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Vol. 16, No. 6

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**Foster Chisholm:**  
Volunteering with the Salvation Army and other charities for decades.

See story on page three

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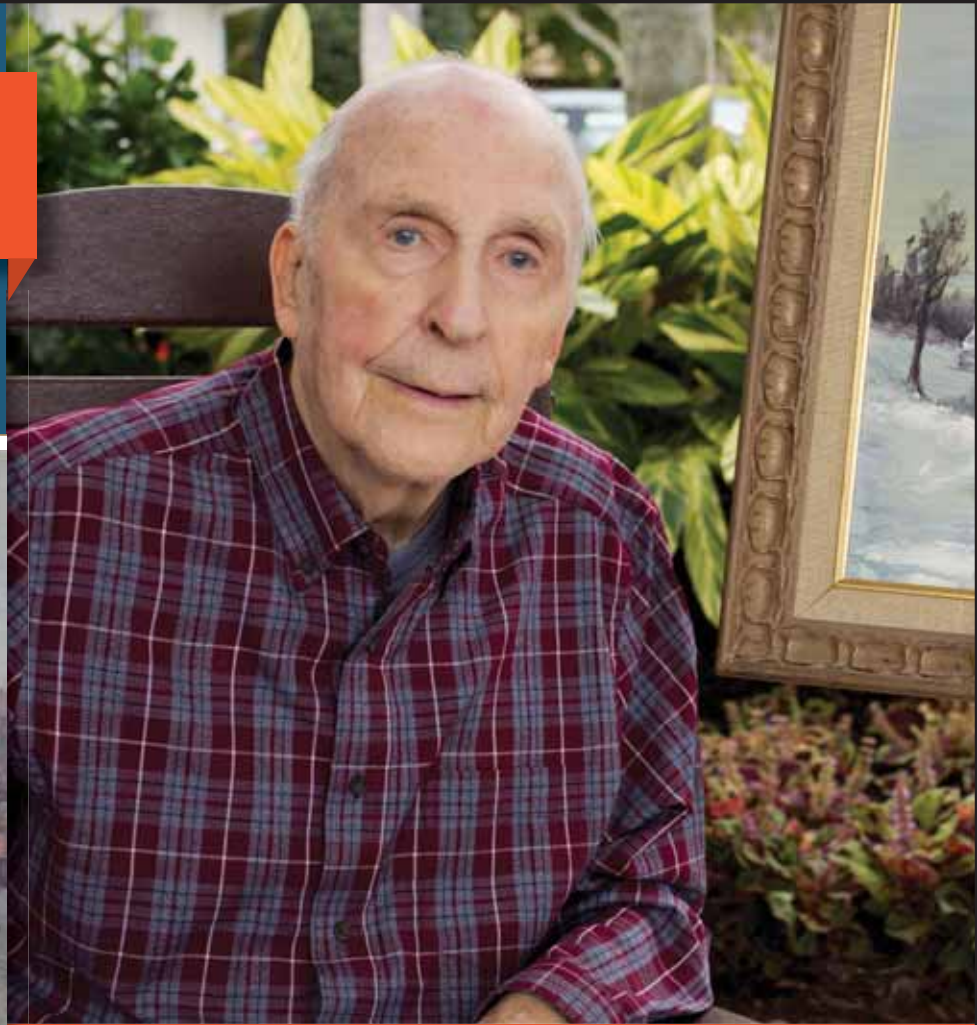
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# Chisholm has been a bell ringer for more than 50 years

By Kevin Groenhagen

In December 1961, The Pendletones released their first recorded song, which was called “Surfin’.” The group was renamed The Beach Boys later that month. The Marvelettes released their number-one hit single, “Please Mr. Postman,” that same month. In addition, with the arrival of the USS Core at Saigon Harbor, the Vietnam War officially began for the United States.

Much has changed since that December in 1961. However, one thing in Topeka has remained constant during all those years: Foster Chisholm continues to volunteer his time as a bell ringer for The Salvation Army’s Red Kettle Campaign.

Chisholm began volunteering with The Salvation Army at the age of 20, and has been a bell ringer every year since then.

“After graduating from high school, I joined the Masonic Lodge,” Chisholm said. “One of the things they did was the bell ringing for The Salvation Army. Then I started ringing for my

church, St. Mark’s African Methodist Episcopal Church.”

“When I started out, we had a little booth outside the stores on Kansas Avenue,” Chisholm continued. “When they opened White Lakes Mall, we rang out there for a while. We also rang at the Montgomery Ward on Fourth Street, which is where the police department is now. For the past 20 years or so, we have been out at the Westridge Mall.”

By “we,” Chisholm is referring to members of his church.

“We have a men’s chorus at our church,” he said. “We’ve got about 10 or 12 guys in that group, so I always get that whole group to come out to ring the bells. We haven’t sung while ringing the bells, but that might be something to think about trying some time. Members of our men’s chorus have been ringing bells for 25 or 30 years. We’ve had the same group of guys during those years.”

Chisholm has served as a bit of a bell ringer recruiter at St. Mark’s. He personally speaks with new prospects, and then offers them simple—but effective—advice.

“Mainly, I tell them to just smile,” he said. “Be pleasant to people. Look at them, smile, and say, ‘Merry Christmas!’ I’ve had a lot of people heading into the store, I’ll smile and say, ‘Merry Christmas,’ and they’ll say, ‘I don’t have any change right now, but I’ll get



Foster Chisholm

you when I come back out. And they generally do.”

This year, Chisholm and the other members of St. Mark’s will volunteer as bell ringers at the southeast entrance of the Westridge Mall on December 17. They will be among dozens of other volunteers ringing bells at dozens of locations throughout Topeka and Lawrence during the holiday season.

Of course, the holiday season often brings colder weather.

“I don’t know why, but when we were

on Kansas Avenue during the 1960s, it seemed like it was very cold then. We were outside on the sidewalk. I don’t know if the weather has changed, but it seemed awfully cold then. It still gets pretty cold some times. We don’t mind. We manage.”

The Red Kettle Campaign is The Salvation Army’s biggest fundraiser of the year.

“The Salvation Army sets a fundraising goal every year, and they pretty

■ CONTINUED ON PAGE FOUR

Kaw Valley  
**SeniorMonthly**

Kevin L. Groenhagen  
Editor and Publisher

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# Foster Chisholm

■ CONTINUED FROM PAGE THREE

much make that goal every year,” Chisholm said. “People are really generous. What I really like more than anything is the young kids. Parents will give the kids a little money, and they’re really happy to bring it up and put it in the bucket. It teaches kids to share what they have.”

Money collected during the Red Kettle Campaign supports Salvation Army programs throughout the year. In Shawnee County, those programs include emergency rent and utility assistance, the community meal program, food pantry, youth and senior programs, and disaster response. In addition, the organization also assists families with holiday meals and gifts.

“The Salvation Army really does a lot of things during the course of a year,” Chisholm said. “There’s always a need, and The Salvation Army does a fantastic job. They have a food program at the center here in Topeka, and they feed people every day.”

In addition to volunteering as a bell ringer, Chisholm has volunteered with The Salvation Army in other capacities, including serving food and distributing items for Christmas.

“The main thing that’s kept me going with The Salvation Army is it’s one of the better charitable organizations in the country,” he said. “They do an excellent job, and I really appreciate all the things they do.”

The Salvation Army began in 1865 when William Booth, a London minister, gave up the comfort of his pulpit and decided to take his message into the streets, where it would reach the poor, the homeless, the hungry, and the destitute. According to The Salvation Army website, Booth’s “original aim was to send converts to established churches of the day, but soon he realized that the poor did not feel comfortable or welcome in the pews of most of the churches and chapels of Victorian England. Regular churchgoers were appalled when these shabbily dressed, unwashed people came to join them in worship. Booth decided to found a church especially for them—the East

London Christian Mission. The mission grew slowly, but Booth’s faith in God remained undiminished.”

While reading a printer’s proof of his organization’s 1878 annual report, Booth noticed the statement, “The Christian Mission under the Superintendent’s of the Rev. William Booth is a volunteer army.” Booth struck out the word “volunteer” and changed it to “salvation.” The volunteers became known as Salvationists. In 1879, Salvationists held their first meeting in the United States in Philadelphia. A year later, The Salvation Army had expanded its operations into California, Connecticut, Indiana, Kentucky, Maryland, Massachusetts, Michigan, Missouri, New Jersey, New York, Ohio, and Pennsylvania.

The Salvation Army began in Topeka in 1886. Fifty years ago, a tornado hit the city, killing 17 people and causing more than \$100 million in damage. During the 11 days following the tornado, Salvation Army workers provided 20,400 service hours and 140,000 meals. Disaster relief continues to be a hallmark of The Salvation

Army of Topeka.

The history of the Red Kettle Campaign dates back to 1891, when Captain Joseph McFee of The Salvation Army resolved to provide a free Christmas dinner to the poor of San Francisco. From his days as a sailor, McFee remembered a large pot displayed on the Stage Landing in Liverpool, England. Called “Simpson’s Pot,” the pot took in donations put in by passersby. The idea spread, and is now in use by many Salvation Army charities throughout the world.

Chisholm worked for the post office in Topeka for 34 years, and retired in 1993. His volunteer activities have not been limited to The Salvation Army. He has also been a volunteer with Meals on Wheels for about 30 years, and continues to volunteer as a substitute driver a couple of times a week.

On Fridays during the school year, Chisholm joins other volunteers to deliver “backpack meals.”

“There are a lot of young kids who don’t have meals on weekends,” Chisholm explained. “The schools

■ CONTINUED ON PAGE FIVE



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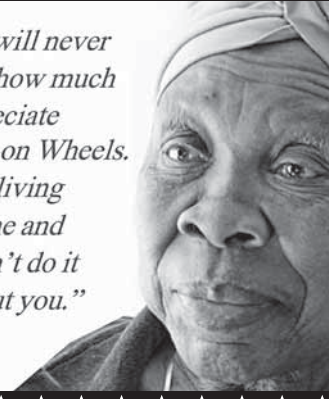
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# Foster Chisholm

■ CONTINUED FROM PAGE FOUR

give them meals on weekdays, but on weekends they don't. So I'm part of an organization that takes meals to the schools on Fridays so the kids have something to take home with them for the weekends."

Chisholm also sings with a group called the New Beginnings Senior Choir, which is a program of Parks and Recreation of Topeka. The group performs at, among other places, nursing homes, retirement communities, and senior centers.

And then there is the position Chisholm calls his "paid volunteer job."

"During the legislative session, I'm the sergeant-at-arms at the House of Representatives," Chisholm said. "I really enjoy doing that. I get the chance to meet a lot of people. This will be my sixth year of doing that."

The main responsibility of sergeant-

at-arms is to maintain order during a legislative body's meetings. Interestingly, the word "sergeant" comes from the Latin verb *servire*, which means "to serve." According to the dictionary, Chisholm's first name, Foster, means "encourage or promote the development of (something, typically something regarded as good)." Through his service to his church and various charities, Chisholm has indeed encouraged and developed many good things in Topeka.

"I get up in the morning, and I have something to do or somewhere to go," he said. "I feel like if you've got some time and a little bit of energy, you need to give back. I try to do that."

The Salvation Army can always use additional bell ringers for the holiday season, as well as volunteers during the rest of the year. For more information about volunteering, please call The Salvation Army of Topeka at 785-233-9648, The Salvation Army of Douglas County at 785-843-4188, or visit [salarmymokan.org](http://salarmymokan.org).



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# McFatrigh receives national award

The National Consumer Voice for Quality Long Term Care has presented Mitzi McFatrigh, executive director of Kansas Advocates for Better Care, with the Elma Holder Founder's Award. The Award was established in 2002 as a lifetime achievement award to honor a person whose life work exemplifies leadership in the field of long-term care reform. The award is also a tribute to Elma Holder, the Consumer Voice founder and friend. Elma's personal commitment, integrity, and vision shaped the organization and its commitment to residents' rights and quality care in long-term care.

Lori Smetanka, executive director of the Consumer Voice stated, "The lives of individuals receiving long-term care services and supports in Kansas and across the country have been improved thanks to Mitzi's advocacy and leadership of Kansas Advocates for Better Care (KABC). Through her work at KABC she has influenced state and federal policy by educating legislators and providing testimony and comments to ensure the rights of long-term care consumers are protected, improve the quality of care, and strengthen the regulatory

and enforcement systems. Under her leadership, KABC has provided long-term care residents, their families, and other advocates with vital information, resources, and reports that help inform their decisions regarding long-term care and empower them with tools to advocate for quality care."

The award was presented at a luncheon during the 40th Annual Conference of the Consumer Voice in Arlington, Virginia, on November 3.

McFatrigh has been the executive director of Kansas Advocates for Better Care since 2007. KABC was founded as a non-profit, charitable organization to advocate for the rights of and better care for adults using long-term services in care facilities and at home. KABC's advocacy has resulted in better care for hundreds of thousands older adults and adults with disabilities over the last 41 years.



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# Master woodcarver to teach workshop

Carlan Honaker has introduced scores of people to woodcarving. His commissioned work adorns public places, such as the Old Supreme Court Chamber in the Kansas Statehouse and Cedar Crest, the governor's mansion. This master woodcarver will be teaching in Lawrence in February. A two-day workshop will be held February 3 and 4 from 9 a.m.-3 p.m. at the Community Building, 115 W. 11th Street. Students will learn the safe use of carving tools, different types of tools and wood used, and the various cuts used to make a beginning project. A registration fee of \$42 includes tools and wood for the project. Register at any Lawrence Parks and Recreation center or online at [www.lprd.org](http://www.lprd.org), the class code is #227446-A.

Honaker started carving as a boy

growing up in Weston, Mo. He whittled bears and other critters from large bars of Ivory soap or from soapstone he collected in the area. During his first years of marriage and employment, Honaker didn't carve. However, when his son entered Scouting, he resumed the hobby. Neckerchief sleeves for Scouts grew into larger projects until his skills began earning him commissions, such as the Emporia State University seal in its executive boardroom.

In addition to teaching others, Honaker has been a student of master woodcarvers, including a class at the Geisler-Moroder Austrian Woodcarving School in Elbigenalp, Austria. Honaker is a member of the Kaw Valley Woodcarvers and his Soldier Creek Studio in Topeka is a hub of woodcarving activities in this area.

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# Douglas County Senior Services becomes Senior Resource Center for Douglas County

Douglas County Senior Services is changing. Strategic planning during Summer 2016 by the Board of Directors and Staff revealed that DCSS has been serving only a small portion of seniors. Another discovery was that seniors have difficulty navigating the complex array of options to find the services and opportunities they want.

“Therefore, we will expand beyond our current services to become the central go-to place for all seniors to find out about resources available throughout the county and beyond, regardless of where they are in the second half of life,” said Dr. Marvel Williamson, Executive Director. “We will be the hub of information—whether the question comes from seniors, families, agencies, or professionals. If we don’t have the answer, we will find it.”

This radical change in mission was announced today with the launch of a new identity. Douglas County Senior Services is now the Senior Resource Center for Douglas County (SRC). With the new name comes a new logo and a comprehensive new website: [www.YourSRC.org](http://www.YourSRC.org). The new website provides information to help seniors—and the professionals who serve them—find resources of all types. Another feature is the “Seniors as Resources” section where seniors can post availability to work or volunteer, personals ads, searches for living companions, and other needs.

Whether the issue is housing, designing retirement to fit new goals, financial help, getting a ride, end-of-life issues, figuring out Medicare, finding romance, connecting spiritually, getting food, sorting through in-home care options, getting senior discounts, classes, clubs, trips, recreation, fitness, deciding if Lawrence is a good place to retire, or any other need, “The new SRC will be the first place people think of for getting answers about all things senior,” said Williamson.

The Senior Resource Center for Douglas County will continue to deliver all services it currently provides, adding staff to help seniors create the second half of life they want. The SRC will not add services already available in Douglas County, but will help seniors find existing agencies and businesses, as well as informing clients about issues to consider as they review their choices.

In addition to the new identity and mission, the Senior Resource Center, located at 745 Vermont in Lawrence, will be completed renovated in 2017. The city-owned property shared with Fire Station No. 1 will undergo interior reconstruction for both tenants. SRC will be temporarily housed at Peaslee Technical Training Center at 29th and Haskell in Lawrence starting in late January 2017.

For more information about the Senior Resource Center for Doug-

KEVIN GROENHAGEN PHOTO



**Dr. Marvel Williamson** (at podium) presents plans for the new Senior Resource Center for Douglas County on November 22.

las County, contact Michelle Meier, at [mmeier@YourSRC.org](mailto:mmeier@YourSRC.org) or call 785-Director of Community Engagement, 842-0543.

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# Monterey Village to host open house in January

By Billie David

Monterey Village, a senior living campus that will open on January 4 in northwest Lawrence, has something in common with the reason many people have chosen to make the Lawrence community their home.

Just as college towns like Lawrence are small enough that you can get to know your neighbors and participate fully in the community, but big enough that there is always something to do on any given day, Monterey Village offers both advantages.

"We are small," said opening specialist Kelley Upham, "but we're big. We have many of the features the bigger senior living communities have, but we're small, so we can get to know all of the residents."

The campus has three parts: 16 independent living cottages with a clubhouse, a 30-unit assisted living residence and a 16-unit memory care residence. All of the buildings on the

campus are one-story and are accessible to one another via walking paths.

Monterey Village's independent living residence consists of 14 cottages, all triplexes and duplexes, arranged in a circle with a gazebo in the center. Each one or two-bedroom cottage has a picket fence and outdoor seating, full kitchens, washers and dryers, and intercom systems for safety. Monthly rent includes one meal daily, weekly housekeeping, wellness checks and scheduled transportation. The Clubhouse features a dining area, large-screen TV and fitness room. In addition, Cottage residents have full access to amenities in the assisted living residence such as beauty shop and movie theater.

The spacious assisted living building includes 30 apartments with a choice of four different floor plans, and each apartment comes with a full private bath, walk-in closet, and kitchenette. The residence features a fitness center, beauty and barber shop, a spa

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COURTESY PHOTO



Monterey Village will hold an open house on January 11 and 15.

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# Monterey Village

■ CONTINUED FROM PAGE 10

with whirlpool bath and an outdoor living area with walking paths. The all-inclusive daily rate includes personal assistance available 24 hours a day, licensed nursing services, and assistance with medications, bathing and dressing. Restaurant-style dining and life enrichment and wellness programming are also included.

Like the independent and assisted living areas, the 16-unit memory care assisted living building, known as The Arbors at Monterey Village, is spacious but is constructed in such a way that it is easy to find one's way around.

Designed for people with Alzheimer's and other memory challenges, it focuses on intimacy and meeting specialized individual needs.

The staff members at The Arbors receive special training to help the residents meet those needs. Americare embraces The Best Friends™ Approach to Memory Care as its training and care delivery model.

"We do 16 hours of memory care training for every staff member," Upham said, adding that the training includes 10 hours of Alzheimer's training and six hours of Best Friends training. Our regional nurse consultant is a Best Friends Master Trainer which helps ensure that all of our care partners are trained within their first 90 days," she added.

Developed by Virginia Bell and Donald Troxel, the Best Friends training encourages staff to treat each resident as a real person, acknowledging that each person has infinite value even if they are struggling with cognitive problems.

Based on the elements of friendship that include respect, empathy, support, trust and humor, the Best Friends approach encourages learning about the resident's history and personality and treating each individual as one would treat a best friend: enjoying doing things together, including the other person in activities, celebrating special occasions, listening and encouraging conversation, building self-esteem, having fun, helping the other person maintain a sense of dignity, and being willing to learn from one another.

COURTESY PHOTO



**Monterey Village's Clubhouse** features a dining area, large-screen TV and fitness room.

Missouri-based Americare, which operates Monterey Village and other assisted living and skilled nursing centers throughout Kansas, Missouri, Tennessee, Mississippi and Illinois, was founded in 1981 and is privately held.

Monterey Village, located at 3901 Peterson Road, will host an open house on Wednesday, January 11, from 9 a.m.-7 p.m., and Sunday, January 15, from 1-5 p.m. More information is available at [www.americareusa.net](http://www.americareusa.net).

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# Why Tai Chi's principles should interest you

By Donald S. Pady

Linda Gray, Contributing Editor

Tai Chi is a complete package of controlled exercises. I discovered it about two years ago at the SW Topeka YMCA, when my wife pleaded with me to do something to relieve my arthritis and back pain. I was already under heavy medication for diabetes, arthritis, and atrial fibrillation, and I wondered whether participation in Tai Chi might adversely affect my systematic course of medical therapy. How gratified I was to later understand and whole-heartedly accept Tai Chi's philosophy and practice. These essential principles of Tai Chi include the mind being integrated with the body; fluidity of movement; control of breathing; and mental concentration.

Tai Chi movements appear to be gentle and graceful, but Tai Chi is more than what meets the eye. The objective of Tai Chi is to achieve physical balance by strengthening muscles and improving coordination, while, at the same time, improving mental balance. This is why Tai Chi is effective for fall prevention. In addition to preventing falls, Tai Chi programs have been shown to be helpful for a number of medical conditions, including arthritis, low bone density, breast cancer and its side effects, heart disease and failure, hypertension, Parkinson's disease, sleep problems, and stroke.

A Tai Chi session begins with warm-up exercises, which prepare your body to begin the gentle exertion to develop, increase, and maintain physical and mental fitness. This warm-up increases the mind-body connection and is accompanied by recorded music that captures the rhythm and flow to enhance your Tai Chi practice. The various routines loosen tight muscles from your neck to your toes. Thus, the range of motion widens so you can almost feel the energy magically transfer to mind, body, and spirit—all of which brings inner tranquility and renewed strength. Tai Chi movements contain much internal strength.

Medical and fitness authorities stress

that effective exercise for health should include three components: cardiovascular fitness or stamina; muscular strength; and flexibility.

Cardiovascular fitness means better heart-lung capacity. A good supply of blood and oxygen is essential for maintaining your health and for healing any disease.

By strengthening our muscles, we keep our joints stable and protected. Of course, we need our muscles to move and when we move, the muscles pump fluid and blood throughout the body, improving the functions not only of the organs and joints but also the entire body.

Flexibility improves our range of motion, making us more functional. Being flexible keeps our joints, muscles—our entire body—healthy and allows us to be more active.

Tai Chi aims to achieve harmony with nature and the balance of mental serenity and physical strength. Having better balance calms the unconscious

COURTESY PHOTO



**The Tai Chi for Health program** promotes lasting friendships among its leaders and members. The camaraderie among participants even includes occasionally sitting down for lunch together.

mind.

Proper breathing and posture while exercising is most helpful to bodily movements in Tai Chi. The U.S. Army uses a similar routine in unit calisthen-

ics called "Tactical Breath," which soldiers may later use to remain calm on the battlefield. Exercise participants of any age can use this breathing tech-

■ CONTINUED ON PAGE 13

## OPEN HOUSE

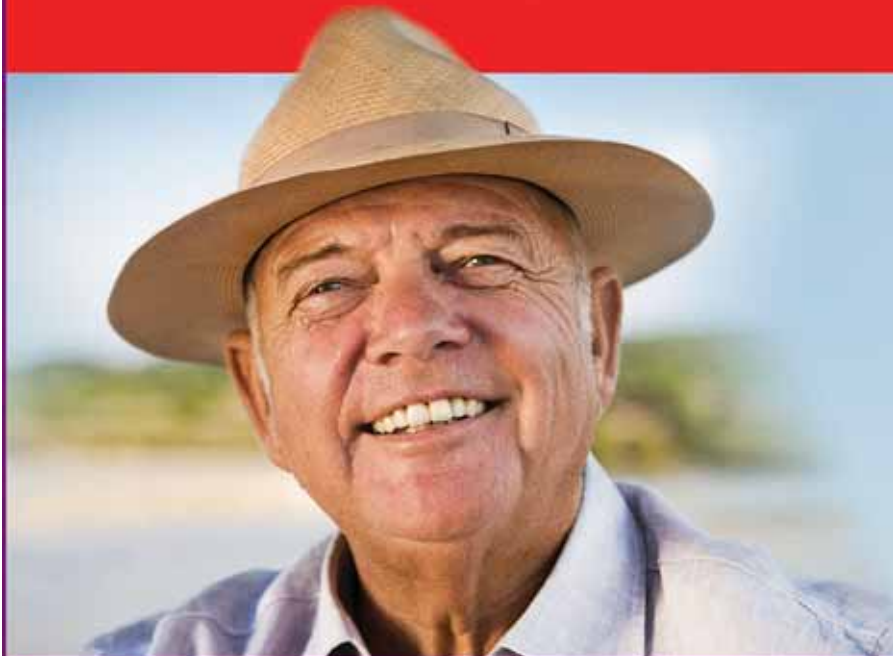
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COURTESY PHOTO

Tai Chi for Health participants perform “Wave Hands Like Clouds,” which is one of the most popular and characteristic movements

## Tai Chi

■ CONTINUED FROM PAGE 12

unique in a large number of stressful situations.

Tai Chi improves posture, an important component of health. Developing correct posture will result in less wear and tear of the joint muscles. When your posture is upright, the lung space is larger. Try taking a deep breath and expanding your chest. You’ll notice that there’s more space in the chest.

Good posture in turn promotes better balance, thus preventing falls and the resulting injuries. “Tai Chi has strengthened my ankles,” Mary said. “I was twisting and spraining them once or twice a year. Now, between my stronger ankles and better posture, I enjoy better balance, and as I get older, I’ll be less likely to fall.” Anyone can learn correct posture to build resistance to potential falls, and Tai Chi helps us walk with more confidence and stability.

Tai Chi is medically proven to build stamina and balance. It can be done anywhere—during TV commercials, or in bed at night. A person easily fatigued can sit in a chair. Paraplegics and others with limited mobility can perform many of the moves while in a

wheel chair. All the equipment needed for Tai Chi is one’s body, loose fitting clothing, and flat shoes.

Lastly, Tai Chi, designed for health programs, promotes lasting friendships among its leaders and members. Camaraderie among participants inspires inner contentment and appreciation for self and others. For these reasons, we feel Tai Chi should interest you.

The Tai Chi for Health class meets at the Southwest Topeka branch of the YMCA, 3635 SW Chelsea Drive, from 10-11 a.m. on Mondays and Wednesdays, and from 11 a.m.-12 p.m. on Tuesdays and Thursdays. Call 785-271-7979 for more information.

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# Social Security covers you when you're outside the country

By Norm Franker

Social Security District Manager in Lawrence, KS

Social Security has you covered, even outside our nation's borders. We're with you through life's journey, even if you're traveling outside the United States. Many people who travel or live outside the country receive some kind of Social Security benefit, including retired and disabled workers, as well as spouses, widows, widowers, and children.

If you're a U.S. citizen, you may receive your Social Security payments outside the United States as long as you are eligible. When we say you are "outside the United States," we mean you're not in one of the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, or American Samoa. Once you've been outside the United States for at least 30 days in a row, we consider you to be outside the country. Whether you're off to Europe, or con-

sidering a stay in our newly reopened neighbor, Cuba, you may be able to receive your Social Security benefits even while you're outside the United States. If you receive Supplemental Security Income (SSI), you cannot receive benefits if you're outside of the United States for a month or more.

If you're traveling outside the U.S. for an extended amount of time, it's important that you tell Social Security the date you plan to leave and the date you plan to come back, no matter how long you expect your travel to last.

You can use this online tool to find out if you can continue to receive your Social Security benefits if you are outside the United States or are planning to go outside the United States at [www.socialsecurity.gov/international/payments\\_outsideUS.html](http://www.socialsecurity.gov/international/payments_outsideUS.html).

This tool will help you find out if your retirement, disability, or survivor's payments will continue as long as you are eligible, stop after six consecutive calendar months, or if certain

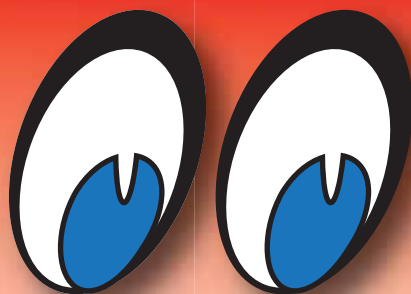
country-specific restrictions apply.

When you live outside the United States, we send you a questionnaire periodically. Your answers will help us figure out if you still are eligible for benefits. Return the questionnaire to the office that sent it as soon as possible. If you don't, your payments will stop. In addition to responding to the question-

naire, notify us promptly about changes that could affect your payments.

You can also read the publication titled *Your Payments While You Are Outside the United States* at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

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## YWCA Center for Safety and Empowerment to hold Holiday Store

The holiday season is now here and the YWCA Center for Safety and Empowerment knows that families affected by violence often face financial barriers. In order to alleviate the stress on our clients, the YWCA Center for Safety and Empowerment will be holding its 13th Annual Holiday Store from December 12 through December 23. The Holiday Store is open to clients seen in the last six months at the Center for Safety and Empowerment. Previous years have seen more than 100 families celebrate holidays with gifts from our store.

In order to provide for our clients, the YWCA Center for Safety and Empowerment will be taking donations of unopened gifts, clothes and accessories. There is a significant need for gifts geared toward teenagers this year, as well as wrapping supplies for those families to be able to provide the gifts to their children. As always, the shelter requires basic hygiene and household items and

will also be accepted at this time.

Donations are being accepted now at our Center for Safety and Empowerment (225 SW 12th Street) and will be collected through December 9. For more information on how to help the YWCA Center for Safety and Empowerment with their Holiday Store, please contact their office at (785) 354-7927 or you can view and download the wish list here: [www.ywcaneks.org/site/c.7oIEJRPrGdIYF/b.9462395/k.179C/2016\\_CSE\\_Holiday\\_Store.htm](http://www.ywcaneks.org/site/c.7oIEJRPrGdIYF/b.9462395/k.179C/2016_CSE_Holiday_Store.htm)

The YWCA is the voice for every woman. For over a century, the YWCA has spoken out and taken action on behalf of women and girls. The YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. Over 2 million people participate each year in YWCA programs at more than 1,300 locations across the U.S. Worldwide; the YWCA serves more than 25 million women and girls in 125 countries.

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## MAYO CLINIC

## Symptoms from herniated disk often effectively treated without surgery

**DEAR MAYO CLINIC:** What is the typical treatment and recovery time for a herniated disk? At what point should surgery be considered?

**ANSWER:** In many cases, pain and other symptoms caused by a herniated disk resolve with time and self-care measures. When medical treatment is required, therapy that doesn't involve surgery often is all that's needed to effectively treat herniated disk symptoms. However, if your symptoms significantly limit your day-to-day activities, if you have nerve damage due to a herniated disk, or if your symptoms can't be controlled with other treatment, then spine surgery may be necessary.

Your spinal disks are the cushions between the individual bones, called vertebrae, that make up your spine. The disks have a soft center within a tougher exterior. A herniated disk happens when some of the center pushes out through a crack in the outer portion of the disk. A herniated disk may irritate or compress a nearby spinal nerve root. The result can be back pain, along with pain, numbness or weakness in an arm or leg.

For most people who develop back pain—whether because of a herniated

disk or due to another problem—symptoms often go away within six to eight weeks. During that time, you can take steps to ease discomfort. Rest, apply heat or ice to the painful area, and take over-the-counter pain medication, such as ibuprofen or acetaminophen, if you need it. If you have muscle spasms, taking a muscle relaxant also can be useful. If pain is strong, ask your doctor about getting a short-term prescription pain medication.

There are some red flags to watch for when you have back pain. Symptoms that should prompt a call to your doctor right away include developing a fever, chills, flu-like symptoms or a rash when your back symptoms start. You should also contact your doctor if you have significant or progressive weakness. If you develop significant bowel or bladder function changes, which are often associated with pain or numbness

in the area around your rectum or genitals, have those symptoms evaluated as soon as possible.

If you notice back pain and your immune system is suppressed for any reason, you have a history of cancer, you have unexplained weight loss associated with your back pain, or the beginning of the back pain was related to trauma, contact your doctor.

When symptoms lasts longer than eight weeks—or if you have any of the red flags mentioned earlier—see your doctor for an evaluation to investigate the underlying cause. Such an evaluation typically includes a magnetic resonance imaging, or MRI, exam of the spine and sometimes an electromyogram, or EMG. An EMG can show if any nerve roots have been damaged.

If tests reveal a herniated disk but no nerves are damaged and you don't have significant weakness or bladder or bowel problems, then medication, physical therapy and, in some cases, steroid injections typically are recommended. If pain and other symptoms can be adequately managed with those measures, they can be continued for as long as necessary.

Surgery for a herniated disk would be

considered if there is nerve damage, if pain and other symptoms are so severe that they interfere with daily activities, or if non-surgical treatment is not effective. Surgery often can resolve herniated disk symptoms more quickly than other treatments. In general, though, when there is no nerve damage, the long-term outcome for surgical and non-surgical treatment is the same when measured two years after symptoms begin.

Fortunately, most people with a herniated disk never get to the point that they need to see a specialist or have advanced testing. Back symptoms usually go away on their own. Even for those who do need treatment, only a small minority has lingering chronic pain that does not resolve over time.

- James Watson, M.D., Neurology, Mayo Clinic, Rochester, Minn.

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

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## HEALTH &amp; WELLNESS

# Boost your memory

By Karen Flory, MA CCC-SLP

"I can't believe I forgot that!" Many of us say this after we lose our keys, forget the names of someone we know, or are unable to remember what we ate for dinner last night. Are these just normal memory lapses or something more? As we age, we can expect some memory lapses. In normal aging, our brains are less flexible and memory changes do occur, but intelligence stays the same.

LAWRENCE MEMORIAL HOSPITAL



## LMH Therapy Services

Our brains are constantly bombarded with images and information, and we live in a fast-paced society. With so much stimulation, it is normal to occasionally become "overloaded" and forget small things. However, when forgetfulness and confusion interferes with our daily living, it may be time to visit the doctor.

### Best Course: First See Your Doctor

Examples of changes that may warrant further medical consultation include memory loss that disrupts daily life, a decline in ability to speak or write, forgetting how to complete familiar tasks at home, mood and/or personality changes, and withdrawal from daily life activities that one usually enjoys. Experiencing one or more of these symptoms does not mean that your doctor will diagnosis you with dementia. They may be symptoms of another medical issue that needs your attention, and a visit to your physician can help find answers and provide the best course of treatment.

### We Can Help: Speech Therapy

Whether you or a loved one are experiencing examples of normal aging or have been diagnosed with dementia,

there are many things that you can do to cope with memory loss. Speech-language pathologists are trained in treatment of cognitive-communicative deficits, and physicians may refer patients to a speech pathologist for help to devise a treatment program for patients and families as they deal with the effects of memory loss and cognitive decline.

### Tips: To Aid Memory

A few things you can do now to help cope with mild memory loss:

- **Cheat!** Honesty is still the best policy, but there are many memory aids that you can use to remember appointments, people, and daily tasks. Alarms are not just for waking up on time. For example, if you have trouble remembering to take your medicine, ask a family member to set an alarm that reminds you each day at a certain time to take your medicine. Smart phones are especially helpful tools for this purpose.

- **Set up a work station**—Set up an area called a "memory station," which contains items to keep you organized and on time. For example, you can designate a certain table or desk that has a calendar, a white board for messages/reminders, your cell phone, and a large digital clock that lets you know the time and date. A clock that includes the date is especially helpful to those who have difficulty remembering what day it is.

- **Get organized**—Calendars are an essential tool for keeping track of doctor's appointments and other

important events. Large desk calendars in your work station (see above) are useful for everyone in the family to write on and keep track of. A family member might find it helpful to write when they will return for their next visit, for instance.

- **Simplify your space**—Decluttering can help minimize distractions that are caused by newspapers, bills, and household items. Ask for help from a family member or a friend if you have trouble thinking about what you really need and what might be a source of distraction.

- **Don't reinvent the wheel**—It can sometimes be difficult to remember where to begin when making a list for the grocery store or for household tasks such as cleaning. Go online or ask a family member to help find templates for grocery lists. These provide ready-made lists so that you can check off what you need instead of coming up with your own list. For example, under "pantry items," you'll find a list of many pantry items you will find at the grocery store so that you can check off what you'll need.

- **Memory books**—if you or someone you love has trouble remembering the names of their children and grandchildren, they may benefit from a book that contains pictures of loved ones that are labeled, along with pictures to remind them about their own wonderful personal history. A walk down memory lane can be a meaningful way to spend

time together, as well as a helpful for remembering those we love.

### Be Organized—Step by Step

Speech pathologists can help with devising visual memory aids for individuals who have difficulty remembering steps for daily living. For example, some people may need steps with pictures reminding them how to email, make coffee, or even find a station on TV.

### Family Project

Technology provides us with wonderful resources and opportunities for electronic memory aids, and memory aids can help individuals with memory loss stay as safe and independent for as long as possible. Apps for making picture journals, lists and reminders abound if you have an electronic tablet or a smart phone. Ask a tech-savvy family member or friend to help you use technology better.

- Karen Flory is a speech language pathologist at Lawrence Memorial Hospital. She is part of a team that provides services for both children and adults in outpatient and inpatient therapy setting. Karen has experience working with children and adults who have experienced a wide variety of speech and language difficulties, including stroke, dementia, swallowing difficulties, and voice problems, as well as speech and language deficits that are specific to children. For more information: LMH Therapy Services 785 505-5830.

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



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## HEALTH &amp; WELLNESS

# Benefits of Angelica

The medicinal plant Angelica is a well-known plant in the medicinal world, and has been used for centuries for healing many ailments.

Angelica is widely referenced throughout American and European folklore. There are many species of Angelica, but the most common are *Angelica atropurpurea*, *Angelica archangelica*, and *Angelica Venenosa*.



Dr.  
Farhang  
Khosh

Angelica has common names that have been cited in the literature, including Archangel, American Dong Qui, Purplestem, Wild Angelica, High and American Angelica, Root of the Holy Ghost, Masterwort, and Garden Angelica.

Angelica is a tall aromatic plant with large white flowers. It can grow to a height of four to six feet tall. It is a perennial herb that is often found in moist cool woodlands, streams of riverbanks, and shady roadsides.

Historically, Angelica has been heavily associated with Angels and divinity. It was frequently used to keep evil spirits away and protect against curses, evil spells, and cruel enchantments. Angelica has traditionally been referred to as a powerful protection herb. It has been known to protect against negative energy and attracts positive energy. According to one legend, Angelica was revealed in

a dream by an angel to cure the plague (hence the name Angelica or Archangel).

Angelica is used medicinally for many ailments. The roots, seeds, and fruit are used to make medicine. Angelica is a very good tonic herb for women, children, and the elderly, providing a general strengthening and overall well being. It has an antibacterial action, preventing the growth of various bacteria. Angelica infusions can be used externally to gargle for sore throats and infected gums and cavities. Other uses for Angelica include topically on the face for acne, athlete's foot, wound healing, and as an insecticide or pesticide. A medicinal infusion of Angelica has been used as a sedative, in the treatment of fevers, colds, coughs, colic, gas, heartburn, nausea and vomiting, and other stomach disorders. In addition, Angelica has been used for insomnia, arthritis, joint pain, skin disorders, and circulation problems and to strengthen the heart, menstrual disorders, increase urine production, and to aid in sweating.

Angelica is used in the kitchen for many culinary purposes. Angelica stems are used for their green color as a decoration for cakes and bake goods. The roots and seeds have been used to flavor many liquors, including gin. The most well known Angelica is Dong Qui, which is referred as "Female Ginseng," and it will be covered in the next article.

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

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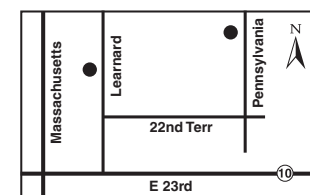
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## ESTATE PLANNING

# Section 529A ABLE accounts

In late 2014, the Achieving Better Life Experience (ABLE) Act added Section 529A to the Internal Revenue Code. Modeled after Section 529 accounts for tax-deferred educational savings, ABLE Accounts provide a vehicle for tax-deferred savings for the benefit of certain individuals with disabilities while maintaining eligibil-



**Bob  
Ramsdell**

ity for means-tested benefits such as Supplemental Security Income (SSI) and Medicaid.

Individual states must pass state-level legislation and establish account programs (which may be limited to in-state residents or open to out-of-state residents). As of mid-November 2016, Florida, Michigan, Nebraska, Ohio, and Tennessee had programs up and running (with Florida's limited to in-state residents).

Kansas passed enabling legislation in 2015 and has entered into a multi-state ABLE Consortium (cur-

rently including Alaska, Illinois, Iowa, Kansas, Minnesota, Missouri, Nevada, New Jersey, Pennsylvania, and Rhode Island) in the expectation it will provide better, lower cost options for account owners. The deadline for proposals from financial service companies bidding to administer the ABLE Consortium plan was August 1, 2016, and the Kansas State Treasurer hopes the program is functioning by the end of 2016.

ABLE Account eligibility is limited to persons with blindness or significant disabilities where the disability occurred before the person reached age 26. (A blind or disabled person older than 26 can open an ABLE Account so long as the blindness / disability occurred before age 26.) A disabled person who meets the age criteria and is already receiving Supplemental Security Income (SSI) or Social Security Disability Income (SSDI) is automatically eligible to open an ABLE Account. Disabled persons not receiving SSI or SSDI are eligible if a physician certifies they meet Social Security's criteria for significant functional limitations.

Total contributions to a person's account from all sources in any calendar year are limited to the annual

gift tax exclusion amount—currently \$14,000. Contributions are not tax deductible at the federal level, although states may allow full, partial or no deductibility on state tax returns. Income earned by the account is tax-free (and does not count as part of the annual contribution limit).

Withdrawals from the account are tax-free if used for “qualified disability expenses.” These include “education, housing, transportation, employment training and support, assistive technology and personal support services, health, prevention and wellness, financial management and administrative services, legal fees, expenses for oversight and monitoring, funeral and burial expenses, and other expenses which are approved by the Secretary under regulations and consistent with the purposes of this section.” I.R.C. Section 529A(e)(5). There is a 10% federal tax penalty for distributions not used for qualified disability expenses. Although distributions are not generally counted as income for purposes of SSI eligibility, those used for housing expenses are included.

Like Section 529 accounts for tax-deferred educational savings, the maximum ABLE Account balance allowed is set by each state. For example, Kansas will allow a maximum balance of \$350,000. Funds in an ABLE Account do not count toward the \$2,000 asset limitation for SSI unless the account balance exceeds \$100,000—then the beneficiary's SSI benefit (if any) will be suspended until the balance goes back under \$100,000. However, the beneficiary's eligibility for Medicaid is not affected even if the ABLE Account balance goes above

\$100,000.

Note that SSDI is based upon a person's employment / earnings history and is not a means-tested entitlement. Therefore, any SSDI payments would be unaffected by the ABLE Account balance rising above \$100,000.

Unlike a third-party funded Supplemental Needs Trust, an ABLE Account is owned by the disabled person, who has direct access to the funds (unless a legal guardian or conservator is making decisions for the disabled person). As a result, following the beneficiary's death, states can seek reimbursement from any remaining assets of the ABLE Account for the costs of Medicaid services provided to the beneficiary.

This article only highlights the provisions and requirements for ABLE Accounts. Information and updates on the Kansas ABLE Program can be found on the website of the state treasurer at [www.kansasstatetreasurer.com](http://www.kansasstatetreasurer.com) (click on the “ABLE Savings” link). The website of the ABLE National Resource Center at [www.ablenrc.org](http://www.ablenrc.org) is an excellent source for overall information on ABLE Accounts and the various state-sponsored programs available.

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

## Luther Place

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## JILL ON MONEY

# Why does Obamacare cost so much?

Open enrollment has started for individual health care coverage under the Affordable Care Act, aka Obamacare, making now a good time to check in on the program. As a reminder, most Americans are insured through their employers (150 million),



Jill  
Schlesinger

By now you have probably heard that the average premium for a mid-level Obamacare plan is set to spike by an eye-popping 22 percent in 2017. The increase should not significantly affect the more than 80 percent of enrollees who qualify for premium tax credits to make coverage more affordable. To qualify, income must be between 100 percent (\$24,300 for a family of four) and 400 percent (\$97,200 for a family of four) of the Federal Poverty Level. These are the 2016 amounts; 2017 will not be available until January.

Even if you did not qualify for a premium credit last year, you should check again this year. According to the Department of Health and Human Services, “of the nearly 1.3 million HealthCare.gov consumers who did not receive tax credits in 2016, 22 percent have benchmark premiums and incomes in the range that may make them eligible for tax credits in 2017. In addition, an estimated 2.5 million consumers currently paying full price for individual market coverage off-Marketplace have incomes indicating they could be eligible for tax credits.”

Why are premiums rising by so much?

First, not enough young, healthy

people have enrolled. When conceiving the plan, the government aimed to enroll a large portion of 18- to 35-year-olds to help keep premiums lower. The goal was to have over a third of participants in the ACA plans in this cohort, but currently, they represent just over a quarter of the marketplace. Part of the issue may be that the penalty for not carrying insurance (the “individual mandate”) is too low. Yes, you read that correctly—too low! For 2016, the annual fee for not having insurance is \$695 per adult, up from \$295 in 2015 and \$95 in 2014. For many young people, paying the fee may still be cheaper than the cost of health care insurance and deductibles.

Secondly, those who did enroll, regardless of age, needed more care than anticipated. This is known as “adverse selection,” which occurs when buyers have better information (e.g., “I know that I am unhealthy and need lots of medical services”) than sellers, which results in the highest-

cost consumers purchasing more insurance.

Finally, insurers likely underpriced the plans initially. That may have been an actuarial error based on expectations of who would enroll (see the first two reasons). Nevertheless, it has led to some insurers exiting the program all together, especially in low-population areas.

The combination of the three issues has led to a smaller overall plan with rising costs. In these early years of Obamacare, what is clear is that more Americans have health coverage—the uninsured rate has fallen to the lowest rate on record. What remains unanswered is whether the government can rejigger incentives (increase the mandate, keep more insurers in the plan) to keep a lid on costs.

- Contact Jill Schlesinger, senior business analyst for CBS News, at [askjill@JillonMoney.com](mailto:askjill@JillonMoney.com).

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Medicare (57 million), Medicaid/CHIP (nearly 73 million) or Veterans Affairs (6.7 million).

However, if you are one of the 11 million people who are covered by ACA or plan to purchase coverage, here are some important dates:

- Nov. 1, 2016: The first day you could enroll, re-enroll or change health plans for 2017.

- Dec. 15, 2016: Deadline for enrollment with coverage starting Jan. 1, 2017.

- Jan. 31, 2017: Last day to enroll in or change a 2017 health plan. After that date, you can enroll or change plans only if you qualify for a Special Enrollment Period.

## WOULD YOU GIVE YOUR KEYS TO A STRANGER?

To a scammer, your Medicare card is the key to stealing your benefits.

Here's how you can protect against health care fraud:

- Don't give your Medicare number to strangers
- Check medical bills and statements with your personal healthcare journal
- Report errors and suspicious charges to 800-432-3535

NAME OF BENEFICIARY: JANE DOE  
 MEDICARE CLAIM NUMBER: 000-00-0000-A  
 SENT TO: MEDICAL SPECIAL PART A)  
 SEX: FEMALE  
 EFFECTIVE DATE: 01-01-2013  
 MEDICARE (1-800-363-4227)  
 HEALTH INSURANCE

This project was supported, in part by grant number 90MP0087, from the U. S. Administration for Community Living, Department of Health and Human Services, Washington, D. C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.



### Affordable Senior Living



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## Clinton Place Apartments



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Medical Numbers

PREVENT  
Scams and Errors

REPORT  
Your Concerns



# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

### TUESDAYS THE BLANKET PROJECT

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

### FIRST FRIDAY OF THE MONTH FIRST FRIDAY ARTWORK

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

### LAST FRIDAY OF THE MONTH FINAL FRIDAYS

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

## BINGO

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

**SUNDAYS, WEDNESDAYS & FRIDAYS**

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

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

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

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

**WEDNESDAYS & SATURDAYS**  
**LEGIONACRES**  
3408 W. 6th St., 6:45 p.m.  
LAWRENCE, 785-842-3415

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

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

## DAY TRIPS/TOURS

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

## EDUCATION

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

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

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

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

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

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

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


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

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

**DEC 15**  
**RETIREMENT AND MEDICARE**  
Trained counselors and agency staff from the SHICK program educate those nearing retirement age about Medicare. They will answer questions, give unbiased counsel and help you determine how Medicare will best work for you. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., Anton Room 202, 6:30-8:30 p.m.  
TOPEKA

**DEC 19**  
**COMPUTER & GADGET HELP**  
A dedicated time to focus on your technology

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**(facebook.com/seniormonthly)**

**and be eligible for monthly**

**prize drawings.**



■ CONTINUED FROM PAGE 22

questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Provide a description of the help you need when registering. Register online at <http://tsopl.org/register>. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., Computer Training Center, 1-2:30 p.m.  
TOPEKA

DEC 26

### GAMING FOR THE YOUNG AT HEART

If you love to play, need a challenge or just want to socialize with fellow gamers; come enjoy some tabletop games. Bring your own, or play ours. Part of the Senior Life series of programs. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., Marvin Auditorium 101C, 1-3:30 p.m.  
TOPEKA

JAN 17

### SENIOR SUPPER AND SEMINAR

This month's topic: "Dizziness in the Older Adult." On the third Tuesday of each month (except December), seniors are invited to come and dine at LMH for \$5.51 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are **required** for the meal due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to [connect-care@lmh.org](mailto:connect-care@lmh.org). Supper: 5:00 p.m., Educational presentation: 6:00 p.m.  
LAWRENCE, 785-505-5800

## ENTERTAINMENT

SUNDAYS

### LAWRENCE IRISH TRADITIONAL SESSION

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

THURSDAYS

### JUNKYARD JAZZ

Put on your dancing shoes and dance to the sounds of The Junkyard Jazz. American Legion, 3408 West 6th St., 7-8:30 p.m.  
LAWRENCE, 785-842-3415

SATURDAYS

### JOHN JERVIS, CLASSICAL GUITAR

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

NOV 25-DEC 22

### IT'S A WONDERFUL LIFE

This faithful, fast-moving stage adaptation of the classic film features fluid scene changes and

scores of beefy roles, particularly for women. It's not only a joyful Christmas tale—it's the gorgeous love story of George and Mary Bailey, a vivid portrait of the Greatest Generation, a descent into the darkest hour of a man trapped by circumstance, and a powerful meditation on what makes a meaningful life. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue. Showtimes vary. Fee.  
TOPEKA, 785-357-5211  
[www.topekacivictheatre.com](http://www.topekacivictheatre.com)

DEC 2-11

### DEAR SANTA

Things are pretty hectic at the North Pole. Christmas Eve is approaching and Santa's pragmatic chief-of-staff thinks it's high time for a new sleigh after 500 years. Arrangements have been made for a salesman to venture up from Detroit with the latest model in tow. As well, the last order of supplies has just arrived via the North Pole Special. However, there are two problems. There is no wood glue included with the supplies and the train had been hauling an uninvited stowaway, a teenager armed with a letter from her little brother containing an unusual Christmas wish. To complicate matters, things are not altogether happy at the North Pole. Santa's loose-lipped housekeeper has a big crush on the chief-of-staff and he's oblivious to the adoration. As is usually the case with such productions, everybody associated with it is having a ball. And this sense of unreserved fun is passed along to the audience. Topeka Civic Theatre and Academy, Helen Hocker Theater, 700 SW Zoo Pkwy. Showtimes vary. Fee.  
TOPEKA, 785-357-5211  
[www.topekacivictheatre.com](http://www.topekacivictheatre.com)

DEC 3-18

### PETER PAN

Share a magical journey across the stars with Peter Pan and Tinkerbell. From ticking crocodiles to fierce warriors, bungling pirates and the villainous Captain Hook himself, this classic will delight all ages with its fun and adventure. Songs include I'm Flying, I Gotta Crow, and Never Never Land. Shows: December 2, 3, 4, 8, 9, 10\*, 11, 15, 16, 17\*, 18 \*2 shows last two Saturdays: 2:30 p.m. and 7:30 p.m. Theatre Lawrence, 4660 Bauer Farm Rd. Fee.  
LAWRENCE, 785-843-7469  
[www.theatrelawrence.com/season/2016-17\\_Season](http://www.theatrelawrence.com/season/2016-17_Season)

DEC 3

### A CLASSIC ROCK CHRISTMAS

Robert Berry created the A Classic Rock Christmas concept to make Holiday music hip and relevant for today's listeners and to have a way to give back to each community through Food Bank donations. Robert has performed with some of the best musicians of today and of the Classic Rock era. Keith Emerson, Carl Palmer, Sammy Hagar, Ambrosia. He is presently the bass player for the Greg Kihn Band. He will perform with Gary Pihl, Jack Foster, David Medd, and David Lauser. Topeka Performing Arts Center, 214 SE 8th Avenue, 8 p.m. Fee.  
TOPEKA, 785-234-2787  
[www.topekaperformingarts.org](http://www.topekaperformingarts.org)

DEC 9

### RUDOLPH THE RED-NOSED REINDEER: THE MUSICAL

The beloved TV classic RUDOLPH THE RED-NOSED REINDEER soars off the screen and onto the stage this holiday season. Come see all of your favorite characters from the special, including Santa and Mrs. Claus, Hermey the Elf, the Abominable Snow Monster, Clarice, Yukon Cornelius and, of course, Rudolph, as they come to life in RUDOLPH THE RED-NOSED REINDEER: THE MUSICAL. It's an adventure that teaches us that what makes you different can be what makes you special. Don't miss this wonderful holiday tradition that speaks to the misfit in all of us. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7 p.m. Fee.  
LAWRENCE, 785-864-2787  
[lied.ku.edu/calendar](http://lied.ku.edu/calendar)

DEC 9-11

### BALLET MIDWEST PRESENTS: THE NUTCRACKER

For 40 years, Ballet Midwest has been entertaining audiences with the magical Nutcracker Ballet set to the unforgettable score by Tchaikovsky. Join Clara at a Christmas Eve party where she receives a gift that will soon take her on a fantastic journey. Feel the joy of a Christmas Even Party, marvel at the special effects and excitement as the Nutcracker battles the Mouse King, watch as the snow falls gently in the forest and marvel as the dancers entertain you in the Kingdom of Enchantment. You don't want to miss this Topeka holiday tradition. Topeka Performing Arts Center, 214 SE 8th Avenue. Showtimes vary. Fee.  
TOPEKA, 785-234-2787  
[www.topekaperformingarts.org](http://www.topekaperformingarts.org)

DEC 17 & 18

### KANSAS BALLET PRESENTS: THE NUTCRACKER

Even the littlest dreamers will be inspired by this magical holiday production! Featuring live musical accompaniment by the Topeka Symphony Orchestra, the student dancers of Kansas Ballet Academy, and professional guest artists from Boston Ballet. All ages welcome. Topeka Performing Arts Center, 214 SE 8th Avenue. Showtimes vary. Fee.  
TOPEKA, 785-234-2787  
[www.topekaperformingarts.org](http://www.topekaperformingarts.org)

JAN 13

### FREE STATE STORY SLAM

This is a don't-miss occasion to hear and share whoppers, MOTH-style, the second Friday of each month (excluding December). Raconteurs step up to the mic to bring laughs, tears, surprise, amazement, and the occasional awkward moment. All are welcome, bring a tale to tell on the theme for the evening, or just come to listen. Never the same story, or evening, twice. Adults, 18+ only. Live music starts at 7 p.m., Slam at 7:30 p.m. Cocktails throughout. Donations encouraged. Lawrence Arts Center, 940 New Hampshire.  
LAWRENCE, 785-843-2787

## EXHIBITS/SHOWS

THROUGH JAN 13

### FROM STATE TO NATION: DOLE FOR VP, 1976

This Fall 2016 special exhibit outlines Sen. Bob Dole's campaign for the vice presidency in 1976. Audio description for this exhibit made possible by Kansas Audio-Reader Network – Made possible by the Enid and Crosby Kemper Foundation. Dole Institute, 2350 Petefish Drive.  
LAWRENCE, 785-864-4900

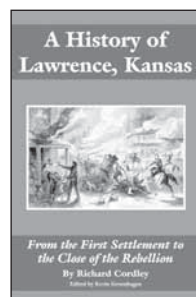
## FAIRS/FESTIVALS

DEC 2-4

### FESTIVAL OF TREES

The SLI Festival of Trees will celebrate its 39th year at Kansas Expocentre - Ag Hall. The Festival attracts over 5,000 people each year and is a holiday tradition for many families. You can view approximately 65 beautifully decorated trees and wreaths donated by local businesses, organizations and individuals. Along with the display of trees and wreaths there are other activities such as local entertainment, Santa pictures, Mistletoe Market and the Silent Auction. Festival of Trees supports the SLI clients with intellectual and developmental disabilities. One Expocentre Dr. Time: December 1-2, 9 a.m.-4 p.m.; December 3, 8 a.m.-4 p.m.; December 4, 11 a.m.-3 p.m. Price: \$5 for adults, \$3 for seniors (62+), Free for kids under 12  
TOPEKA, 785-233-2566  
[shelteredliving.org/about](http://shelteredliving.org/about)

■ CONTINUED ON PAGE 24



## Don't Know Much About Lawrence's History?

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

Now available at

**The Watkins Community Museum of History**

1047 Massachusetts Street • Lawrence • 785-841-4109

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



■ CONTINUED FROM PAGE 23

## HEALTH & FITNESS

### ONGOING

#### PERSONAL TRAINING

Need help reaching your fitness goals? Lawrence Parks and Recreation has certified personal trainers to help you make your workouts safe, productive and successful. Training and registration are available at all recreation centers. For more information, contact Gayle Sigurdson.  
LAWRENCE, 785-832-7920

### ONGOING

#### WELLNESS COACHING

Are you trying to make lasting lifestyle changes related to healthier eating, weight loss exercise, smoking cessation or improving your blood pressure, cholesterol or glucose numbers? Consider meeting with a certified wellness coach. LMH offers this service for a fee. To learn more, contact Aynsley Anderson Sosinski, RN at (785) 505-3066 or aynsley.anderson@lmh.org.  
LAWRENCE

### ONGOING

#### FIT FOR LIFE

Exercise in a safe, supervised and non-threatening environment. Physician's medical clearance required. 12 sessions. Fee. LMH Therapy Services.  
LAWRENCE, 785-505-2712

### ONGOING

#### ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three class different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity 127102 at www.lprd.org.  
LAWRENCE, 785-832-7920

### FIRST MONDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9:30-11 a.m. at the Downtown YMCA, 421 S.W. Van Buren. Free. No appointment necessary.  
TOPEKA, 785-354-6787

### MONDAYS THROUGH FRIDAYS

#### A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE. Lawrence Parks and Recreation. For more information, contact Stephen Mason.  
LAWRENCE, 785-832-7950

### MONDAYS THROUGH FRIDAYS

#### PICKLEBALL - OPEN PLAY

Monday-Friday at the Sports Pavilion Lawrence. For competitive, recreational and begin-

ning players. Call the East Lawrence Center for specific days and times. There is no charge for open play.  
LAWRENCE, 785-832-7950

### TUESDAYS

#### BADMINTON

Players of all skill levels are welcome to join in this friendly game that challenges agility, pace and coordination. Games are played on a drop-in basis so join us when you can. Basic equipment is provided; players are welcome to bring their own rackets. For more information, contact Gayle Sigurdson at 785-832-7920. (Lawrence Parks and Recreation). Location: Sports Pavilion Lawrence, 6-8 p.m. No fee.  
LAWRENCE, 785-832-7950

### FIRST TUESDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at West Ridge Mall (Food Court, near the restrooms), 1801 S.W. Wanamaker Road. Free. No appointment necessary.  
TOPEKA, 785-354-6787

### TUESDAYS

#### FREE BLOOD PRESSURE CLINIC

Drop in 10 a.m.-noon every Tuesday. Stormont Vail Health's HealthWise Clinic, 2252 S.W. 10th Ave. No appointment necessary.  
TOPEKA, 785-354-6787

### TUESDAYS, WEDNESDAYS & THURSDAYS

#### JAZZERCISE LITE

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

### TUESDAYS AND THURSDAYS

#### HEALTHWISE EXERCISE CLASS

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

### TUESDAYS AND THURSDAYS

#### FLEXERCISE

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

### TUESDAYS AND THURSDAYS

#### FREE BLOOD PRESSURE CLINIC

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

### TUESDAYS AND THURSDAYS

#### ZOSTAVAX (SHINGLES) CLINIC

The Zostavax (shingles) vaccine can be admin-

istered from 8 a.m.-noon. at the Stormont Vail HealthWise Clinic, 2252 S.W. 10th Ave. A doctor's prescription is required, and costs may apply.

TOPEKA, 785-354-6787

### WEDNESDAYS

#### OPEN BOCCIE BALL

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

### WEDNESDAYS

#### FREE NUTRITION CLINIC

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

### WEDNESDAYS

#### FREE MEDICATION CLINIC

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

### FIRST WEDNESDAY OF THE MONTH

#### FREE HEARING CONSULTATIONS

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

### FRIDAYS

#### BLOOD PRESSURE CHECKS

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

### SECOND THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

### SECOND FRIDAY OF THE MONTH

#### WELLNESS FRIDAY

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

### THIRD THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

### THIRD THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

### FOURTH THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

### DEC 2

#### HEEL BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick, easy heel screening can indicate if further testing for this potentially debilitating disease is needed. Education provided. Appointment required. To arrange, please call (785) 505-5840 or (785) 505-33066. \$15/person. Note: if this time is inconvenient, please call to arrange an alternate day and time. LMH Performance and Wellness Center, 8-10 a.m. (by appointment) at the LMH Performance and Wellness Center.  
LAWRENCE

### DEC 3

#### KNOW YOUR NUMBERS - CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Performance and Wellness Center, 8-9:30 a.m.  
LAWRENCE, 785-505-5800

### DEC 7

#### KNOW YOUR NUMBERS - CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Main Campus (West lobby), 325 Maine St., 8-9:30 a.m.  
LAWRENCE, 785-505-5800

### JAN 2-MAR 6

#### LIFELONG MEDITATE AND BREATHE

Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. Register at www.lprd.org or any Lawrence Recreation Center. Mondays, 9:30-

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10:45 a.m. Fee. Location: Carnegie Building, 200 W. 9th Street. LAWRENCE, 785-832-7920

**JAN 3-MAR 9  
SENIOR STRENGTH TRAINING**

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of

strength training equipment will be used, including free weights, and resistance bands. Class includes a warm-up period and a post-workout stretch. Instructor: Deb Geraghty. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Tuesdays/Thursdays, January 3-March 9, 9:30-10:30 a.m. Fee. Location: East Lawrence Center. LAWRENCE, 785-832-7920

**JAN 3-MAR 9  
ARTHRITIS FOUNDATION**

This community-based exercise program is designed specifically for people with arthritis

and related diseases, but open to anyone. The programs multiple components help reduce pain and stiffness and help maintain or improve mobility, muscle strength and functional ability. The variety of exercises is designed for people

of all levels of ability. Instructor is certified by the Arthritis Foundation. Class offered in partnership with Senior Resource Center for Douglas County. Lawrence Parks and Recre-

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# Martin Creek Place

- 1 & 2 Bedroom Apartments
- Townhomes
- Washer/Dryer Connections
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- 24 Hour Emergency On-Site Staff
- Organized Activities & Day Trips
- Library Red Carpet Service
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Age 62 & older.

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

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



*For more information, call us at 785-267-4433 or visit us at [advantagedhomecare.com](http://advantagedhomecare.com)*

# Reserve Your Space Today!

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

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

**Include Your Business or Organization's Listing for just**

**\$ 30<sup>00</sup>**

**Deadline is Dec. 9**

Contact Kevin at 785-841-9417 or [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net) for more information.

An online form is available at [www.seniormonthly.net/directory.html](http://www.seniormonthly.net/directory.html)

Business/Organization Category: \_\_\_\_\_

Business/Organization Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

URL: \_\_\_\_\_

Contact Names (up to 3): \_\_\_\_\_

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

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**Place Your Logo Here**

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



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ation. Sports Pavilion, Tuesdays/Thursdays,  
5:40-6:30 p.m. Fee.  
LAWRENCE, 785-832-7920

**JAN 4-MAR 8  
SILVER STEPPERS**

Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping. Instructor: Susan Pomeroy. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Wednesdays, 10:30-11:30 a.m. Fee. Location: East Lawrence Center.  
LAWRENCE, 785-832-7920

**JAN 6-MAR 10  
PEDAL PUSHERS - CYCLING CLASS**

Indoor cycling increases endurance and strength in your lower body, core and upper body. This is a beginning class for older adults. Bikers can modify their cycling resistance and pace according to their own fitness level. Instructor: Melanie Johnson. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Fridays, 11:15 a.m.-12 noon. Fee. Location: Community Building.  
LAWRENCE, 785-832-7920

**JAN 19-MAR 16  
FENCING: MODERN OLYMPIC SPORT**

This fencing class is for both beginners who have no experience as well as more experienced fencers in foil, epee and saber emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Thursdays, 7-9 p.m. Fee. Location: Sports Pavilion Lawrence.  
LAWRENCE, 785-832-7920

**LAWRENCE PUBLIC  
LIBRARY BOOKMOBILE**

**MONDAYS**

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

**WEDNESDAYS**

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

**FRIDAYS**

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.  
Wyndam Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.  
Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

**LAWRENCE PUBLIC  
LIBRARY BOOK TALKS**

**THIRD THURSDAY OF THE MONTH**

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

**THIRD FRIDAY OF THE MONTH**

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

**FOURTH THURSDAY OF THE MONTH**

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

**FOURTH FRIDAY OF THE MONTH**

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

**MEETINGS**

**SUNDAYS**

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

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

**MONDAYS**

**BREAST CANCER SUPPORT GROUP**

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

**MONDAYS, WEDNESDAYS & FRIDAYS  
WATER AEROBICS CLASSES**

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

**MONDAYS**

**GRIEF SUPPORT GROUP**

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

**FIRST MONDAY OF THE MONTH**

**INDIVIDUAL BEREAVEMENT SUPPORT**

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

**FIRST & THIRD MONDAY OF THE MONTH**

**BEREAVEMENT SUPPORT GROUP**

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

**FIRST & THIRD MONDAY OF THE MONTH**

**GRIEF SUPPORT GROUP**

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

**FIRST & THIRD MONDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**

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

**FIRST & THIRD MONDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**

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

**EVERY TUESDAY THROUGH FRIDAY**

**MEN'S COFFEE**

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

**FIRST TUESDAY OF THE MONTH**

**BLOOD PRESSURE CLINIC**

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

**FIRST TUESDAY OF THE MONTH**

**LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES**

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

**FIRST TUESDAY OF THE MONTH**

**MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE**

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

**FIRST TUESDAY OF THE MONTH**

**TOPEKA AREA OSTOMY SUPPORT GROUP**

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

**FIRST & THIRD TUESDAY OF THE MONTH**

**GRIEF SUPPORT GROUP**

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

**TUESDAYS & THURSDAYS**

**WATER AEROBICS CLASSES**

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

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

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

**FIRST & THIRD WEDNESDAY OF THE MONTH  
CANCER SUPPORT GROUP**

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

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

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

**FIRST THURSDAY OF THE MONTH  
LAWRENCE AREA PARTNERS IN AGING**

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

**FIRST THURSDAY OF THE MONTH  
PARKINSON MEETING**

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

**EVERY OTHER THURSDAY  
GRIEF SUPPORT GROUP**

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

**EVERY OTHER THURSDAY  
GRIEF SUPPORT GROUP**

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

**FIRST FRIDAY OF THE MONTH  
STROKE SUPPORT GROUP**

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

**SATURDAYS**

**LAWRENCE BRIDGE CLUB**

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



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**ONE SATURDAY EACH MONTH**

**LAWRENCE DEATH CAFE**

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death.

A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact [cwhiston@sunflower.com](mailto:cwhiston@sunflower.com) or visit [www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl](http://www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl).  
LAWRENCE

**SECOND MONDAY, SEP-MAY**

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

Volunteer service club.

LAWRENCE, 785-331-4575

**SECOND MONDAY OF THE MONTH**

**CAREGIVER SUPPORT GROUP**

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.  
TOPEKA, 785-580-4662

**SECOND TUESDAY OF THE MONTH**

**NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES**

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.  
TOPEKA, [www.narvre.com](http://www.narvre.com)

**SECOND TUESDAY OF THE MONTH**

**LAWRENCE ACTION CIVITAN CLUB**

Civitans have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. at Just Food, which is located at 1000 E. 11th St. For more information, please visit the Civitan International website at [civitan.org](http://civitan.org), the Lawrence ACTION Civitan Club's Facebook page at [www.facebook.com/lawrenceactioncivitan](http://www.facebook.com/lawrenceactioncivitan), or call Frank Kelley.  
LAWRENCE, 727-631 9354

**SECOND TUESDAY OF THE MONTH**

**KAW VALLEY HERBS STUDY GROUP**

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

**SECOND WEDNESDAY OF THE MONTH**

**MEMORY SUPPORT GROUP**

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

**SECOND WEDNESDAY OF THE MONTH**

**DIABETES EDUCATION GROUP**

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

**SECOND WEDNESDAY OF THE MONTH**

**SOROPTIMIST INTERNATIONAL OF TOPEKA**

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

**SECOND THURSDAY OF THE MONTH**

**NAACP MEETING-LAWRENCE CHAPTER**

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

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

**SECOND & FOURTH FRIDAY OF THE MONTH**

**ALZHEIMER'S/CAREGIVER SUPPORT GROUP**

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

**SECOND SATURDAY OF THE MONTH**

**HAPPY TIME SQUARES SQUARE DANCE CLUB**

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

**THIRD TUESDAY OF THE MONTH**

**LAWRENCE PARKINSON'S SUPPORT GROUP**

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

**THIRD TUESDAY OF THE MONTH**

**GRANDPARENT AND CAREGIVER SUPPORT GROUP**

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

**THIRD TUESDAY OF THE MONTH**

**STROKE SUPPORT GROUP**

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

**THIRD TUESDAY OF THE MONTH**

**ALZHEIMER'S SUPPORT GROUP**

Alzheimer's support group for families and caregivers. Blassingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling.  
TOPEKA, 785-286-2273

**THIRD WEDNESDAY OF THE MONTH**

**ACTIVE AND RETIRED FEDERAL EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday OF THE MONTH at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch

and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.  
LAWRENCE, 785-843-7481

■ CONTINUED ON PAGE 28



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

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

**Kaw Valley Senior Monthly**

■ CONTINUED FROM PAGE 27

### THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

### FOURTH MONDAY OF THE MONTH GRIEF SUPPORT GROUP

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

### FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

### FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

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

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

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

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

## MISCELLANEOUS

### EVERY MONDAY AND THURSDAY SCRABBLE: OPEN PLAY

Anyone interested is welcome-beginner or

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

### WEDNESDAYS

### WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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

### SECOND SUNDAY OF THE MONTH MONTHLY GUIDED HIKE

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Fee. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd., 1 p.m.  
LAWRENCE, 785-842-8562  
ksoutdoors.com/State-Parks/Locations/Clinton

### NOV 23-DEC 31

### WINTER WONDERLAND

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

### DEC 3

### KU NATURAL HISTORY MUSEUM & BIODIVERSITY INSTITUTE, A SCIENCE SATURDAY EVENT: EXPLORING MARS

Is there life on Mars? Come discover with us as we look at some of the advanced technologies being used to investigate the wonders of earth's nearest neighbor and brush up on your NASA knowledge. 1345 Jayhawk Blvd., 1 p.m.  
LAWRENCE, 785-864-4450  
biodiversity.ku.edu/visit/events

### DEC 3

### WING FLING

2nd Annual Wing Fling, in which area restaurants compete to be the best in different categories. Patrons get all you can eat wings. The

# Election results got you down? Stressed out by the holidays? ESCAPE!

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

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

If you would like to share your suggestions, Groenhagen can be reached at 785-841-9417 or kevin@seniormonthly.net.

To listen to KVSM Golden Oldies, please visit [Tunein.com](http://Tunein.com) and do a search for "KVSM," or visit [www.seniormonthly.net](http://www.seniormonthly.net) and click the TuneIn player. You can listen to KVSM on your computer, smartphone, or tablet at home, work, or on the go.

# KVSM

## GOLDEN OLDIES

### Daily Schedule\*

12-3 a.m.

OUR MISS BROOKS

3-7 a.m.

THE LONE RANGER

7-10 a.m.

FATHER KNOWS BEST

10 a.m.-1 p.m.

GUNSMOKE

1-5 p.m.

HAVE GUN - WILL TRAVEL

5-7 p.m.

TALES OF THE TEXAS RANGERS

7-10 p.m.

DRAGNET

10 p.m.-12 a.m.

ESCAPE

Listen online at

[www.seniormonthly.net/kvsm](http://www.seniormonthly.net/kvsm)

\* All times Central Standard Time.

■ CONTINUED ON PAGE 29



■ CONTINUED FROM PAGE 28

infamous Cowboy Mouth from New Orleans will be performing on the Budweiser Stage. Kansas Expocentre One Expocentre Drive, 12-4 p.m. Fee.  
TOPEKA, 785-235-1986  
www.ksexpo.com

DEC 7

**ANNUAL REMEMBRANCE SERVICE**

Join the LMH Palliative Consult team for a short remembrance service in memory of any deceased loved ones. Open to all in the community. Light refreshments served. Conference Room A (lower level of LMH), 4:30 p.m.  
LAWRENCE, 785-505-5800  
www.lmh.org

**HOLIDAY EVENTS**

NOV 1-JAN 1

**OVER 100 HISTORIC CHRISTMAS TREE & ORNAMENT DISPLAY**

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LECOMPTON, 785-887-6148

DEC 2-4

**NATIVITIES AND NOELS**

The fifth annual Nativities and Noels will fea-

ture about 600 nativities from around the world, continuous live vocal and instrumental Christmas music, and refreshments. The nativities will include ornaments and miniature, homemade, electric, children's, and international ones. (Over 70 countries will be represented in the display.) A "seek-and-find" sheet will be given to interested display visitors. Additional Christmas activities are planned throughout the day on Saturday: a nativity photo booth, nativity crafts for children, a reading room of Christmas books, a Christmas story teller, and videos about Christ's birth. A Christmas music program for people of all ages will be presented at 7 p.m. on Saturday. Following the close of Nativities and Noels at 7 p.m. on Sunday, a live broadcast of a Christmas Devotional, which will feature music by the Mormon Tabernacle Choir and a Christmas message from one of the worldwide leaders of the LDS Church, will be shown. Topeka Stake Center of The Church of Jesus Christ of Latter-day Saints, 2401 S.W. Kingsrow Road. Time: Dec. 2-3, 10 a.m. to 9 p.m.; Dec. 4, 3-7 p.m. Free.  
TOPEKA, 785-554-8068

DEC 3

**HOLIDAY EXTRAVAGANZA**

Shop two days for the perfect holiday gift for friends and family. Local, regional and national Artisans display their unique gifts for the holidays. Food concessions provided by HyVee. Rock Chalk Park, 100 Rock Chalk Lane, 9 a.m.-4 p.m. Free admission.  
LAWRENCE

DEC 3

**GERMAN CHRISTMAS MARKET**

Discover unique holiday gifts and treasures. Enjoy traditional Christkindlmarket food and drink. Leavenworth Riverfront Community Center, Delaware and Esplanade Streets, 9 a.m.-4 p.m. Sponsored by St. Paul Lutheran Church.  
LEAVENWORTH, 913-682-0387  
www.facebook.com/ChristmasMarketLvKS

DEC 10

**LAWRENCE HOLIDAY FARMERS' MARKET**

Amazing gifts, foods, crafts and more in time for the holidays. Held indoors at the Lawrence Double Tree by Hilton, 200 McDonald Drive from 9 a.m.-5 p.m. Gorgeous poinsettias, greenery, gifts

baskets, handcrafted items, special lavender products, fresh produce, foods and more. You name it, dream it, probably wish it, and it'll be there.  
LAWRENCE, 785-748-0678  
www.lawrencefarmersmarket.com/holiday-market

DEC 10 & 11

**SANTA EXPRESS**

Join Santa Claus in the train depot on December 10 and 11. Ride the Union Pacific train and take in Christmas decorations on the farm. Have a cookie or two and make sure Santa knows exactly what you want for Christmas. National Agricultural Center and Hall of Fame, 630 N. 126th St., 10 a.m.-4 p.m.  
BONNER SPRINGS, 913-721-1075  
www.aghalloffame.com

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785-841-5756**Thomas Jefferson Chapter**  
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785-272-7647

# Introducing the Senior Savings Card!

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

**To sign up your business for the Senior Savings Card program,  
please visit [seniormonthly.net/savings](http://seniormonthly.net/savings).**



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# Making Medicare make sense: Answers to commonly asked questions

**Q:** Are Medicare Part B premiums increasing in 2017?

**A:** Yes, but for most beneficiaries, not by very much. If your Part B premium is withheld from Social Security benefits, by law it can only increase by the same amount as the benefits increase in 2017. That's typically going to be about \$4 per month. Since 70% of Medicare beneficiaries are in this situation, they will only go up to about \$109 per month compared to \$104.90 for the past four years for those on Medicare before 2016. Many 2016 newly eligible beneficiaries will see an average \$4-\$5 premium increase from their 2016 premium of \$121.80, and pay about \$125-\$127 per month for those who joined this group in 2016. The exact amount will depend on the size of your Social Security benefit increase.

**Q:** What about people who don't qualify for the lower premium increases based on their Medicare Part B premiums not deducted from their

Social Security check and for other reasons? How much will they pay?

**A:** Some beneficiaries will not qualify for the rule that limits the size of the Part B premium increase. These include: people who do not yet collect Social Security benefits; people who will become new beneficiaries in 2017; people who have their Part B premiums paid through a differ-

ent process, such as Federal retirees; and people who pay an additional premium already, because of their income. People on both Medicare and Medicaid, whose premiums are paid by their States, are also ineligible for limits on premium increases. All beneficiaries in those categories will see an increase in their Part B premiums to \$134.00 per month (higher for those

with income-related surcharges). These groups together account for about 30% of Medicare's 58 million beneficiaries.

For more information about 2017 premiums and deductibles, you can go to [www.medicare.gov](http://www.medicare.gov), or call Medicare any time of day or night, at 1-800-MEDICARE [1-800-633-4227].

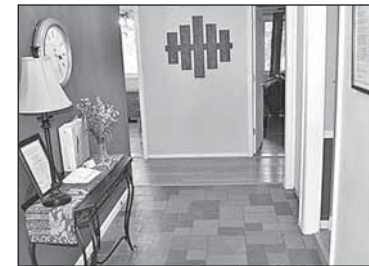
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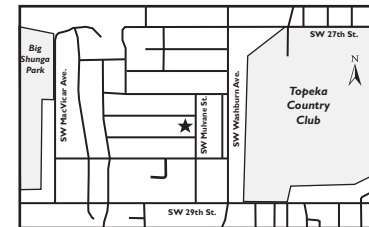
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Day of the Week	Doors Open	Early Bird	Regular Session
Sunday	Noon	1:15 PM	2 PM
Wednesday	5 PM	6:15 PM	7 PM
Thursday	5 PM	6:15 PM	7 PM
Friday	5 PM	6:15 PM	7 PM
Saturday	11 AM	12:15 PM	1 PM
Saturday	5 PM	6:15 PM	7 PM

*Closed Monday & Tuesday*

# DECEMBER SPECIALS!

**DECEMBER 12 – Monday Evening Special Session**  
Budget Bingo - *new program!*

**DECEMBER 24 – Matinee Session only**

Doors: 11 AM Early Birds: 12:15 PM Main Session: 1 PM  
*No evening session.*

**DECEMBER 25 – CLOSED**

**DECEMBER 26 – Monday Matinee Special Session**  
Doors: 11 AM Early Birds: 1:15 PM Main session: 2 PM  
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**DECEMBER 31 – New Year's Eve Special Session**  
**Evening Session only**

Doors: 3 PM Early Birds: 6:15 PM  
Main Session: 7 PM  
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## MY ANSWER

# Many Christians follow Christ's example of compassion

By **Billy Graham**

Tribune Content Agency

**Q:** Have you ever had someone say to you that Christians are so heavenly minded that they aren't any earthly good? That's what my brother says whenever I try to talk to him about Jesus. - Mrs. N.H.

**A:** Yes, I've heard people say this, and frankly, it's always puzzled me.

Instead of trying to escape from the world and its problems, over the centuries Christians have worked to make this world a better place.

Think of it: How many hospitals and schools and orphanages have been built across the world in the name of Christ? How many homeless shelters and humanitarian aid programs began because of someone's commitment to Jesus? Every year, the organization my

son Franklin heads, Samaritan's Purse, brings hope and assistance to millions of people in over 100 countries in the name of Christ (as do many other Christian organizations). The list is almost endless, and they do it because "Christ's love compels us" (2 Corinthians 5:14).


Why do they do this? One reason is because of Jesus' example. No one talked more about heaven, and by His death and resurrection, no one did more to make it possible for us to go there. But Jesus also healed the sick and fed the hungry, and told His disciples to do likewise. The Bible says, "When he saw the crowds, he had compassion on them, because they were harassed and helpless" (Matthew 9:36).

When we come to Christ, we also begin to see the world through His eyes. We see those who are hungry or suffering or the victims of injustice, and Christ's love makes us act. Pray for your brother, and urge him to face these facts honestly. The Bible says, "Clothe yourselves with compassion, kindness, humility, gentleness and patience" (Colossians 3:12).

- Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: [www.billygraham.org](http://www.billygraham.org).

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## RICK STEVES' EUROPE

# First trip to Europe? What to expect

By Rick Steves

Tribune Content Agency

If you're planning your first trip to Europe, congratulations! Learning about the world through travel is the best thing that ever happened to me.

Things are different in Europe—that's why you go. But every first-timer has concerns about getting along in an unfamiliar place. Travelers are worried or curious about everything from bed sizes and strange food to language problems and pickpockets. Here are a few friendly tips to help smooth the way.

**NECESSITIES:** I've seen people pack a whole summer's supply of deodorant or razors, thinking they can't get them abroad. You can get virtually everything in Europe. If you can't get one of your essentials here, perhaps you should ask yourself how 500 million Europeans can live without it.

**COMMUNICATING:** Getting over the language barrier isn't as hard as you think. Many hoteliers and waiters speak some English, and are used to tourists. (I speak only English and manage just fine.) It's helpful (and considerate) to learn a few words of the native tongue, but don't try to master whole sentences. Instead of struggling to blurt out "Where's the restroom?"

ask "Toilet?" A few basic words—and a bit of sign language—are all you'll need.

**CRIME:** Europe is a safe place. It has very little violent crime—but there's plenty of petty purse snatching and pickpocketing. European thieves target Americans—we're the ones with all the goodies in our day bags, wallets and purses. Zip up and secure your valuables, preferably in a money belt.

**RESTAURANTS:** I used to think that all those sophisticated Europeans dawdling through their three-hour dinners were showing off. But now I know they're simply savoring the good life—enjoying good food and good company. Think of your dinner as the evening's entertainment—a cultural show-and-tell. Slow service is respectful service. To get the check, you'll have to ask for it, but that's only because your host considers the table yours for the night.

**AT A TABLE OR AT THE BAR:** Throughout southern Europe, drinks are cheaper at the bar than at a table. The table price can be a great value, if you want to linger and enjoy a world-class view (such as Venice's St. Mark's Square or Krakow's Main Market Square). But if you're just tossing down a quick drink, do it at the bar for about half-price.

**TIPPING:** Don't overtip. A service

charge is almost always included in a European restaurant bill, so locals just leave coins on the table, rounding up their tab a bit—and they often don't tip at all. Get tipping advice from a local (try your hotelier). But don't lose sleep over walking out of a restaurant in Europe without tipping—it's not expected.

**PASSPORT CHECK:** Don't be alarmed if you're asked to temporarily surrender your passport when checking in at a hotel. It's a European Union requirement for hotels to collect your name, nationality and ID number for their law-enforcement databanks.

**HOTEL KEYS:** Especially in characteristic, family-run hotels, you may find yourself fumbling with an old-fashioned skeleton key, often attached to a cumbersome key fob. You might be wondering how to fit it in your pocket, but don't even try. Your hotelier expects you to turn it in at the front desk as you come and go from the hotel.

**IN YOUR ROOM:** European hotels are often in centuries-old buildings, so be prepared for idiosyncrasies. Rooms are small, bathrooms are quirky, and you might need to climb stairs to reach the reception desk. A "double bed" may be two twins sheeted together. Especially in northern Europe, don't be confused if your top sheet is "missing"—many hotels use covered duvets instead of a top sheet. You may need to lower your washcloth and towel expectations too (they get smaller the farther south you travel).

**NIGHT NOISE:** European cities have lots of night noise. Don't pay a premium for a room with a view—take a quiet room in the back instead (and pack earplugs). But don't stay in your

room and complain about the noise: Get out in the streets and make them even noisier. Cultural tourism happens in the streets as much as the museums.

**DRIVING:** There are plenty of big autoroutes connecting Europe's major destinations, but in rural areas and quaint villages, little single-track roads are the norm. Road etiquette varies from country to country. For example, in Germany, never cruise in the fast lane—use that just for passing. Observe and copy.

Much of the success of your travels will depend on the attitude you pack. If you're observant and tune into the little differences, you'll have a better time in Europe. Think positively, travel smartly, adapt well, and connect with the culture, and you'll have a truly wonderful trip.

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

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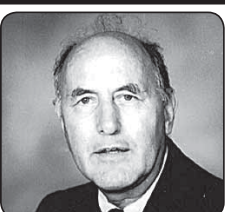
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## HUMOR

# A Christmas Luau in Letongaloosa

From Garrison Storm's earliest memories, Christmastime in Letongaloosa meant sledding and snowball fights in down at Ol' Man Connelly's farm, hot cider and skating with the Duggins kids, and sampling the cookies that he and his Mom baked for Santa on Christmas Eve. Garrison has countless wonderfully nostalgic, childhood memories, but his most memorable holiday memory happened



Larry  
Day

last year when he and Clara Vidente, Letongaloosa's resident psychic, saved Christmas.

Typical days at MEGA-TV are an odd mix of terribly busy, and nothing much to do. Everyone works in ebbs and flows. Some days are calm. Others are frantic. Holidays are just plain crazy.

Garrison, the station's lead meteorologist, was in the middle of a frantic stretch, which meant he would be working over the weekend to get forecasts ready for Christmas. By Sunday, despite the lure and distraction of the yuletide activities in town, Garrison had had a productive day. He had managed to deliver the forecast for the upcoming week. He tweaked the layouts of the night's weathercast and even made time to go online to order a shiny, snow racer sled for his nephew, Parker. He then walked across the street to eat at the diner where he struck up a conversation with his psychic friend, Clara.

Clara had lived in Letongaloosa for years. She had a shop on Main Street that lured passersby to come in to have their futures told. Garrison always

walked by on his way to go sledding with Paul and Tommy Duggins. She'd wave at him through the bright yellow and green neon sign hanging in her store window.

That afternoon, as he waited for his roasted turkey sandwich and potato salad, Clara told him she was concerned about the weather. It had been a bit blustery, but after pouring over the radar all weekend Garrison saw nothing out of the ordinary. Weather conditions were normal for that time of year, cold and snowy. In other words, perfect weather for warm cider, cookies and sledding.

"I've been consulting my crystal ball and I don't see snow at all," Clara told Garrison.

Garrison could tell she really

believed in what she had "seen," so he just sat and listened. He had known this sweet lady his whole life.

"Go on," he said.

"I see flowers blooming, children eating the snow, instead of throwing it. This is going to be unlike any Christmas Letongaloosa has ever seen. We've got to do something!"

"Tell you what," Garrison said. "I'm going back to my office and check every forecast again. I promise to issue a special weather bulletin if anything other than snow happens on Christmas day."

After lunch, Garrison took a short walk down Main Street to stretch his legs. It felt good after the frantic pace he'd been on. He looked down at the snow on the ground, took a deep breath, and thought about what Clara had said.

Garrison didn't consider himself a haruspex. He couldn't predict the weather. And all of his data and experience as a meteorologist told him that everything would be normal.

Walking back to the station, Garrison met Mary Duggins. She's Paul and Tommy's mother who volunteers at the courthouse as a guardian ad

litem. Mary always had a kind word, a smile, and a pat on the back for kids in need. Mary was as level-headed as Clara was psychically inclined. As they chatted, Mary told Garrison that the winter festival would have a bit of a twist. He promised he'd be there. He thought she had given him a peculiar smile as she continued down Main Street.

Weeks later, Garrison walked into the courthouse meeting hall. He couldn't believe his eyes. Tropical flowers were everywhere. The good folks of Letongaloosa had donned Hawaiian shirts. Their kids were chomping snow cones. Garrison had walked into a Christmas Luau.

Clara's crystal ball predictions had come true. He glanced around the room taking it all in. Then he spotted her.

"You were right!"

"I can get used to this. It's nice."

"Merry Christmas, Clara! Now let's go sledding."

- 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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# WOLFGANG PUCK'S KITCHEN

## A cornucopia of flavor: Even meat-eaters will love this vegan risotto

As we enter the heart of autumn and move past Thanksgiving, one image that comes to mind, as it does for many lovers of fresh seasonal produce, is the cornucopia. That "horn of plenty," a large cone-shaped basket overflowing with an abundance of harvest goodness, seems to me to capture so much that is good about cooking at this time of year.



Wolfgang  
Puck

Autumn presents us with a beautiful array of produce, from colorful hard-shelled squashes to beautiful carrots to Brussels sprouts and broccoli. Often, when I stroll with my two young sons through my local Sunday morning farmers' market during fall, I'm inspired to cook dishes that look and taste to me like a cornucopia of goodness.

In fact, even though some people might seek warmth with hearty dishes featuring meat when the days grow short and the weather turns cold, I sometimes find myself cooking vegetarian dishes in autumn. I might even take it a step further and prepare recipes that are vegan, completely eliminating not just meats but also dairy products - as I do in the following recipe for my vegan garden vegetable risotto.

As you'll discover in this recipe, it is completely possible to make a vegetarian or vegan dish that offers all the satisfaction you might find in similar recipes that include meat or dairy products. Here, I cook risotto's signature short-grained Arborio rice with vegetable stock; then I enrich the risotto with almost buttery-tasting squash

puree instead of butter, which is typically used. Finally, I top the rice mixture with a saute of vegetables fresh from the farmers' market.

Although you can conveniently use canned pumpkin in the rice mixture, it's also easy to make your own squash puree. Preheat the oven to 450 F (230 C). Carefully use a sharp, sturdy knife to cut a butternut squash (which has better flavor than most pumpkin varieties found in markets) lengthwise in half; then, scoop out the seeds and fibers. Place the squash halves cut side up on a parchment-lined baking sheet. Dot evenly with 2 tablespoons unsalted butter and bake until the squash is well browned and tender, about 1 hour. Cool it to room temperature, scoop out the flesh, and mash with a potato masher or press through a ricer into a bowl. Reserve whatever you don't need for this recipe to use in a soup; or season with salt and pepper and a little powdered ginger and ground cinnamon; moisten with some broth, milk, or cream; and gently reheat to serve as a side dish.

Feel free to substitute favorite vegetables from your own farmers' market visit when you make this recipe. May you and yours enjoy all the pleasures of this bountiful season!

### VEGAN GARDEN VEGETABLE RISOTTO

Serves 4

4 1/2 cups (1 L) reduced-sodium vegetable stock, plus more as needed, brought to a boil and kept at a gentle simmer

7 tablespoons extra-virgin olive oil  
1 medium white onion, finely chopped

3 cloves garlic, chopped  
1 1/4 cups (310 mL) Arborio rice  
Kosher salt

Freshly ground black pepper

3/4 cup (185 mL) dry white wine  
6 baby carrots, trimmed, peeled and cut diagonally into pieces about 1/2 inch (12 mm) thick, about 1 cup (250 mL)

3/4 cup (185 mL) baby Brussels sprouts, cut in halves

1 cup (250 mL) small broccoli florets, cut in halves

2 large pinches granulated sugar

1/2 cup (125 mL) slender green beans cut into 2-inch (5-cm) pieces

1/2 cup (125 mL) slender yellow wax beans cut into 2-inch (5-cm) pieces

1/2 cup (125 mL) frozen organic green petite peas, thawed

8 to 12 cherry tomatoes, cut in halves

3/4 cup (185 mL) pureed roasted butternut squash (see instructions above), or canned pumpkin puree

Small sprigs fresh chervil or Italian parsley, for garnish

In a saucepan, bring the stock to a boil. Reduce the heat to low and keep it at a gentle simmer.

Meanwhile, heat 3 tablespoons of the oil in a large saucepan over medium-high heat. Saute the onion and garlic until they begin to soften but not yet brown, about 5 minutes. Stir in the rice and cook until it looks translucent, about 2 minutes. Season lightly with

salt and pepper. Add the wine and cook, stirring, until the liquid is absorbed, 2 to 3 minutes. Add 1/2 cup (125 mL) of the stock and stir until almost completely absorbed, 1 to 2 minutes. Continue adding stock, 1/2 cup (125 mL) at a time, stirring until almost completely absorbed before adding more.

When the rice is cooked about halfway, heat the remaining oil in a large skillet over high heat. Add the carrots, Brussels sprouts and broccoli; season with salt and pepper and a pinch of sugar. Saute about 2 minutes. Stir in the beans. Add a ladle of stock and continue sauteing until the vegetables are tender-crisp, 3 to 5 minutes longer. Stir in the peas and tomatoes; adjust the seasonings to taste. Keep warm.

When the rice is tender but still slightly chewy and surrounded by creamy sauce, stir in 1/2 cup (125 mL) of the squash puree or pumpkin puree. Season to taste with salt and pepper and add a little more puree to taste, if you like. Stir in another pinch of sugar.

Spoon the risotto onto individual serving plates, shaking the plates gently to spread the rice. Scatter the hot sauteed vegetables on top. Garnish with fresh herbs. Serve immediately.

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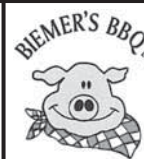
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## MY PET WORLD

# How to build an efficient dog pen

By Marc Morrone

Tribune Content Agency

**Q:** My son recently got a Labradoodle puppy. She is now 4 months old. He has had her since August. He just finished building a dog pen. It is large about 20 feet long. The problem is she won't poop or pee in the pen, which is on a cement slab. She holds it till she is on the lawn. My son puts her poop in the pen to show her, no luck. Any advice would be greatly appreciated. - Daphne Winter, Las Vegas, NV

**A:** Well it is obvious that she regards the pen as her home and she does not want to soil it. So the best thing to do would be to make part of her pen different from the rest of it so she does not feel like she is violating her instincts.

The best way to do this is to get some wooden garden ties that are used for creating borders around a lawn and nail them together to create a square in the pen about 4-by-4 feet. Then fill the resulting square with pea gravel and sprinkle some grass clippings on top of the gravel to entice her.

Most likely she will use it right away and you can then scoop out the poop and hose out the gravel bed. All my dogs used such a set up and they would

always gravitate off the lawn to pee or poop in their "dog toilet."

**Q:** We have two parakeets—a male and female—and they have been together for three years now. I swear that they are in love with each other and their devotion is quite humbling. They never leave each other's side and do everything together. I believe they love each other as we human beings do, but my husband thinks animals cannot love like humans do. What is your opinion on this topic? - Shira Goldstein, Chicago, IL

**A:** This is a hot question, as love is not totally understood in humans, let alone in animals. I certainly am not qualified to answer such as question.

However, just about everything I learned about animals was from the works of the late great scientist Konrad Lorenz, who won a Nobel Prize in 1973 for his work on the organization of social behavior in animals.

He kept many greylag geese and jackdaws and often said that some pairs had clearly fallen in love; other scientists took him as being too sentimental about this. His reply to the scientists was: "It is the accurate term for a real phenomenon for which there is no other name. I consider the term

appropriate to any species, if that is in fact what they do."

So forget my opinion, Konrad Lorenz would say that your parakeets are indeed in love and as far as I am concerned that is the end of that.

**Q:** We adopted a hound mix from a rescue group. They take care of the animal getting spayed and neutered. This dog is a sweetheart and just loves people. Though, he has one bad habit—he goes out of his way to mount our legs. Why would a neutered dog do this? I always thought that neutering removes these behaviors? - Annie Young, Allentown, PA

**A:** Neutering a dog will remove all testosterone from its body, thus in theory all the behaviors associated with it. However, the timing of it determines the efficacy of the operation. The earlier it is done the greater the likelihood of success since the unwanted behaviors have yet to be established.

In your case, the dog was most likely neutered later in life, and so the mounting behavior he manifests is now a learned behavior and hard wired into

his head.

The key here is to never give the dog the opportunity to do it. If he starts just get up and walk away or push him off quickly and with no drama. The whole family has to be consistent—if he tries to do it 10 times and is foiled but on the 11th time he gets to do it, then he will continue to try all the harder.

Some dogs though are chronic in this way. My Cairn Terrier was neutered late in life and he was a habitual mounter. We were able to teach him to leave us alone, but we were never able to stop him from doing it to pillows or whatever other house hold object that he found attractive.

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

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



Tom  
Mach

tinued to use it. There was a joke going around declaring that the BS stood for "Bull S\*\*t Instructor."

As his son, the bull part of it became attached to me also, and the Ferdinand was put with it so that I was known by some, including the members of one of those fraternity houses, as Ferdinand the Bull. They told me they were going to construct a snow sculpture of Ferdinand in my honor. They did indeed construct one of a bull, put a sign saying "Ferdinand" in front of it, and won the competition. I was very proud of that. A prize-winning sculpture in my honor. WOW!

On the advice of the doctor, my Dad gave up his teaching job and the family moved to a farm just outside of Syracuse. My parents already owned the farm and my maternal grandparents lived there. Here was a part of my life that was going to play a big role in shaping me.

In this new life, I began to learn about animals and life on a farm. At the age of eight I learned to drive a pair of mules and to milk cows and goats. These were also the years of WW II and ration books, blackouts, and practicing for air raids. These were years when Dad worked all night in a war factory and farmed in the daytime. These were the years I went to a one-room country school for two years before going to a city school in Syracuse. These were years when I began to learn things like how to use tools, how to build things, and how to take care of animals.

These were also the years that perhaps, just perhaps, the glimmer of learning to write began. As a farm boy with chores to do at home, I was deprived very much of the opportunity to play with the other children my age. Wanting to play, I did rather than come home as told. Each day I came home late, causing my parents a great deal of worry; of course, I made up a story as to why I was so late getting home. They were all fiction, but not very good ones for my parents always saw right through them. They punished me first for not coming home and then again for telling the lie.

Those were also the years my love

of figure skating began. There was a country club called Drumlins nearby. We drew hay from their land adjacent to their golf course. They had an outdoor skating rink in the winter and I spent a lot of time watching figure skaters practice there. I also learned a lot about overcoming difficulty during those years. I came down with polio and both of my legs were paralyzed from the waist down. I learned a lot about perseverance. I also learned about broken noses, broken ribs, stepping on rusty nails, and so on.

During the time I was in high school I worked on farms, worked for the state conservation department, and as kitchen help and later a camp coun-

selor at the state Future Farmers camp. In my senior year in high school, our house burned from an explosion in the kerosene space heater. Dad built a new house and I helped with that for the summer after finishing high school, in addition to driving a farm pick-up milk route from 4 to 10 a.m.

I was always very interested in girls, played basketball, and ran on the track and cross country teams. I suppose one could say I was boisterous, and I was frequently in trouble at school. That was due mostly to my big mouth. I just couldn't keep it shut.

Even though I still can't keep my mouth shut, I write a lot these days to make up for it.



Fred Wickert

## Life Lessons

By Fred Wickert

When I was in the first grade, my route to and from school took me past a row of fraternity houses associated with Colgate University. Every winter the fraternities had a competition to see which one could construct the best snow sculpture. There was always some sort of valuable prize or trophy given for the winner.

At that time there was a popular comic strip character called Ferdinand the Bull. Ferdinand was a disgrace to the reputation of bulls because he was a lover, not a fighter. Also at that time my father had some stationery he used at the school with the heading, "Fred W. Wickert, BS Instructor." The BS stood for bachelor of science. He had obtained his master's degree, but did not want to waste the paper so he con-

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## GOREN ON BRIDGE

# Louie gives up

With Bob Jones

Tribune Content Agency

Both vulnerable. South deals.

**NORTH**

♠-K 7 4 3

♥-Q 5 4

♦-A 4

♣-A 7 6 4

**WEST EAST**

♠-10 9 6 2

♠-8

♥-J 9 8 3

♥-A 10 6

♦-K Q J 8 3

♦-10 9 7 5

♣-Void

♣-10 9 8 5 2

**SOUTH**

♠-A Q J 5

♥-K 7 2

♦-6 2

♣-K Q J 3

The bidding:

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

Opening lead: King of ♦

The club's Saturday night duplicate saw this seemingly routine hand, bid to four spades at every table on the same auction.

Hard Luck Louie won the opening diamond lead as East played the 10. This play of the 10 denied the jack and promised the nine, unless a single-

ton, and a singleton was very unlikely on this auction. Louie cashed the ace and king of trumps, noting the poor split, and led a heart. He only needed to secure one heart trick and then he could draw the remaining trumps and claim 10 tricks. East was on the ball, however, rising with the ace of hearts to give West a club ruff. A low diamond from West to partner's nine was followed by another club ruff to defeat the contract.

"I give up," said Louie. "If I drew one more round of trumps and then led a heart to the queen, I would only lose one ruff, but also two hearts and a diamond. I hate my life!" Three rounds of trumps, ending in dummy, followed by a heart toward the king would have saved the day for Louie, but it was too late for that.

Lucky Larry succeeded by simply ducking the opening lead. After two rounds of trumps brought the bad news, Larry led a heart through East. Should East rise with the ace and give West a ruff, Larry would have two heart tricks as compensation. Should West win the ace of hearts, he could do nothing to hurt him. Larry makes another one!

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

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# PUZZLES & GAMES

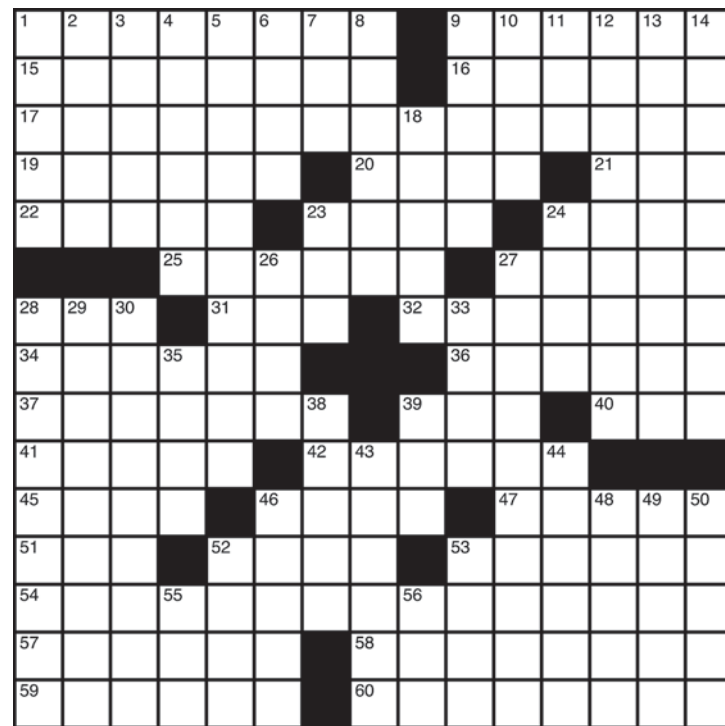
## CROSSWORD

### Across

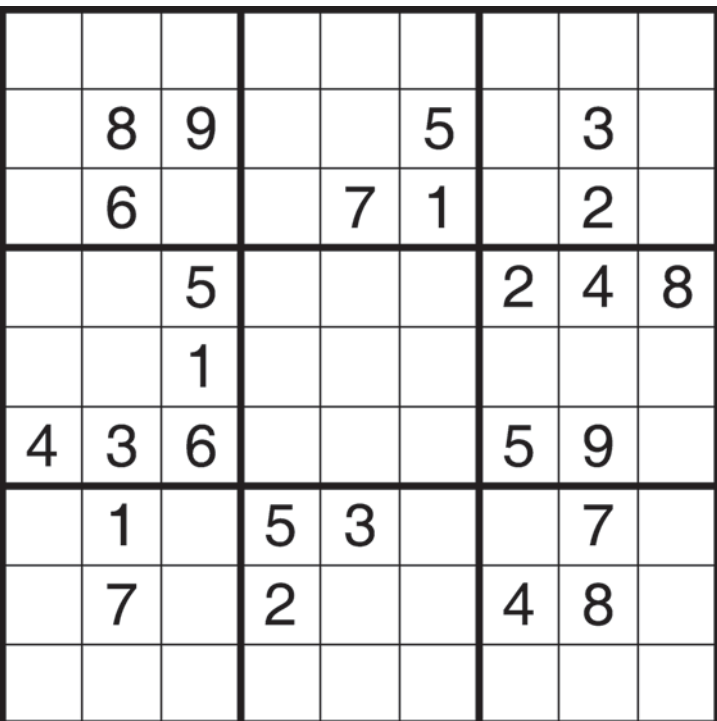
- 1 Franchise spawned in the '60s  
 9 Away for the summer, maybe  
 15 White Sox nickname, with "the"  
 16 Longtime Ottoman Empire territory  
 17 Donkey in "Shrek" et al.  
 19 Dedicate  
 20 Lug  
 21 Worked (up)  
 22 They're just looking  
 23 Cries for attention  
 24 NFLer Ronnie for whom a defensive award is named  
 25 Remote power source  
 27 Land overseas  
 28 Univ. staff  
 31 Prevent from going to seed  
 32 Organization level  
 34 Sam Samudio's spoken opening in "Woolly Bully"  
 36 Sea-dwelling Greek god  
 37 Most populous OPEC nation  
 39 Ask to be excused, with "off"  
 40 It merged with Sprint in 1983  
 41 Command before a click  
 42 Treated for traction, in a way  
 45 Cocktail party fare  
 46 Securely  
 47 Overseas denials  
 51 Taxonomic suffix  
 52 "The Secret of \_\_\_": 1982 animated movie  
 53 "Working Class Hero" songwriter  
 54 "Been there, done that"  
 57 "Brighton Rock" author  
 58 Doing a lawn job  
 59 Lamb treats  
 60 Hoodwinks

### Down

- 1 Garden aid  
 2 Second-longest-serving Chief Justice  
 3 Not out of the game  
 4 Suckerfish  
 5 Song featured in "Moonstruck"  
 6 Break for a certain wannabe  
 7 Mariner cap insignia  
 8 "Reservoir Dogs" actor  
 9 Disables the alarm, say  
 10 Tip in Vegas  
 11 TV franchise since 2000  
 12 Relay part  
 13 2014 A.L. MVP  
 14 Acceptable form of back talk?  
 18 His epitaph includes "knight" and "man of letters"  
 23 Fell  
 24 Creepy look  
 26 Mozart title starter  
 27 1927 Buster Keaton film  
 28 Wet blanket, in modern lingo  
 29 Some film artists  
 30 Ponders  
 33 "For a life gone digital"



- 35 news source  
 38 Editor's mark  
 39 "Same here"  
 43 Deli order  
 44 Hindu community  
 46 Represent  
 48 High winds  
 49 Bhopal locale  
 50 Continuously  
 50 Makes out, across the Pond  
 52 Part of a Fifth Ave. address  
 53 A and P, e.g.: Abbr.  
 55 Apology opener  
 56 Dante's half-dozen  
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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 Argirion and Jeff Knurek

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

YONPE  
 TAMEL  
 VINTER  
 TARGEY

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NEW BIBLE Jumble Books Go To: <http://www.tyndale.com/jumble/>

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

Ans: [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**SCRABBLE** G R A M S

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2nd Letter Double  
 RACK 1: E1 I1 K5 T1 T1 C3 H4

RACK 2: E1 O1 U1 R1 R1 L1 C3

RACK 3: A1 E1 H4 T1 T1 L1 S1

Triple Word Score  
 RACK 4: E1 E1 Y4 D2 N1 C3 C3

RACK 5: E1 U1 U1 S1 S1 F4 F4

PAR SCORE 265-275  
 BEST SCORE 347  
 FIVE RACK TOTAL  
 TIME LIMIT: 25 MIN

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

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association [info@scrabbleplayers.org](mailto:info@scrabbleplayers.org). Visit our website - [www.scrabbleplayers.org](http://www.scrabbleplayers.org). For puzzle inquiries contact [scrgrams@gmail.com](mailto:scrgrams@gmail.com).

Answers to all puzzles on page 42

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

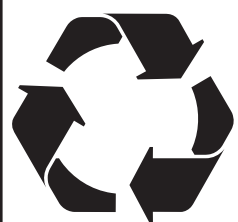
SCRABBLE GRAMS SOLUTION												
T <sub>1</sub>	H <sub>4</sub>	I <sub>1</sub>	C <sub>3</sub>	K <sub>5</sub>	E <sub>1</sub>	T <sub>1</sub>	RACK 1 =	70				
C <sub>3</sub>	O <sub>1</sub>	R <sub>1</sub>	U <sub>1</sub>	L <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	RACK 2 =	59				
S <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	T <sub>1</sub>	H <sub>4</sub>	RACK 3 =	60				
D <sub>2</sub>	E <sub>1</sub>	C <sub>3</sub>	E <sub>1</sub>	N <sub>1</sub>	C <sub>3</sub>	Y <sub>4</sub>	RACK 4 =	95				
S <sub>1</sub>	U <sub>1</sub>	F <sub>4</sub>	F <sub>4</sub>	U <sub>1</sub>	S <sub>1</sub>	E <sub>1</sub>	RACK 5 =	63				
PAR SCORE 265-275								TOTAL	347			

## JUMBLE ANSWERS

Jumbles: PEONY METAL  
INVERT GYRATE

Answer: What his wife did  
when they held a conversation  
-- NEVER LET GO

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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

FALL 2012

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

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Enjoying their CHAMPSS meals at Dillon are four friends, clockwise from left, Marcelle Kramer, Alice McMurdo, Shirley Bitter and Anita Gorton.

**Dillons offers five more opportunities for CHAMPSS cardholders**

Seniors who hold CHAMPSS (Choosing Healthy Appetizing Meal Plan Solutions for Seniors) cards have five more options in Topeka to use their cards for lunch and dinner. Hy-Vee, which was the first to partner with Jayhawk Area Agency on Aging in the CHAMPSS program, also allows seniors to choose breakfast in addition to lunch and dinner. Dillons will offer food choices one day a week (Wednesday). Hy-Vee has that option should they choose to do so.

Kim Isciboda, Dillons District Manager, is enthusiastic about offering the CHAMPSS program and says, "Dillon is both excited and honored to partner with JAAA to roll out CHAMPSS customers to our participating locations in Topeka. For Dillons, the program means we truly mean."

The Winter 2017 issue of *Amazing Aging!*, the Jayhawk Area Agency of Aging, Inc.'s newsletter, will be included as a pull-out section in the February issue of *Kaw Valley Senior Monthly*, which is distributed throughout the Topeka and Lawrence area.

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

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

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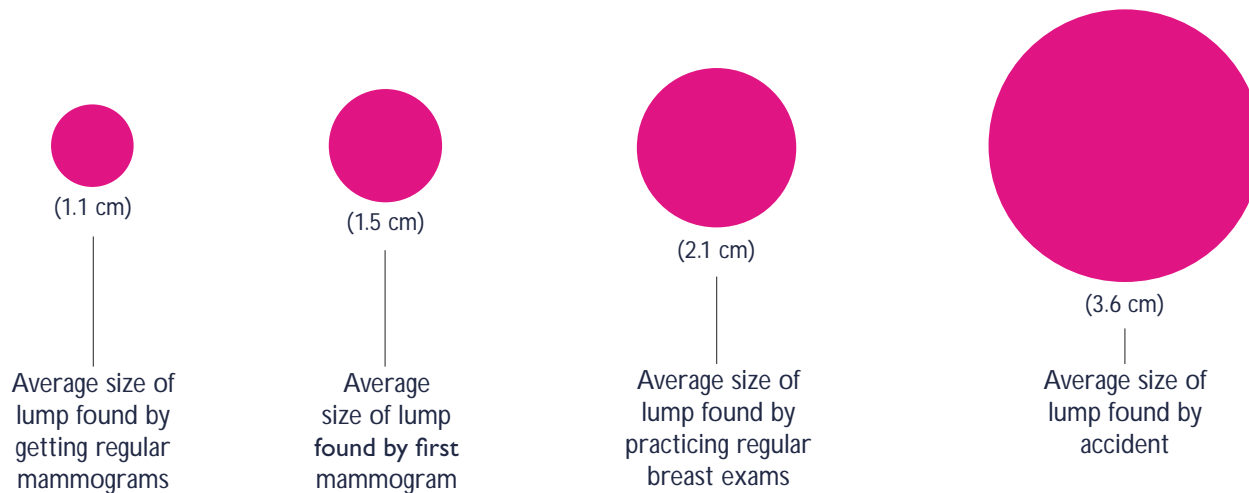
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