to graduate from the program.

KDADS staff worked with the nursing home and its corporate leadership to make improvements in the care provided to residents. However the facility has failed to achieve ongoing

substantial compliance with health and safety requirements during the 32 months it has participated in the SFF program.

As a result, the federal Department of Health and Human Services' Centers for Medicare and Medicaid Services (CMS) is terminating this facility's Medicare provider agreement; Kansas is terminating its Medicaid provider agreement and is revoking its license to operate as an adult care home.

Residents and their families were informed that they have 60 days after the date of the closure notice, July 12, 2013 to find other accommodations.

"KDADS is working with the ownership of Topeka Community Health Center to safely transition residents into other living arrangements," KDADS Commissioner of Survey, Certification, and Credentialing Joe Ewert said. "Medicaid will continue to pay for resi-

dent care for 30 days after the termination occurs in order to assist transfer of

these residents and an orderly closing of the facility."

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

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SCRIBBLE BRAND GRAMS SOLUTION

R	U	S	H	E	E		RACK 1 =	13
G	A	W	K	I	E	R	RACK 2 =	65
C	O	R	D	A	G	E	RACK 3 =	61
P	E	A	C	O	C	K	RACK 4 =	101
S	U	B	T	A	S	K	RACK 5 =	63
PAIR SCORE 215-225							TOTAL	303

JUMBLE ANSWERS

Jumbles: BELIE TRAIT OMELET WEAKEN
 Answer: The author used a pseudonym because it was his -- "WRITE" NAME
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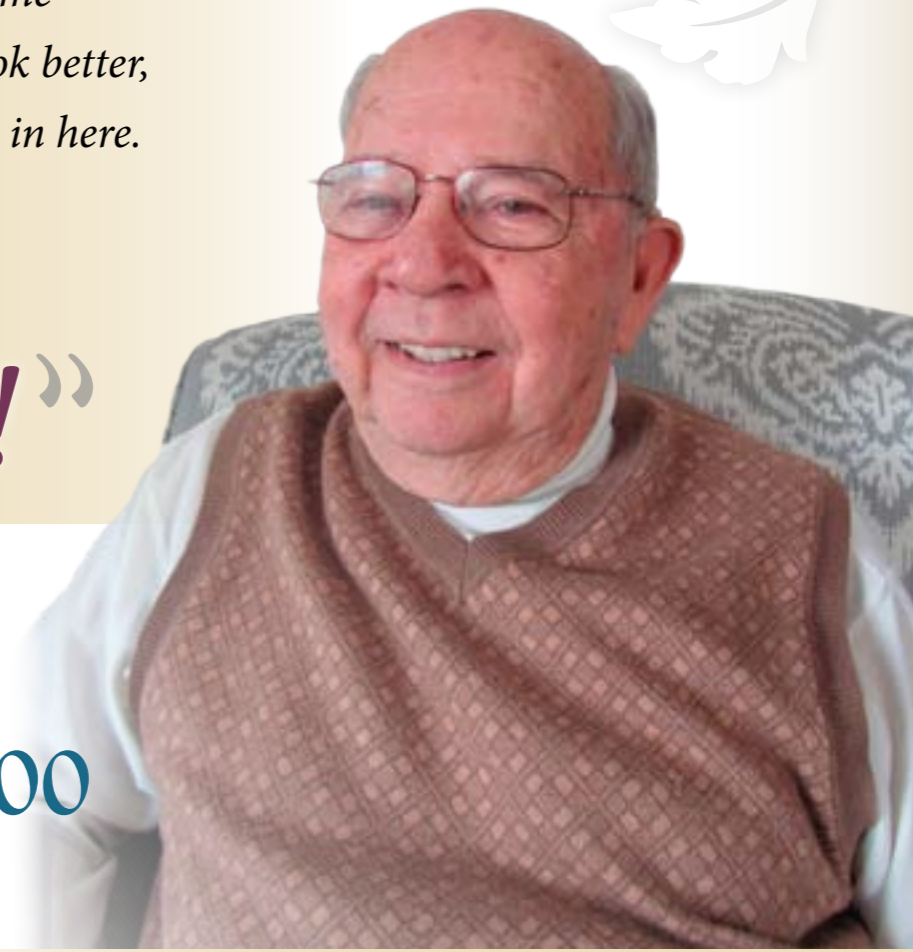
August 21 marks the 150th anniversary of Quantrill's Raid

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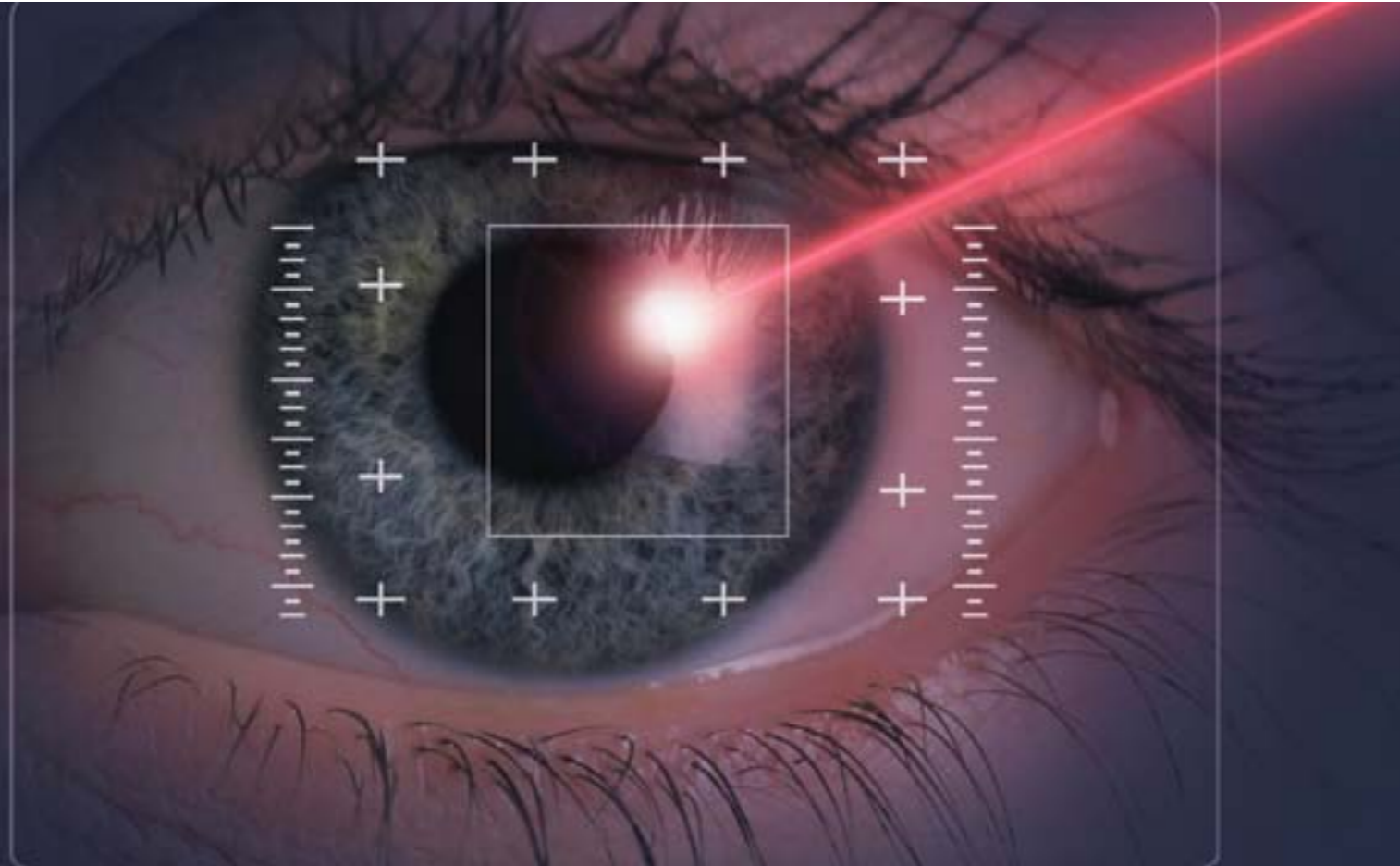
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Amazing Aging!

For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

Summer 2013



Our Mission

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

- Is a 501(c)3 non-profit organization
- Is funded by tax-deductible contributions, federal funds, under state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability



Anita and Topeka Mayor Larry Wolgast take a break from dancing for a photo with Elvis (aka Bob Lockwood) at JAAA's May event benefiting Guardian Angel Fund (story on page 3).

A Message from Jocelyn Lyons, JAAA Executive Director

On the date of writing this column, I have been reflecting on many memories shared with my mother who would have celebrated her 85th birthday. Mom had so many sayings she would often repeat to us, depending on our age. However, one of her many sayings I heard from the time I can remember, and I often repeat to my family is “you’re never too old to learn.”



Jocelyn Lyons

Those words didn’t mean much in my 20s, 30s, 40s, 50s, because I simply considered myself young enough to learn. Then last year, I hit that magic number, another decade was added to my life. Oh boy, now what?

I now try to take to heart one of my Grandmother’s favorite sayings, “Don’t let the same bee sting you

twice!” “No” is a favorite response to the bee coming back for that second sting. I only “turn the other cheek” one time because the Good Book doesn’t say to keep turning your cheek back and forth, back and forth. That requires me to call upon another saying, “The worst one can say is ‘no’ and you heard that before.” I’m now like the

two year old expressing my decision-making independence: “No!” I look through the eyes as an elder and know as a fact that I still have a voice and say in whose I am, who I am, and what I am. I still have a choice. I have a choice to live life to its fullest and not stand still to “allow grass to grow under my feet.” I am “older and bolder.” “I am woman hear me roar.” “I is pretty, I is smart, I is important!!!”

Tomorrow, I celebrate my birthday. Can I summarize all that I have learned? No, it’s far too much and we have all learned pretty much the same along our life journey. Many of the life lessons are humbling, some are best forgotten, some comical, and many left to share with children and grandchildren with hope they do not repeat the same

mistake. But as a “light bulb comes on” in writing these brief thoughts, guess what? I’m still learning!!! I’m still young. We are all still young!!! Maybe life’s lessons are the true fountain of youth. We continue to grow through those lessons and share the lessons with family and friends. Aging is not difficult, but truly “aging is not for sissies.”



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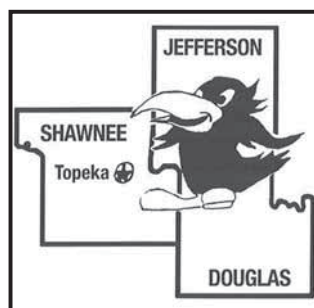
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Topeka, KS 66611-2121
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Marsha Henry Goff, editor



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Sheli, Mike and Bette

For the Love of Mike

Marsha Henry Goff

My sister Bette, pictured at left with her children, died last August after spending over ten years caring for her son in her home. She gave up a good job to nurse Mike, who had MS and required both a feeding tube and ventilator. Bette’s frequently expressed wish was to “last as long as Mike does.” She survived her son by one year and five months. I know those years were difficult, but Bette — an amazing advocate for Mike — never complained. And why should she? Everything she did, she did for the love of Mike.

If you have a caregiver story you’d like to share, please notify me via JAAA or email me at mhgink@netscape.net (subject: caregiver).

Elvis wows dancers at 'There's No Place Like Home'

Dancers and music lovers at JAAA's 2013 There's No Place Like Home fundraiser were pleasantly surprised by the variety of the music provided by Elvis (aka retired KU Coach Bob Lockwood of McLouth) and the 1950's Secrets band. The 34 songs ranged from classic Elvis rock 'n' roll hits (Don't Be Cruel, Heartbreak Hotel, Hound Dog) to ballads (Love Me Tender, Can't Help Falling in Love) to country hits (Crazy, I Fall to Pieces) to timeless classics (Tennessee Waltz, Goodnight Sweetheart, Hang on Sloopy, The Twist). Diners were delighted with the lovely piano music of Dr. Lanny Snodgrass of Seattle, Washington. The night provided countless musical memories for those who chose to become lost in the 50s for the evening.

Some attendees took home stuffed animals which Elvis distributed as he sang "Teddy Bear." Others garnered prizes in the drawing and auction: a toaster oven and a framed copy of Naismith's "Rules of Basketball" — the original copy of which was purchased at auction by David Booth for 4.3 million dollars — as well as the many



Rich and Elaine Hatch enjoy dancing to "The Twist."

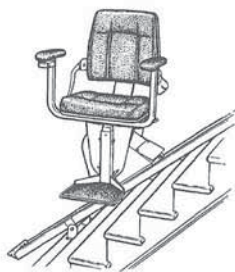
themed baskets (garden, barbeque and spa, to name only a few).

About's Catering, as always, provided mouth-watering food and plenty of it. We are indebted to all our supporters: About's, who have been with us since our first There's No Place Like Home fundraiser; Atria Hearthstone and Hy-Vee who provided dozens of cookies; and Dillon's for donating a large cheese tray. We are also indebted to our Honorary Chairs, Anita and Mayor Larry Wolgast, who began the festivities by dancing beautifully to "Lost in the Fifties Tonight."

Please see our Thank You ads in this issue which name all of our supporters. We, and the clients we serve, are extremely grateful for their help.



Sharon Sturgeon, JAAA Administrative Assistant, and her father, Mike Sturgeon, foreground, are perennial favorites to watch at There's No Place Like Home dances.



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Home-delivered meals: You have a choice

Seniors have made it clear that they want to choose *what* they eat, *where* they eat and *when* they eat. JAAA has been able to offer that choice to seniors-on-the-go through our popular CHAMPSS restaurant program.

But what about those home-bound seniors, age 60 and older, whose meals must be delivered to their homes? It may surprise you to know that they, too, may choose what, where and when they eat. There are several companies that deliver nutritious and tasty food for private-pay consumers and five providers — Douglas County Senior Services, Homestyle Direct, Lawrence Meals on Wheels, Meals on Wheels of Shawnee and Jefferson Counties and Mom's Meals — to which JAAA allocates Older American Act funds for delivery of meals to qualifying home-bound residents in the rural areas of Douglas, Jefferson and Shawnee Counties. Best of all, special dietary needs may be accommodated.

Douglas County Senior Services delivers heart healthy meals (but no meals meeting other dietary requirements) in LeCompton, Eudora, Baldwin City and to two sites in Lawrence. They do not deliver outside of the city limits of those stated above. For more information, call 842-0543 in Lawrence, toll-free 1-877-295-3277 outside Lawrence or visit www.dgcoseniorservices.org.

Homestyle Meals advertises that they make healthy eating easy for anyone. Homestyle Direct is an ideal solution for those who find it challenging to shop and prepare nutritious, well-balanced meals. Prepared meals are shipped via UPS directly to customers' doorsteps. All meals arrive fully frozen. Customers simply thaw and heat

in the microwave or oven. All of Homestyle Direct meals are certified and approved by a licensed dietician to ensure the proper nutritional content and dietary requirements. Meals designed for specific dietary needs include low calorie options, carb-controlled choices, heart healthy low fat and low sodium. For more information, call toll-free 1-866-735-0921 or check out www.homestyledirect.com.

Lawrence Meals on Wheels serves only residents of the City of Lawrence and provides a large variety of modified meals. For more information, phone 830-8844 or visit www.lawrencemow.org.

Meals on Wheels of Shawnee and Jefferson Counties is likely the most familiar home-delivered meal program to residents in Shawnee and Jefferson Counties. Each day Meals on Wheels delivers meals to elderly, disabled, home-bound individuals. Although deliveries are made primarily in cities, in an effort to meet rural participant needs, Meals on Wheels has recently established a Multiple Meal Delivery rural program where five frozen meals are delivered once each week.

In addition to meal provision, services include nutrition screening, education, nutrition assessment and counseling as appropriate. Volunteers who deliver meals play a vital role by reporting to Meals on Wheels any health and environmental changes or crises they may have observed during their visits. Physicians may order a special diet to assist in the management of chronic illnesses up to and including: diabetes, kidney failure, congestive heart failure, and chewing/swallowing problems. For more information, call 785-295-3980 or visit www.meals-on-wheels-inc.org.

www.meals-on-wheels-inc.org.

Mom's Meals provides fresh-made home-delivered meals to the elderly, disabled and individuals in poor health who are eligible for economic assistance through government funded nutrition programs. Meals are delivered nationwide to rural addresses. Diners may choose from up to 50 meals (including breakfast menus) and special diets are available, including gluten-free, renal, pureed and vegetarian. Meals meet one-third of the Daily Reference Intake requirements for older adults. Meals stay fresh in your refrigerator for two weeks and heat in your microwave in about 90 seconds. More information is available by calling toll-free 1-866-204-6111 or at www.MomsMeals.com.

Magic Meals is not currently allocated funds by JAAA, but they offer customized meals modified to any dietary requirement. Magic Meals is an affordable prepared meal delivery service that offers a wide range of menus to private-pay clients, regard-

less of age, in Topeka, Lawrence and surrounding communities, including those in Jefferson County. They offer a 20 meal full-portion package as well as a small-portion package of 30 meals designed for seniors. These meals are about 2/3rds the size of a full-size meal and cost less. New customers may try out Magic Meals by ordering a 15 meal package for a modest delivery charge. For more information on Magic Meals, please call 785-554-4524 or check their website at www.mealslikemagic.com.

No contract is required with any of these providers, so those who wish to try their meals may do so without further obligation. The five providers funded by JAAA serve homebound individuals age 60 and over who are encouraged to make a donation — if they are able to do so — toward the cost of their meals. These providers also serve private-pay clients of any age and circumstance, as does Magic Meals.

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Important information for you

Final Friday Educational Forum

JAAA's Final Friday Educational Forum on August 30th at 3:00 p.m. focuses on Eye Health.

• • •

Medicare Part D re-enrollment

Re-enrollment for Medicare Part D drug plans begins on October 15 at JAAA, 2910 SW Topeka Boulevard. You should check each year to ensure that you are in the best plan for your needs. By doing so, you may save hundreds of dollars annually. SHICK volunteers will assist you at no charge. Please call 235-1367 (in Topeka) or 1-800-798-1366 (outside Topeka) for an appointment.

• • •

Health Care Changes Ahead

Linda J. Sheppard, Special Counsel and Director of Health Care Policy and Analysis for the Kansas Insurance Department will present a workshop from 6:00 p.m. to 8:00 p.m. on September 4th at Topeka Shawnee County Public Library, Marvin Auditorium, to explain the Affordable Care Act and how it will impact you. Enrollment begins on October 1st and you will receive step-by-step instructions for enrollment as well as information about how the premium is calculated. You will learn about the health insurance exchange and how it will provide access to affordable health insurance.

Please call Rebecca Atnip at 785-234-0217 ext 314 to reserve a seat at the workshop or to participate in the webinar via the internet on September 4th.

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Clyde Bysom: Still making beautiful music at 95

By Marsha Henry Goff

Saxophonist Clyde Bysom, leader of Lawrence's popular Junkyard Jazz, sits on the front row as the band plays at the American Legion every Thursday night. And Junkyard Jazz, founded at the Lawrence Elks Club in 1981, is only one of four musical groups currently blessed to have Clyde as an active member.

His love of music began early and he credits public schools, beginning in fifth grade

with clarinet lessons, for much of his musical training. He was in Lawrence Boys Band in 1929 at the age of 12, then in his high school's jazz orchestra and later earned a summer job with Ace Brittain's Lucky Strikes Orchestra where they were booked in Colorado and several other states. In high school he formed his own band which performed in several Kansas cities.

After graduation, he attended the University of Kansas where he studied music, architecture and mechanical engineering — and where his dance music became exceedingly

popular at parties.

In 1940, Clyde's band made an appearance in *Downbeat Magazine* — along with big names like Tommy Dorsey and Frank Sinatra — putting him in exceptionally good company. But duty called in 1942 and Clyde worked for Boeing in Wichita before enlisting in the Army Air Corps in 1944. He was a B-29 tail gunner and served at Tinian Air Base in the Marianas in the same 509th air group as Paul Tibbets, the pilot of the Enola Gay, who

dropped the first atomic bomb, dubbed "Little Boy," on Hiroshima on August 6, 1945.

Clyde performed with the 509th Jazz band celebrating the return of Tibbets and his crew after their historic mission. "Little Boy" and a second bomb, dropped on Nagasaki three days later, killed many but saved countless more lives by forcing Japan's surrender which was announced in the USA on August 14. The formal surrender took place on September 2, 1945 aboard the USS Missouri anchored in Tokyo Bay.



The Bysom Band performs in Michigan (Clyde is at left, second row from bottom).



Clyde, at right, welcomes Tibbets and crew's return.



Clyde has been making beautiful music for over 80 years.

After the war, Clyde resumed his musical career, booking his orchestra in Topeka and Lawrence, as well as surrounding cities. He was also a member of other musical groups, including George Francis' Collegians from 1950-1955. Clyde and his friend Clayton Harbor formed the River City Six in the late 1970s. He also played with Paul Gray's Gaslight Gang which toured nationally. In 1982, he organized the Fabulous Forties Big Band reunion for KU Homecoming. And in 1987, he played for the KU Homecoming dance with John Weatherwax, founding leader of Junkyard Jazz,

and Buddy Rogers, who was married to movie star Mary Pickford.

In recent years, Clyde has received numerous honors celebrating his contributions to music. In 2005, Clyde and John Weatherwax were honored for reforming the Lawrence City Band with which Clyde played a total of 45 years. He was inducted into the Lawrence High School Hall of Honor in 2006, the same year he won Lawrence Arts Center's Phoenix Award for Musical Arts. "Clyde Bysom Day" was proclaimed by the City of Lawrence on Septem-

CONTINUED ON PAGE SEVEN



Clyde organized the Fabulous Forties Big Band reunion for KU's homecoming in 1982.



John Weatherwax, Buddy Rogers and Clyde play for the 1987 KU Homecoming dance.

Clyde Bysom

CONTINUED FROM PAGE SIX

ber 16, 2007. His most prestigious award, along with Junkyard Jazz, was induction into the Kansas Music Hall of Fame, 2013 Directors Award, on March 2, 2013.

There is not space to list all the bands and orchestras in which

Clyde performed, nor is there space to recognize his contributions to the music scene in Lawrence and beyond. His life is perhaps best judged by the lyrics of a song he loves to sing, "When You're Smiling."

When you sing that song, Clyde, the following line is a certainty: The whole world smiles with you!



Clyde singing "When You're Smiling."

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Treatment options for urinary incontinence

By Douglas W. Klingler, M.D.

Urinary incontinence (involuntary leakage of urine) is a very common problem that can affect any age group but tends to increase in frequency with age. Many people mistakenly believe that urinary



Dr. Klingler is a urologist at Lawrence Urology.

incontinence is a normal part of the aging process or do not believe that anything can be done about it, and so defer evaluation. In reality, urinary leakage is not a normal part of aging, and there are often

a number of things that can be done to improve a person's symptoms and quality of life.

There are a number of types of incontinence, but urge incontinence and stress incontinence tend to be the two most common types.

Urge incontinence is defined as involuntary leakage of urine accompanied by or immediately preceded by urgency (a sudden, compelling desire to pass urine that is difficult to defer). Approximately 16% of the adult population may have symptoms associated with urgency, though the older generations have a higher incidence overall than the younger generations.

Stress incontinence is the involuntary leakage of urine associated with "stress" maneuvers such as coughing, laughing, lifting or any other action which increases pressure on the abdomen and bladder.

Stress incontinence is the predominant form of urinary leakage in young and middle aged women,

but a combination of stress and urge incontinence (mixed incontinence) is most common in older women. Men can have stress incontinence but it is almost always preceded by underlying neurological disease or therapy for prostate disease.

Treatment options for stress incontinence include:

Kegel exercises: training a voluntary muscle to help with the

ability to hold back urine. This can also be done with the aid of a physical therapist to help improve the exercises and results.

Pessary: These are devices that are inserted into the vagina and can help support the pelvic organs and urethra.

Surgical: There are a number of different procedures available. Many are outpatient, and some are even office-based procedures done

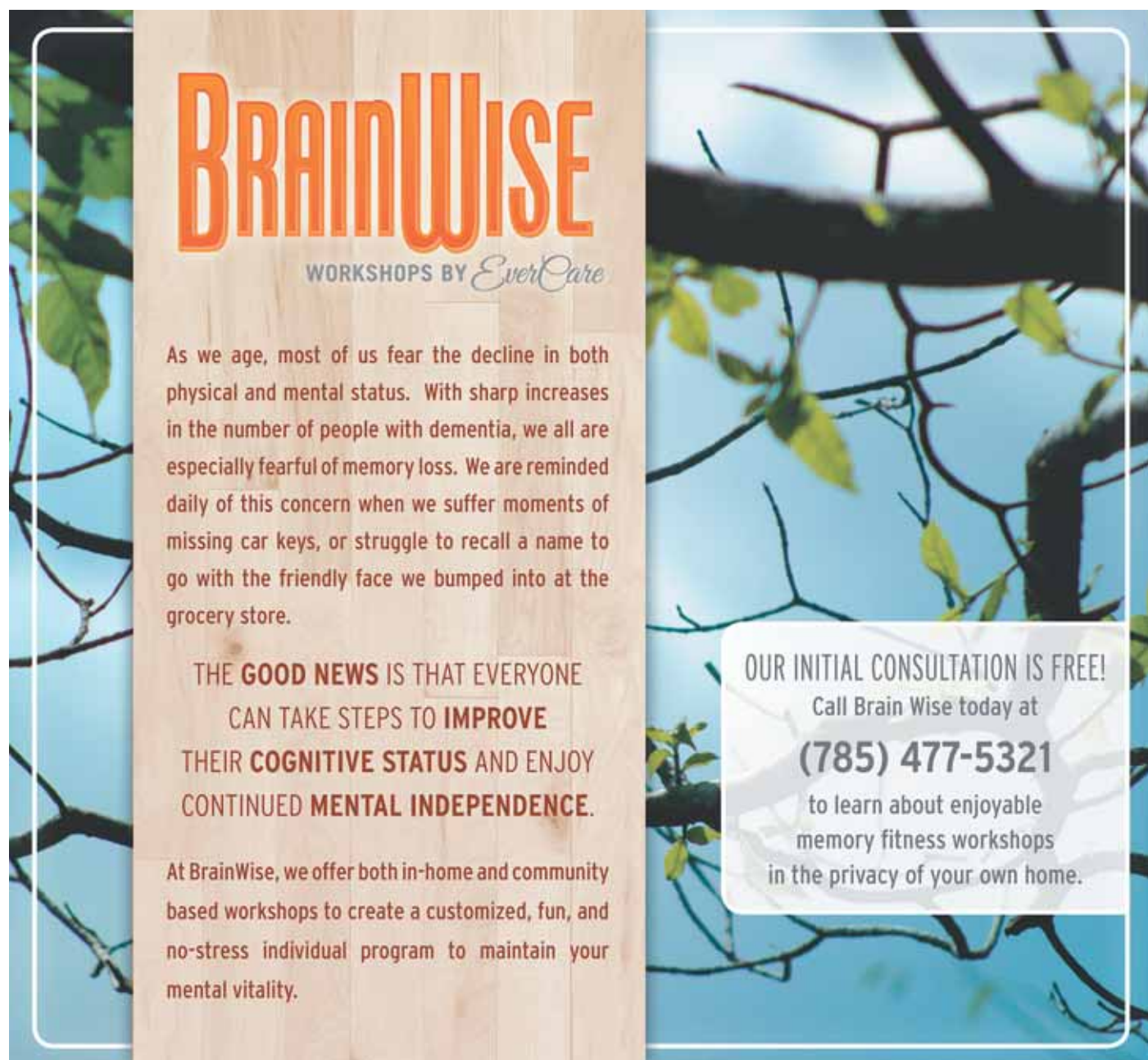
with a local anesthetic.

Medications: There are no FDA approved medications for stress incontinence, though some medications may improve or help stress incontinence in some individuals.

Treatment options for urge incontinence include:

Behavioral changes: these can encompass a number of different aspects to reduce urine leakage.

CONTINUED ON PAGE NINE



BRAINWISE

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As we age, most of us fear the decline in both physical and mental status. With sharp increases in the number of people with dementia, we all are especially fearful of memory loss. We are reminded daily of this concern when we suffer moments of missing car keys, or struggle to recall a name to go with the friendly face we bumped into at the grocery store.

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to learn about enjoyable memory fitness workshops in the privacy of your own home.

Independence Days held in Jefferson, Shawnee and Douglas Counties

In July, JAAA held its Independence Days programs in the three counties — Jefferson, Shawnee and Douglas — that it serves. The programs offered an overview of the services provided by JAAA to ensure that its clients and caregivers are aware of all options available to assist seniors, physically disabled and traumatic brain injured individuals to remain in their homes rather than enter institutions.

After the overview, policy-makers and others had the opportunity to accompany JAAA case managers on visits to their clients. The goal for the home visits was to allow the clients, case managers and observers to gain a better understanding of the process and each other's unique role in caring for our most vulnerable populations.

Urinary Incontinence

CONTINUED FROM PAGE EIGHT

Dietary changes: for some people avoidance of certain foods can make a significant difference in their symptoms.

Medications: There are numerous medications to help control the symptoms and leakage.

Surgery: There are a number of surgical procedures available that range from minimally invasive to major procedures.

For some, the symptoms may not be bothersome enough to seek intervention. For those who do find the symptoms bothersome or distressing, it may be worthwhile for them to speak to their primary care physician or a urological specialist to discuss their particular concerns and options.

JAAA extends Heartfelt Thanks to those who Generously Contributed to our "There's No Place Like Home" Fundraiser benefiting our

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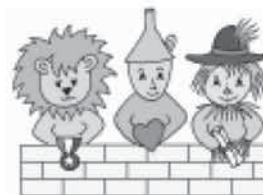
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JAAA Staff who contributed to Guardian Angel Fund through in-house fundraising activities and who are not listed elsewhere in this ad: Chris Anderson, Susan Arnold, Mary Barker, Cindi Buck, Dorothy Devlin, Michele Dillon, Theresa Foster, Nyree Green-Brooks, Susan Hall, Susan Harris, Kristy Heffren, Beth Kinnan, April Maddox, Vanessa Merillat, Chris Merriweather, Jennifer Muhammad, Linda Pullen, Grace Reichle, Elizabeth Rincon, Lisa Schaedler, Patricia Smith, Jean Stueve, Sharon Sturgeon, Betty Wade, Bailey Warren



JAAA honors Beverly Thompson with Donna Kidd award

Friends traveled from as far as Arizona to celebrate Beverly Thompson, Topeka, who received the 2013 Donna Kidd award presented by Jayhawk Area Agency on Aging. The award, in memory of JAAA's first executive director, is given annually to a senior whose life emulates that of Donna Kidd, the qualities she possessed and the volunteerism she demonstrated.

The love Beverly expresses through her volunteer work and

her daily interaction with others was returned in full to her by attendees at the ceremony: those who have worked with her, worshipped with her and exercised with her. In his impromptu speech, Emmett W. Thompson, II, Lees Summit, Missouri, gave a wonderful tribute to his mother, the retired educator, who, he says, has never quite retired since she continues to supervise teachers for Emporia State University.



Jocelyn Lyons, JAAA executive director, and Beverly Thompson, Donna Kidd Award winner, pose with Beverly's trophy.



The Greats

By Connie Michaelis, Marketing Director

I am always searching for new descriptors of the population we serve. I'm not fond of the terms "older citizens," "senior" or "elder" (although I use them for lack of something better.) Those words simply refer to age. In addition, they have fallen into misuse and have negative connotations.

Dr. Jerry Old, my favorite author about successful aging, coined the term "Vintage People." I love the idea, but it is a bit awkward to use in daily conversation. I have a new suggestion. It comes from the historical title of honor...grandmother or grandfather.

Its origins are from the 12th century French, *graund dame*. Later in the romantic languages it became *grandis*, meaning "big, great, full, abundant, also full-grown, strong or powerful." The more I researched, the more excited I became. Then I took it to the

next level and explored great-grandparent. The prefix "great" or *magnus* from Latin had a sense of "noble, sublime, lofty or dignified."

That brought to mind Tom Brokaw's popular book *The Greatest Generation*. He wrote in his book, "it is, I believe, the greatest generation any society has ever produced." He argued that these men and women fought not for fame and recognition, but because it was the "right thing to do." When they came back they rebuilt America into a superpower.

Most of the people I interact with on a daily basis are a part of this generation. If grandparent is honorable then great-grandparent is amplified exponentially! The term I suggest is "The Greats." This expression is not about producing offspring, it is a universal descriptor of this noble, lofty, dignified, sublime and full-grown population.

Hats off to The Greats and to you, my Great friend! The rest of us who follow closely behind can earn the title when we follow in the footsteps of these exemplary citizens. When you have questions about "Great Living," call the experts at McCrite Plaza 785 267 2960.

Thank you for making There's No Place Like Home an Evening to Remember

Aboud's Catering - Atria Hearthstone - Cumulus Radio, KLWN Radio, WIBW-TV - Dillon's at Fleming Place - Elvis (Bob Lockwood) and the 1950's Secrets Band - Framewoods of Lawrence - Great Overland Station - Hy-Vee - Dr. Lanny Snodgrass - Anita and Larry Wolgast

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Cyrene Holt
Jocelyn Lyons
Martha Skeet
Lori Yocum

Caregiver Support

By Michele Dillon

JAAA Caregiver Support Specialist

Lots of things we use everyday need to be recharged in order to continue working: cars, cell phones, computers, games, airplanes, cameras, etc. Why wouldn't we need to be recharged? Exercise enthusiasts agree that sprinting is more beneficial than running. What does this have to do with me you ask? I barely have time to eat.

Respite is vital in completing the race of caregiving. You can't travel from Kansas City to Chicago without filling up your tank in your car. You can't complete this long journey that you're on without refilling your tank. What does respite look like in your caregiving world?

It may be five minutes every few hours or a week at a time. It has to work for you.

You may have other family that can help you or you may have to rely on a home health agency to meet your need. However you choose please recognize that it is a need.

Here are some ideas to help you get started on your journey of respite. All of these take just a few minutes and will help you accept the need for longer periods of time when you need them:

- One-half hour of Tai Chi or Yoga every other day
- Take a long, hot bath
- Allow yourself a little extra sleep
- Take some time to meditate, even if it's just for five minutes
- Simply sit

The difficulty is getting your loved one used to someone new or different. Change can be difficult and let's face it: no one does the caregiving as good as you, right? Start making your list of those people you know you can count on to pitch in and support your respite program. Let them in on your plan and see what they will commit to doing, it can be anything from cooking dinner one day a week to watching your loved one while you go to the park. You'll be surprised at how little favors add up and how willing people are to help once you ask.

Start early, even before you need it. This decreases the risk that the care recipient won't like or accept the change. Don't ask for permission, you probably won't get it. We all lack the ability to understand our own needs and limitations. This is a decision that will benefit everyone. Introducing someone during lunch or just coming by for a visit to play cards or chat is a great way to start. This will be very beneficial when the time comes that you actually need to leave your loved one alone with the caregiver. It doesn't seem like babysitting at that point. Look for a combination of fee-based services and volunteer services to help manage the cost.

In conclusion, accept guilt as a normal and real emotion. We set unreasonably high standards and are aware that no one can do it as well as we can. If we didn't care for our loved one, we wouldn't have the guilt. Remember to recharge and sprint to the finish line.



Michele Dillon

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