



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

February 2010

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 9, No. 8

INSIDE



Cherry Bolden's business, Professional Comfort Care, offers a range of services, including private duty care, nursing home care, hospital and in-home care, and hospice and assisted living care. - page 6



February is American Heart Month. Guest columnist Dr. Jerry Old explains why "A Merry Heart doeth good like a medicine." - page 9



There's more to do in Winslow, Arizona, besides standing on a corner. - page 24

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Dr. Frank Ybarra

Former educational leader teaches job hunting skills

By Kevin Groenhagen

Dr. Frank Ybarra has helped hundreds of people get jobs since the 1960s. However, finding jobs for disabled clients through the Kansas Department of Social and Rehabilitation Services (SRS) during the current recession has proven to be quite a challenge. Fortunately for his clients, Ybarra has a history of overcoming obstacles.

Ybarra's father, Alberto Romero

he gave to me and my brothers and sisters."

Ybarra, was born in 1887 and came to the United States as a contracted laborer for the Santa Fe Railroad in 1929. "My dad did something that I could never do," Ybarra said. "He was a farmer in Mexico who came to another country. He started from scratch and didn't know English. If he hadn't taken that move, I'd probably be on a hillside in Mexico with a plow. I could never replicate what he did in terms of the opportunities

he gave to me and my brothers and sisters."

Ybarra is actually the product of his father's second marriage. After his first wife died, Alberto, who already had five children, married his second wife, Carmen, who came to the United States illegally as a child.

"It was an arranged marriage," Ybarra said. "My mother was 29 years younger than my dad."

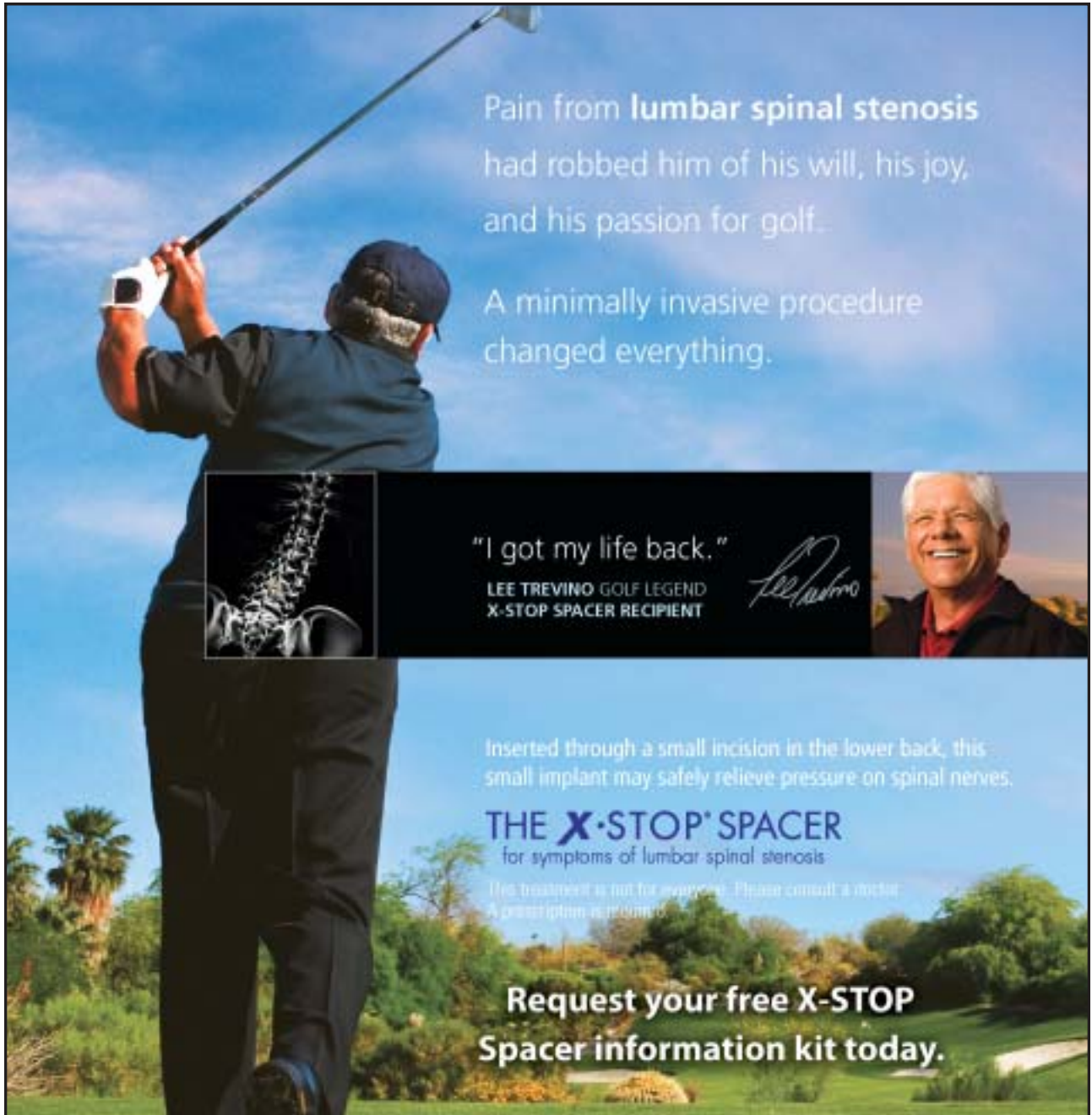
The Ybarras initially lived in a

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Precautions: Radiological evidence of stenosis must be correlated with the patient's symptoms before the diagnosis can be confirmed; if the spinous processes at the affected level are not distracted in flexion, the X-STOP system may not be indicated; the safety and effectiveness of the X-STOP device has not been studied in patients with the following conditions: axial back pain without leg, buttock or groin pain, symptomatic lumbar spinal stenosis at more than 2 levels, prior lumbar spine surgery, significant peripheral neuropathy, acute denervation secondary to radiculopathy, Paget's disease, vertebral metastases, morbid obesity, pregnancy, a fixed motor deficit, angina, active rheumatoid arthritis, peripheral vascular disease and advanced diabetes or any other systemic disease that may affect the patient's ability to walk; surgeons should not implant the X-STOP implant until receiving adequate training regarding surgical technique because inadequate training may result in poor patient outcomes and/or increased rates of adverse events; and a stress fracture of the spinous process may occur if strenuous physical activity is resumed too soon postoperatively.

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Note: Medication or additional surgery may be necessary to correct some of these potential adverse events.

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Ybarra

■ CONTINUED FROM PAGE ONE

bunkhouse with several other Mexican families in Shattuck, Okla. Alberto grew food in a garden for his family and saved enough to buy a cow and a pig. In addition, he was able to improve the lot of his family during World War II. With the shortage of manpower at home, the railroad gave Alberto additional responsibilities.

"My dad could not speak English well enough to become a railroad foreman, so they made him the depot custodian," Ybarra said. "He prepared the water for the trains' engines. During the war the trains were going so much that he was working day and night. He made a lot of money working overtime. He was able to buy us a house."

While Ybarra was in school in Shattuck, his personality allowed him to deal with a degree of racial prejudice in the small town.

"Most of the kids I went to high school with were white," he explained. "The kids were not a problem, but some of their parents were. I think once they got to know me, I became more acceptable."

After finishing high school, Ybarra decided to join the Air Force.

"I was a good student in high school with good grades, but in those days Mexicans didn't go to college," Ybarra said. "I didn't see college as an option."

A simple question would ultimately change the way Ybarra saw things.

"The first Sunday that I was at the airbase, I went to mass," he said. "This airman came out and asked if anyone knew how to serve mass. I raised my hand since I grew up in the Catholic Church and served as an altar boy all through high school. So I went back to serve mass and asked the airman what he did in the Air Force. He said he was a chaplain's aide. After taking tests, the Air Force told me I was qualified for electrical or clerical positions. I said I was interested in being a chaplain's aide, so they sent me to chaplain's aide school. Becoming a chaplain's aide put me in the chaplain's office. I began to associate with chaplains and with officers and their wives. It dawned on me that the only difference between me and them is they went to college. I realized that they were no smarter than I was, but they had degrees. So I decided to save my money and go to college after getting out of the Air Force."

Ybarra initially went to seminary school for about a year and half, but decided that that was not for him. He is not sure exactly when, but at some point while attending Northwest Oklahoma State University he decided to become a teacher. He received his BA in 1964. Topeka Unified School District 501 (USD 501) soon recruited the new teacher.

Ybarra enjoyed teaching, but, with a wife and family, he needed to supplement his income by working part-time at a department store after school. In 1966, he left the school district and became a rehabilitation counselor. In four years in that position, Ybarra helped 116 blind adults find jobs. The State of Kansas also paid for his master's degree in counseling, which he received from Emporia State University in 1970.

Ybarra returned to USD 501 in 1970 as a high school counselor. During the next 25 years, Ybarra's job titles in the district would also include Junior High School Principal, Director of Guidance, Director of Secondary Personnel, Assistant Superintendent/Administrative Services, and Assistant Superintendent/Personal. He became the first American-Mexican (Ybarra prefers to have the "American" first) to hold those titles in the district. He also earned a Ph.D. in School Administration from Kansas State University in 1982.

"Ten years after being hired by USD 501 in 1964, I was hiring teachers," Ybarra said. "The district opened the door for me, so I set goals to hire more minorities for the district."

In 1995, Ybarra decided to retire from USD 501. However, he wasn't ready to stop working. He accepted a position as personnel and training director with the Kansas Department of Human Resources shortly

after leaving the school district.

Then tragedy hit Ybarra's life. His wife of 36 years died of cancer in 1998. He and his wife had had eight children over 20 years, so he still had children living at home. He became very dependent, but knew he had to go on for those children. With the help of counseling and his religious faith, Ybarra made it through that difficult period in his life and

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Ybarra

■ CONTINUED FROM PAGE THREE

eventually began dating again. He married his second wife, Sharon, in 2000. That same year, he left the Kansas Department of Human Resources and the couple began managing Mentoring Plus, Ybarra's consulting firm.

With Mentoring Plus, Ybarra says he currently has four jobs. He has supervised student teachers for Washburn University during the past nine years, recruits for Topeka Public Schools, serves as a hearing officer for school districts that have contract negotiations, and, of course, facilitates job placement for individuals with disabilities through SRS.

"SRS asked me if I would like to work with people with disabilities," Ybarra said. "This is the third year I have been doing that. I help them build their résumés, teach them how

to do online job searches, and we talk about interviewing."

According to Ybarra, he holds a two-hour seminar with SRS clients to prepare them for their job searches. He then asks them to attend weekly meetings.

"I'm at the Topeka Workforce Center every Wednesday morning at 8:30," Ybarra said. "I ask those who are actually looking for jobs to tell me what they did during the previous week. I request that they contact at least five places from one week to the next. The first year we had about 55 placements. The second year it dropped closer to 25. With the bad economy, the past year was a disaster. We went almost a year without any jobs placements. However, those in the program keep coming back even though they were getting frustrated and depressed. Our Wednesday meetings gave them someone to talk to. I asked them to give me five things that they believe

FUN FACT

While serving in the Air Force, Frank Ybarra shared a few seconds in front of the camera with Marlon Brando in the movie *Sayonara* (1957). You can briefly see Ybarra behind Brando as they debark a plane on "Itami Air Base." The young airman is in a blue uniform and carrying a duffel bag. The scene is about 13 minutes into the movie.

make the meetings helpful. They said they learn to positive, how to network, how to stay focus, how to plan ahead, and how to be persistent. That helped inspire me. The good news is that in the past few months we have picked up seven new jobs. Maybe we're turning the corner."

In addition to his career, Ybarra enjoys spending time with his family (he and his wife have a combined family of 10 children, 16 grandchildren, and one great-grandson) and serving the community. Over the years, he has served on numerous boards of directors,

including the Topeka and Shawnee County Public Library, the Red Cross, the Family Services & Guidance Center, and Washburn University's board of regents. He currently serves on the Topeka Housing Authority's board of directors and the Topeka *Capital-Journal's* editorial board. He has also received numerous honors, including being inducted into the Kansas Teacher Hall of Fame and Outstanding Alumni of Northwest Oklahoma State University.

For more information about the SRS job placement program, please call Dr. Ybarra at (785) 291-3481.

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AARP Tax-Aide provides free tax help

Free income tax preparation help will be offered through Tax-Aide, the tax counseling program administered through the AARP Foundation in cooperation with the IRS.

Tax-Aide offers free tax assistance to individuals and families of medium to moderate income who need help filling out their tax returns. Tax-Aide counselors complete an IRS training course in basic income tax return preparation and are trained to complete federal and state income tax forms.

Tax-Aide counselors also alert taxpayers to special credits and deductions for which they may be eligible such as food sales tax and homestead refunds.

Tax-Aide counselors won't prepare returns beyond the scope of their training and suggest that taxpayers who need assistance with more complex tax returns seek a professional tax preparer.

Taxpayers who visit a Tax-Aide site should bring:

- A copy of last year's return if

available. If not, a picture ID and Social Security cards for each member of your family.

- Any forms 1099-R, 1099-INT, 1099-DIV received.
- Social Security Statement SSA 1099 for 2009
- All W-2 forms from any jobs in 2009.
- All 1098 forms if received.
- Any 1099-G (Unemployment forms).
- Property Tax Form (County) or name, address and phone number

of landlord if filing a Homestead claim.

- If itemizing, all records of medical expenses, contributions, personal property taxes.
- W-2 Gambling income. 1099 MISC and any notices sent to you by the IRS in 2009.

Tax-Aide volunteers, trained in cooperation with the Internal Revenue Service, will offer help with personal income tax returns at the locations listed below:

SITE	ADDRESS	CITY	PHONE	OPEN DATE	CLOSE DATE	SITE SCHEDULE	HOURS	E-FILING
Baldwin City Library	800 7th St	Baldwin	785-887-6070	1-Feb	15-Apr	Tues. and Thu.	12-4 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Mon., Tues., Wed., Thu.	1-4 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Saturdays	9 a.m.-12 p.m.	Yes
Olathe Library	201 E Park St	Olathe	913-971-6888	1-Feb	15-Apr	Mon., Tues., Wed., Thu.	10 a.m.-3 p.m.	Yes
Olathe Library	201 E Park St	Olathe	913-971-6888	1-Feb	15-Apr	Saturdays	10 a.m.-3 p.m.	Yes
Olathe Senior Center	311 E Park St	Olathe	913-782-1878	1-Feb	15-Apr	Tues. & Thu.	10 a.m.-3 p.m.	No
Court House Square Apts	235 S Main St	Ottawa	785-865-3985	1-Feb	15-Apr	Wednesdays	1-4 p.m.	Yes
Community Action	621 SE Swygart	Topeka	785-235-9296	1-Feb	15-Apr	Tues. and Wed.	9 a.m.-3 p.m.	Yes
First South. Baptist Church	1912 SW Gage Blvd	Topeka	785-250-8670	1-Feb	15-Apr	Fridays	9 a.m.-3 p.m.	Yes
First United Method. Church	600 SW Topeka Blvd	Topeka	785-986-6728	1-Feb	15-Apr	Wednesdays	9 a.m.-3 p.m.	Yes
Jayhawk AAA	2910 SW Topeka Blvd	Topeka	785-272-8616	1-Feb	15-Apr	Mondays	9 a.m.-3 p.m.	Yes
Lowman Methodist Church	4000 SW Drury Ln	Topeka	785-272-8616	1-Feb	15-Apr	Thursdays	9 a.m.-3 p.m.	Yes

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Home health care business is a passion for Bolden

By Billie David

For local businesswoman Cherry Bolden of Professional Comfort Care, launching her own enterprise was the result of both natural inclination and experience.

"I have always been an entrepreneur," she explained of the business side. "My father was also an entrepreneur."

As for experience, although the Lawrence native was already working in the health field in south Florida, where she was employed in various settings including a hospital, doctors offices, clinics and nursing homes, her own personal experience intensified in 1995 when her mother was diagnosed with a terminal illness.

Being the oldest child, Bolden returned to Lawrence to help care for her mother, and then remained here to be with her father and younger siblings.

Although she also has a background in banking, Bolden decided, after careful consideration, to remain in the field of medicine, where she could help people who were experiencing the same challenges and emotions that she had gone through during her mother's illness, through

which the VNA had proved to be an invaluable resource.

In 2003, Bolden developed her business plan and launched Professional Comfort Care.

The services that Professional Comfort Care offers range from the medical to the non-medical, including private duty care, nursing home care, hospital and in-home care, and hospice and assisted living care.

Employees can also accompany clients to doctor appointments and therapy, provide respite care and blood pressure monitoring for diabetics, and help with everyday needs such as housekeeping, meal preparation, recreational activities, errands, shopping and laundry.

A team of CNAs, home health aides, and RNs make up Professional Comfort Care's list of caregivers.

The business is licensed to provide care to people within a 60-mile radius of Lawrence, and they will work with insurance companies on behalf of clients. Bolden is currently working to become Medicare certified, which she hopes to accomplish within six months to one year. The business is bonded and insured.

Professional Comfort Care's mis-

■ CONTINUED ON PAGE SEVEN



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Cherry Bolden

Cherry Bolden

Continued from page six... sion is important to Bolden. "It's not just a business to make a profit," she said. "It is really a passion for me. I enjoy helping people. I can remember being on the receiving end. I have dealt with it personally, so I know how to help others."

When she's not busy working on her business, Bolden likes to do evangelistic outreach work with the women's missionary group at St James AME church. The group recently fixed up backpacks to give away to schoolchildren who needed them and members are currently

busy working on the needs of the homeless, she said.

Professional Comfort Care can be reached at (785) 832-8260. For immediate help (for example, when someone is being discharged from a hospital) people can also call (785) 393-2689.



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Kansas nursing homes with three years of poor inspection trends

Each year Kansas Advocates for Better Care (KABC) provides citizens a listing of Kansas nursing homes cited with 10 or more deficiencies for each of the home's three most recent inspections. The national average of deficiencies cited during an inspection in a nursing home is 9. The number of deficiencies cited by the Kansas Department on Aging during the most recent inspection survey are indicated below by nursing facility. Zero to 54 is the range of de-

iciencies cited in Kansas nursing homes for the most recent inspection cycle. Inspection surveys occur every 12-15 months.

For three consecutive years, 73 Kansas nursing homes have exceeded the national average of deficiencies cited. Fourteen of the homes are not-for-profit corporations, 59 are for-profit corporations. The 73 nursing homes include the following in the *Senior Monthly* distribution area (number of deficiencies in most recent inspection survey noted in

parenthesis): Topeka Community Healthcare (33); Wellsville Manor Care Centre (31); Hickory Pointe, Oskaloosa (23); Plaza West, Topeka (20); Westwood Manor, Topeka (18); Lexington Park, Topeka (17); Providence Living Ctr, Topeka (15); Rolling Hills, Topeka (13); Tonganoxie Nursing Center (12); and Aldersgate

Village, Topeka (11).

KABC encourages consumers to look at a number of factors when evaluating a nursing home as a place to live and receive care. Annual survey results are one of those factors. If you have questions, please call KABC toll-free at 800-525-1782. KABC is a 501(c)3 non-profit.



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Heather Johns, a certified massage therapist, received a Certificate in Massage Therapy from the Boulder College of Massage Therapy in 2002. She began working with Lawrence Therapy Services in 2005. Heather is a member of the American Massage Therapy Association. She is nationally certified in Therapeutic Massage and Bodywork and has a Craniosacral Therapy I certificate from the Upledger Institute.



Stephanie Stuhlsatz, a certified massage therapist, joined Lawrence Therapy Services in 2008. Stephanie was a business owner of Mothering Massage in Lawrence for six years. Stephanie has extensive training in swedish and prenatal massage as well as with trigger point, craniosacral, and massage for special populations such as hospice clients and seniors.



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A merry heart doeth good like a medicine

The "Tin Man" wanted one; the Grinch had one that was too small. Aristotle felt that the heart was the center of thinking and feeling in the body, and that the brain was an organ used to cool the body—like the radiator on a car! Before we snicker at that idea, we must re-



Dr. Jerry Old

member that this was the scientific belief for thousands of years, much longer than our present beliefs about the heart. One thing is for sure—the heart has life-sustaining power. Modern technology has removed some of the previous mystery about the heart, but there is still an air of fascination and curiosity.

Medically, we have a tremendous respect for the heart, but see it as a pump. But what a magnificent pump! If we live to longevity, our heart will beat over two and a half billion times, without ever pausing to rest.

Articles published in the Journal of the American Medical Association show that mental stress during life, including negative emotions such as feelings of tension, frustration, and sadness, can more than double the risk of decreased blood flow to the heart and possible heart attacks. Likewise, owning a pet has been shown to reduce acute heart disease.

It is easily forgotten that the body works not in parts, but rather as a unit. The malfunction of one part often affects the function of another part. Therefore, the mind affects the body, and especially the heart. Wise physicians understand they must not treat just organs and diseases, but the whole person.

Social, mental, spiritual, and cultural factors have a profound effect upon health. Emotions have a tremendous effect upon disease or pathology of the entire body, but especially the heart. The heart is negatively affected by emotions such as stress, anger, hostility, pessimism, depression, grief and isolation. But the good news is that it is also positively affected by emotions such as laughter, optimism, joy, happiness, contentment, forgiveness, as well as owning

a pet and social involvement.

Eventually the anatomical heart will stop beating. It happens to joggers and couch potatoes; it happens to vegans and steak lovers; it even happens to those who have had all that technology can offer—even a surgical heart transplant.

The goal of modern medicine is to not stop death—we will never do that. However, preventing premature death and pushing back the time of impairment is a very reasonable goal. Historically, prior to the 1900s, few people died from heart attacks or heart disease. There are really two reasons for this. First of all, most people died from infection such as pneumonia or diphtheria long before they developed heart disease (life expectancy averaged 47.3 years in 1900). Secondly, heart disease was rare in a time when people did more physical labor and had a different diet.

In my work with Hospice, I have become more and more convinced that "quality of life" is more important than "quantity of life." What's the point of living longer if you are too depressed or uncomfortable to get out of your chair, or unable to do the things that bring purpose and

joy to your life. Many physicians do not have the insight or courage to accept this assertion. They continue to treat, even though the treatment is sometimes worse than the symptoms that they are treating. The prime ingredient to healing should be to help the patient enjoy purpose and meaning in a full life.

We must also treat the emotional heart—being a giving person, forgiving others, not carrying a grudge. It includes things such as volunteering for hospice or other organizations. Rather than medications prescribed by a physician, perhaps these are medications prescribed by the universe!

My favorite piece of medical art that I remember seeing while in medical school is of an anatomical human heart, with a red-lace-edged Valentine heart superimposed over it as a reminder of the connection between our physical being and our capacity for emotion, joy, and love.

King Solomon was right when he wrote "A Merry Heart doeth good like a medicine."

- Jerry Old, MD is chief medical officer with Hospice Care of Kansas. He is also geriatric clerkship director and associate professor at the KU School of Medicine-Wichita.

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Information for the tough choices in long-term care

When independence becomes difficult because of age or chronic illness, people get to a point when they need additional assistance. Depending upon the level of assistance required, care might be administered at home, through a community provided service or within a care-giving facility.



Joe B.
Jones

In some more rural areas, there may be only one or two kinds of long-term care choices. Most areas, however, have multiple options and can provide a broad range of services available to individuals who have lost some level of independence and need help with daily activities that most healthy people take for granted. Your local area agency on aging coordinates a comprehensive range of services to promote the independence and dignity of older adults. This organization would be a good place to start to learn what options are available and how to access services that include in-home supportive services, nutrition services, transportation, elder rights and protection assistance, and caregiver support services.

When determining the appropriate care plan, keep in mind that most people wish to remain in their home because it is familiar and probably the most comfortable. A home care arrangement also promotes emotional well-being for the entire family. The most common providers of home care are family and friends. However, their assistance is not always available 24 hours a day. When extensive care is required, the family may decide to hire third-party home health care providers.

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

Some examples include:

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

- **Personal Home Health Care**

Providers - licensed social workers and nurses' aides.

To assist those families whose adult children work during the day, and may be unable to provide ongoing care, adult day care facilities (also known as adult day health care facilities, adult day care centers, and adult day health care facilities in Washington) may be a practical alternative. Designed to promote social interaction while meeting the health care needs of long-term care recipients, adult day care offers caregivers the time necessary to meet their own day-to-day responsibilities at home and at work.

Moving a loved one from his or her home and into a facility can be stressful and time consuming. Is it the right thing to do? Is it the right facility? How will the bills be paid? There are many questions to ask which are not easy to answer. To make an informed decision, it is important to take the time to learn about the choices of facilities available in your area before you or someone you love actually needs additional care.

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

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

Care delivered in nursing homes is also evolving. Nursing homes can offer a less expensive alternative to some of the same types of care and therapies formerly available only in a hospital. Some nursing home residents stay just long enough to regain their independence and then return home. Others may find they continue to need assistance throughout the day and remain at the nursing home for extended periods of time.

Government Web sites offer up-to-date information on long-term care resources, including skilled nursing

facilities. *The Nursing Home Compare Tool* provides detailed information about the past performance of every Medicare and Medicaid certified nursing home in the country.

Visit www.longtermcare.gov to learn more.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the

sales and distribution arm of The Northwestern Mutual Life Insurance Company (Northwestern Mutual)(NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, KS. To contact Joe, please call 785-856-2136, e-mail him at joe.jones@nmfn.com or visit his Web site at www.joe-jones.com.

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Where in the world are good investment opportunities?

Back in first grade or so, you learned that U.S. territory ended where Mexico's or Canada's began. Geographically speaking, that is still true. But when it comes to investing, you don't have to remain within U.S. borders — because you can find opportunities anywhere in the world.



Harley Catlin and Ryan Catlin

This fact shouldn't surprise you. After all, we all buy a great many products produced outside the U.S. — and the companies making those items are likely listed on a stock exchange somewhere. But there are a lot of foreign companies. How can you know which ones offer the best investment potential? And when you buy shares of international stocks, is there anything special you need to know?

Before investing in global equities, you may want to work with an investment professional — some-

one with the experience and research capabilities necessary to evaluate investment opportunities in an unfamiliar environment. But, whether you work with someone or not, keep these points in mind:

• **Special risks** — Every investment — no matter where it originates — carries some type of risk. But if you're evaluating a foreign stock, you have to consider the usual risk factors — strength of management, competitiveness of products, etc. — and then look at some special risks, including considerable changes in market value, lack of liquidity, political instability, currency fluctuations, economic climate, foreign taxes and differences in financial reporting standards. (Talk to an investment professional to learn about other potential risks associated with international investing.) As you'll notice, most of these elements share a high degree of unpredictability, so you can't plan for them in your assessment of a foreign stock's overall risk. But you can at least factor in these uncertainties when making investment decisions.

• **Diversification** — Some investment principles are universal —

and *diversification* is certainly one of them. By investing in foreign stocks, you can help diversify a portfolio that may be exclusively devoted to U.S. companies. But even *within* your global stocks, you can diversify — by company, industry and country. This last item is particularly important; if a country is going through some type of turmoil, the effects can drag down the entire economy and all industries.

• **"Hot" regions** — Every so often, a particular region grabs the attention of market watchers. The Pacific Rim, Latin America, Western Europe — all have taken their turns as "hot" regions in which to invest. However, by the time you get around to investing in these areas, they may already have

begun to cool off. And, in any case, a "hot" region does not guarantee a sizzling investment. Evaluate special risks and your diversification needs before jumping on the bandwagon of a particular country or region.

Limit Foreign Holdings

Ultimately, you'll probably want to limit your foreign holdings to no more than 10 percent to 15 percent of your overall portfolio. But don't ignore international stocks. Keep in mind that the U.S. represents only 30 percent of the world's economy — so you have several continents' worth of possibilities out there.

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



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Where to get help—therapy myths and truths

People who haven't received physical therapy often have a hard time picturing what physical therapists do. Many people think that PTs (that's what we call ourselves) are like Daphne on *Frasier*—live-in caretakers. Others see us as massage specialists. But the reality is that PTs are clinic-based medical professionals who treat the large majority of physical problems that aren't diseases. If you have chronic pain or numbness, if you have joint prob-



Laura Bennetts

lems, if you're injured, if you have trouble talking or walking or getting dressed or getting out of the shower—you're likely to see a therapist, either a PT or a specialist in one of our sister disciplines, occupational therapy and speech therapy.

PTs come to the rescue. We're credentialed health specialists with advanced training in anatomy, physiology, and therapeutic exercise. We relieve pain, teach self-care, and help our patients recover as fully and lastingly as possible. But, occasionally, we find ourselves misunderstood, stereotyped, or even attacked. A classic example of such an attack came in a recent story in the *New York Times* by reporter Gina Kolata.

Try Once, Then Give Up?

Kolata begins with a tale of two treatments. A doctor who had received 20 hours of physical therapy for a hamstring injury had written to say that his treatment had been "clearly beneficial and cost-effective." Kolata herself, who had received experimental plasma injections instead of physical therapy for a similar injury, reports that she had not been helped. But, oddly, she took this as a cue to wonder whether physical therapy really helps: "When I've gone to physical therapy, the treatments I've had — ice and heat, massage, ultrasound — always seemed like a waste of time. I usually went once or twice before stopping."

Well, yes—quitting after one session really is a recipe for failure. But Kolata wonders whether physical therapy would have worked even if she had stuck with it. After interviewing her own physician, Dr. Joseph Feinberg, and an orthopedic researcher whom she quotes as say-

ing that "there is a growing body of evidence that supports what physical therapists do," Kolata devoted most of the rest of the article to voicing doubts.

The Case for the Defense

Kolata's article prompted nearly 200 dissenting responses from online readers, many of whom know physical therapy well, either as patients or providers. Perhaps the most telling response came from a published letter by Dr. Feinberg himself, who said that physical therapists are "uniquely trained to restore function, improve mobility, relieve pain and prevent or limit reinjury."

Even more helpfully, Feinberg (and the letter's co-author, Jeme Cioppa Mosca, who is both a PT and co-author of *Postsurgical Rehabilitation Guidelines for the Orthopedic Clinician*, 2006), corrected the misconception that healthcare only comes in the form of a pill, injection or surgery. The reality is that many people successfully avoid surgery, pills and injections by starting with a few sessions of effective physical therapy.

Myth: "Time Heal All Wounds"

Gina Kolata is not alone. Myths and misconceptions abound with respect to PT. One of the most common myths is that you can recover from joint injuries, back pain or mobility problems simply by resting. Of course, rest is always a component of recovery. But for a great many injuries, exercise is absolutely essential—to regain strength, rebuild mobility, and prevent other problems from arising.

Myth #2: DIY Therapy

If your car broke down, would you fix it yourself? If you're a master mechanic, maybe. But what about your

fridge? Your washing machine? What if you need heart surgery? Obviously, for most major and complex problems, you need expert help. But even people who grasp that simple point often think that they can cure their physical woes themselves, just by going to a gym or applying an ice pack.

You should definitely take care of yourself, but if you have a chronic or acute physical problem, if you're recovering from surgery and feeling pain or weakness, you shouldn't wait to get professional help. You might have a stress fracture in a bone or a severe strain that needs immediate evaluation and care. Lifting weights or exercising the wrong way might make the injury worse. Even using a cane incorrectly can hurt more than help. (One of my pet peeves is that people with canes on TV shows—yes, I mean you, Dr. House!—almost never use them properly. They use the wrong hand!)

A professional therapist knows how to help you reduce your pain, reactivate muscles that are weakened by pain, and prescribe the right sequence of exercises to get better without reinjury. The truth is that you CAN do it yourself—but you need the help and guidance of a therapist, who will educate you on how to safely use ice and heat and exercise and other modalities you can learn to apply yourself.

Myth #3: A Pill Cures Pain

It is a myth that medications actually cure pain. If you take a pain medication for an inflammation in your shoulder, the medication will only affect your brain's perception of the pain, not heal your shoulder or reduce the potential for ongoing pain. That's why you need PT.

PT reduces the problem that causes the pain. If you have an inflamed shoulder, we apply heat, ice, and ultrasound for a few minutes to reduce the tissue inflammation; we stretch the tight shoulder joint, and then prescribe exercises to strengthen the injured muscles that have gotten weak.

What causes chronic shoulder pain? Why does it start? Why does it continue? Why can't you sleep at night? The PT will answer these questions and help you ensure that your problem doesn't recur.

Unsung No More

You won't be surprised to learn that, in my biased opinion, therapists are the unsung heroes of healthcare. We're injury prevention experts, home safety planners, case managers, shoe experts, balance coaches, speech trainers, work safety evaluators, strength experts, breathing and swallowing trainers, wheelchair experts and caregiver trainers. We wear many hats to provide holistic care to our highly diverse patients.

It is a privilege to help people feel better, avoid surgery, regain their strength, and return to activity. I treasure my profession, and I expect—and even welcome—confusion about my work. Every misconception is an opportunity for correction. Explaining therapy is a kind of exercise for the therapist—and exercise is good!

- Laura Bennetts, MS PT, is a physical therapist with 28 years experience. She co-owns *Lawrence Therapy Services LLC* (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and *Baldwin Therapy Services* (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).

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Food poisoning could create global threats

Food poisoning is a common illness that happens during our lifetime. Most of us recover from the illness within a few days, but in some severe cases it may require hospitalization. The Centers for Disease Control and Prevention (CDC) estimates that in the United States



Dr. Farhang Khosh

food poisoning causes about 76 million illnesses, 325,000 hospitalizations, and up to 5,000 deaths each year. One of the most common forms of bacterial infection, salmonella, accounts for \$1 billion in medical costs and lost work time. Worldwide, diarrheal illnesses are among the leading causes of death. Travelers to developing countries often encounter food poisoning in the form of traveler's diarrhea.

There are possible new global threats to the world's food supply through terrorist actions using food toxins as weapons due to more than 250 known diseases can be transmitted through food. The CDC estimates unknown or undiscovered agents cause 81 percent of all food-borne illnesses and related hospitalizations. Many cases of food poisoning are not reported because people suffer mild symptoms and recover quickly.

The known causes of food poisoning can be divided into two categories: infectious agents (viruses and bacteria); and toxic agents (poisonous mushrooms, exotic foods, or pesticides on fruits and vegetables, medicines in food, or reef fish).

Symptoms can begin 30 minutes to four weeks after consumption and depending on the agent involved. If symptoms occur within one to six

hours after eating the food, it suggests that it is caused by a bacterial toxin or chemical rather than live bacteria. Commonly a person can have nausea, vomiting, diarrhea, gastroenteritis, headache, fever, or abdominal pain. Most people recover after a couple of days from the incident, but the food borne illness can result in permanent health problems or even death especially for people at high risk.

Most common bacterial food borne agents are: *Campylobacter jejuni*, *Clostridium perfringens*, *Salmonella* and *Escherichia coli*. In addition to disease caused by direct bacterial infection, some food borne illnesses are caused by exotoxins which are excreted by the cell as the bacterium grows. Exotoxins can produce illness even when the microbes that produced them have been killed. Symptoms typically appear after one to six hours depending on the amount of toxin ingested. Examples of exotoxins are: *Clostridium botulinum*, *Clostridium perfringens*, *Staphylococcus aureus* and *Bacillus cereus*. *Staphylococcus aureus* produces a toxin that causes a person to experience intense vomiting. Viral infections make up perhaps one third of cases of food poisoning in developed countries. Food borne viral infection are usually of intermediate (one to three days) incubation period, causing illnesses which are self-limited in otherwise healthy individuals.

Recovery from the most common types of food poisoning is within a couple of days. The goal is to make you feel better and avoid dehydration. Dehydration is the most common complication.

If you think the food was contaminated when you bought it from a store or restaurant, tell the store and your local health department.

- 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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Rules for Roth IRAs, minimum withdrawals

QUESTION: I opened a Roth IRA about 15 years ago before I married my present husband and I've contributed a little to it over the years. Now that I'm retired and no longer bringing in any income, can I still contribute to my Roth IRA? If so, are there any special stipulations I should be aware of?



Mark Miller

I receive only Social Security income, but share my husband's pension and his Social Security income. The Roth IRA is currently in my name and my husband's name in trust. Also, some years ago, I converted my 401(K) and invested in a deferred annuity. If I were to withdraw some of this money, would I be able to contribute it to the Roth IRA? I am 66 and my husband is 72. -S.S., Casa Grande, Ariz.

ANSWER: I posed this question to the IRA team at Fidelity Investments.

Their reply: "In order to contribute to a Roth IRA, you (or your spouse, if filing joint) must have earned income. Earned income would not include Social Security or pension. Regarding the deferred annuity—yes, if the money is invested in an annuity, you may be eligible to convert some of it to a Roth IRA. However, you should be aware that this would be a taxable event, and you would still need to meet the eligibility requirements for a Roth. Also, keep in mind that the annuity may be subject to surrender fees which may offset the benefit of the conversion."

QUESTION: I know that Roth IRA income does not affect Social Security payments. I also know that Social Security Disability has some different rules. I am 62 and have been on Disability since January, 2005. I have a Roth IRA and a retirement annuity account. If I start taking payments from these accounts, will it affect my disability income? I need about \$300 a month in addition to my disability to meet my monthly expenses. -H.K., via the Internet

ANSWER: Any income that you receive from these accounts will not affect Social Security Disability Insur-

ance (SSDI) benefits, says Paul Gada, personal financial planning director at Allsup, which provides counseling on SSDI and Medicare services. "To qualify for and retain SSDI benefits, you must be unable to do substantial, gainful activity," Gada says. "This essentially means work, which in turn, involves earned income."

"Retirement accounts, as well as other personal savings and investments, are not classified as earned income from work, so they do not impact SSDI eligibility. There may be some confusion here with Supplemental Security Income (SSI), which is a means-based program. To qualify for and retain SSI benefits, you must meet very specific financial requirements with very strict income and asset restrictions. This is not the case, however, with SSDI benefits."

QUESTION: My wife and I have three IRA accounts and one joint account that is not an IRA. Can we transfer from our IRAs (stock) to our joint account, and will they be considered as satisfying our annual required minimum withdrawal distribution? -L.B., via the Internet

ANSWER: "A distribution of stock from an IRA to a personal account—individual or joint with a spouse—does qualify as a minimum required distribution," says Jim Lange, author of "Retire Secure! Pay Taxes Later-

The Key to Making Your Money Last" (Wiley, 2009). "Of course, minimum distributions were suspended by the federal government in 2009. In fact, most seniors with incomes of less than \$100,000 would be well advised to make a Roth IRA conversion before required distributions return next year, while their income (and hence their tax bracket) is as low or lower than it will ever be again."

QUESTION: I have Medicare Parts A and B, plus a United Autoworkers' supplemental policy. Can I still purchase a Medigap insurance policy, and would that be a wise choice?-R.L., via the Internet

ANSWER: Due to the complexities of supplemental Medicare policies, you should sort this out with the help of the free Medicare counseling services available from the State Health Insurance Assistance Programs (SHIP). These free, personalized counseling services are available in every state. You can find your local service here: <http://bit.ly/7ZB1LX>.

(Millions of Americans are reinventing retirement, and Mark Miller is helping write the playbook for new career and personal pursuits of a generation. Mark blogs at www.retirementrevised.com; contact him with questions and comments at mark@retirementrevised.com) © 2010 Tribune Media Services, Inc.

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With Vintage Park's all-inclusive pricing and services tailored to each residents needs, the residents are always top priority. Vintage Park Assisted Living has a location in Baldwin City and one in Ottawa, KS.

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www.skilledhealthcare.com



Wendy Linton Blackwell M.A., CCC-A, F-AAA, Audiologist, is a KU Med graduate with more than 20 years experience.

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An apple a day helps, but so does **Wellness Wednesday**, the first Wednesday of the month.

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- Vitamins**
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- Body Care Products**
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Symptoms from antidepressant withdrawal can be reduced by tapering

DEAR MAYO CLINIC: I'm taking an antidepressant and am concerned that when my doctor instructs me to quit taking it I'll go through withdrawal. Can this happen? What can I expect?

ANSWER: It can happen, but when withdrawal symptoms occur, they're usually—but not always—mild and can often be reduced or avoided by tapering off the medication.

It's estimated that withdrawal symptoms can occur in about 10 to 20 percent of people who abruptly stop antidepressant therapy after taking it for longer than six weeks. In addition, it's more likely to occur with antidepressant medications that are more quickly metabolized, such as paroxetine (Paxil) and venlafaxine (Effexor). Withdrawal is less of a problem with longer-acting drugs such as fluoxetine (Prozac).

Symptoms of withdrawal usually occur within days of drug discontinuation. They may include flu-like signs and symptoms such as fatigue, aches, diarrhea and nausea, insomnia, a dizzy or off-balance feeling, sensations of electric shocks, anxiety, or agitation. It's thought that severe withdrawal symptoms may be related to factors other than withdrawal, such as a re-emergence of depression. More typically, if depression does recur, it returns gradually and takes many weeks to develop.

If your doctor feels that stopping your antidepressant drug is in your best interest, be sure to develop with your doctor a plan for tapering off.

Keep an open dialogue with your doctor regarding your signs and symptoms. Sometimes people mistake the physical symptoms of antidepressant withdrawal with a return of depression, and this can lead to unnecessary worry. Still, depression can recur, in which case your doctor may recommend resuming antidepressant therapy. - Elliott Richelson, M.D., Psychiatry and Pharmacology, Mayo Clinic, Jacksonville, Fla.

READERS: By about age 50, more than half of adults have dealt with hemorrhoids—blood-engorged veins in the lower rectum (anal canal) that form tiny sacs (anal cushions) when pressure builds up within the veins serving the pelvic and rectal areas. Increased venous pressure can result from straining during bowel movements, sitting on the toilet for an extended time, chronic diarrhea or constipation, obesity, lifting heavy objects, sitting or standing for long periods, and pregnancy.

Symptoms can include painless bleeding during bowel movements,

leakage of feces and mucus, severe pain, swelling or inflammation. Embarrassment aside, it's important to talk with your doctor about any rectal bleeding. While hemorrhoids generally don't cause serious problems, other, more serious concerns, such as polyps, cancer or inflammatory bowel disease, can cause bleeding, too. Colonoscopy may be needed to determine the cause of bleeding.

Mild pain, swelling and inflammation from hemorrhoids often can be managed with self-care measures. Options include:

Topical over-the-counter remedies: Nonprescription hemorrhoid creams, suppositories containing hydrocortisone or pads containing witch hazel or a topical numbing agent may provide relief. They shouldn't be used longer than a week unless directed by a doctor.

Cleanliness in anal area: Taking a warm sitz bath several times a day can be helpful. A sitz bath, where only the hips and buttocks are immersed, can be done in a regular bathtub or using a plastic tub that fits over the toilet. The tubs are readily available from medical supply stores and pharmacies.

Swelling relief: Ice packs or cold compresses on the anus can relieve swelling.

Pain relievers: Nonprescription pain relievers such as acetaminophen (Tylenol, others), or ibuprofen (Advil, Motrin IB, others) may provide some relief.

Hydration and fiber: Softening and bulking up stool for easier passage are helpful. Strategies include drinking six to eight glasses of water or other nonalcoholic beverages daily, eating high-fiber foods, and taking fiber supplements, such as Metamucil and Citrucel.

In addition, it's best to head for the bathroom when the urge to defecate occurs and to avoid straining or breath-holding when passing stools, as this strains the veins in the lower rectum.

When self-care measures don't work, talk to your doctor about the minimally invasive surgical procedures available. - Adapted from Mayo Clinic Health Letter.

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

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Cooper's Home Care

"An Alternative to Nursing Home Placement"

Newly Remodeled and Renovated! Ready for Admissions!



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Respite Care

Give yourself a break while assuring your loved one short- or long-term quality care.

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A Holistic Approach to Nursing Care Providing Individualized, Specialized service and approaches, meeting the physical, social, spiritual, and medical needs of our residents in a home-away-from-home-like atmosphere.

We provide:

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Staff:

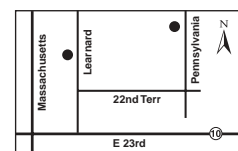
- Staff to resident ratio is 1:3
 - Home physician and medical director
 - Physical and occupational therapists
 - LPN, CMAs, CNAs
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- Staff functions include meal preparation and dietary planning, personal care, ADL's grooming, in-home beautician, and routine recreational, social and therapeutic activities.



Cooper's Home Care

"An Alternative to Nursing Home Placement"
785-865-2525

EMAIL: cooperseniorcare@aol.com



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

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at (785) 841-9417.

ART/ENTERTAINMENT

JAN 15-FEB 6

NOBODY'S PERFECT

A feminist publishing house run by Harriet Copeland is having a competition to find new romantic fiction. To avoid gender bias, Leonard Loftus is forced to submit his novel under a female pseudonym. So when LuLabelle Latiffa wins the first prize, Leonard begins to have a major problem. His problems are made worse when he falls hopelessly in love with Harriet. In high heels and lipstick, our hero is caught in a hilarious dilemma of cross-dressing and cross-purposes. Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

FEB 13

PLAYHOUSE DISNEY LIVE

In this brand new live show, you're invited to the Mickey Mouse Clubhouse as Mickey plans a spectacular music party for all his friends. Topeka Performing Arts Center. TOPEKA, (785) 234-8782 <http://www.tpactix.org>

FEB 14

SCOTT HAMILTON AND HARRY ALLEN

Two super sax men who together are sheer dynamite—another show stopper for sure. Uncle Bo's at the Topeka Ramada. TOPEKA, (785) 379-5169 <http://www.topekajazz.com>

FEB 19-MAR 7

THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

This musical is a hilarious tale of overachievers' angst chronicling the experience of six adolescent outsiders vying for the spelling championship of a lifetime. 700 Zoo Parkway. TOPEKA, (785) 368-0191

FEB 20

GERMAN MASTERS

Topeka Symphony Orchestra Concert: "German Masters" Brahms: Violin Concerto, Larisa Elisha, soloist; Hindemith: Symphonic Metamorphosis; Weber: Euryanthe Overture. White Concert Hall, Washburn University, Topeka, Kansas. 17th & Jewell Sts. TOPEKA, (785) 232-2032 <http://www.topekasymphony.org>

FEB 21

BRIAN REGAN - LIVE IN CONCERT

Critics and peers agree, Brian Regan has distinguished himself as one of the premier comedians in the country. The perfect balance of sophisticated writing and physicality, Brian fills theaters nationwide with fervent fans that span generations. Topeka Performing Arts Center. TOPEKA, (785) 234-8782 <http://www.tpactix.org>

FEB 25-MAR 7

RABBIT HOLE

Winner of the 2007 Pulitzer Prize. The drama charts a family's bittersweet search for comfort in the darkest of places and for a path that will lead them back into the light of day. Lawrence Community Theatre. LAWRENCE, (785) 843-7469 <http://www.theatrelawrence.com>

MAR 1

SILLY & SWEET

The Singers perform to words of love, nature, amusement and who knows what else? Come hear the "lighter" side of choral singing as you're guaranteed to have a good time. Fea-

tured selections include: Danny Boy; O My Love's a Red; Sing a Song of Sixpence; Food Glorious Food and many more. White Concert Hall, Washburn University. TOPEKA, (785) 267-3500

MAR 5-APR 3

CURTAINS

Boston's Colonial Theatre is host to the opening night performance of Robbin' Hood!, "a new musical of the Old West." But when the curtain falls, the show's star who can't act, can't sing, and can't dance suddenly drops dead! An impromptu funeral ceremony is interrupted by the arrival of a homicide Lieutenant, who locks the entire cast in the theatre until he can find the murderer. Now they have only two days to solve the crime and save the show. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

MAR 13

SENIOR CLASS

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE MICHIGAN AVE, TOPEKA, 6:30 PM, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 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, TOPEKA, 6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

LEGIONACRES

3408 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 842-3415

WEDNESDAYS, THURSDAYS & SUNDAYS

MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m., Sundays, 6:00 p.m.

1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW HUNTOUR, TOPEKA, 6:30 PM, (785) 235-9073

WEDNESDAYS

PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1:00 PM, (785) 542-1020

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE 10:30 AM-12 NOON, (785) 760-1504

THURSDAYS

BABCOCK PLACE

1700 MASSACHUSETTS, LAWRENCE 10:30 AM-12 NOON, (785) 842-6976

FRIDAYS

EAGLES LODGE

1803 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 843-9690

FRIDAYS

ARAB SHRINE

1305 KANSAS AVE., TOPEKA MINI BINGO 6:30 PM, REGULAR BINGO 7:00 PM (785) 234-5656

BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9:00-10:00 a.m. Babcock Place, 1700 Massachusetts St., Lawrence, 10:30-11:30 a.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9:00-10:00 a.m. Presbyterian Manor, 1429 Kasold Dr., Lawrence, 1:30-2:30 p.m. Drury Place, 1510 St. Andrews Dr., Lawrence, 1:00-2:00 p.m.

FRIDAYS

Vermont Towers, 1101 Vermont St., Peterson Acres, 2930 Peterson Rd.,

Lawrence, 11:15 a.m.-12:00 p.m.

Lawrence, 1:30-2:30 p.m.

BOOK TALKS

THIRD TUESDAY OF EACH MONTH COTTONWOOD RETIREMENT CENTER, 1029 NEW HAMPSHIRE ST., LAWRENCE, 2:00 PM BABCOCK PLACE, 1700 MASSACHUSETTS ST., LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH BRANDON WOODS, 1500 INVERNESS DR., LAWRENCE, 10:30 AM PRAIRIE COMMONS, 5121 CONGRESSIONAL CIRCLE, LAWRENCE, 1:00 PM WINDSOR HOUSE, 3220 PETERSON RD., LAWRENCE, 1:15 PM

FOURTH WEDNESDAY OF EACH MONTH PRESBYTERIAN MANOR, 1429 KASOLD RD., LAWRENCE, 9:45 AM SENIOR CENTER, 745 VERMONT ST., LAWRENCE, 1:30 PM

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

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

FEB 10

CANCER PREVENTION: MYTHS AND FACTS

Did you know that many cancers may be preventable? Join us for this free program to learn how you can personally decrease your risk of cancer starting today. Presented by C. Yockey, MD, LMH Hospitalist. Advance enrollment requested please as space is limited. Lawrence Memorial Hospital, Auditorium, 9:00-10:00 a.m. LAWRENCE, (785) 749-5800 <http://www.lmh.org>

MAR 4

SURVIVING AND THRIVING

A Skillbuilders program presented by Donna Flory, MSW. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice. LAWRENCE, (785) 843-3738

■ CONTINUED ON PAGE 17

An Assisted Living
& Memory Care Residence

the
Windsor
OF LAWRENCE

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

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

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

*Respecting Values, Protecting Dignity,
Supporting Independence.*

■ CONTINUED FROM PAGE 16

MAR 15 & 16

AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. AARP has offered the course in the classroom for 25 years. You can expect to learn about current rules of the road, how to operate your vehicle more safely in today's increasingly challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time. No testing. Fee: 10:00 a.m.-3:00 p.m. Lawrence Memorial Hospital, Meeting Room A. LAWRENCE, (785) 749-5800 <http://www.lmh.org>

EXHIBITS/SHOWS

FEB 1-MAR 31

COLOR OF FREEDOM: JOURNEY ALONG THE UNDERGROUND RAILROAD

An exhibition of 50 paintings, etchings and drawings by Joseph Holston created to capture the essence of the courage and determination required to escape; and to enhance understanding of the condition of slavery and the powerful instinct towards freedom. Admission is free. Exhibit hours: 9:00 a.m.-5:00 p.m. Daily. 1515 SE Monroe. TOPEKA, (785) 235-3939

FEB 6

HIDDEN ART LOCKED AWAY

Artwork made by inmates of local prisons. Preview only on Friday evening, sale on Saturday. Riverfront Community Center. LEAVENWORTH, (913) 682-4459 <http://www.lvarea.com>

FEB 12-14

TOPEKA BOAT AND OUTDOOR SHOW

Stop by and check out the latest in boat and other outdoor equipment. Call for ticket prices and times. Kansas ExpoCenter. TOPEKA, (785) 297-1000 <http://www.ksexpo.com>

FEB 12-14

TOPEKA BOAT AND OUTDOOR SHOW

Stop by and check out the latest in boat and other outdoor equipment. Call for ticket prices and times. Kansas ExpoCenter. TOPEKA, (785) 297-1000 <http://www.ksexpo.com>

FEB 19-21

KANSAS GARDEN SHOW

Kansas Garden Show, check out new ideas for gardening this spring. Kansas ExpoCenter. TOPEKA, (785) 297-1000 <http://www.ksexpo.com>

HEALTH

**MONDAYS THROUGH THURSDAYS
FIT FOR LIFE**

LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-on-one instruction on aerobic and cardiovascular equipment. Especially helpful for those with osteoporosis, balance problems, post CVA/stroke, knee/hip replacement, arthritis. Fee. Mondays through Thursdays, 9:00-11:00 a.m. or 2:00-5:20 p.m. at LMH. Tuesdays and Thursdays 8:00-11:00 a.m. At LMH South. LMH KREIDER REHABILITATION SERVICES (785) 840-2712

**TUESDAYS, WEDNESDAYS AND 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
BLOOD PRESSURE CLINIC**

Conducted at Stormont-Vail's Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast

corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary. TOPEKA, (785) 354-6787

**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 9:00 a.m.- 1:00 p.m. and 3:00-6:00 p.m. No appointment necessary. LAWRENCE, (785) 856-6030

**TUESDAYS AND THURSDAYS
SENIORCISE PROGRAM**

Seniorcise is a specialized program for women over 60 years of age, in January. The focus of the program is on balance, movement, low impact cardio aerobics, and strength training for toning. In addition, there's a strong emphasis on flexibility and range of motion to improve and/or increase joint mobility and quality of life. Senior classes are held at Body Boutique from 11:00 a.m. to noon. Fee. LAWRENCE, (785) 749-2424

**FIRST AND THIRD FRIDAYS OF EACH MONTH
HEALTH CHECKS**

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m. TOPEKA, (785) 233-1750, EXT. 252

**SECOND THURSDAY OF EACH MONTH
BLOOD PRESSURE AND HEALTH INFORMATION**

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary. WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

**THIRD THURSDAY OF EACH MONTH
MEDICATION CLINIC**

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

**FOURTH THURSDAY OF EACH MONTH
NUTRITION CLINIC**

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

**FEB 2
BONE DENSITY SCREENING**

Advance appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Note: this is NOT the same as a DEXA scan which is ordered by a physician and scans the hips and the spine. That is done through Radiology. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**FEB 3
CHOLESTEROL SCREENINGS**

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, HealthSource Room, 3:00-4:30 p.m. LAWRENCE, (785) 749-5800

**FEB 6
BONE DENSITY SCREENING**

See February 2 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**FEB 18
BONE DENSITY SCREENING**

See February 2 description. Lawrence Memorial Hospital, HealthSource Room, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

■ CONTINUED ON PAGE 18



Not typically what one thinks of when looking for a "dementia care facility"



Catering to the needs of family members who can no longer be cared for at home or live alone because of some type of dementia, Harbor House associates are specifically trained and skilled in the ever changing world of the individual of those with memory impairments and behavior challenges. Both of which are mainstream and "the norm" at Harbor House.

**Celebrating
Life in the
Moment...
One simple,
Joy-filled
Moment at a
Time...**



With only 8 residents and always at least 2 professional associates on duty, residents (and their family members, too) enjoy the individualized attention and care that can only be found in our small intimate environment. Our residents are quick to find Harbor House easy to call Home.



We invite you to be our guest and would welcome a visit from You. We would love to show you our home.

Call Kitty Shea 785-760-5508

1126 Hilltop Drive, Lawrence, KS
(1/2 block south of Hillcrest Elementary School)

■ CONTINUED FROM PAGE 17

FEB 24

BONE DENSITY SCREENING

See February 2 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m.

LAWRENCE, (785) 749-5800

MAR 3

CHOLESTEROL SCREENINGS

See February 3 description. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m.

LAWRENCE, (785) 749-5800

MAR 4

BONE DENSITY SCREENING

See February 2 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m.

LAWRENCE, (785) 749-5800

HERITAGE/HISTORY

JAN 31-FEB 28

LECOMPTON'S 2010 BLEEDING KANSAS PROGRAM SERIES

A series of talks and dramatic portrayals on the violent conflict over the issue of slavery in Kansas Territory 1854 through 1861. The 14th annual "Bleeding Kansas" program series presented on five consecutive Sundays at 2:00 p.m. at Constitution Hall State Historic Site. LECOMPTON, (785) 887-6520
<http://www.lecomptonkansas.com>

FEB 21

GARRETT MORGAN: AN UNCOMMON INVENTOR

A documentary film by Stinson McClendon. Presentation following the film by the inventor's granddaughter. Garrett Augustus Morgan, Sr. was an African American inventor who developed several commercial products, the successors of which are still in use today, making life safer and more convenient. 1515 SE Monroe.

TOPEKA, (785) 235-3939

MEETINGS**FIRST MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP**

Facilitated by Heartland Hospice and open to any who have lost loved ones. Call Terry Frizzell or just show up. Meets at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6:30 p.m.

TOPEKA, (785) 271-6500

**FIRST AND THIRD MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP**

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

**FIRST AND THIRD MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP**

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

**FIRST AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL
4:00-5:00 PM, (785) 840-3140

**FIRST AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

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

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

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3:00 p.m. in Conference E of LMH.
LAWRENCE, (785) 830-8130

**FIRST TUESDAY OF THE MONTH
SCRAPBOOK MEMORIES**

Heart of America Hospice, 3715 SW 29th St., Suite 100, 6:00 p.m. All supplies provided (except photos).

TOPEKA, (785) 228-0400

**FIRST TUESDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP**

Heart of America Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Heart of America Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2:00 p.m.

**FIRST TUESDAY OF EACH MONTH
GRIEF SUPPORT GROUP**

Aldersgate Village, Manchester Lodge, 7220 Asbury Lane, 2:00 p.m. Sponsored by Heart of America Hospice.

TOPEKA, (785) 228-0400

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.
3:00-4:00 p.m.

TOPEKA, (785) 232-2044

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.
5:30-6:30 p.m.

TOPEKA, (785) 232-2044

FIRST AND THIRD TUESDAY OF EACH MONTH**HEALING AFTER LOSS BY SUICIDE
(HEALS)**

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

TOPEKA, (785) 478-4947 or (785) 296-8349

FIRST WEDNESDAY OF EACH MONTH**OLDER WOMEN'S LEAGUE**

Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2:00 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at (785) 832-1692.

**FIRST WEDNESDAY OF EACH MONTH
INVESTMENT UPDATES**

Sponsored by Brian Casebeer, an Edward Jones financial advisor. Guest speaker. 634 S. Kansas Ave., 7:30-9:00 a.m.

TOPEKA, (785) 233-0366

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

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge.

LAWRENCE

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.
3:00-4:00 p.m.

TOPEKA, (785) 232-2044

THURSDAYS

CANCER SUPPORT GROUP

This group is open to anyone living with cancer. If you are interested or have questions,

please call for more information. LMH Oncology Center.
LAWRENCE, (785) 505-2768

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

Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

FIRST AND THIRD THURSDAY OF EACH MONTH**TRANSITIONS SUPPORT GROUP**

3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.

FIRST FRIDAY OF EACH MONTH**STROKE SUPPORT AND RECOVERY GROUP**

Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2:00 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library.
TOPEKA, (785) 232-7765

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

Volunteer service club.

LAWRENCE, (785) 331-4575

SECOND MONDAY OF 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.
11:00 a.m.

TOPEKA, (785) 235-1367, EXT. 130

SECOND TUESDAY OF EACH MONTH**LOSS AND GRIEF SUPPORT GROUP**

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

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

Meets at 9:30 a.m. at Coyote Canyon Buffet.
TOPEKA, <http://www.narvre.com>

SECOND TUESDAY OF EACH MONTH**GRIEF SUPPORT GROUP**

Pioneer Ridge Assist Living, 4851 Harvard Rd., 10:30 a.m. Sponsored by Heart of America Hospice.

LAWRENCE, (785) 841-5300

SECOND TUESDAY OF EACH MONTH**SCRAPBOOK MEMORIES**

Heart of America Hospice, 1420 Wakarusa, 6:00 p.m. All supplies provided (except photos).

LAWRENCE, (785) 841-5300

SECOND AND FOURTH TUESDAY OF EACH MONTH**CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m.
LAWRENCE, (785) 842-0543

SECOND AND FOURTH WEDNESDAY OF EACH MONTH**ALZHEIMER'S EARLY STAGE PATIENT
SUPPORT GROUP**

For patients with early stage Alzheimer's.

SEABROOK UNITED CHURCH OF CHURCH
(785) 234-2523

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

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer.
LAWRENCE, (785) 832-9900

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

The Diabetes Education Center provides a free monthly program for those with diabetes and their support persons, at 6:00 p.m. Lawrence Memorial Hospital, Meeting Room A.
LAWRENCE, (785) 505-3062

SECOND THURSDAY OF EACH MONTH**NAACP MEETING - LAWRENCE CHAPTER**

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.
LAWRENCE, (785) 841-0030, (785) 979-4692

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

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander.
LAWRENCE, (785) 843-2584
www.happytimesquares.com

THIRD TUESDAY OF EACH MONTH**SCRAPBOOK MEMORIES**

Heart of America Hospice, 3715 SW 29th St., Suite 100, 6:00 p.m. All supplies provided (except photos).
TOPEKA, (785) 228-0400

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

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

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

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 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 WEDNESDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte.
LAWRENCE, (785) 856-0558

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

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. A social support group to re-engage life after the death of a loved one. Dutch treat.
Call Terry Frizzell at Heartland Hospice of Topeka for reservations.
TOPEKA, (785) 271-6500

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

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m.
BALDWIN CITY, (785) 842-0543

■ CONTINUED ON PAGE 19

■ CONTINUED FROM PAGE 18

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

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11:00 a.m.-1:00 p.m. For more information about the Widowed Persons Service Program, please call Julie.
TOPEKA, (785) 357-7290

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

Presbyterian Manor, 1429 Kasold., 4:00 p.m. Sponsored by Heart of America Hospice.
LAWRENCE, (785) 841-5300

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

PIONEER RIDGE ASSISTED LIVING LIBRARY
4851 HARVARD, LAWRENCE, 6:30 PM
(785) 344-1106

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

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m.
TOPEKA, (785) 235-1367, EXT. 130

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

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m.
LAWRENCE, (785) 842-0543

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

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.
TOPEKA, (785) 233-5762
<http://www.tgstopeka.org>

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

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

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

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

business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller.
LAWRENCE, (785) 478-0651

**FEB 26
AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. The guest speaker giving the program will be Tim McCool from the Kansas Highway Patrol. New and interested members welcome. Please call Noreen for reservations.
LAWRENCE, (785) 842-6765

MISCELLANEOUS

**FEB 7
CHOCOLATE AUCTION**

The auction began in 1988 and is still the major fundraiser for the Baldwin Community Arts Council. Stony Point Hall.
BALDWIN CITY, (785) 594-6627
<http://www.baldwinarts.org>

**FEB 26 & 27
14TH ANNUAL KANSAS SILENT FILM FESTIVAL**

14th Annual Kansas Silent Film Festival. Friday 7:00-10:00 p.m. Saturday 10:00 a.m.-10:00 p.m. with breaks for lunch and dinner. Silent feature films and short subjects with live music at White Concert Hall on the Washburn campus. Admission is free.
TOPEKA, (785) 670-3151
<http://www.kssilentfilmfest.org>

**FEB 26-28
SHRINE CIRCUS**

Shrine Circus is a family fun annual event with performing acts, clowns, animals and much more! Call for ticket prices and times. Kansas Expo Centre.
TOPEKA, (785) 297-1000
<http://www.ksexpo.com>

POINT-COUNTERPOINT

POINT: "Barack knows that we are going to have to make sacrifices; we are going to have to change our conversation; we're going to have to change our traditions, our history; we're going to have to move into a different place as a nation."
— Michelle Obama

COUNTERPOINT: "Every welfare state has been introduced by wholesale trampling of traditions—which have grown naturally. The German Nazis under Hitler, the Russian Communists under Lenin, and the American New Dealers under Roosevelt have all sneered at the old ways of doing things. Religious, political, and economic traditions all come in for a drastic overhaul—or an attempt at drastic overhaul. Change in many cases seems to have been made for change's sake itself, with the newcomers to high places sometimes behaving like guilty youngsters climbing up to the cookie jar, who want to see how much they can get away with."
— Paul A. Sexson and Stephen B. Miles, Jr., *The Challenge of Conservatism* (1964)



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

Fear of frailty: Lack of activity threatens local seniors' independence

Fear of frailty is of paramount concern not only for Topeka and Lawrence area seniors, but those local adults ages 35 to 62—many of whom are daughters—worried about the health and safety of their older loved ones. That's according to results of a recent national survey of seniors and adult children, which is reflected in the lives of local older adults, that reveals staying physically active is a major challenge for seniors.

Lack of activity can lead to a downward spiral of poor health resulting in frailty, a condition that threatens the mind, body and social life of older adults, according to senior care experts.

"We regularly see seniors who are literally trapped in their homes because they are too weak to perform many of the activities they need to remain safe and independent, or to even enjoy life," said Gail Shaeed, owner of the Home Instead Senior Care office serving Shawnee and Douglas Counties in Kansas. "That's why staying active is viewed by so many as vital to healthy aging. Differences in perceptions between family caregivers and seniors can make addressing these issues challenging for many families." This problem is what prompted Home Instead Senior Care to develop the Get Mom Moving Activity Cards and Web site at www.getmommoving.com, both designed to help keep seniors engaged and fit. These resources provide the tools by which seniors can fight frailty.

A recent national survey conducted for the Home Instead Senior Care® network found that 74 percent of seniors 65 and older say that staying physically active is a major challenge. Adult caregivers see the problem as well: 81 percent of adult caregivers listed staying physically active as a top challenge for seniors.

That challenge leads to another worry: 90 percent of seniors in the survey say their greatest fear is loss of independence.

Frailty can be difficult to define, but most know it when they see it, said Stephanie Studenski, M.D., M.P.H., one of the nation's foremost authorities and researchers of mobility, balance disorders and falls in older adults, and director of clinical research for the University of Pittsburgh Institute on Aging. Medical professionals describe frailty as a syndrome of weakness, fatigue and decline in physical activity that may be triggered by hormonal or inflammatory changes or chronic disease states. For some, frailty results from a heart attack or stroke, while another senior might experience falls and weight loss.

Studenski and her colleagues con-

ducted a series of focus groups with health care providers and family caregivers about how they perceive frailty in an effort to better identify the condition. "I think the thing that was most striking to me was that many family members we talked with perceived that an older person is getting more or less frail based more on social and psychological factors rather than physical factors. Doctors, on the other hand, focused on the physical manifestations in an older adult," she noted.

Dr. Studenski said that frailty can be both prevented and reversed by activity. "One of the core ideas in aging is that there are underlying problems in the body's self-correcting mechanism. For example, when a young person is bleeding, the body self-corrects by increasing the heart rate. But older adults, because of

medication or health problems, may have lost the ability to self-correct by being able to increase their heart rate. Through activity, though, seniors can build both physical and mental reserves that can help their bodies better tolerate problems that come with aging."

So, in a very real way, family caregivers who can encourage and integrate physical, mental and social activities in seniors' lives are helping them ward off frailty and stay healthy. And that addresses seniors' biggest fear of losing their independence as well. "This topic is at the heart of the concerns that we see each day in the lives of seniors and those who care for them," said Home Instead Senior Care's Shaeed. "Fear of frailty keeps seniors worried about whether they can stay home."

5th Annual Lawrence Area Partners in Aging March Madness Senior Resource Fair

Tuesday, March 9, 2010 from 9:00 a.m.-1:00 p.m. • Dillons, 1015 W. 23rd St.



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- Freebies, handouts, brochures. Over 40 door prizes will be given away, including two \$100 gift cards to Dillons.
- **FREE** tote bags for first 100 seniors in the door.
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Come by anytime between 9:00 and 1:00 to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.

This is the fifth annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call 785-640-5674 and ask for Julie Prideaux, or email partnersinaging@yahoo.com.

GOT A WAITING ROOM?

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

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Books to help you chase away the winter blues

By Margaret Baker

As winter makes its last (we hope) heroic stand a good book, a cozy fire, and a comfy chair can help chase away the blues. In honor of Valentine's Day, let's start with a romance.

Nora Roberts: *Bed of Roses* (Doubleday Large Print, 978-1-61523-668-8. Also available in regular print, Penguin)



Best friends from schooldays have a wedding company, Vows—site, photography, floral. Emma, the florist, Mac the photographer, Parker the wedding planner, Laurel the baker. It is April, they're booked solid, and to top it off, Mac is marrying Carter.

Emma too longs for romance, not realizing that it is already there, in the form of her brother's best friend. Will both of them acknowledge the truth in time for the Wedding March?

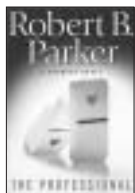
Robert J. Conley: *Cherokee Thoughts Honest & Uncensored* (trade paperback, University of Oklahoma Press, ISBN 978-0-8061-3943-2)

Conley has an extensive body of work in both fiction and nonfiction, and here he shares his essays on many subjects, from historical figures to modern Indian casinos. He is an enrolled member of the United Keetoowah Band of Cherokee Indians, and holds the Sequoyah Distinguished Professor of Cherokee Studies in North Carolina.

Robert B. Parker: *The Professional* (Reviewed edition audio, Random House Audio Books, ISBN 978-0-7393-4389-0. Also available in print

from G. P. Putnam's Sons)

Spenser's new case involves four women. All are much younger than



their wealthy husbands, and all have had affairs with Gary Eisenhower. And now he is blackmailing them. Their mutual lawyer hires Spenser to get Eisenhower to stop.

Robert Parker died in January, and this may be the last Spenser, Hawk and Susan mystery (there may be one or more in the pipeline; we can but hope).

Charles Todd: *The Red Door* (Wm. Morrow, hard cover, ISBN 978-0-06-172616-3)

The Todds (a mother-son writing team) set nicely-nuanced mysteries amidst the internal devastation of those who served Great Britain in World War I. The horror of that conflict, with its trench and poison gas warfare, should have made it the war to end wars.

Unfortunately, of course, it didn't.

Inspector Ian Rutledge served in that war, and bears the emotional scars as the ghost of one of his men keeps him company.



The title comes from a rather isolated house, where the young wife and mother had painted the door red when the war ended, in honor of

her husband's anticipated return. He never did return. In fact, according to the records, he didn't go.

In addition to a superlative historical mystery, Rutledge himself has

an opportunity to open the door to normal relationships—a pleasant turn of events for Todd readers.

Kathleen O'Neal and W. Michael Gear: *Children of the Dawnland* (Starscape, hard cover, ISBN 978-0-7653-2019-3)

The Gears set their series in the very early history of this continent, this time at the end of the Ice Age, about 13,000 years ago.

Twig, 12, is a talented dreamer, one who may see the future in dreams. That is both a blessing and a curse in her tribe, especially when she begins having vivid dreams of fire hurtling from the sky.

This is the time when the huge glacial lake emptied rather suddenly providing grazing grounds for herds that supported the hunters and gatherers.

In the Gears hands this historical period comes to life, almost as if the reader is indeed living in the tribe at this important moment in time.

Zoe Sharp: *Third Strike* (St. Martin's Minotaur, hard cover, ISBN 978-0-312-35897-6)

Charlotte "Charlie" Fox knows her family doesn't like her chosen



occupation, that of bodyguard to the famous and wealthy. And they definitely do not like her boss and lover Sean. Her mother seems a vapid socialite and her father, a distinguished surgeon, is the epitome of British stiff upper lip.

When dad's friend dies in a clinical trial in the United States and he himself is professionally compromised, he finds his daughter's skills very helpful.

Charlie's complicated personality is somewhat explained as it expands in this thriller.

David Baldacci: *True Blue* (Grand Central, ISBN 978-1-61523-545-2. Reviewed edition Doubleday Large Print)

Mason "Mace" Perry had only one goal: become a great cop like her father and big sister. She was on her way when she was abducted, drugged and forced to participate in criminal activities. Now she is leaving prison with a record that will forever keep her from her goal.

She's hoping that working privately in solving a major

case will clear her record and allow her back in blue. The case that falls her way involves a murdered lawyer, the apparent victim of a Vietnam vet with serious diminished mental skills. But there is much more to this case. Someone, high above her on the power scale, is pulling all the strings in the name of national security.

Mace, her sister and the lawyer who finds the first body, are all unforgettable characters to root for against all odds.

- Margaret Baker can be reached through Kaw Valley Senior Monthly or e-mailed at glencoe@knetconnect.net.

WORDS OF WISDOM

It is easier to turn free men into slaves than slaves into free men; easier to lose the readiness to work than to acquire it; easier to lose courage than to regain it. Deterioration is a downhill slide, while reversion seems an uphill climb.

- Eric Hoffer, *In Our Time*

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The New Victorians

An unusual event gave Douglas Donovan his 13.4 minutes of fame. For years Doug had been a small town political hack who turned out snide, cynical, hatchet pieces that were occasionally published on the opinion page of the Letongaloosa newspaper, the *Independent Clarion Register Examiner Guardian*.



Larry Day

Then suddenly and inexplicably Doug burst forth as the head of a dynamic national political Internet movement called "the New Victorians." In an incredibly short time the New Victorians began appearing all over cyberspace using antiquated phrases and Victorian admonitions. Doug's New Victorian political commentaries became hugely popular in cyberjournals, blogs, pod casts, and on Twitter.

Doug's launch of his New Victorian movement coincided with the British Broadcasting Company airing of a research report about swearing. According to the BBC, researchers had found that swearing in the workplace was a healthy, wholesome form of communication. The study concluded that swearing helped both employees and management move forward in the corporate culture.

Doug's New Victorians held the opposite view. They fought energetically but politely against harsh and rude communication. The New Victorians deplored—with polite Vic-

torian prose—the swearing research findings. And they decried—with proper Victorian phrases—attitudes in the workplace and society that condoned vulgarity.

New Victorian commentaries were larded with advice like: "least said soonest mended," "waste not, want not," "sticks and stones may break my bones but names will never hurt me," "school thy feelings, oh my brother," and "if you can't say something nice about someone don't say anything at all."

They ladled out these admonitions: "the stone that lies not in your road need not offend you," "eat your greens or you will get warts," "none are so deaf as they that will not hear," "worth has been underrated ever since wealth was overvalued," and "empty vessels make the most noise."

A gifted New Victorian even invented an Internet mechanism that made cyberspace jabber even shorter and more inane than Twitter. She called the one-word twaddle "PUKE." But even when using PUKE the New Victorians eschewed profanity. Instead of swear words they responded to criticism with PUKE phrases like: "Yoiks!" "Fie!" "Forsooth!," and "Egad."

The world soon recognized Doug's pioneering communication endeavors and gave him his 15 minutes of fame. Actually, as mentioned earlier, it was 13.4 minutes, but no one is counting. Doug received a medal proclaiming him "Blogger Dude of the Year." He was cited as a "Space Face Favorite," and was listed among the year's Top One Hundred Twits.

In one of his first pieces for his New Victorian blog "Excelsior," Doug attributed his transformation from nobody to somebody to his

having "burst forth." He likened it to the experiences of King David and the Old Testament prophets.

The truth is otherwise. Doug's "bursting forth" came after he drank two Chocolate Fudge Sugar Blasts at the Pompadour Drive Inn in Letongaloosa. He had gone to the Pompadour for a sugar powered pick-me-up because his psyche and his self esteem were dragging. The new opinion page editor had rejected three of his pieces in a row because she said they were "snide, cynical hatchet jobs."

As he tilted back his head to finish his second "Chocolate Fudge Sugar Blast" Doug's deceased maternal Grandma Deeter's face appeared in his rear view mirror—as if on a miniature television screen. Grandma Deeter adjusted her spectacles and said, "Douglas dear, I want you to remember two things: First, you will attract more flies with honey than with vinegar. Secondly, the name Douglas is too MacArthur-

esque for your target demographic. Change it." Then her faced disappeared. The next day Doug launched his fabulously successful New Victorian blog using the byline Dorkley Donovan.

Grandma Deeter appeared to Doug one more time. It was at the height of his 13.4 minutes of fame. Doug had driven to the Pompadour Drive Inn to celebrate being inducted into the Cyber Dude Hall of Fame. He downed a Chocolate Fudge Sugar Blast and chased it with a Sugar Plum Torch. Suddenly Grandma Deeter's face appeared again. This time she was smiling at him from the driver's side mirror. Doug rolled down the window. Grandma Deeter's words of congratulation were distinctly non-Victorian:

"You're the man, now Dawg!"

- 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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Taking it easy in Winslow, Arizona

By Grace Lichtenstein

www.TravelMuse.com

Say "Winslow, Arizona" to lovers of the Eagles, and many of us can, on cue, recite a verse from the group's song "Take It Easy": "Standin' on a corner in Winslow, Arizona/ Such a fine sight to see/ it's a girl, my lord in a flatbed Ford/ slowin' down to take a look at me."

Since the song hit the charts in 1972—written mostly by Jackson Browne, who was a friend of Glenn Frey, a founding member of the Eagles—thousands of fans have made a detour while driving along Interstate 40, in what seems like the middle of nowhere, to see what Winslow is all about.

At first, tourists saw little more than a forlorn town struggling to stay alive. Winslow, 200 miles north of Phoenix, had been a vital part of Route 66 through northern Arizona. However, as traffic on the Atchison, Topeka and Santa Fe Railway declined in the 1970s, and after the Interstate was built to replace Route 66, bypassing the town, Winslow sank into near-oblivion.

WINSLOW STREET CORNER MAKEOVER

In the mid-1990s, however, town boosters decided to build up a street corner so that the inevitable Eagles-inspired visitors would have something to see besides shuttered stores. They convinced a local real estate owner to donate the northwest corner of Kinsley Avenue and Second Street as the designated site, commissioned mural painter John Pugh to re-create the scene as a trompe l'oeil on a blank wall and got sculptor Ron Adamson to design a bronze statue of a slim young man in jeans holding a guitar perched on his boot toe.

On any given day, visitors stand on that corner in front of the girl in the mural, snapping photos and singing into their cell phones. Donors who pay \$50 can have personal dedications inscribed in one of the red bricks imbedded in the corner.

In 1999, the spot officially became the Standin' on the Corner Park. Each September, Winslow hosts the Standin' on the Corner music festival. All year long, a shop across the street sells T-shirts, CDs and assorted Eagles and Route 66 memorabilia. Although the building that the mural is painted on had a fire a few years ago, the town raised \$250,000

to fortify the wall and keep it upright.

OTHER DOWNTOWN WINSLOW ATTRACTIONS

Winslow's other attractions include its Hubbell Trading Post, the former site of a renowned Navajo rug dealer, now being restored to become the town's visitor center; La Posada Hotel; Winslow's Remembrance Garden, a memorial dedicated to the events of 9/11; and the First Street Pathway. The six blocks

of the pathway include a set of Burma Shave signs, which used to entertain drivers cruising by on Route 66. Also within the small downtown area is the Old Trails Historic Museum, housed in a former bank built in the 1920s that retains its much of its original interior and displays artifacts from Western ranch and railroad life. Museum hours: Tues. to Sat., 10 a.m. to 4 p.m. Free. Tel. 928-289-5861.

THE HARVEY GIRLS AND LA POSADA

The refurbished La Posada Hotel is a tourist destination in its own right. Opened in 1930 by Fred Harvey, it was the last in a string of lodges built for those traveling from Chicago to Los Angeles by railroad. Mary Elizabeth Jane Colter, the architect, used southwestern haciendas as her inspiration. Young women, who were carefully chaperoned, were recruited from all over the United States to serve as waitresses and retail clerks at the local hostels. These women became known as the Harvey Girls, and they inspired a 1946 movie of the same name, starring Judy Garland. Today, local volunteers act as the "Winslow Harvey Girls." They're available to tell stories about the women and the hotel, as well as give guided tours of the area.

This restored historic space is a grand southwest architectural hacienda with gardens, large public rooms and halls decorated with Mexican tiles, colorful carpets and extravagant period furnishings. Throughout the hotel are contemporary and deliberately bizarre portraits of historical figures including numerous First Ladies painted by Tina Mion. There is a handsome bar. The Amtrak train station is just beyond the rear exit. Guest rooms are named for celebrities ranging from Clark Gable to Amelia Earhart, and

contain antiques, murals and full baths. Rates start at \$99. 303 E. 2nd St.; tel. 928-289-4366.

Other hotel options in town are pretty much chain hotels. For a kitschier stay, sleep at the Wigwam Motel, located about 30 miles east on I-40 in Holbrook, Ariz. The place, with 15 wigwams for rent, is on the National Register of Historic Places. Rates start at \$48. 811 W. Hopi Dr.; tel. 928-524-3048.

HOPI AND NAVAJO NATIVE AMERICAN TOURS

Winslow is an excellent jumping-off point for visits to Arizona's tribal lands. Homolovi Ruins State Park just north of town showcases ancient Hopi ruins as well as offers camping and picnicking facilities, along with hiking trails that wind through pueblo ruins and petroglyphs.

In northern Arizona, 67 miles from Winslow, are the mesas occupied by the Hopi Indians. These descendants of the ancient occupants of the Four Corners region live in pueblos atop several mesas, where they sell lovely painted pots, baskets and kachina dolls.

The Hopi are surrounded by the

Navajo nation, the largest tribe in the United States, whose people occupy a vast windswept plateau. About 150 miles from Winslow through the Navajo land is Canyon de Chelly, a beautiful national monument of deep red rock gulches carved by the combining forces of wind and water. Nestled within the canyon walls are prehistoric pueblo Indian ruins, which can be viewed by Jeep tours with Navajo guides.

The Navajo Nation is the panoramic setting for books by the late Tony Hillerman, whose acclaimed detective novels featuring Navajo tribal police have introduced millions of readers to Navajo traditions. A Scottsdale tour outfitter, Detours of Arizona, runs guided van trips to "Hillerman Country"—one of many sites featured in Hillerman's books.

For more information, visit www.winslowarizona.org.

Winslow Arizona Attractions: Route 66 Arizona, <http://www.travelmuse.com/articles/general-features/winslow-arizona-attractions>.

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Why does dog gnaw paint off walls?

QUESTION: We have a 14-1/2-year old Peek-a-Poo who's very healthy, except for the last two months, when she's been gnawing the paint off our bedroom walls. She eats well, though she didn't seem as interested in one brand so we began to feed her another. Any advice? -- B.W., Ocala, FL



Steve Dale

ANSWER: Whenever there's a sudden change in a pet's behavior, particular a senior pet, consider that something medical is going on. Dr. Nicholas Dodman, director of the Animal Behavior Clinic at Tuft's University's Cummings School of Veterinary Medicine, North Grafton, MA, says, "Your pet's behavior may be a form of pica (eating inedible inappropriate objects). But for a dog who never had pica before, I would think, 'why now?' Dodman

suggests one possibility could be a brain tumor.

Dodman, author of "The Well-Adjusted Dog: Dr. Dodman's 7 Steps to Lifelong Health and Happiness for Your Best Friend" (Houghton Mifflin Co, New York/Boston, 2008; \$24), suggests your dog might be eating paint because it contains lead, which many dogs find appealing. He says, "Perhaps, some paint chipped and the dog stumbled upon it. The dog likes the taste and has continued to eat it. Of course, this is would be an enormous problem. Leaded paint, over time, can cause seizures even induce a coma. Perhaps, having the blood lead levels checked would be a good idea."

Dodman adds that eating inedible objects isn't a classic symptom of canine cognitive dysfunction (or canine Alzheimer's disease) but it is still another rule-out for your vet to consider.

QUESTION: My 6-month-old kitten will chew on just about anything. I'm careful to make sure she doesn't harm herself. Is there something cats can chew that's safe, sim-

ilar to rawhide for dogs? - H.H., Seminole, FL

ANSWER: If you have a chewer, consider purchasing a wire protector at a home improvement store. If your kitty begins to nibble through a live wire, the consequences could be deadly. Also, remove as many plants as you can, since the foliage may cause an upset tummy or far worse.

"First, make your home as kitten-safe as possible," says feline veterinarian Dr. Ilona Rodan of Madison, WI. "Second, offer her choices appropriate for her chewing. A small percent of cats will chew on rawhide." Moisten the rawhide just a bit, then warm it slightly in the microwave.

Rodan likes the idea of purchasing C.E.T. chews, specially made for cats to chew on for dental benefits, or using Hill's prescription TD (some cats may actually prefer the canine TD; more to chomp on). You might even go as far as stuffing the chews into a Kong toy made for dogs or into a sterilized dog bone for your kitty to spend time and effort to remove.

Rodan is co-chair for the first-ever Feline Life Stage Guidelines, created by the American Association of Feline Practitioners and American Animal Hospital Association. The guidelines will be available to veterinary professionals in early 2010, initiated by the non-profit CATalyst Council. "Our hope is veterinarians will communicate consistent messages, based on what data we have, to clients concerning cat care throughout their (pet's) lifetime," Rodan says.

Underlying Rodan's message is that cats simply aren't focused on at many veterinary offices in the same way as dogs; it's almost accepted that cats won't see a vet as often. CATalyst is determined to shift that paradigm. A similar set of Life Stage Guidelines written for the general public will be released later in 2010, and you'll read about that here first.

(Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY, 14207. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.)

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Cupcakes become a comfort food in tough times

By Wolfgang Puck
Tribune Media Services

Food lovers are always excited to talk about the latest cooking trends. What I find interesting, as someone who grew up speaking German, is that the word "trend" comes from an old Germanic word that means to turn or revolve. Which implies that food trends are often something old that feels new again because we haven't seen or tasted it in a while and someone has reintroduced it with a fresh twist.

That's certainly true of cupcakes. Small, individually portioned cakes have been around for at least two centuries, and every American grownup I know remembers them fondly from childhood. But over the last several years, they've evolved to become the hottest bakeshop craze, with cupcake boutiques popping up everywhere and charging premium prices for rich, tender little cakes in a wide range of vivid flavors, topped with mountains of frosting.

I see the trend most dramatically in the many parties my team and I cater in Hollywood. A few years ago, the most famous stars wanted their parties to end with creme brulee or molten chocolate cakes. Today, they request a variety of incredible cupcakes, and ev-

eryone at the party enjoys them with childlike smiles on their faces.

Maybe the trend this time owes something to the fact that all of us are looking for more comfort in our lives during uncertain times. And a personal portion of delicious, home-style cake with a gooey topping definitely falls under the category of comfort food.

One of the most comforting kinds of cupcakes I know is based on carrot cake, which itself has a history reflecting tough times. Although carrots have been used for centuries in spice cakes to add sweetness and moisture, in modern times carrot cakes first rose to prominence during World War II when sugar was scarce. They became trendy in restaurants in the 1960s, especially with cream cheese frosting, and they've never really gone away since.

It's easy to transform a traditional carrot cake batter into cupcakes. All you need is a standard cupcake or muffin tin with individual cups that have a 1/2-cup volume. Be sure to grease the cups with nonstick spray or line them with pleated paper cupcake liners, available in the baking section of most markets, before you fill them. My recipe yields enough batter for 2 dozen cupcakes, plenty

for a great party, but you can divide the ingredients by a half or a quarter if you like.

Feel free to play with the batter, too, adding small quantities of other ingredients, such as seedless raisins or drained chopped pineapple, that define carrot cake comfort and fun for you. After all, when you're preparing a trendy treat, you yourself become the trendsetter.

CARROT CUPCAKES WITH CREAM CHEESE FROSTING

Makes 2 dozen

CUPCAKES:

- 2-1/4 cups all-purpose flour
- 1-1/2 tablespoons ground cinnamon
- 3/4 teaspoon salt
- 3/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 4 eggs
- 3/4 cup canola oil or peanut oil
- 1-3/4 cups granulated sugar
- 1 pound carrots, finely shredded
- 2 cups chopped pecans or walnuts

FROSTING:

- 1 pound cream cheese, at room temperature
- 1/2 pound unsalted butter, at room temperature
- 1-1/2 cups confectioners' sugar
- 1/2 teaspoon vanilla extract
- Pinch salt

For the cupcakes, preheat the oven to 375 degrees F. Coat the cups of two 12-cup standard-sized (1/2-cup) muffin pans with nonstick cooking spray or line them with paper cupcake liners.

In a medium-sized mixing bowl, sift together the flour, cinnamon, salt, baking soda, and baking powder. Set aside.

Put the eggs in the bowl of a stand mixer or in a large mixing bowl. With the stand mixer's whisk attachment or with a hand-held electric mixer, beat the eggs at high speed until they are frothy. Reduce the speed to medium and pour in the oil in a slow, steady stream until it is fully incorporated. Add the sugar and mix until well combined.

With a rubber spatula, fold the dry ingredients into the egg-and-oil mixture just until a moist batter forms. Add the shredded carrots and the nuts and fold them in just until evenly incorporated.

Spoon the batter into the prepared cupcake pans. Bake until a wooden toothpick inserted into the center of a cupcake comes out clean, about 20 minutes. Remove the cupcake pans to a wire rack to cool completely.

Meanwhile, prepare the frosting. Put the cream cheese and butter in a clean stand-mixer bowl or in a clean medium-sized mixing bowl. Beat with the stand mixer or a hand-held electric mixer at medium speed just until the cream cheese and butter are thoroughly combined and have a smooth, spreadable consistency. Reduce the speed to low, add the powdered sugar, vanilla, and salt, and continue beating until thoroughly combined.

With an icing spatula or a table knife, spread the frosting generously on the cooled cupcakes. Serve immediately or store in an airtight container at cool room temperature for up to 3 days.

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Over the last several years, cupcakes have evolved to become the hottest bakeshop craze.

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Help ill family or friends keep connected

(ARA) - When you learn that a friend, family member, coworker or neighbor is seriously ill or recovering from injuries or surgery, do you wonder how you can best show your support?

It depends upon the situation. Sometimes the best way to show your support is to just stay in touch, but other times, it's to provide help that your friend or loved one needs.

"When someone you know experiences a serious health event, or is in the hospital recovering from a major surgery, connecting them with family and friends is very important," says Sona Mehring, founder of CaringBridge. "Often, people in this situation don't know how easy and helpful it is to gather their family and friends and show support in an unobtrusive way."

When you receive news that a loved one is going through cancer, premature birth or another health crisis, consider some of the following ideas in ways to best show your support:

• **Offer your help.** Make a specific offer like cooking a meal, driving the person to appointments, babysitting for children, picking up gro-

ceries, calling other family members, writing thank-you notes, etc. By specifically offering to help in a way that uses your talents and won't overwhelm you, you will be able to show support in a healthy way.

• **Be positive.** You don't have to be talking about your loved one's illness all the time. Maybe you saw a funny online video that you know will tickle their funny bone. Copy the link and share it with your friend. Or tell him the story about your child's performance in a school concert that had you beaming with pride. By keeping your loved one involved through your stories in real world events, you are helping them stay connected.

• **Create an online social networking page.** For a person trying to recuperate from an illness, repeating health information time and time

again is exhausting—even if the information is good news. Consider setting up an online support network page through CaringBridge, so your loved one can share updates once, post photos and receive messages of support.

CaringBridge is a nonprofit organization that offers free, personalized Web sites for patients to post health updates, photos and connect

with family and friends.

"When a family member or good friend is isolated in the hospital or confined to home care, recovery is much easier when supporters are able to easily stay in touch," says Mehring. "And by staying in touch, supporters can provide the assistance and love a patient needs to get them on the road to feeling better."

Courtesy of ARAContent

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BRIDGE

All finesses are not equal

By Omar Sharif and Tannah Hirsch

Neither vulnerable. North deals.

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 ♥ K 7 5
 ♦ A Q J 3
 ♣ 9 6 2

WEST
 ♠ J 10 9 7
 ♥ 9 2
 ♦ ♠ 5 4 2
 ♣ A Q 3

EAST
 ♠ K Q 8 5
 ♥ 3
 ♦ ♠ 9 8 6
 ♣ J 10 8 7

SOUTH
 ♠ 3 2
 ♥ A Q J 10 8 6 4
 ♦ 7
 ♣ K 5 4

The bidding:
 NORTH EAST SOUTH WEST
 1♦ Pass 1♥ Pass
 INT Pass 4♥ Pass
 Pass Pass

Opening lead: Jack of ♠

The odds on a ruffing finesse or a simple finesse succeeding are 50 percent in either case. But that does not necessarily mean that, in the context of the hand as a whole, it makes no difference which finesse you take.

The auction was routine. With a good seven-card suit and the equivalent of an opening bid, South's jump to four hearts over the one-no-trump rebid was routine.

West led the jack of spades, setting up a trick in that suit for the defense. In addition, there was the potential of three losing tricks in clubs if West held the ace of that suit. One of the losers could go away on a diamond. Should South take the regular or the ruffing finesse?

If whichever finesse you choose is

destined to win, there is no more to say. Suppose you take the regular finesse and it loses. East returns the jack of clubs through the king and, since West has the ace, you lose three club tricks to go with the diamond and the spade loser - down two,

Now let's suppose that, instead, you lead a diamond to the ace and continue with the queen for a ruffing finesse. If East covers, you ruff, return to dummy with a trump and cash the jack of diamonds for a spade discard. Now you can lead a club to the king, trying for an overtrick. What if East does not cover? You discard a spade and, even if West can win with the king, the king of clubs is safe from attack. You win any return, cross to dummy with a trump and discard a club on the jack of diamonds, guaranteeing the contract.

Send e-mail to gorenbridge@aol.com.

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Answers to some of the most commonly asked Medicare questions

QUESTION: Although I know that Medicare annual enrollment ended December 31, can you tell me if there is another enrollment period going on now that ends on March 31?

ANSWER: The Medicare Advantage Open Enrollment Period runs from January 1 through March 31 each year. The Medicare Advantage Open Enrollment Period provides Medicare beneficiaries with one opportunity to enroll in, disenroll from, or change a Medicare Ad-

vantage plan during the first three months of the year. Unlike enrollment in Part B, (Original Medicare's medical insurance coverage) the change in Medicare Advantage enrollment or disenrollment becomes effective the month after the change is made.

Medicare Advantage plans are health plan options like Health Maintenance organizations, (HMOs) and Preferred Provider Organizations, (PPOs), approved by Medicare and offered by private

companies. These plans are part of Medicare and are sometimes called "Part C," or "MA plans." Medicare pays a fixed amount for your care every month to the companies offering Medicare Advantage Plans. These companies must follow rules set by Medicare. Medicare Advantage plans provide your Medicare health coverage, including your Part B medical benefits, and your Part A hospital benefits, and sometimes, Medicare prescription drug coverage, Part D. They are not supple-

mental insurance plans, and when you are enrolled in a Medicare Advantage plan you do not need to have supplemental insurance. Not all Medicare Advantage Plans work the same way, so you are encouraged to find out the plan's rules before joining.

Only beneficiaries who are eligible to enroll in a Medicare Advantage plan may take advantage of the Open Enrollment Period. In other words, someone who wants to

■ CONTINUED ON PAGE 31



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NOSTALGIA NOTEBOOK

February 1940	February 1950	February 1960
Births	Births	Births
<p>February 3: Russian forces launch a major assault on Finnish troops occupying the Karelian Isthmus.</p> <p>February 6: Tom Brokaw, American television news reporter</p> <p>February 8: Ted Koppel, American journalist</p> <p>February 19: Smokey Robinson, American musician</p> <p>February 23: Peter Fonda, American actor</p> <p>February 28: Mario Andretti, American race car driver</p>	<p>February 3: Morgan Fairchild, American actress</p> <p>February 6: Natalie Cole, American singer</p> <p>February 10: Mark Spitz, American Olympic swimmer</p> <p>February 13: Peter Gabriel, British rock musician</p> <p>February 18: Cybill Shepherd, American actress</p> <p>February 22: Julius Erving, American basketball player</p>	<p>February 7: James Spader, American actor</p> <p>February 13: Gary Patterson, American football coach (former K-State player)</p> <p>February 14: Jim Kelly, American football player</p> <p>February 19: Prince Andrew, Duke of York</p> <p>February 23: Naruhito, Crown Prince of Japan</p> <p>February 29: Richard Ramirez, American serial killer</p>
Events	Events	Events
<p>February 1: Russian forces launch a major assault on Finnish troops occupying the Karelian Isthmus.</p> <p>February 7: RKO release Walt Disney's second full-length animated film, <i>Pinocchio</i>.</p> <p>February 16: The British destroyer <i>Cossack</i> pursues the German tanker <i>Altmark</i> into Jøssingfjord in southwestern Norway.</p> <p>February 20: Tom and Jerry make their debut in <i>Puss Gets the Boot</i>.</p>	<p>February 1: Chiang Kai-shek is re-elected as a president of the Republic of China.</p> <p>February 9: In his speech to the Republican Women's Club at the McClure Hote in Wheeling, West Virginia, Senator Joseph McCarthy accuses the United States Department of State of being filled with 205 Communists.</p> <p>February 14: The Soviet Union and the People's Republic of China sign a mutual defense treaty.</p> <p>February 15: Walt Disney releases his 12th animated film, <i>Cinderella</i>.</p>	<p>February 1: In Greensboro, North Carolina, four black students from North Carolina Agricultural and Technical State University begin a sit-in at a segregated Woolworth's lunch counter.</p> <p>February 9: Adolph Coors III, chairman of the board of the Coors Brewing Company, is kidnapped and captors demand \$500,000. Coors is later found dead and Joseph Corbett, Jr. is indicted.</p> <p>February 13: France tests its first atomic bomb in the Sahara.</p>

Medicare Advantage

■ CONTINUED FROM PAGE 30

change plan coverage between January 1 and March 31, must have both Medicare Part A and Medicare Part B and must live in the area served by the Medicare Advantage plan.

Permissible changes during the current Open Enrollment Period include:

- Medicare Advantage with a Prescription Drug Plan to a different Medicare Advantage with a Prescription Drug Plan
- Medicare Advantage with a Prescription Drug Plan to Original Medicare and a stand-alone Prescription Drug Plan (PDP)
- Original Medicare and a stand-alone Prescription Drug Plan (PDP) to a Medicare Advantage with a Prescription Drug Plan
- Medicare Advantage-only plan to a different Medicare Advantage-only plan
- Medicare Advantage-only plan to Original Medicare
- Original Medicare to a Medicare Advantage-only plan

Beneficiaries may not add or drop the Medicare Prescription benefit, which is a Part D drug plan during

the Open Enrollment Period that is running now through March 31. During this current Open Enrollment Period those who already have drug coverage, can only change to another plan option that offers drug coverage. If you do not have drug coverage, you may not change to another plan that offers drug coverage. The Part D, Prescription Drug benefit enrollment period, runs from November 15 through December 31.

For more information, please call 1-800-Medicare, or 1-800-633-4227, Medicare's national toll-free helpline, available 24 hours a day, seven days a week.

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: PUPIL BATCH CHORUS SPLICE

Answer: How the careless driver ended up -- CARLESS

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March 4-Surviving and Thriving-Donna Flory, MSW
March 11-Estate and Legal Matters-Cheryl Trenholm, Attorney
Barber Emerson, LC
March 18-Gardening for All Seasons- Jennifer Smith,
Dg Co Extension Office
March 25-Don't Fear Your Electronics-Pattie Johnston, Library
& Mary Gauthier, retired Business Teacher
April 1-Strengthening Your Spiritual Well-being-
Paul Reed, VNA Hospice Chaplain
April 8-Managing Your Money-Save-Hamilton, VSR Financial
April 15-Car Care-Richard Haig, Westside 66 Auto
April 22-Personal Safety and Home Security- Sgt. Gary Squires,
Dg Co Sheriffs Office
April 29-Talk with Your Doc like a Pro-Lisa Mitchell, RN
May 6-Put it on Paper: Reflective Journaling-Sarah Rooney,
VNA Hospice Volunteer Coordinator
May 13-Healthy Eating for One-Susan Krumm,
Dg Co Extension Office
May 20-Searching for Peace-Linda Upstill,
Rumsey Yost Funeral Home
May 27-Celebration and Remembrance
-Look for new Fall programs!

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Roger Dreiling, M.D., is the medical director of Cardiovascular Specialists of Lawrence. Dr. Dreiling is board certified in interventional cardiology and cardiovascular disease. He graduated from the University of Kansas School of Medicine and completed his residency and fellowship training in cardiology at KU Medical Center.

