

Kaw Valley Senior Monthly

FREE!
Take One Home With You

February 2019

Serving Active Seniors in Northeast Kansas since 2001

Vol. 18, No. 8

INSIDE



The Winter 2019 issue of JAAA's *Amazing Aging* is included in *Senior Monthly* copies distributed in Douglas, Jefferson, and Shawnee Counties.

- Business Card Directory...24, 25
- Calendar18-23
- Financial Focus12
- Goren on Bridge32
- Health & Wellness..... 14, 15
- Humor.....29
- Jay's Musical Memories.....27
- Jill on Money..... 13
- Mayo Clinic16
- My Pet World30
- Puzzles and Games.....33
- Rick Steves' Europe26
- Wolfgang Puck's Kitchen..... 28

www.seniormonthly.net

KEVIN GROENHAGEN PHOTO



Dianne Lawson: Building extraordinary relationships through astrology.

See story on page three



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

**NOW accepting
55 and over!**

National Church Residences
CEDAR SQUARE

Affordable Apartments for
Seniors age 62+



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

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

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

RESIDENCES OF LEGEND SENIOR LIVING®



THE LEGEND IS YOU.

Every person has a story.

Every step of your journey has made your story unique. Our deep commitment to you and your family is both our mission and our calling. We endeavor each day to serve you or your loved one and enhance quality of life through enriching experiences, innovative services, and compassion.

BECAUSE YOU ARE TRULY A LEGEND, and the inspiration of our name.

ASSISTED LIVING Designed for those who need assistance with daily tasks, Legend at Capital Ridge and The Windsor of Lawrence offer a personalized approach that delivers only the services you need. Caring associates are on duty 24 hours a day to assist with activities of daily living, in your own private apartment, designed specifically for physical independence. Residents also benefit from health care services by licensed nursing professionals.

MEMORY CARE Available at both Legend at Capital Ridge and The Windsor of Lawrence, our award-winning Memory Care program focuses on intentional therapies that encourage residents' functioning and help build connections. Experiences are designed to engage residents at their point of need and ability.

CALL OUR SENIOR CARE EXPERTS TO LEARN MORE AND SCHEDULE YOUR PERSONAL TOUR.

LEGEND®

ASSISTED LIVING & MEMORY CARE
at Capital Ridge

1931 SW Arvonía Pl
Topeka, KS 66615
(785) 272-9400

The Windsor
of Lawrence

ASSISTED LIVING & MEMORY CARE

3220 Peterson Rd
Lawrence, KS 66049
(785) 832-9900

Find us on Facebook!



Legend Senior Living



www.LegendSeniorLiving.com

Lawson uses astrology to build extraordinary relationships

By Kevin Groenhagen

“It’s written in the stars.” We have all heard this phrase, which, according to the Cambridge Advanced Learner’s Dictionary & Thesaurus, means “If you believe that something is written in the stars, you believe that it will be made to happen by a force that controls the future.”

As a professional astrologer, Dianne Lawson believes that much in life is written in the stars, Sun, Moon, and planets. However, she also believes in free will and that astrology can help people take charge of their lives, especially when it comes to relationships.

Lawson describes herself as “insanely curious,” and it was her curiosity that led her to astrology several decades ago.

“A famous astrologer came to Topeka in 1970,” Lawson explained. “I had never been especially interested in astrology prior to that, but I saw her and I was blown away by how accurate she was. I left her, went to the library,

and came home with a huge pile of books on astrology.”

Lawson became a professional astrologer three years later. Since then, her clients have included a Pulitzer Prize winner, Tony Award winners, a governor, and several prominent authors and businessmen. She has also presented hundreds of classes, workshops, and lectures to groups, clubs, organizations, government agencies, and churches.

When many of us hear the word “astrology,” we might think of the daily horoscope in the newspaper. That is quite different from what Lawson does.

“Horoscopes in the newspaper are a bit ridiculous,” she said. “There are more than 12 people on the face of the Earth. Real astrology is very complicated. The birth chart is the most important aspect of astrology. Everyone—even twins—is unique and has a one-of-a-kind birth chart.”

According to Lawson’s brochure, “The birth chart is a computer-generated map of the heavens based upon



Dianne Lawson

your exact place, date and time of birth. It is more than just the Sun Sign and includes the Sun, Moon, planets and much more. You are the only person on

earth with your exact birth chart.” The birth chart indicates potentials in all areas of life, including relation-

■ CONTINUED ON PAGE FOUR

Kaw Valley
SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$9.50 for 12 monthly issues.

Contact us:

MAIL

2612 Cranley St.
Lawrence, KS 66046

PHONE / TEXT

785-841-9417

E-MAIL

kevin@seniormonthly.net

Senior Monthly is locally owned and operated.

MIDWEST
TAX & FINANCIAL, INC.

Are you certain you are taking advantage of every tax break you deserve?

Call TODAY for your COMPLIMENTARY Tax Review!

TOPEKA
785-232-6923

LAWRENCE
785-838-4380

LENEXA
913-764-1127

www.MidwestTF.com

Delivering simple solutions in a complex world



The best home to be in is your own.
Home Instead offers personalized in-home services.

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

HomeInstead.com/584

Topeka
785.272.6101

Lawrence
785.856.8181

Dianne Lawson

■ CONTINUED FROM PAGE THREE

ships, money matters, career choices, health, children, education, abilities and talents. Free birth chart calculators are available online.

Lawson also prepares individualized yearly charts for her clients.

“The yearly chart has terrific information,” she said. “The year starts from the day you do it. It gives information about the types of things that are likely to happen so you can avoid them or prepare for them. More importantly, it gives you ideas about opportunities to take advantage of. I compare the yearly chart to a weather forecast. If the weatherman says it’s likely to rain, you don’t have to get wet. You can stay inside or use an umbrella, raincoat and galoshes. And, of course, the weatherman is not always right.”

Lawson also practices the ancient art of horary astrology.

“Horary astrology is really exciting,” she said. “It often gives me goose bumps even though I’ve done it thou-

sands of times. If you ask me a question, I push a button on my computer, the computer draws a map of the heavens for that exact moment, and the answer is there. People have asked all kinds of questions. Probably the most frequent question is ‘What does the universe say about my relationship with so and so?’”

Of course, when the universe speaks to Lawson, she listens.

“My husband initially came to me as an astrology client,” Lawson said. “The second I saw his chart I knew I was going to marry him. I really struggled with the ethics about whether or not to tell him.”

For the record, she did tell him, but not right away.

“When I look at people’s charts, I look at the Sun, the Moon, all the planets except Earth,” Lawson said. “I include Pluto even though it has been demoted. The Sun Sign is just one of many things astrologers look at. Real astrology is exceedingly complicated and complex.”

The Sun Sign is the sign of the zodiac that the Sun occupies at the time of your

birth. The 12 zodiac signs are grouped into four elements—fire, earth, air and water:

Fire Signs: Aries, Leo, Sagittarius

Earth Signs: Taurus, Virgo, Capricorn

Air Signs: Gemini, Libra, Aquarius

Water Signs: Cancer, Scorpio, Pisces

Each of these elementary groups has distinct traits, and the signs in each of

the elements are compatible with the other signs of that element.

“It’s nice if you and someone have signs that are compatible, but it’s not an absolute necessity,” Lawson said. “For example, the earth signs—Taurus, Capricorn, and Virgo—have kind of a natural affinity. They are similar. They tend to be practical, so they get along

■ CONTINUED ON PAGE SIX



TRINITY In-Home Care

- Light housekeeping
- Personal Care
- Meal assistance
- Local errands and transportation
- Community integration
- Caregiver support

**Douglas County's hometown,
nonprofit in-home support provider.**

Sliding scale available to those who qualify.



842-3159 | www.tihc.org

PETERSON
KRISCHE
VAN HORN DDS

Gentle &
Comfortable Care

•
Cosmetic Dentistry

•
Teeth Whitening

•
Insurance Processed

•
New Patients &
Emergencies Welcomed

Mention you saw this ad in Senior Monthly

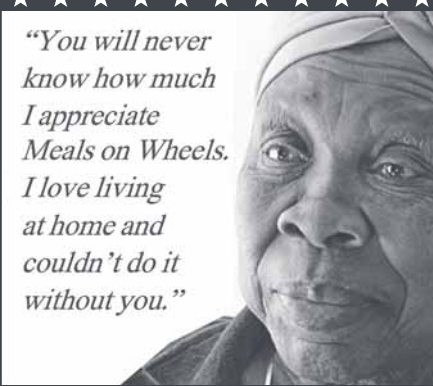


(785) 842-0705

530 FOLKS RD • LAWRENCE
www.pkvdds.com

Meals on Wheels

“You will never
know how much
I appreciate
Meals on Wheels.
I love living
at home and
couldn’t do it
without you.”



Serving Shawnee, Douglas
and Jefferson Counties



MEALS on WHEELS
EASTERN KANSAS

(785) 295-3980

www.mowks.org



QUALITY Service You DESERVE

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

Accepts Medicare, Medicaid and most insurances.

For more information, call

620-364-2117

601 Cross Street • Burlington, Kansas
lifecarecenterofburlington.com



5,000 YEARS OF CIVILIZATION REBORN



神韻晚會 2019 SHEN YUN

ALL-NEW 2019 PROGRAM • ACCOMPANIED BY LIVE ORCHESTRA

“There is a massive power in this
that can embrace the world. It brings great hope...

It is truly a touch of heaven.”

—Daniel Herman, Minister of Culture of the Czech Republic

**“Shen Yun brings out
the most heavenly experience.**

I feel like my troubles just walked away,
it’s a spiritual, peaceful and absorbing experience.”

—Steve R. Kates, TV host

**“I found my heart
blossoming and opening.**

It was outside and inner experience combining
heaven and earth in one. I felt healing and
uplifting in my body, almost like rejuvenation.”

—Pamela Marton, Priestess

“I felt like I was in heaven.

If people watch this production,
their inner souls will be purified.

This really is a performance for the very fortunate.”

—Choi Yun Xi, award-winning Korean dance artist

Order today! Selling out across the globe!

Jan 25–27
Kauffman Center
913-701-SHOW (Kansas City)
ShenYun.com/KC

Feb 12
Lied Center
888-316-SHOW (Lawrence)
ShenYun.com/KS

THE BEST
HOLIDAY GIFT



Dianne Lawson

■ CONTINUED FROM PAGE FOUR

better with one another.”

In an effort to help people get along better, last year Lawson published *Extraordinary Relationships Through Astrology*, which was recently reviewed in the *Mensa Bulletin*. Her book can be purchased through her website, www.DianneLawson.com, or on Amazon.com.

“The number one question I get as an astrologer is about relationships,” Lawson said. “People really struggle with relationships. They make bad choices. They don’t look at the warning signs. They suffer a lot. So, the main reason I wrote this book was to alleviate suffering.”

The book includes chapters entitled “How to Find a Lover or Spouse,” “Red Flags in Relationships,” “Sun Sign Guide to Lovers and Spouses,” and “Solving Problems in Relationships.” Lawson also offers age-related advice in her book.

“Between the ages of 58 and 60 can be a really important time in people’s lives,” Lawson said. “If they know about it ahead of time, they can prepare for it. Regarding your career, it can be a time when you can create exactly what you want and do what you want.”

According to Lawson, she was able to prepare herself at that age using astrology.

“I used to be a social worker and I really liked that,” she said. “But when I was 59 there was an outstanding astrological configuration coming up. I sat down and thought, ‘What do I most want to do with my life?’ I was very happy with the job I had. I liked going to my work, but what I really got excited about when I woke up in the morning was doing astrology, Feng Shui, and writing. So, I decided to quit my job, pursue my passions, and create the kind of life I wanted out of that.”

“I had all these connections already before I decided to leave my job and start a full-time business as an astrologer and Feng Shui consultant,” Lawson continued. “What I didn’t have in place was a business background. My degrees are in psychology

and social work.”

Lawson took five e-commerce workshops to learn how to promote herself on the Internet. She got her own website, started a Facebook page and an e-mail list, and joined the Greater Topeka Chamber of Commerce. She has continued taking business and e-commerce workshops to keep current.

Lawson is currently writing her second book, *Extraordinary Coincidences*.

“I would like for people to contact me if they have had extraordinary coincidences in their lives,” she said.

Lawson notes that she experienced her own extraordinary coincidence decades ago with her daughter and her husband at that time.

“We were driving in Montana and were hopelessly lost,” she said. “This was before GPS. It had recently snowed, so everything was solid white. We couldn’t really tell where the road was. There were no tire tracks. We tried to stay in the middle of the road by watching the fence posts on either side. And then we got stuck. This was before cellphones, so we couldn’t call anyone. My then-husband and I got out of the car to see if we could push our way out. On top of the snow was a board about six feet long and six inches wide. There wasn’t a snowflake on it and it was right next to the tire that was stuck. We put the board under the tire and away we went. How do you explain that?”

Lawson will have a table at the

Spirit, Mind, Body Fair and will be providing astrology and card and palm readings. The fair will be held at the Kansas ExpoCentre’s Agriculture Hall in Topeka on Saturday, March 2, from 10 a.m. to 7 p.m., and Sunday, March 3, from 11 a.m. to 5 p.m.

“I’ll be selling my book there,” Lawson said

To learn more about Dianne Lawson’s services and/or to share an extraordinary coincidence, please call her at (785) 232-2836, e-mail her at Cappie0113@aol.com, or visit her website at www.DianneLawson.com. Those who are interested can also join her free e-mail list and receive information about astrology to help them live extraordinary lives.



Arbor Court Retirement
Community at Alvamar
Lawrence, Kansas



1510 ST ANDREWS DRIVE
LAWRENCE, KS 66047
785-841-6845

www.arborcourt-lawrence.com



LIKE US ON FACEBOOK at
Arbor Court – Retirement
Community at Alvamar

**Arbor
Court**
Start enjoying
your retirement!

Studios start at
\$1525 per month
including
breakfast,
lunch, utilities,
housekeeping,
transportation,
and so much
more!

Call us for our
move-in
specials and a
complimentary
tour and lunch!

YOUR LIFE. YOUR STYLE. YOUR HOME.



Bridge  aven

**We Never Forget
The Individual Within.**

**Learn about our Alzheimers and Dementia Care Homes:
www.mybridgehaven.com or call us at 785.371.1106**

Grace Home Care receives awards

By Billie David

Being a locally managed business is important to Kate Clemmons, executive director of Topeka's Grace Home Care.

"We have been in Topeka for over seven years," Clemmons said. "The business was founded in 2011 as Blassingame Home Care."

Bev Blassingame started the business because she recognized the need for helping people age in their own homes, Clemmons explained.

Blassingame sold the business when she retired in 2016, and the name was changed to Grace Home Care, in part because the shorter name was easier to manage, but also as a tribute to Blassingame for her example of providing grace under pressure for her clients, who were navigating the challenges that aging can bring.

Referring to Grace Home Care's parent company, which benefits them with their expertise in regulatory knowledge and in-depth training, Clemmons said, "We are proud to be part of Briggs Healthcare, but we are also a family company—not a chain or a franchise, but privately owned and homegrown in Topeka."

That means a lot to Clemmons, who is a lifelong resident of Shawnee County and who earned her undergraduate degree from the University of Kansas and her master's degree at Washburn University.

After four years of experience as a director in assisted living and another year as a communications director,

Clemmons became executive director of Grace Home Care two years ago.

"I enjoy helping people," she said. "I enjoy helping them stay in their homes, and I enjoy watching the business grow."

In addition, she finds satisfaction in the fact that the business provides jobs for area caregivers, many of whom are students in the nursing field or retired healthcare workers.

"We have fabulous caregivers," she said. "Some of them have been with us from the beginning."

Grace Home Care's success in training staff members and carefully matching them with clients has earned them the designation of Best of Homecare Provider and Best of Homecare Employer, both of which were awarded in 2018 based on client and caregiver satisfaction scores collected by the independent client satisfaction firm Home Care Pulse.

That satisfaction can be attributed to our awesome caregivers, customer service, dependability, and matching caregivers with clients.

"Matching caregivers to clients is very carefully thought out," Clemmons said. "We try to match both the client and their caregiver so both are happy."

That includes taking into account personal personalities, strengths, needs and schedules. Caregivers are given thorough background checks before hiring. "We wouldn't want anybody in your home that we wouldn't want in our homes," she said.

As for Grace Home Care's continued success in Topeka, Clemmons attri-

COURTESY PHOTO



Grace Home Care recently received "Leader in Excellence," "Provider of Choice," and "Employer of Choice" awards from Home Care Pulse. Left to right: Kate Clemmons, Taylor Anderson, Amber Thornton, and Allison Speck.

butes it to a focus on what is important: their wonderful clients and awesome caregivers. "We are in this business for the right reason, to care for our clients and staff."

That includes advocating for the client, she added. "There are people

without family, and they need someone in their corner, so we advocate for our clients. Sometimes we call the client's doctor and provide information about what we have observed. We are their eyes and ears. We remind them

■ CONTINUED ON PAGE NINE



Apartments starting at just \$1650 per month

- Complimentary housekeeping
- Free on-site laundry
- Social activities and entertainment
- Scheduled transportation
- Breakfast and lunch
- And much more!

Call us today at 785.273.6847 for a personal tour.

Andrea Graham, Director

4200 SW Drury Lane • Topeka

Look for us!

Grace Home Care

■ CONTINUED FROM PAGE EIGHT

to check the furnace filter or make an appointment to get their toenails trimmed. We even discovered a pipe leak in a client's basement."

If the caregiver is ill, Grace Home Care makes every effort to replace them with someone who knows the client. "We fill our shifts, and we are dependable," Clemmons said.

As the executive director of a community-oriented business, Clemmons is involved with community events such as the Walk to End Alzheimer's. "We like to stay connected with the community, so we know who to call for help and how to connect family to resources like Meals on Wheels, Jayhawk Area Agency on Aging, and hospice agencies in town," she said.

Grace Home Care provides non-medical services to clients in the Topeka area, including companion care; homemaker services such as shopping, meal planning and preparation, housekeep-

ing and laundry; personal care including bathing, dressing and mobility assistance; transportation, and medicine reminders and respite care. As a non-medical service provider, services are not covered by Medicare.—Some long-term-care insurance policies do pay for home care services.

More information is available at Grace Home Care's website at grace-homecare.com or by calling 785-286-2273.



928 Massachusetts
Lawrence KS
785-843-0611
www.theetcshop.com

- Custom KU Jewelry (Exclusively at The Etc. Shop)
- Handbags, Wallets, Briefcases
- Huge Selections of Sterling Silver
- Leather Goods for Men & Women
- Antique Native American Jewelry

Brighton, Scully, HOBBS

Drop in for big city selection in a small town!
Conveniently open 7 days a week!



Situated in a quiet residential neighbor in the heart of De Soto, Hillside Village is conveniently located just minutes from Lawrence and the Kansas City area. We offer 38 assisted living apartments with several floor plans and 49 skilled nursing beds, all of which are Medicare certified.

Onsite physical, occupational, and speech therapy is available six days a week. We are locally owned and operated.

Hillside Village offers a robust activities program to keep our residents active and is fortunate to have young, energetic activities associates to work with our residents. The goal of the program is to enhance the quality of life and maintain the level of functionality of our residents. A typical week might include Bingo, memory and word association games, a discussion of current events, a birthday party, movie night, a game watching party, and even Friday afternoon Happy Hour! Stop by for a tour and check out some of our great activities.



Call 913-583-1260 ext. 116 today to schedule a tour!



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



Carol Ronnebaum

SENIORS REAL ESTATE SPECIALIST

- Simplifying Senior Moves

- Baby Boomer Moves - Up, Down, Relocate

785-640-2685 • Carol@CarolRealtor.com
2222 SW 29th St. • Topeka, KS 66611

TopekaSeniorLiving.com



ENT

LAWRENCE
OTOLARYNGOLOGY
HEAD & NECK SPECIALISTS

Hearing Loss Affects One In Three American Adults

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

Serving the Lawrence area for over 30 years

Lawrence • Ottawa • Topeka

785-841-1107

Our Audiology Team

Misti M. Ranck, M.S., CCC-A

Jami S. Johnson, M.S., CCC-A

Meryl R. Lockling, Au.D., CCC-A

Katie E. Turner, Au.D., CCC-A

Kay Bassett, H.I.S.

LMH Health Foundation granted \$2 million by the Sunderland Foundation of Kansas City

The LMH Health Foundation has been awarded a \$2 million grant from the Kansas City-based Sunderland Foundation to support the LMH Health West Campus expansion. This is the largest gift in LMH Health Foundation history.

The new, state-of-the-art facility will have a strong emphasis on outpatient services, including family and internal medicine, orthopedic and sports medicine, physical therapy, and women's health services. It also will include outpatient surgical capabilities. The campus will be near Kansas Highway 10 and Rock Chalk Park in Lawrence.

Earl Reineman, major and planned gifts manager for LMH Health Foundation, said, "This gift for the new LMH Health West Campus is an acknowledgement of how important the project is. The Sunderland Foundation recognizes that the LMH Health West Campus will greatly enhance the delivery of medical care to the people we serve. But they also recognize that it will strengthen the hospital in ways that help sustain the mission-driven care we provide, such as charity care, community outreach and crisis care for mental health and substance use."

LMH Health broke ground in summer 2018 for the west campus location, with the opening planned in 2020. While constructing this expansion to the west, LMH Health remains committed to its primary campus on Maine Street, which will continue to serve the entire community.

Rebecca Smith, executive director of the LMH Health Foundation, said, "There's a caring, proactive approach to healthcare at LMH—rooted in

excellence and aimed at continuous improvement. The Sunderland Foundation's gift signals understanding and support for that approach and affirms a remarkable and enduring relationship, one that ensures LMH Health can fulfill its newly envisioned purpose as a partner in lifelong health."

The Sunderland Foundation has partnered with LMH Health previously, supporting a number of important projects including the renovated heart catheterization lab and a recent behavioral health initiative.

The Sunderland Foundation was established in 1945 by Lester T. Sunderland, who served as the highly respected president of the Ash Grove Cement Company for 33 years. Since its inception, the Sunderland Foundation has focused on supporting construction projects, awarding grants to nonprofits in the Kansas City region and other markets traditionally served by the Ash Grove Cement Company.

Russ Johnson, LMH Health president and CEO, said, "Our vision to be a partner for lifelong health would not be possible without the tremendous philanthropic support of our community. That support enables our nurses, physicians and other clinical staff to provide millions of dollars in charity care each year. We are incredibly grateful to the Sunderland Foundation for investing in the future of our community and its collective health."

This year, LMH Health Foundation, formerly LMH Endowment Association, celebrates 50 years of inspiring community and philanthropic support for LMH Health.

Jason Hoover, president of the LMH

Health Foundation Board of Directors, said, "As LMH Health has grown to serve a much larger purpose, so has the LMH Health Foundation. The foundation will continue to provide a margin of excellence for our community hospital, ensuring high-quality care for all."

LMH Health is a community, not-for-profit hospital that serves the health care needs of Lawrence and its surrounding communities, regardless of an individual's ability to pay. LMH Health receives no tax support from the city of Lawrence or Douglas County, and invests all excess revenues in ser-

vices, equipment and facilities.

Earl Reineman, major and planned gifts manager for LMH Health Foundation, said, "We're so fortunate to have such a great team of people at LMH Health, and this philanthropic gift is a direct result of their dedication and the exceptional care they provide. The Sunderland Foundation's compassion and generosity touch people's lives throughout the region and the country, and we're grateful they recognize the hard work and great medical care that members of the LMH Health team provide every day."

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

100% Employee
Owned Company!



MEDICALODGES
Eudora

"Professional Therapy & Nursing Services in Your Hometown!"

KEY REHAB

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



We accept MEDICARE, KANCARE & other major insurances.

Medicalodges Eudora

1415 Maple Street, Eudora Kansas

(785)542-2176

WWW.MEDICALODGES.COM

Put your mind at ease

*Advance
funeral planning
is a way to achieve
comfort and
peace of mind.*

*Compassion and Service
...More Than Just Words*

Lawrence 843-1120

Eudora 542-3030

www.warrenmcelwain.com



WARREN-McELWAIN
MORTUARY

Fall in LOVE with



Gracious Retirement Living

At Meadowlark Estates, we have an abundance of heart. Our caring live-in management team is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments, and other scheduled activities. We also take care of the cooking, weekly housekeeping, and maintenance, so you can spend more time with new friends and family.

Call today to arrange your complimentary chef-prepared meal and personal tour!

785-842-2400

Meadowlark Estates
Gracious Retirement Living

4430 Bauer Farm Drive, Lawrence, KS 66049



FINANCIAL FOCUS

Financial Gifts for Valentines...of All Ages

Valentine's Day is fast approaching. This year, consider going beyond the flowers and chocolates and think about providing financial-related gifts to your loved ones of all generations.

Here are some gift possibilities to consider:



Derek
Osborn

For your spouse or partner – Your income—both today and in the future—may be essential to the ability of your spouse or partner to maintain his or her lifestyle and even to enjoy a comfortable retirement. Consequently, you need to protect that income and be prepared to replace it. So, why not use Valentine's Day as an opportunity to review your disability and life insurance? Of course, you don't have to evaluate your insurance needs and add new coverage all in one day, but the sooner you act, the more you can relax in the knowledge that you've helped give your spouse or partner a more secure future.

For your children or grandchildren – If you want your children or grandchildren to go to college, or to receive some type of technical education that can help them launch a good career, you may want to provide some type of financial assistance. And one education-funding vehicle you might want to consider is a 529 college savings plan, which offers tax advantages and high contribution limits. Plus, it gives you, as owner, considerable flexibility—you can always change beneficiaries if the child or grandchild you had in mind decides not to go to college or a technical school. (Be aware, though, that a 529 plan can have financial aid implications, so, at some point, you will want to discuss this

issue with a financial aid counselor.)

Another financial "gift" you could give to your children is a bit more indirect, but possibly just as valuable, as a 529 plan—and that's the gift of preserving your own financial independence throughout your life. If you were to someday need some type of long-term care, such as an extended nursing home stay or regular visits from a home health aide, you could find the costs extremely high. Medicare typically pays few of these costs, so you will likely need to come up with the funds on your own. You can go a long way toward protecting yourself from these expenses—and avoid having to burden your grown children—by purchasing long-term care insurance or some type of life insurance with a long-term care provision.

For your parents – One of the best gifts you can give to elderly parents is to help make sure their estate plans are in order. This is never an easy topic to bring up, but it's essential that you know what responsibilities you might have, such as assuming power of attorney, to ensure that your parents' plans are carried out, and their interests protected, in the way they'd want. Toward

this end, you will need to communicate regularly with your parents—and if they haven't drawn up estate plans yet, you could arrange for them to meet with the legal, tax and financial professionals necessary to help create these plans.

Just as the definition of "love" is broad enough to include all the people most important to you, so is the range of finan-

cial gifts you can give your loved ones. Start thinking about these gifts on Valentine's Day – and beyond.

- Derek Osborn is with Edward Jones, 4106 W. 6th St., Ste. A, Lawrence. He can be reached at 785-841-0382 or Derek.Osborn@edwardjones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

LOCALLY OWNED!

Tues.-Fri., 10 a.m.-5 p.m., or by appointment

Douglas County
MONUMENT WORKS
For a Life Lived

547 Indiana St. • Lawrence • 785-856-2370

MISSION TOWERS

Offering Clean, Safe, Affordable Housing for qualified seniors and non-elderly disabled.

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group • Library
- Entertainment • Well Maintained

For more information, call Dee

(785) 266-5656 • 2929 SE Minnesota • Topeka



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

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

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



prairie wind
senior living inc.

HOME PLUS

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

JILL ON MONEY

How to be smarter with your money in 2019

Every year, millions of Americans resolve to “do better” with their money and 2019 will be no different.

According to Fidelity Investments’ New Year Financial Resolutions Study, for the 10th consecutive year, the top three financial resolutions among Amer-



Jill
Schlesinger

icans considering one are: Save more (48 percent), pay down debt (29 percent) and spend less (15 percent). The telephone survey covered 2,005 adults.

Of course, if those are the same three goals as previous years, maybe we are not very good at keeping them. Not so, according to the survey!

Of those who had a financial resolution for 2018, a whopping 74 percent of them reported that they stuck with it. They could be fibbing, of course, so don’t feel bad about yourself if you were not among those who succeeded with your goals.

The three top resolutions share something in common: They require that you actually understand how much money is coming into your household

and the amount that you spend.

Before you stop reading, I am not going to tell you to create a budget. With that out of the way, here’s more good news: Technology makes it much easier to track your money.

Of the free apps, Intuit’s Mint allows you to see everything in one place, from bank account balances, to credit card bills, to retirement accounts. Mint also comes with a free credit score. Another free choice is Marcus by Goldman Sachs’ Clarity Money, a personal financial management tool that helps organize your financial life and uncover unwanted spending so you can redirect those funds elsewhere.

In addition to the free app world, many users of You Need a Budget report that the \$6.99/month cost (after an initial free 34-day trial) is worth it. The service is free for 12 months for students.

If this sounds about as much fun as having root canal and you are inclined to blow it off, here’s the problem: If you don’t know how the cash is coming in and out of your household, it’s hard to make informed decisions about your financial life.

For example, how much money is really available to pay down your outstanding debt? Can you afford to push a little bit more toward your emergency reserve fund so you have that comfy six

to 12 months of living expenses socked away? Ditto for your retirement plan or college funding.

If you already have the cash flow nailed and want to resolve to make 2019 the year of firmer financial footing, here are other ideas worth considering:

- Consider buying a \$149 subscription to ES-Planner’s software. Boston University economist Laurence Kotlikoff developed it to help people conduct their own planning. The service uses technology to “do lifetime budgeting, calculating how much to spend, save and insure each year to maintain your family’s living standard.”

- As Cher said to Nicolas Cage in Moonstruck: “Snap out of it” and once and for all, schedule an appointment with a CFP professional, a CPA-PFS or a member of the National Association of Personal Financial Advisors. Make sure that any professional you engage adheres to the fiduciary standard, where they put their clients’ interests first at all times.

- Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst.

A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, “Jill on Money.” She welcomes comments and questions at askjill@moneywatch.com. Check her website at www.jillonmoney.com.

© 2019 Jill Schlesinger. Distributed by Tribune Content Agency, LLC

Peterson Acres II

Affordable Housing
Based on Income.
Applications being accepted.

Senior Community at 2930 Peterson Road in Lawrence. 2 bedroom duplexes with handicap accessibility, W/D hookups, emergency maintenance and resident service program. Applicants must be 50 years of age or older. One pet allowed.
842-8358 or www.ldcha.org.



SOMEONE COULD USE HELP WITH



DAILY ACTIVITIES

MANAGING PAIN

MANAGING MEDICATIONS

HOUSEKEEPING

CARING FOR AN AGING LOVED ONE

TRANSPORTATION TO MEDICAL APPOINTMENTS

CALL MIDLAND CARE TODAY. WE CAN HELP.

1-800-491-3691

1 BR
starts at
\$345



2 BR
starts at
\$370

-Leisure Living Offering the Best of Both Worlds-
A Peaceful Country-like setting, At Rates That Can't Be Beat!
We rent to those 62 and older or disabled, regardless of age.



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



HEALTH & WELLNESS

Secret sources of sugar

There is one month of winter left. During these dreary days of winter, we can take comfort in the fact that February is the time of year for Valentine's Day. Valentine's Day is the day when we show others that we care for them by giving flowers



Dr.
Deena
Beneda

and, of course, chocolates! On Valentine's Day you can find everything from chocolate-dipped strawberries to boxes of delicious chocolates. But did you know that sugar appears in more than just Valentine's Day candy? What are some of the secret sources of sugar

in our food or drinks?

We all know that too much sugar is extremely bad for our health. Over consumption of sugar has a significant impact on our health, including a decreased immune system. Too much sugar in the diet can lead to being overweight or obese, which contributes to many significant health problems, including diabetes and cardiovascular disease.

What are some hidden sugars in our diet that you might be consuming and not even realize it? There are foods that most people would consider healthy but may actually have lots of added sugar in them. Examples of "healthy" foods with large amounts of sugar include breads, pasta, cereal, granola bars, and crackers. The labels on these foods may say whole grains or fortified with vitamins and minerals, but that doesn't mean that there is no sugar added to them. It's better to pass

up the chocolate chip/caramel granola bars and choose the healthier nuts/oats varieties.

Flavored yogurt can have added sugar, so, instead, choose the yogurt that is unflavored or unsweetened.

Drinks are a secret place to add sugar, including specialty coffees, sports drinks, and soda. Sports drinks can contain up to five teaspoons of sugar in a 12-ounce serving. Specialty coffees, such as the caramel mocha café latte with whipped cream, are loaded with sugar. If you are cutting back on sugar, consider drinking regular coffee or water.

Salad dressing is also a hidden source of sugar. Both sweet and non-sweet dressings, such as ranch, can have sugar in them. Reduced fat dressing can contain five times more sugar than the regular dressing in order to make the non-fat version as appetizing as the full-fat version. Choose salad dressings such as olive oil, garlic, or balsamic vinegar.

Condiments, including ketchup and teriyaki, contain sugar. Read the labels and check the sugar content in ketchup-based salad dressings, such as Thou-

sand Island, French, and BBQ sauces.

Other sources of foods that contain hidden sugar are frozen entrees, fruit juices, white wine, and canned fruit.

Are you skipping the sweets this Valentine's Day to reduce your sugar intake? Give yourself an A+, but be aware that sugar can be hidden in food and drinks, so read the labels carefully and have a healthy Valentine's Day.

- Dr. Deena Beneda, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. She can be reached at 785-749-2255.



VIEVE LIFE | EXPLORE LIFE

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

785-813-1851
www.vievehealth.com

THEATRE LAWRENCE PRESENTS

Quilters

March 1 - 10, 2019

The story of women on the frontier comes to life through their quilts. With music and dance, a woman and her six daughters share the beauty and terror, the joy, harsh challenges and abiding rewards of pioneer life. When the quilt "blocks" are assembled at the finale, the glorious, brilliantly colorful finished quilt is breathtaking and magical.

BOX OFFICE: 11:30-4:30 M-F | WWW.THEATRELAWRENCE.COM | (785) 843-7469

HEALTH & WELLNESS

Understanding pain

By Debbie Rico

LMH Health

Pain is a basic, individual, human experience. Yet, we all experience it differently. Two people can have similar medical histories, have the same surgery, and one person has pain for days after the surgery and the other has pain for years.

Without pain, how would we know to take a splinter out of our finger before it gets infected? How would we know when we break a bone? Pain motivates

but yet you still have pain. Your body still tells you there is something wrong. Most likely, your body is giving you misinformation, resulting in chronic ankle, back or knee pain.

Your body has the power to shut down or amplify those danger messages. We have our own opioid (endogenous) system that is 60 times more powerful than any drug on the market.

Have you ever had a cut on your leg, you are bleeding, yet you do not know when or where it occurred? There is damage, but no pain. Our bodies have the amazing ability to shut pain down, suppress those danger messages using the endogenous opioid system, flooding our body with pain-relieving signals. We all have them. Some of us can harness them better than others.

Your pain is unique to you. This is based on:

- Genetics: "Thank you mom and dad for giving me this pain."
- The amount of tissue damage that occurred at the time of your injury: A broken leg vs. an injured toenail.
- Your life experiences and how you learned to cope. "Now that I am hurt, what do I do? Will this pain ever go away, so that I can enjoy my life again?"

The more you learn, the more you own it, the better you will feel.

You can change how you feel about your pain. You can harness the opioid

system in your body and shut down the signals that are telling you there is a danger (pain). There are four main strategies for you to take control of your life and decrease your pain:

- Understanding how pain works
- Good sleep
- Working toward goals
- Movement

LMH Therapy Services is offering a six-week interactive educational series, Pain University, to patients suffering from chronic pain. These classes are individual and group treatments using the latest research-based pain neuroscience treatment materials. They are designed to empower people to help themselves without the use of opioids. People who take this class will gain the knowledge and skills to improve their quality of life.

The series will include six two-hour sessions and meet once a week. The classes will be from 2:30 to 4:30 p.m. on March 18 and 25 and April 1, 8, 15 and 22. Topics will include the root cause of pain, how to move your body safely and design a home exercise program.

Most sessions will take place in Conference Room D-South on the lower level of LMH Health, 330 Arkansas St. There is an exercise portion to the class, so participants will need to wear comfortable clothing including tennis shoes, and bring a water bottle.

The cost is \$150 per person. If you have questions please call 785-505-5840. Participants can sign up at <https://tinyurl.com/lmhpainuniversity> (scroll down and select "Pain University with Debbie Rico.")

Pain University can be a first step in taking control of your life and begin enjoying life again. It works by understanding why you have ongoing pain. The more you understand why you hurt, the less pain you will have. Research shows the more you understand how to treat your pain, the less pain you will have and the more you move, the less pain you will have.

- Debbie Rico, LMH Health physical therapist, is a certified spinal manual therapist and therapeutic pain specialist.



us to do something; to get help, to help take care of the problem and to help us stay safe in the future. Pain protects us from danger. Think of pain like danger messages.

Our body does an incredible job of healing. For example, your ankle heals after a sprain. Your back heals after a disc injury. Your knee heals after surgery. But sometimes the danger messages will continue even after the body heals.

Your body is still interpreting signals as dangerous. You have scans and they are negative. Your x-rays are negative, your MRI is negative for any problems, you had your knee replaced,

Fight Fraud in Your Community



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

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

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

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

Kansas SMP
Empowering Seniors To Prevent Healthcare Fraud

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

Kansas
Department for Aging and Disability Services

THE FIRST APARTMENTS

"Home without the hassles"

Independent Community Living for 62 and older & under 62 100% disabled.

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour on-site staff
- Restricted entrance
- Lit parking lot with surveillance
- On city bus route
- Beauty salon
- First Floor Laundry Room
- Multiple resident activities
- Meals on Wheels Congregate meal site
- On site maintenance
- Library Red Carpet Services
- Service Coordinator
- Walking distance to multiple churches, grocery store and pharmacy

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



PROTECT
Medicare & Medicaid

PREVENT
Scams and Errors

FIGHT
Fraud, Waste & Abuse

MAYO CLINIC

Sleep medications aren't for long-term use

DEAR MAYO CLINIC: What is the best way to eliminate insomnia? For almost a year, I've had trouble getting much sleep. I've tried over-the-counter medications, but they aren't very effective.

ANSWER: Although sleep medications may be useful when you have occasional trouble sleeping, they aren't meant for long-term use. A better approach is to change your behaviors to cultivate quality sleep. An evaluation with your health care provider to check for underlying issues that could be negatively affecting your sleep also could be valuable.

Insomnia is defined as having problems getting to sleep or staying asleep three nights a week or more for at least three months. When dealing with insomnia, it's important to rule out medical issues that could be driving it. For example, restless leg syndrome and sleep apnea are two common problems that can lead to insomnia. Some medications also can cause sleep problems. See your health care provider to review any medications you take, and investigate whether a medical condition could be contributing to your sleeplessness.

If an evaluation doesn't reveal an underlying cause of insomnia, you may benefit from behavioral changes. These changes get your brain to associate your bed and nighttime with sleep.

First, establish a bedtime routine. For example, about 30 to 60 minutes before you go to bed, turn lights low. Turn off the TV and other electronic devices. Brush your teeth and wash your face. Change into pajamas and get into bed. A consistent routine each night gives your brain clear signals that sleep is coming.

Second, reduce the amount of wakeful time you spend in bed. If you get into bed and don't fall asleep within 15 to 20 minutes, get up and go to another room. Keep your surroundings quiet and dimly lit. Don't turn on the TV or other electronic devices. That will wake up your brain, rather than getting it ready for sleep. Instead, do some light reading, listen to quiet music or engage in relaxation techniques. Perform these activities sitting up, rather than lying down.

When your eyes get heavy and your head starts to bob, get back into bed. Don't go back to bed when you're just feeling tired. Wait until you're sleepy. If you can't sleep once you get into bed, or if you wake up again and cannot fall back to sleep within 15 to 20 minutes, repeat the cycle.

By minimizing the amount of time you spend in bed awake, you're teaching your brain to associate your bed with sleep. Sometimes, people think it's a good idea to be in bed at night - even if they are not sleeping - because they are getting some rest. But that conditions your brain to associate being in bed at night with being awake—the opposite of what you want.

Another way to condition your brain to associate your bed with sleep is to avoid other activities in your bedroom. Don't read, watch TV or spend much time in your bedroom during the day. When your alarm goes off, get up, start your morning routine and get out of the bedroom as soon as possible. Do this even when you haven't slept well. Dozing in bed between snooze alarms won't provide quality sleep, and it reinforces poor sleep patterns.

Finally, don't rely on sleep medication to cure insomnia. Prescription and nonprescription sleep medications are only intended for occasional, short-term use—typically no longer than four to five weeks at the most. Over longer periods of time, these medications can contribute to sleep problems and lower the quality of your sleep.

If you continue to have insomnia after trying behavior modification for several weeks, talk to your health care provider or consider consulting with a health care provider who specializes in sleep disorders. - Craig Sawchuk, Ph.D., Integrated Behavioral Health, Mayo Clinic, Rochester, Minn.

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

© 2019 Mayo Foundation for Medical Education and Research. Distributed by Tribune Content Agency, LLC. All Rights Reserved.



NEUVANT HOUSE

OF LAWRENCE

Person Centered Care



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



One Campus, two specialties of care!

WEST HOUSE

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

EAST HOUSE

Designed to care for individuals with physical needs.

KEY FEATURES

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

Learn more about Neuvant House!

785-856-7900

NeuvantHouse.com

admin@neuvanthouse.com

Take a video tour at www.NeuvantHouse.com

1216 Biltmore Drive, Lawrence, KS 66049

DISABILITY Q&A

Yes, it is possible to get SSA disability if you are working

Q: Can I still get SSA disability if I'm working?

A: It may surprise you that the answer is yes. But it's a qualified yes. SSA rules say you can't earn more than \$1,180 in 2018. It's called Substantial Gainful Activity (SGA). The amount is lower each year you go backwards. For example, the maximum SGA was \$1,130 in 2016. If you are blind, the monthly amount is higher.



Monte
Mace

For practical purposes, that means you can hold a part-time job.

But your disability benefits, if you are approved, are not partial. If you're above the maximum earnings amount allowed, you won't receive disability. If you're below the maximum, you get the whole disability amount—approximately \$1,400 for people who worked enough to accumulate the required SSA credits, and approximately \$750 for low income folks who have worked little or not at all.

It's important to note that retirement payouts or similar non-earned income do not count toward SGA. It's only earnings from working.

Let's say your earnings varied over the past five years so that you made too much to qualify only in 2014-2017. What then?

You could still qualify for the last two years if you amend the date you say you became disabled (Alleged Onset Date) to a date after those higher earnings in 2014-17. You would lose out on potential back payments for those three years but still could get back pay for 2017-18. The tradeoff is that you aren't technically disqualified due to earning too much.

If you need special equipment or services to help you work such as a wheelchair, care attendant, job coach or transportation to and from work, the cost of those can be deducted and might help your earnings fall below the maximum amount.

If you begin receiving SSA disability benefits and return to work, the first nine months may be counted as a trial work period. If you work only one or two months and then quit or are fired, that work might be ruled an unsuccessful work attempt. SSA rules can be complex and confusing. It may be wise to get a representative/advocate who understands the ins and outs of SSA technicalities to help you navigate them.

- For questions about your particular situation, contact Monte at 785-331-6452, email montemace2000@yahoo.com, or visit www.montemacedisability.com.

Martin Creek Place

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

Age 62 & older.

4950 SW Huntoon • Topeka 785-273-2944



CAA STEPHENS CHAPIN
INSURANCE

Turning 65?

We offer all **MEDICARE**
Supplement and
Advantage plans



- All original Medicare Supplement Plans
- All Advantage Plans
- Competitive Drug Plans

Call Bill Woody or Chris Chapin
785-841-9538

CAA STEPHENS CHAPIN INSURANCE
2711 West 6th St., Ste. A
Lawrence, KS 66049
www.sciagency.com

SENIOR CALENDAR

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

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

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWALK

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

TOPEKA, artsconnecttopeka.org

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of the month. See website for participating locations.

LAWRENCE, 785-842-3883

finalfridayslawrence.wordpress.com

FEB 2

HIDDEN ART LOCKED AWAY

Artwork produced by inmates of the US Penitentiary and the US Disciplinary Barracks at Ft. Leavenworth. Takes place at the Riverfront Community Center, 1223 S Esplanade. Preview Fri 4-8 p.m.; Sale Sat 9 a.m.-5 p.m. Free admission. LEAVENWORTH, 913-682-4459, www.lvks.org

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

Sunday Bingo is 1:45 p.m., Tuesday Bingo

is 6:30 p.m. Snack bar available (optional but appreciated). 3800 SE Michigan Ave.

TOPEKA, 785-267-1923

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m.

TOPEKA, 785-296-9400

WEDNESDAYS

PINECREST APARTMENTS

924 Walnut, 12:30-1 p.m.

EUDORA, 785-542-1020

WEDNESDAYS

LEXINGTON PARK

1011 SW Cottonwood Ct., 2 p.m.

TOPEKA, 785-273-4545

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m.

TOPEKA, 785-235-9073

WEDNESDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 6:45 p.m.

LAWRENCE, 785-842-3415

FRIDAYS

EAGLES LODGE

1803 W. 6th St., 7 p.m.

LAWRENCE, 785-843-9690

FRIDAYS

ARAB SHRINE

Mini Bingo 6:30 p.m., Regular Bingo 7 p.m.

TOPEKA, 785-234-5656

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

2806 North 155th, 7 p.m.

BASEHOR, 913-526-0080

EDUCATION

ONGOING

COOKING CLASSES

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

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

ONGOING

FREE INSURANCE COUNSELING

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

TOPEKA, (785) 354-6787

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHES

Lecture and lunch. Lexington Park, 1011 SW Cottonwood Ct.

TOPEKA, 785-273-4545

FRIDAYS

HEALTHWISE TV

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

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

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

LAWRENCE, 785-505-2807

FEB 4

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.

TOPEKA, 785-580-4400

FEB 5

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 5-6 p.m.

TOPEKA, 785-580-4400

FEB 6

PRESIDENTIAL LECTURE SERIES | FOLLOW THE LEADER: CHRISTINA OSTMEYER

A recent KU graduate and former Dole Institute Student Advisory Board student coordinator, Christina Ostmeyer will share her journey from student to nonprofit professional. Ostmeyer is communications director for Kansas Appleseed, a local nonpartisan advocacy organization dedicated to vulnerable and excluded Kansans. Dole Institute, 2350 Petefish Drive, 7 p.m. This program is free and open to the public.

LAWRENCE, 785-864-4900

doleinstitute.org/events

FEB 6

INTERNET INTRODUCTION

Learn basic internet functions and visit a variety of sites for information and entertainment. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 11 a.m.-12 p.m.

TOPEKA, 785-580-4400

FEB 7

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records as you research your family tree. Shawnee North Community Center, 300 NE 43rd St., 10-11:30 a.m.

TOPEKA, 785-580-4400

FEB 8 & 9

WOOD CARVING

This two-workshop will introduce the safe use of carving tools, different types of wood used, and the various cuts used to make a project. The instructor will assist students in making a beginners project. Instructor Carlan Honaker is a master woodcarver, whose commissioned work adorns public places including Cedar Crest, the Kansas governor's mansion. Registration fee includes tools and wood for the project. Class Code: 227446. Register online at www.lprd.org or call 785-832-7909 for more information. 9 a.m.-3 p.m.

LAWRENCE

FEB 9

COMPUTERIZED GENEALOGY 2

Now that you have your family tree, move to the next level. Find records on your family. This class will focus on finding your ancestors where they may be hidden using resources online. Register at www.tscpl.org/register. This event requires registration. Topeka Room, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 11 a.m.-1 p.m.

TOPEKA, 785-580-4400

FEB 11

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records as you research your family tree. Central Park Community Center, 1534 SW Clay St., 5-6 p.m.

TOPEKA, 785-580-4400

FEB 12

PRESIDENTIAL LECTURE SERIES | FOLLOW THE LEADER: DANIELLE RUDS

Danielle Rudes is an associate professor and the associate director of advancing correctional excellence at George Mason University. Rudes will discuss using research for the public good and how she translates her academic scholarship for both policy and practitioner audiences. Dole Institute, 2350 Petefish Drive, 7 p.m. This program is free and open to the public.

LAWRENCE, 785-864-4900

doleinstitute.org/events

FEB 12

SENIOR SUPPER AND SEMINAR

This month's topic: Peripheral Artery Disease, presented by Cardiac Rehabilitation Staff. On the second Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connectcare@lmh.org. LMH Auditorium, 5-7 p.m.

LAWRENCE, 785-505-5800, lmh.org/events

FEB 14

HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website

■ CONTINUED FROM PAGE 18

and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. This event requires registration. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 9:30-11 a.m.
TOPEKA, 785-580-4400

FEB 15

ANYONE CAN COOK

For anyone who loves to eat but can't cook, you'll learn to follow a recipe, plan healthy and delicious meals and snacks, and explore different styles of cooking. Lingo Story Room, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 4-5 p.m.
TOPEKA, 785-580-4400

FEB 19

PRESIDENTIAL LECTURE SERIES | FOLLOW THE LEADER: JULIE ROBINSON

Chief Judge Julie Robinson is the first African-American named to the U.S. District Court for the District of Kansas. A graduate of KU and KU Law, Robinson will discuss public service from the judiciary and how she mentors women to follow her lead. Dole Institute, 2350 Petefish Drive, 7 p.m. This program is free and open to the public.

LAWRENCE, 785-864-4900
doleinstitute.org/events

FEB 19

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 3-4 p.m.
TOPEKA, 785-580-4400

FEB 19

FACEBOOK FOR BEGINNERS

Sign up for a Facebook account and learn the basics of this popular social networking site. Be sure to bring your email address and password. If you already have an account, please bring your Facebook password. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 6-7 p.m.
TOPEKA, 785-580-4400

FEB 20-MAR 27

MINDFULNESS

Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies to lower stress, improve health and lead to greater happiness. This class will teach the basic elements of mindfulness practice. Instructor: Dr. Jeff Nichols. Class Code: 227271. Fee. Register online at www.lprd.org or call 785-832-7909 for more information. Wednesdays, Carnegie Building, 4:30-6:00 p.m.
LAWRENCE

FEBRUARY 21

ESTATE PLANNING SEMINAR

How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust

to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Those attending get a free copy of the book Estate Planning Overview. Carnegie Building – East Gallery, 200 W. 9th Street, 2-3:30 p.m. Register with Lawrence Parks & Recreation.

LAWRENCE, 785-832-7920

FEB 23

TREE TREASURES IN WINTER

This tour/class will reveal the many "tree secrets" that we can discover in the late winter. We will observe beautiful bark, persisting fruit, budding twigs, and overall form from our heated bus and from a laboratory setting. Instructor: Jon Standing. Class Code: 127466. Fee. Register online at www.lprd.org or call 785-832-7909 for more information. 10 a.m.-12:30 p.m.

LAWRENCE

FEB 25

BREAST CANCER UPDATES

Kelly Nightengale from the Kansas Department of Health & Environment will present some of the "hot topics" of breast cancer including 3D mammography, and different types of breast cancer, like Triple Negative. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

FEB 26

PRESIDENTIAL LECTURE SERIES | FOLLOW THE LEADER: JAN DAVIS

Jan Davis is a lifelong educator, serving more than 40 years as a teacher, principal, director of staff development and assistant superintendent with Wichita Public Schools. Committed to civic engagement, Davis has continued to serve her community in a wide variety of roles and will discuss leadership beyond the traditional career path. Dole Institute, 2350 Petefish Drive, 7 p.m. This program is free and open to the public.

LAWRENCE, 785-864-4900
doleinstitute.org/events

FEB 26

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 3-4 p.m.
TOPEKA, 785-580-4400

MAR 3

JEWELRY RESTORATION AND REPAIR

Do you have pieces of jewelry you no longer wear because they need repair or updating? Single earrings, broken and sentimental pieces sitting in your jewelry box forever, but you can't get rid of them? Bring 3-4 pieces, cleaned and sorted to make the best use of your time and learn how to restore or redesign them into something you can proudly wear again. This is a hands-on class so please bring a scissor

and needle nose plier, prepared to create new designs from your materials. Ear wires, clasps, restringing materials, adhesive will be available. Instructor: Julie Kingsbury. Class Code: 127323. Fee: \$30. Register online at www.lprd.org or call 785-832-7909 for more information. Community Building, 1:30-3:30 p.m.
LAWRENCE

MAR 4

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

MAR 5

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 3-4 p.m.
TOPEKA, 785-580-4400

MAR 5-APR 23

FILM STUDY: RAY HARRYHAUSEN

Ray Harryhausen was "a one man industry and a one man genre." The creator of Dynamation, a form of stop motion animation that inspired numerous filmmakers, and earned a lifetime achievement award for his work that spanned decades of movie making. This session of our ongoing film study class will view films from Harryhausen's career that illustrate the progression of his technique. This film class will make you believe in monsters. Instructor Kellee Pratt. Class Code: 227449. Fees. Register online at www.lprd.org or call 785-832-7909 for more information. Tuesdays, Pioneer Ridge Theater, 6:30-8:30 p.m.
LAWRENCE

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

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

THURSDAYS

JUNKYARD JAZZ

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

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

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

SATURDAYS

COMMUNITY JAM

Totally free and open to the public, the AMA Saturday Jam has become a tradition in the Lawrence music community. All styles and levels welcome, acoustic instruments only. Americana Music Academy, 1419 Massachusetts St., 3-5 p.m.
LAWRENCE, 785-830-9640
americanamusicacademy.com

FEB 8

STORY SLAM: THE UNKNOWN

Stories told live, MOTH-style, the second Friday of every month, September to May (except December). Never the same story, or evening, twice. Adults, 18+ only. Live music & social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire. Admission: Suggested Donation \$5.
LAWRENCE, lawrenceartscenter.org
lied.ku.edu/calendar

FEB 8

ON THE WATERFRONT

An ex-prize fighter turned longshoreman struggles to stand up to his corrupt union bosses. 1954 | b&w | 108 min. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 2-5 p.m.
TOPEKA, 785-580-4400

FEB 10

DAVID WILCOX

First inspired to play guitar after hearing a fellow college student playing in a stairwell, David Wilcox is now 18 records into a career marked by personal revelation and wildly loyal fans. His lyrical insight is matched by a smooth baritone voice, virtuosic guitar chops and creative open tunings, giving him a range and tenderness rare in folk music. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

FEB 12

SHEN YUN

Watch ancient legends, heavenly realms, and modern tales of courage spring to life through classical Chinese dance. See ethnic dances, dazzling costumes, and powerful flips fill the stage with color and energy. And let the orchestra's exquisite melodies, the singers' soaring voices, and the dynamic animated backdrops uplift your spirit and transport you to another world. Presented by Falun Dafa Association of Kansas City. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

FEB 19

KODO ONE EARTH TOUR 2019: EVOLUTION

Kodo's mission is to explore these possibilities, and in the process, forge new directions for a vibrant living art form. In Japanese, the word "kodo" holds a double meaning: it can be translated as "heartbeat," the primal source of all rhythm; however, if read in a different context, "kodo" can also mean "children of the drum,"

■ CONTINUED FROM PAGE 19

which reflects the group's desire to play the drums with the simple heart of a child. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/calendar

**FEB 22, 23, 24, MAR 1, 2 & 3
 OLIVER!**

After running away from the orphanage run by the heartless Mr. Bumble, Oliver meets the Artful Dodger and is recruited to pick pockets for Fagin. There, Oliver finds a friend in Nancy, but neither she nor the boy is fit for a life of crime. Lawrence Arts Center, 940 New Hampshire St. February 22 at 7:30 p.m., February 23 at 7:30 p.m., February 24 at 3 p.m., March 1 at 7:30 p.m., March 2 at 2 p.m. and 7:30 p.m., March 3 at 3 p.m. Fee. LAWRENCE, 785-843-2787
lawrenceartscenter.org

**MAR 1, 2, 3*, 7, 8, 9, 10*
 QUILTERS**

The story of women on the frontier comes to life through their quilts. With music and dance, a woman and her six daughters share the beauty and terror, the joy, harsh challenges and abiding brilliantly colorful finished quilt is breathtaking and magical. Evening performances start at 7:30 p.m. *Indicates a 2:30 p.m. performance. Theatre Lawrence, 4660 Bauer Farm Dr. Fee. LAWRENCE, 785-843-SHOW (7469)
wp.theatrelawrence.com/events/2018-19-season

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

ONGOING

HEALTHY STEPS MALL WALKING

Walk in a safe, climate-controlled setting at West Ridge Mall, Topeka, 1801 S.W. Wana-maker. Mall walking hours are Monday-Saturday 7 a.m. to 9 p.m. and Sundays 11 a.m. to 6 p.m. Log your visits at the kiosk in the northwest corner of the lower level to be eligible for prizes from sponsors West Ridge Mall and Stormont Vail Health. Free. TOPEKA

ONGOING

FREE MEMORY SCREENING CLINIC

Schedule a free, confidential memory screening at the Cotton O'Neil Clinical Research Center. The screening takes about 20 minutes. You will receive a copy of your results and they can be made available to your physician. By appointment Monday-Friday, 9 a.m.-3 p.m. TOPEKA, 785-368-0744

ONGOING

WELLNESS COACHING

Are you trying to make lasting lifestyle changes related to healthier eating, weight loss exercise,

smoking cessation or improving your blood pressure, cholesterol or glucose numbers? Consider meeting with a certified wellness coach. LMH offers this service for a fee. To learn more, contact Aynsley Anderson Sosinski, RN at (785) 505-3066 or aynsley.anderson@lmh.org. LAWRENCE

ONGOING

FIT FOR LIFE

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

ONGOING

ZUMBA GOLD

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

DAILY

EXERCISE CLASS

Lexington Park, 1011 SW Cottonwood Ct., 10 a.m. TOPEKA, 785-273-4545

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

Monday-Friday at the Sports Pavilion Lawrence. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play. LAWRENCE, 785-832-7950

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

Seaman Community Church, 2036 NW Taylor. 9:30-10:15 a.m. TOPEKA, 785-357-8777 or 785-213-6016

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERISE LITE

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

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

FLEXERCISE

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

VACCINE CLINICS

Shingrix (shingles), Tdap (tetanus, diphtheria and pertussis (whooping cough) and Td (tetanus and diphtheria) vaccines are available by appointment and with a Cotton O'Neil physician's prescription. HealthWise Clinic, 2252 S.W. 10th Ave. Call for information. TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCIE BALL

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

WEDNESDAYS

FREE NUTRITION CLINIC

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

WEDNESDAYS

FREE MEDICATION CLINIC

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

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

THURSDAYS

WELLNESS CLINIC

Blood pressure checks, weights. Lexington Park, 1011 SW Cottonwood Ct., 12:30 p.m. TOPEKA, 785-273-4545

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

FEB 6

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

Fingerstick cholesterol and glucose screening. Fasting is required. No advance registration or appointments needed or taken. Just drop in. There may be a short wait depending on how many others are in front of you. \$20. Exact cash requested please, or check made payable to LMH Health. We are sorry but we cannot accept credit cards for community screening

■ CONTINUED FROM PAGE 20

events. LMH Main Campus (Outside LMH Gift Shop), 325 Maine St., 8-9:30 a.m.

LAWRENCE, 785-505-5800, lmh.org

FEB 9

HEALTHY HEARTS FAIR

An annual event focused on screenings and information and about cardiovascular disease and its prevention and treatment. Registration not required. Lipid profile \$25.00 at the door.

LAWRENCE, 785-505-5000

HISTORY/HERITAGE

FEB 3

BLEEDING KANSAS PROGRAM SERIES 2019: STOP THE PRESSES! LATE-BREAKING NEWS FROM BLEEDING KANSAS

By Liz Leech, former journalist and adjunct instructor at Northwestern University and The University of Kansas and Bill Noll, professional land surveyor & director, Jefferson County Kansas Public Works Department. Constitution Hall, 319 Elmore, 2 p.m. Admission: Suggested donation of \$3 for adults.

LECOMPTON, 785-887-6520

FEB 4

KANSAS AFRO-AMERICAN HISTORICAL AND GENEALOGY SOCIETY

This group meets monthly to learn about African American family history and genealogy with guest speakers. Find more info at www.kaahgs.org. Marvin Auditorium 101B, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 5:30-7:30 p.m.

TOPEKA, 785-580-4400

FEB 10

BLEEDING KANSAS PROGRAM SERIES 2019: WAR ON THE BORDER 1854-1865: KANSAS & MISSOURI

By Ralph A. Monaco, II, Esq., author, historian, living historian, and past president and current treasurer of the Jackson County Missouri Historical Society. Books signing follows presentation. Constitution Hall, 319 Elmore, 2 p.m. Admission: Suggested donation of \$3 for adults.

LECOMPTON, 785-887-6520

FEB 17

BLEEDING KANSAS PROGRAM SERIES 2019: DO NOT HURT: THE EARLY ANIMAL-RIGHTS MOVEMENT AND 1856 KANSAS FREE STATE VEGETARIAN SETTLEMENT

By Diane Eickhoff and Aaron Barnhart, authors and historians. Books signing follows presentation. Constitution Hall, 319 Elmore, 2 p.m.

Admission: Suggested donation of \$3 for adults.

LECOMPTON, 785-887-6520

FEB 24

BLEEDING KANSAS PROGRAM SERIES 2019: THE BATTLE OF MINE CREEK: BORDER WAR BRUTALITY

By Dr. Carl Graves, historian and educator. Constitution Hall, 319 Elmore, 2 p.m. Admission: Suggested donation of \$3 for adults.

LECOMPTON, 785-887-6520

FEB 28

THE EXODUSTERS

Discover the stories of the Exodusters who came to Topeka after the Civil War. Exodusters were African-Americans who migrated from states along the Mississippi. Hosted by the Topeka Genealogical Society. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8:30 p.m.

TOPEKA, 785-580-4400

MAR 3

BLEEDING KANSAS PROGRAM SERIES 2019: THEY PUT UP MORE THAN HAY: JOEL AND EMILY GROVER, THEIR BARN, AND THE UNDERGROUND RAILROAD

By Judy Sweets, historical researcher and genealogist [Portals2history] and Kerry Altenbernd historian and living historian. Constitution Hall, 319 Elmore, 2 p.m. Admission: Suggested donation of \$3 for adults.

LECOMPTON, 785-887-6520

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m.

Presbyterian Manor, 1429 Kasold Dr.,

Lawrence, 10:30-11:30 a.m.

Vermont Towers, 1101 Vermont St.,

Lawrence, 1-2 p.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m.

Arbor Court, 1510 St. Andrews Dr.,

Lawrence, 10:30-11:30 a.m.

Babcock Place, 1700 Massachusetts St.,

Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.

Wyndam Place, 2551 Crossgate Dr.,

Lawrence, 10:30-11:30 a.m.

Peterson Acres, 2930 Peterson Rd.,

Lawrence, 1-2 p.m.

MEETINGS

SUNDAYS

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

OURS dances are held every Sunday evening from 6-9 p.m. at the East Lawrence Rec Center located at 1245 East 15th Street. Dances are open to everyone. Admission is \$6 per person.

LAWRENCE, 785-842-8034

MONDAYS

BREAST CANCER SUPPORT GROUP

Meets at Presbyterian Manor, 1429 Kasold, 5:30 p.m. Call Dena for more information.

LAWRENCE, 785-979-8362

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124.

LAWRENCE, 785-838-7885

OrthoKansasPA.com

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

First Monday between 5:30 and 7:30 p.m. Individual appointments are also available, as well as phone support. No cost. Call Terry Frizzell.

TOPEKA, 785-271-6500; 785-230-6730

FIRST & THIRD MONDAY OF THE MONTH
BEREAVEMENT SUPPORT GROUP

LAWRENCE SENIOR CENTER

2:15-3:45 PM, 785-842-0543

FIRST & THIRD MONDAY OF THE MONTH
GRIEF SUPPORT GROUP

Facilitated by LMH Chaplain Angela Lowe.

Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.

LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.

LAWRENCE MEMORIAL HOSPITAL

4-5 PM, 785-840-3140

FIRST & THIRD MONDAY OF THE MONTH
SPOUSE/PARTNER LOSS

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.

TOPEKA, 785-430-2194

FIRST & THIRD MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by the Senior Resource Center for Douglas County, 2920 Haskell Ave., 2:15-3:45 p.m.

LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

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

LAWRENCE, 785-749-2000

TUESDAYS

BREW HA HA!

A coffee group for anyone desiring some fun and coffee at the The Midland Care Center for Hope and Healing. The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.

TOPEKA, 785-430-2194

TUESDAYS

GENERAL GRIEF SUPPORT GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m.

TOPEKA, 785-430-2194

TUESDAYS

INTERGENERATIONAL CHOIR

Sing with KU students. Led by music therapy students from KU. The Intergenerational Choir

will rehearse and perform once or twice a semester. Contact Deanna Hanson Abromeit at dhansonabromeit@ku.edu. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m.

LAWRENCE

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

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

LAWRENCE, 785-830-8130

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

Meets at Lawrence Memorial Hospital, 5:30 p.m.

LAWRENCE, 785-393-1256

FIRST TUESDAY OF THE MONTH TOPEKA AREA OSTOMY SUPPORT GROUP

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

TOPEKA, 785-295-5555

TUESDAYS & THURSDAYS WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

OrthoKansasPA.com

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

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

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

WEDNESDAYS

GRIEF SUPPORT GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.

TOPEKA, 785-430-2194

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

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.

TOPEKA, 785-230-4422

FIRST THURSDAY OF THE MONTH LAWRENCE AREA PARTNERS IN AGING

■ CONTINUED ON PAGE 22

■ CONTINUED FROM PAGE 21

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

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

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

SATURDAYS

LAWRENCE BRIDGE CLUB

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

ONE SATURDAY EACH MONTH

LAWRENCE DEATH CAFE

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

SECOND MONDAY, SEP-MAY

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

Volunteer service club. LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

SECOND MONDAY OF THE MONTH

LMH HEART BEATS

A Cardiac Support Group facilitated by Lawrence Memorial Hospital Cardiac Rehab. Typically meets on the second Monday of the month in Room A on the lower level of LMH from 4:30-5:30 p.m. For more information, call 785-505-2850. LAWRENCE

SECOND TUESDAY OF THE MONTH

LAWRENCE ACTION CIVITAN CLUB

Civitan's have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other Civitan project updates, please visit the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan or call Jason. LAWRENCE, 785-691-8520

SECOND WEDNESDAY OF THE MONTH

MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF THE MONTH

DIABETES EDUCATION GROUP

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

SECOND WEDNESDAY OF THE MONTH

**SOROPTIMIST INTERNATIONAL OF
TOPEKA**

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

SECOND THURSDAY OF THE MONTH

DEMENTIA SUPPORT GROUP

Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 2920 Haskell Ave., 11 a.m.-noon. Call for questions or to RSVP. LAWRENCE, 785-218-4083

SECOND THURSDAY OF THE MONTH

NAACP MEETING-LAWRENCE CHAPTER

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

SECOND & FOURTH FRIDAY OF THE

MONTH

**ALZHEIMER'S/CAREGIVER SUPPORT
GROUP**

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

SECOND SATURDAY OF THE MONTH

**HAPPY TIME SQUARES SQUARE DANCE
CLUB**

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

THIRD TUESDAY OF THE MONTH

**LAWRENCE PARKINSON'S SUPPORT
GROUP**

First Presbyterian Church, 2415 Clinton Parkway, 2 p.m. LAWRENCE

THIRD TUESDAY OF THE MONTH

**GRANDPARENT AND CAREGIVER
SUPPORT GROUP**

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8

p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.

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

THIRD WEDNESDAY OF THE MONTH

BETTER BREATHERS CLUB

BBC Support group is to improve the quality of life and functional status for members. It will provide disease specific education and emotional connection. Angels Care Home Health Lower Conference Room, 5375 SW 7th St., 11:30 a.m.

TOPEKA, 785-273-3560

THIRD TUESDAY OF THE MONTH

STROKE SUPPORT GROUP

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

LAWRENCE, 785-505-2712

THIRD WEDNESDAY OF THE MONTH

CANCER SUPPORT GROUP

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

LAWRENCE

THIRD WEDNESDAY OF THE MONTH

**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES**

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

LAWRENCE, 785-843-7481

THIRD THURSDAY OF THE MONTH

LUNCH AFTER LOSS

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

TOPEKA, 785-271-6500

THIRD FRIDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

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

THIRD SATURDAY OF THE MONTH

JAYHAWK MODEL MASTERS

The purpose of Jayhawk Model Masters is to promote the building and safe operation of radio controlled (RC) model aircraft. In addition, we strive to fulfill our civic responsibility to the community, and support worthwhile projects.

Our club meetings are open to the public and are held on the third Saturday of each month. Breakfast starts at 8 a.m. and the meeting at 9 a.m. We meet in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Fee for breakfast.

LAWRENCE, 785-312-4840

jayhawkmodelmasters.com

FOURTH WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF THE MONTH

TOPEKA GENEALOGICAL SOCIETY

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

TOPEKA, 785-233-5762

tgstopeka.org

FOURTH THURSDAY OF THE MONTH

**CHRISTIAN WIDOW/WIDOWERS
ORGANIZATION**

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

TOPEKA

FOURTH FRIDAY OF THE MONTH

**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES**

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of the month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, contact Jim Miller at 785-478-0651 or Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting.

TOPEKA

LAST WEDNESDAY OF THE MONTH

WARM UP WEDNESDAYS GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.

TOPEKA, 785-430-2194

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. Clinton Place, 2125 Clinton Pkwy., 1-4 p.m. For more information call or text 785-505-0893.

LAWRENCE

■ CONTINUED FROM PAGE 22

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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

THURSDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. J&S Coffee, 4821 W 6th St., 3-6:30 p.m. For more information call or text 785-505-0893.
LAWRENCE

FEB 8

ANNUAL CHILI & VEGETABLE SOUP SUPPER

Includes chili or vegetable soup, relishes, drink & dessert. Carry out available. Community invited. Delicious! Sponsored by New Spirit Class. Kansas Avenue United Methodist Church, Fellowship Hall, 1029 N Kansas Ave., 4:30-6:30 p.m. Adults \$7, Kids 10 and under \$3.
TOPEKA

MAR 1

DANCING THROUGH THE DECADES

Get your funky groove on for Trinity In-Home Care's annual fundraiser, Dancing Through the Decades on March 1 from 7-11 p.m. at Maceli's. Wear decade-themed outfits (or dress for today) and enjoy the best music through the years with your friends for a great cause. Proceeds support TIHC's Medicaid and Sliding Scale in-home and community support services for elderly and people with disabilities throughout Douglas County. Maceli's Banquet Hall & Catering, 1031 New Hampshire St.
LAWRENCE
eventbrite.com/e/dancing-through-the-decades-2019-tickets-49873150937

TOURS/TRIPS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

Every Thursday, Watkins volunteer Michele Montour introduces visitors to the amazing architecture of the Watkins Building and some of our fascinating exhibits. This tour is a short, free, and fun way to spend time Thursday afternoons soaking up some local history! Watkins Museum of History, 1047 Massachusetts St., 2-2:30 p.m. Free.
LAWRENCE, 785-841-4109
watkinsmuseum.org

FIRST SATURDAY OF THE MONTH

DISCOVER WITH DOLE

Drop by the Dole Institute on the first Saturday of each month for an interactive, kid-friendly visit to discover uniquely themed items in the museum and archives. Activities include crafts, puzzles, coloring, and museum gallery activities. Families with young children encouraged! All programs and events at the Dole Institute are free and open to the public. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.-12 p.m.
LAWRENCE, 785-864-4900, doleinstitute.org

SECOND SATURDAY OF THE MONTH

FREE STATE EAST SIDE BREWERY TOUR

Free State Brewing Co.'s East Side Brewery offers tours on the second Saturday of the month at 2 p.m. Tours are free, and open to the public, but you will need to reserve your place by registering online. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.
LAWRENCE, 785-550-9718
shop.freestatebrewing.com/collections/front-page/products/brewery-tour

**Sons of The American Revolution**

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

Charles Robinson Chapter

(Lawrence)

John Sayler (President)
785-841-5756

Thomas Jefferson Chapter

(Topeka)

Brian Vazquez (President)
785-272-7647

**LawrenceHits.com**

Website and APP
Streaming Oldies Radio
HITS of the 60s - 90s
Pop - Rock - Soul
News
Weather
Sports

**Locally Owned & Operated
Douglas County Kansas
Online and APP Radio Stations
Now In Our 5th Year**

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

**Moving? Downsizing?
Need Storage?****PROFESSIONAL
Moving & Storage**

3620 Thomas Court • Lawrence, KS 66046

785-842-1115**Selling Your Home?***I want to help you each step of the way.*

*Real and Honest *Frequent Communication

*Dedicated Representation *Detailed

*Respectful *Above and Beyond Service

**Kat Hall**
REALTOR®
(785) 371-4255KatHall@kw.com
KW INTEGRITY
KELLERWILLIAMS**We Improve People's Lives**Home Health, Skilled Nursing, Physical,
Occupational and Speech Therapy
Private Duty Care**Int-rim**
HEALTHCARE INC.

1251 SW Arrowhead Rd., Suite 103 • Topeka

785-272-1616**Cedar Square Senior Apartments***We offer affordable quality housing**For persons 62 and over**Now accepting 55 and over!***One Bedroom & Studio Floor Plans***We are renovating come take a Look!*

1550 S. Cedar Ottawa KS 66067

Call today to schedule an appointment

Phone: 785-242-8110

TDD: 614-442-4390

Office Hours Monday—Friday 8:30am to 4:00pm

**PEAVLER & ASSOCIATES****MEDICARE QUESTIONS?****John McGrath**
SENIOR BENEFITS SPECIALIST**785-418-7298**

Email:

johnm1738@outlook.com

Fax:

866-514-2919

**Girl Friday Senior
Concierge Services L.L.C.***Grocery Shopping Services and More!*

Bonded and Insured

Services Available for Shawnee,

Jefferson and Jackson Counties

For a free consultation,

please call (785)-364-6614

www.girlfridayks.com

g.fridayseniorservices@yahoo.com

**Day Dreaming: Tales from the
Fourth Dementia**Larry Day's *Day Dreaming* features humorous short stories, which have disparate plots, topics and characters. This book is divided into the following theme sections: Media Marvels, Weird Rich Folks, Clueless, Alien Encounters, Marital Blitz, Hilarious Higher Ed, Home Town Folks, Fairy Tales Redus, Luv a Guvmint. Available at Amazon.com.**We're Just Your Style!**21ST & FAIRLAWN
*We're Just Your Style!*Over 50
Unique Shops,
Restaurants
and Stores.21st & Fairlawn
Topeka, Kansas**Is Advertising in the
Daily Newspapers
Getting a Bit
Burdensome?**Check out Senior
Monthly's low
advertising rates. Call
Kevin at 785-841-9417**Add full color to your Business Card Ad for
just another \$5 per month.****Call Kevin at 785-841-9417 for details.****BUSINESS CARD DIRECTORY SPECIAL**

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

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment



Aldersgate
VILLAGE

LIFE PLAN COMMUNITY

Independent Living
Assisted Living
Memory Care
Skilled Nursing Care

Rehabilitation Services
Sub-Acute Program
Transportation

Call (785) 478-9440 or visit aldersgatevillage.org!

7220 SW Asbury Drive | Topeka, KS 66614

ATTENTION SENIORS:

Bruce Osladil

See how much we can save you on your Medicare Supplement. Call Bruce today at (785) 242-6955.

OSLADIL INSURANCE SERVICE

411½ S. Main St. • Ottawa, KS 66067

Irving A. Cohen, MD, MPH, FACPM*is a Medical Doctor who is Board-Certified in Preventive Medicine*

Learn how YOU can reverse or prevent diabetes, lose weight and reduce chronic conditions.

We will evaluate, teach, and supervise your progress

*We Will Not sell you food, supplements, or diet pills.*1919 SW 10th Ave

Topeka

call now for an appointment (785) 783-7779

www.PreventionDoctor.com*most insurance is accepted*

Matthew 5:14, 16

Yes, you CAN! Stay at HOME!

Our qualified nurses and certified staff will provide the care you need at HOME.

CALL NOW!

785-424-2785

Our Services Include:

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

For more SERVICES!

Visit our web site:

Web: www.gracefulhealthcare.com
Email: grace@gracefulhealthcare.com
Facebook.com/gracefulhomehealthcare

CARE AT HOME
Insured

Bath Innovations
WALK-IN BATHTUBS
& REMODELING



CALL TODAY
for a **FREE**
"no high pressure"
estimate.
913-912-1750

I HELP YOU WIN DISABILITY

Disabled and no longer able to work? I'll help you through the Social Security disability maze. Free consult. No fee unless you win.

785-331-6452montemacedisability.com**Great news! You can stay at home and we can help.**

At Grace Home Care, we believe in honoring your right to remain at home, and we're dedicated to providing a premium standard of personalized Topeka home care to help you meet your care goals!



Get in Touch with Our Topeka Home Care Experts!

785-286-2273 • gracehomecare.com

CRITICARE
Home Health Services, Inc.

Medical Equipment with Home Comfort

1006 W. 6th St. • Lawrence
785-749-4878 • 800-527-9596

www.criticarehhs.com

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

Medicare
Accredited

Natural
Medical
Care



Dr. Farhang R. Khosh, ND
Dr. Mehdi L. Khosh, ND

Member American Association of Naturopathic Physicians

4935 Research Parkway, Lawrence, Kansas 66047
Phone: (785) 749-2255

**Sons of The American Revolution**

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

Charles Robinson Chapter
(Lawrence)

John Sayler (President)
785-841-5756

Thomas Jefferson Chapter
(Topeka)

Brian Vazquez (President)
785-272-7647

Angels at Sunset

by the author of *Sissy!*
Tom Mach

**Nobel Prize Nominated Book!**

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

BUSINESS CARD DIRECTORY SPECIAL

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

RICK STEVES' EUROPE

Scotland's majestic Isle of Skye

By Rick Steves

Tribune Content Agency

Scotland's islands may be distant fringes, but those who venture to them are richly rewarded with dramatic landscapes, a rich heritage, and a warm welcome. Among Scotland's countless islands, the favorite among travelers is the scenic Isle of Skye, with its narrow, twisty roads winding around the island in the shadows of craggy, bald mountains, and a coastline ruffled with peninsulas and sea lochs.

Just off the northwest coast, Skye is the country's second-biggest island. Though it takes two hours to drive it from south to north, it only has about 13,000 residents. The island seems to have more sheep than locals - and it's been that way since the Highland Clearances back in the 1800s. That's when wealthy landowners decided sheep were better for their bottom line than people. Landless peasants were driven out and to this day the island's population is half what it used to be.

Connected to mainland Scotland by a bridge, Skye is a two-hour drive from Inverness, the largest Highlands city. While most travelers visit Skye as a harried day trip from Inverness, it's better to spend at least two nights here.

Skye's best home base is Portree, with a picturesque harbor area but no real sights. There are a few hotels, hostels and bed-and-breakfasts in town, while more B&Bs line the roads into and out of town. But as Skye has gotten very popular in recent years, Portree is now jammed with visitors in the summer. It's important to book accommodations as far ahead as possible.

While Portree has several good sit-down restaurants, my go-to meal is fish-and-chips at the harborside "chippy." Its outdoor picnic bench is forever empty,

though, as seagulls are famously aggressive here. Hungry diners are forced to eat standing up against the wall, or else a gull will swoop down for a slab of cod.

In good weather, the island's highlight is a drive north of Portree around the Trotternish Peninsula. This drive is packed with windswept castaway views, unique geological formations, and some of Scotland's most dramatic scenery, including jaw-dropping cliffs plunging into the sea, such as the 200-foot-tall Kilt Rock, named for volcanic lava columns that look like pleats in a kilt.

It's worth getting out of the car and taking a hike. One of my favorites is the easy walk across a dramatic escarpment called the Quiraing, where landslides caused the jagged formations. Hikers are richly rewarded with a closer look at the formations and unforgettable views of the island. Even a short walk to a nearby bluff—to get away from the cars and be alone with the wind and the island wonder—is rewarding.

Another stop along the drive is the fine little Skye Museum of Island Life, which shows how a typical family here lived in the 1800s. Seven thatched stone huts represent a croft, or typical farming community of Scotland. In these huts, the kitchen was where all the action happened. Families would huddle around the hearth, where a peat fire would burn day and night, giving off its signature sweet, smoky smell. For social time, the community would gather for a ceilidh, where they'd gossip, drink whisky, then pick up some instruments and play music and dance.

Aside from the Trotternish Peninsula, Skye has a handful of other worthy sights. Perched on a rock overlooking a sea loch, Dunvegan Castle is the residence of the MacLeod clan, who claim that this is the oldest continuously inhabited castle in Scotland. The castle provides an interesting look at rural Scottish aristocratic lifestyles and their antiquated clan system.

For whisky lovers, a tour and tasting at the Talisker Distillery is a must. This Skye institution, which has been distilling here since 1830, is situated at the base of a hill with 14 springs. Island whisky tends to be smokier than mainland whisky due to the amount of peat smoke used during malting. It's fun to taste and compare.

If you know where to look, you'll find that the island is strewn with the scant remains of past civilizations. Just off the road between the distillery and castle hides Dun Beag, an Iron Age fort. From the parking lot, a 10-minute walk leads to a 2,000-year-old stone tower capping a hill—a stony remnant of a long-forgotten, proto-Scottish people. It was likely built as a lookout tower and/or safe house, where families and their domesticated animals would gather in times of attack. Looking at the number of broken stones surrounding it, it's clear the tower stood much taller at one point.

Scrambling around Dun Beag is particularly evocative. Surrounded by 360 degrees of deep-green views, it feels as if you're uncovering yet another dimension of this fascinating land. And that's the appeal of this island. It's vast, beautiful, inviting and marinated in clan lore, luring the traveler ever deeper.

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

© 2019 Rick Steves

Distributed By Tribune Content Agency, LLC.



SENN INSURANCE AGENCY
A Safe Harbor You Can Trust

DON'T OVERSPEND ON YOUR MEDICARE HEALTH OPTIONS!



Scott Senn

If you are turning 65 and facing that critical time of moving to a fixed income, I strive to find all my clients the best coverage options and keep their payments as low as possible during this time of transition. I can help with Medicare Supplement Plans, Medicare Advantage Plans, and Part D Prescription Drug Plans. I have been saving people money on their various insurance options for over 10 years.

Let's Go Through Your Options Together.

Contact me today!

(785) 340-2899

MYSAFEHARBOR.NET



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

JAY'S MUSICAL MEMORIES

Love songs

By Jay Wachs

Roses are Red
Violets are Blue
Fire up the Victrola
Jay's got love songs for you!

Valentine's Day is upon us. And with the holiday comes romance.

Special dinners.
Flowers.
Chocolates.
Candles.
Greeting cards.
And love songs.
Lots of love songs.

Growing up with two parents who were from the Big Band era, I often found myself awash in standards.

When I think of love songs, I immediately think of Hoagy Carmichael and "Stardust."

As the years went on, other songs stood out to me, including Eric Clapton's "Wonderful Tonight" and, of course, Dolly Parton's version of "I Will Always Love You."

We all have our personal favorites, but I thought I would share our station's top love songs of the past decades.

You can "Google" them or perhaps just listen to "The Love Zone" Sunday through Thursdays from 10 p.m. to midnight on www.lawrencehits.com.

1940s

Doris Day's version of "Again" from the 1948 movie "Road House." The lyrics included:

Again, this couldn't happen again
This is that once in a lifetime
This is the thrill divine

1950s

Nat King Cole's version of "When I Fall in Love," released in 1956. The lyrics included:

When I fall in love...it will be forever
Or I'll never fall in love

1960s

The Righteous Brothers "Unchained Melody" from 1965. This song found new popularity due to its inclusion in the movie "Ghost." Who can forget the poetry of these words:

Whoa, my love
My darling
I've hungered for your touch
A long, lonely time

And time goes by so slowly
And time can do so much
Are you still mine?

1970s

The Bee Gee's "How Deep Is Your Love" 1977. From the movie *Saturday Night Fever* this love song painted a

picture of romance on a sunny day.

I know your eyes in the morning sun
I feel you touch me in the pouring rain

And the moment that you wander far from me

I want to feel you in my arms again

1980s

Lionel Richie and Diana Ross "Endless Love," 1981. This song won a Grammy for record of the year in 1981 and its lyrics have been included in countless wedding vows. It was also the title track to the movie by the same name. It also has the distinction of being the most popular love song of all time according to *Billboard* magazine.



My love, there's only you in my life
The only thing that's bright
My first love,
You're every breath that I take
You're every step I make

However you choose to celebrate love on Valentine's Day or any day, remember that the greatest gift we can give to anyone is kindness and selfless love.

See you next month.

- Jay Wachs is the owner and operator of *LawrenceHits.com* the online and APP based radio station serving all of NE Kansas. The station plays a wide variety of oldies from the 60s through the 90s from classic pop, rock, country and soul music genres.

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



TANGLEWOOD
NURSING & REHABILITATION

Call today for a tour!

785-217-1523

5015 SW 28th St.

Topeka, Kansas 66614

Tanglewoodnursingandrehabilitation.com

Are you paying too much for your Medicare supplement plan?
Call Kim today to find out.



- Plan F, G and N available
- Change plan anytime year round
- Simple application process
- Specializing in retired educators and school personnel

Kim is dually licensed in the state of Kansas as a life and health insurance agent and as an Occupational Therapist.

785-766-9022 • Kim.McPherson@amba.info

Affordable Senior Living



2125 Clinton Parkway
in Lawrence

Rent Subsidized
Apartments for
Qualified Seniors

Applications being accepted
841-1000 www.ldcha.org

Clinton Place Apartments



WOLFGANG PUCK'S KITCHEN

Send winter's cold packing with a hearty, heartwarming soup

In the middle of winter, my mind and appetite often turn toward soup. A hearty bowlful feels warming and sustaining from the moment you see and smell it until long after it fills your stomach. And a big pot of soup simmering on the stove promises everyone in your home that delicious, satisfying food is on the way and guaranteed to put an end to your shivers on the chilliest winter day.



Wolfgang Puck

The winter soup I'd like to share with you is my variation on a French soup you've probably heard of: leek and potato soup. But unlike that country classic, this soup includes much more leek—a milder-tasting cousin of the onion—than it does potato. In fact, the ordinary baking potato included in the recipe largely plays a role of thickener for the soup, as well as providing a mild-tasting counterpoint to the leeks.

But the real twist to this recipe is the packed half cup of fresh chervil leaves, which adds a touch of springtime. Just as leeks are related to onions, chervil is part of the parsley family. But its flavor is noticeably milder than parsley, and its leaves are more delicate looking and sometimes slightly paler in color. Nibble on a leaf or two and you might also notice that the herb even tastes faintly like anise or licorice—not so much that you would at all think of it as a sweet flavor, but just enough to make some people eating the soup pause briefly and say to themselves, "What is that flavor?"

If you've never tried chervil before, you may be surprised to find that it's available in the produce sections of

many well-stocked supermarkets. You can grow it yourself, too, even in an indoor window herb garden and add it to salads and other soups. Or you may want to use it as a delicate garnish for French style omelets or scrambled eggs.

In case the word "cream" at the start of the recipe that follows makes you pause to wonder if it's a very rich soup, let me hurry to explain that it mostly describes the creamy consistency of the soup. But, yes, there is some actual cream included as well. At only 1 cup (250 mL) for 8 servings, though, that works out to just 2 tablespoons (60 mL) per serving.

Serve the soup as a first course for any winter meal. Or make it your main dish, accompanied by crusty bread and a salad. If you like, you can even serve it cold come springtime, or dress up the hot or cold version for a special occasion by garnishing it with shaved white truffle or a spoonful of caviar. For such a simple recipe, it's very versatile indeed!

CREAM OF LEEK AND CHERVIL SOUP

Serves 6 to 8

10 cups (2.5 L) good-quality low-sodium canned chicken stock or broth
3 large leeks

1 baking potato, 6 to 8 ounces (185 to 250 g)

2 tablespoons unsalted butter
1 cup (250 mL) heavy cream
1/2 cup (125 mL) packed fresh chervil leaves

Kosher salt
Freshly ground white pepper
Freshly squeeze lemon juice

Put the stock or broth in a large pot, and bring it to a boil over high heat. Adjust the heat and continue boiling steadily until the liquid reduces to about half its original volume.

Meanwhile, prepare the vegetables. Trim the leeks, cutting off the root ends

and the tough dark-green leaves. Carefully cut the leeks in half lengthwise, and rinse thoroughly under cold running water to remove all sand or grit from between the leaves. Cut the leeks crosswise into 1/4-inch (6-mm) slices.

Peel the potato, and cut it into quarters. Cut the quarters crosswise into 1/4-inch (6-mm) slices.

In a large saucepan, melt the butter over low heat. Add the leeks and cook, stirring occasionally, until they begin to soften, about 5 minutes. Add the potatoes and continue cooking, stirring occasionally, for 15 minutes longer.

Stir in the reduced stock or broth. Bring to a boil over high heat. Then, reduce the heat to maintain a gentle simmer and cook until the leeks and potato are very soft, about 45 minutes.

While the vegetables are simmering, put the cream in a small saucepan, bring to a boil over medium-high heat, and continue boiling steadily, stirring frequently, until the cream has reduced by half. Set aside.

When the vegetable cooking time has ended, stir all but 2 tablespoons of the chervil leaves into the pot, reserving the remainder for a garnish. Cook the vegetables and chervil for 15 minutes longer.

When the vegetables are done cook-

ing, use a slotted spoon to transfer them to a food processor or blender, working in batches if necessary to avoid overcrowding. Add a little of the cooking liquid to moisten the vegetables and puree them; then, transfer the puree to a bowl while processing or blending any remaining batches.

Return the puree to the rest of the soup's cooking liquid in the pot and stir in the reduced cream. Simmer over low heat for several minutes, stirring occasionally. Season to taste with salt, white pepper and a little lemon juice.

Before serving, mince the remaining chervil leaves. Ladle the soup into warmed bowls, garnish with chervil, and serve immediately.

© 2019 Wolfgang Puck Worldwide, Inc.

Distributed by Tribune Content Agency, LLC.

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

Restaurant Guide

McFARLAND'S Restaurant



Casual Dining, Private Parties

Over 70 years of serving fine food

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

Serving Topeka Since 1969



Open 7 Days A Week
6:00 a.m.-3:00 p.m.

1034 S. Kansas Ave.
785-232-1111

Old 56

Family Restaurant

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



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

Chic-A-Dee CAFÉ



"Good Home Cooked Food"

Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm
3036 SE 6th • Topeka • 785-233-0216



You're Gonna Love It!

Pizza, Sandwiches,
Pasta, Salads

Family Dining
Carryout

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



Voted Best BBQ in Lawrence

University Daily Kansan
Top Of The Hill 2011

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

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

HUMOR

I LUV U, MOM

There is one moment Verita Clark can look back on and single out as the moment when everything changed. It was the spring of 2014. That was when Verita revealed her love for her mom, Nelly. Verita was onstage at the Miss Teen Nation competition. She revealed her love in the most permanent and most artful way possible. She had gotten a big red heart, tattooed between her beautiful white shoulders. Block letters inside the heart read: I LUV U MOM.”



Larry
Day

The competition, along with the tattoo, helped Verita fulfill her dream. All of it set her on a path to La Mancha University. That day, right after the competition, Verita and Nelly went to the Main Street diner to celebrate. Sitting in the booth at Wiggin’s Family Diner, mother and daughter looked at each other and sighed. It had taken a long time to get there, but it was time to move forward.

Nelly smiled and said “Congratulations, my dear.”

Looking into her daughter’s sweet face, Nelly remembered the many long years and the details of the difficult journey that had ended with such a unique and loving tribute.

Through those decades, no one had ever mistaken Nelly Potsdam-Clark for a beauty pageant contestant. Unlike her beautiful offspring, Nelly is shaped like a fire plug. And her personality matched Nelly’s unflattering looks. When provoked, she was pushy, crabby and coarse. Nelly could be cordial, but she more often put people off.

When Verita was born, it was clear to see she had inherited her father Sidney’s genes, and not Nelly’s. The Clarks are as tall and willowy as the Potsdams are squat and thick. Folks

use such words as refined, gracious and polished when speaking about Sid and Verita. “Hardworking, dedicated, stable” were among the more favorable the words people use to describe Nelly. Other behind-the-back descriptions of Nelly weren’t at all positive.

But Nelly found a way to get the personal recognition she longed for, but that nature had denied her. Verita was only three months old when Nelly entered her in her first beauty contest—a “pretty baby” competition at the local mall. Verita finished ninth. Verita was sixth in the “Tiny Toddler” pageant and won fourth place in a contest to choose the most photogenic three-year-old.

When Verita turned seven, Nelly entered her in competitions on the child beauty contest circuit. She won first in the Bill Magoony Used Car Good Girl Gala. Nelly reveled in all the attention they got. Verita barely tolerated it. Sid shrank from it.

A decade passed with Verita winning or placing high in competition after competition. Verita continued to prepare and compete effectively, though reluctantly, in contest after contest.

After supper one night, Sid and Verita were sitting on the front porch.

“Dad, I don’t want to compete anymore.”

“You’ve been competing all your life. What’s changed?”

“I did it for Mom. I love her, but now I want to quit and get on with my life.”

“I’ll do the Miss Teen Nation, but then I’m through. I won’t compete again.”

“How will you tell Mom?”

“I’ll figure it out.”

“I hope you do, dear,” said Sid, quietly.

Fast forward to the Miss Teen Nation competition, the red heart tattoo, the celebration and the conversation with Nelly at the diner. It had been a whirlwind.

Two weeks later, Verita packed her VW Bug and set out for La Mancha University. She spent the next four years studying to become an art therapist.

Now she fills her days with art classes, psychology lectures and internships at Letongaloosa Regional Hospital. Verita works in the Merry Duggins Children’s Wing. It’s an exciting time. She’s finally doing what she wants to do.

Graduation is just three months away and the pace hasn’t let up. It has increased. In addition to everything else, she’s meeting with her graduate school adviser to look into medical school. The list of requirements seems endless.

Verita also wants a special surprise for Nelly. Nelly’s love and persistence, helped her find her true passion and have the courage to follow it. She thinks the surprise may be another tattoo on her wrist—a small heart that reads, “THANKS, MOM.”

- 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.



Where Families
Come Together

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

All Inclusive Pricing
Restaurant Style Dining

Call Vintage Park today!

BALDWIN CITY

Vintage Park at Baldwin City
321 Crimson Ave.

785-594-4255

OTTAWA

Vintage Park at Ottawa
2250 S. Elm

785-242-3715

TONGANOXIE

Vintage Park at Tonganoxie
120 W. 8th St.

913-845-2204

vintageparkassistedliving.com

MY PET WORLD

Dog owner learns a colorful lesson on the dangers of chocolate

By **Cathy M. Rosenthal**
Tribune Content Agency

Dear Cathy: One of your recent columns reminded me of this story. It was Christmas Day, and I was expecting 15 relatives for dinner. The house was sparkling clean, the buffet table was set up with my best china, the cold food platters were in the refrigerator, and the hot food was bubbling in the oven.

A few years before, I had inherited a dog from my son. His house was too small for his gaggle of kids and a large dog, so he passed him on to me. He was sweet and obedient, and I hadn't had any problems with him. His name was Bandit. (Why hadn't I ever questioned that?)

Shortly before the guests arrived, I placed a large bowl of Hershey's Kisses on a living room table. These were the special holiday candies covered with red, green and gold foil. There were two pounds of Kisses in the bowl. I returned to the kitchen to check on dinner, and, when I returned, the Hershey's Kisses were gone, wrappers and all. I thought that all that foil could seriously injure the dog and called the vet who sounded very concerned.

"How much does the dog weigh?" he asked. I told him that Bandit weighed about 65 pounds. "That's good," he replied, "That amount of chocolate could kill a smaller dog. Your dog will be very sick with violent diarrhea."

"But what about the foil?" I asked. "The foil will go right through him," he said. "It's the chocolate that's poisonous."

I never knew that.

My relatives arrived, but all I could think about was that Bandit might

explode on my new beige carpeting in front of my guests. I kept putting Bandit in the backyard every 20 minutes, but it was too cold to leave him out there indefinitely. I was in a panic all day and afraid to take my eyes off

him. Every time he moved, I jumped.

Surprisingly, Bandit had no reaction whatsoever. Nothing happened, except that for the next week, my backyard looked like it was decorated with red, green and gold Christmas ornaments! - Joanne, Freeport, NY

Dear Joanne: As soon as you said the dog's name was Bandit, I was ready for the sneaky thief story. The danger is based on the type of chocolate ingested and the size of the dog. Two pounds of chocolate might have killed a not much

smaller dog. I'm glad you learned about the dangers of chocolate in a story with a happy (and colorful) ending.

- *Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.*

© 2019 Distributed By Tribune Content Agency, LLC.

Prairie Commons

Don't let winter slow you down.

Join us in our warm and cozy clubhouse for coffee, bingo, dominos, bridge, etc.!

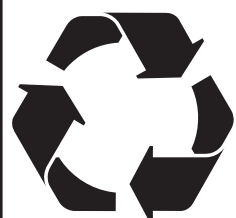
Features...

- 1 & 2 Bedroom Apts.
- Ongoing Resident Groups and Activities
- Washer & Dryer Connections
- Beautiful Landscaping
- 24 hour Emergency Maintenance
- Gated Entry with Controlled Access
- Resident Activities
- Detached Garages



Please contact us for a personal tour and more information.
(620) 236-8006

5121 Congressional Circle
Lawrence, Kansas
www.liveatprairiecommons.com



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



EQUAL HOUSING OPPORTUNITY

Get your Social Security benefit statement

By Norm Franker

Social Security District Manager in Lawrence, KS

Tax season is approaching, and Social Security has made replacing your annual Benefit Statement even easier. The Benefit Statement is

also known as the SSA-1099 or the SSA-1042S. Now you can get a copy of your 1099 anytime and anywhere you want using our online services.

A Social Security 1099 is a tax form Social Security mails each year in January to people who receive Social

■ CONTINUED ON PAGE 35

Luther Place APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff
On City Bus Route • Ample Laundry Facilities

Stop by or call today to schedule an appointment
to reserve your new apartment home!

5000 & 4900 SW Huntoon • 785-273-2944

Some restrictions apply. Age 62 & older. Mobility Impaired.



oticon
PEOPLE FIRST



Make everyday more alive

Introducing a new, comprehensive range of hearing aids for hearing loss up to severe-to-profound.

Oticon Siya is the world's first hearing aid in the essential category with 2.4 GHz Bluetooth® low energy. This gives industry-leading wireless connectivity with high-quality streaming of sound and low battery consumption.

Oticon Siya allows you to connect wirelessly to modern smartphones, TVs and many other devices.

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



785-843-8479

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

INTRODUCING

HOME Plus



Assisted Living with progressive, age-in-place nursing care in a charming home environment



Aldersgate
VILLAGE
LIFE PLAN COMMUNITY

ONLY 12 PRIVATE SUITES AVAILABLE

- Round-the-clock on-site nursing care
- Personalized attention for each resident
- Over 6,500 square feet of living space
- Spacious and friendly social areas
- The only Home Plus within a full-service Life Plan Community

TAKING RESERVATIONS NOW:

785-286-7490

aldersgatevillage.org/HomePlus

7200 SW Uxbridge Circle, Topeka, KS 66614

GOREN ON BRIDGE

WITH BOB JONES

©2017 Tribune Content Agency, LLC

U-16

Both vulnerable, East deals

NORTH

♠ A 6
♥ 10 9 8 6 4 2
♦ 7 5
♣ Q 8 4

WEST

♠ Q 5
♥ A Q 5
♦ A 10 8 3 2
♣ 10 5 3

EAST

♠ 8 4 3
♥ J 3
♦ Q 9 6 4
♣ K 7 6 2

SOUTH

♠ K J 10 9 7 2
♥ K 7
♦ K J
♣ A J 9

The bidding:

EAST	SOUTH	WEST	NORTH
Pass	1♠	Pass	1NT
Pass	3♠	Pass	4♠
All pass			

Opening lead: Three of ♣

We recently featured a deal from a U-26 tournament, where all competitors had to be under 26 years old. Today's deal is from the concurrent U-16 tournament and all the players were under 16 years old. South was Youp Caris, from the Netherlands.

North's raise to four spades was based on the exuberance of youth.

The players were too young for alcohol to have been involved. Caris might have ducked the opening club lead in dummy, but he didn't have the dummy entries to take advantage of the club position as long as East withheld his king. He needed dummy entries, so he played dummy's queen in an effort to get one, and captured East's king with the ace.

South led the jack of spades from his hand and ran it when West played low. He continued with a spade to the ace and a diamond to his jack, neatly picking the spades and the diamonds correctly. West won with the ace and accurately continued with a diamond to South's king. Having no entries to dummy, Caris ran all of his spades, coming down to a four-card ending with Caris holding the king-seven of hearts and the jack-nine of clubs. West kept the ace-queen of hearts and the ten-five of clubs. Caris cashed the jack of clubs and exited with the nine of clubs to West's 10. West was forced to give Caris a trick with the king of hearts for declarer's tenth trick.

This was beautifully played by anyone, but it's really special to see a youngster do it.

(Bob Jones welcomes readers' responses sent in care of this paper or tcaeditors@tribpub.com.)

Babcock Place

**Affordable Independent
Senior Living**
Applications Being Accepted

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

www.ldcha.org  842-8358



FIFTY for 

Help us celebrate 50 years of service!
Visit kansasvna.org/donate
to learn more, or donate by mail

200 Maine St., Suite C, Lawrence, KS



Connections make the difference

As a family owned and operated community, McCrite Plaza knows the value of small connections, from handshakes to shared laughter. Family is our greatest joy so it is an honor to help care for yours.

Reserve your guided tour today! 785-267-2960 | McCritePlaza.com

 1610 SW 37th Street
Topeka, KS 66611



Visit us on Facebook.

PUZZLES & GAMES

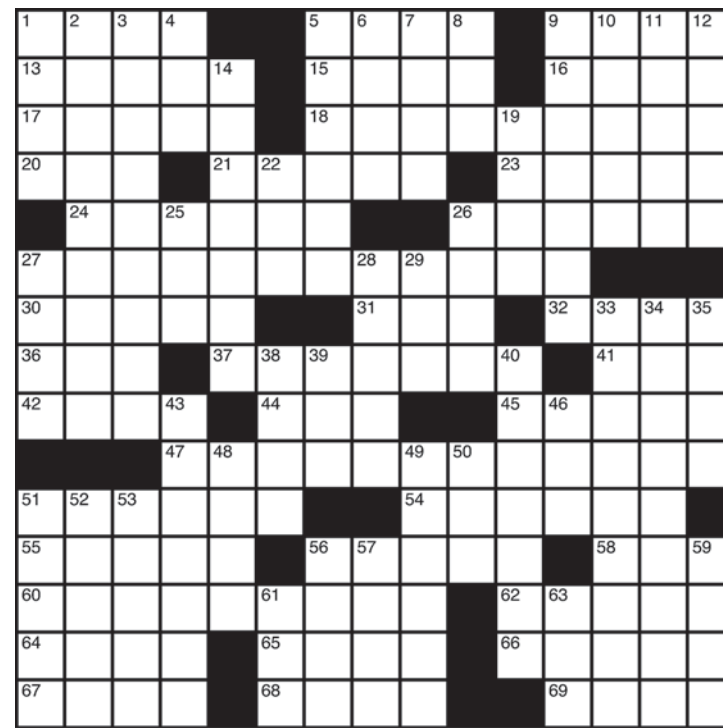
CROSSWORD

Across

- 1 Stage segments
- 5 Apiece
- 9 Fur fighters, initially
- 13 Revealed
- 15 Slushy treat
- 16 Lumberjack
- 17 "Lone Survivor" actor
- Hirsch
- 18 Strike site
- 20 LBJ, for one
- 21 Champs-Elysees sights
- 23 Shady garden denizen
- 24 Go through again
- 26 Counter alternatives
- 27 Strike site
- 30 Signature scent since 1968
- 31 Place for an anvil
- 32 Works at Museo del Prado
- 36 Sailor's pronoun
- 37 Company with a crocodile logo
- 41 Pitching stat
- 42 Banks on some
- 44 Magazine covers
- 45 Golfer Woosnam
- 47 Spikes
- 47 Strike site
- 51 Insect that may live for 17 years
- 54 Live-in helper
- 55 Psychologist May
- 56 Date bk. listings
- 58 Peeples of "Walker, Texas Ranger"
- 60 Strike site
- 62 Unspoiled spots
- 64 Vikings' home: Abbr.
- 65 Opinion
- 66 Mournful music
- 67 Get too much sun
- 68 Hand-me-down
- 69 It's often spoken with one hand at the edge of one's mouth

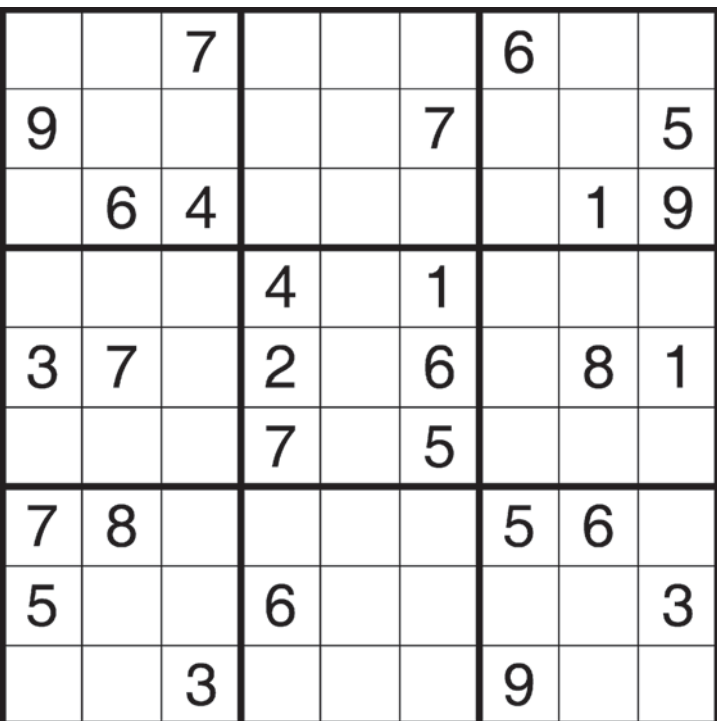
Down

- 1 Retired
- 2 Resisting being taken?
- 3 Academic term
- 4 Poivre's tablemate
- 5 Statue of Liberty
- 6 One of 640 in a square mile
- 7 Top suits
- 8 Tom's mate
- 9 LummoX
- 10 Live and breathe
- 11 Mahler's last symphony
- 12 Fields
- 14 Loudness measure
- 19 God with a hammer
- 22 Co-star of Burt in "The Killers"
- 25 Author Harper
- 26 D.C. : Metro :: S.F. : ___
- 27 Nonpareil
- 28 Téa of "Madam Secretary"
- 29 Strasbourg step
- 33 They're often found in dens
- 34 Forest age indicators
- 35 "Duck soup!"
- 38 Electronics brand relaunched in 2015
- 39 19-time All-Star Ripken
- 40 Went by
- 43 Rock-clinging mollusk
- 46 ___ carte
- 48 Have too much, briefly
- 49 Took a snooze
- 50 Inner, as a feeling



- 51 Bit of Hansel's trail
- 52 Land of ancient Asia Minor
- 53 Toast-making sound
- 56 Cries of discovery
- 57 Elbow
- 59 "I'd hate to break up"
- 61 Good name for a cook?
- 63 Guacamole, e.g.

© 2019 Tribune Content Agency, LLC.



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

JUMBLE

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

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

DUSKO

NIRBG

WARLEY

SIMACO

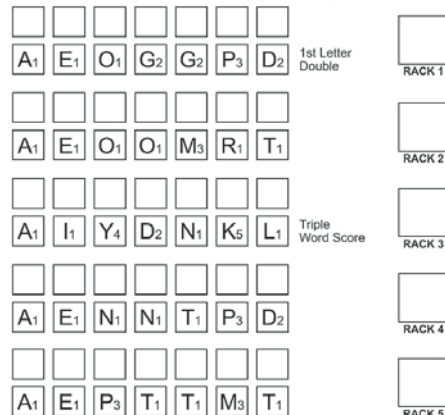


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

A: [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []

SCRABBLE G R A M S

Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2018 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.



PAR SCORE 255-265
BEST SCORE 340
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 34

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

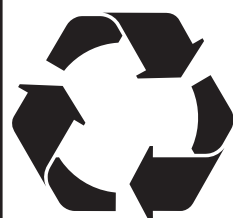
JUMBLE ANSWERS

Jumbles: KUDOS, BRING, LAWYER, MOSAIC

Answer: He promised to give up cigarettes, but he was just -- BLOWING SMOKE

© 2019 Tribune Content Agency, Inc.

SCRABBLE GRAMS SOLUTION											
P ₃	E ₁	D ₂	A ₁	G ₂	O ₁	G ₂	RACK 1 =	<u>65</u>			
T ₁	E ₁	A ₁	R ₁	O ₁	O ₁	M ₃	RACK 2 =	<u>59</u>			
L ₁	A ₁	D ₂	Y ₄	K ₅	I ₁	N ₁	RACK 3 =	<u>95</u>			
P ₃	E ₁	N ₁	D ₂	A ₁	N ₁	T ₁	RACK 4 =	<u>60</u>			
A ₁	T ₁	T ₁	E ₁	M ₃	P ₃	T ₁	RACK 5 =	<u>61</u>			
PAR SCORE 255-265							TOTAL <u>340</u>				



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

MY ANSWER

While no pastor is perfect, it is a sin to criticize them in the eyes of God

By Billy Graham

Tribune Content Agency

Q: Why do some people seem to enjoy criticizing their pastor? I'm in a civic organization with a couple of friends from another church, and it seems like all they talk about is their pastor's shortcomings. Should I say something to them about this? - C.F.

A: No pastor is perfect, of course - but if God has called someone to be a pastor and has sent them to serve a particular church, then they should be helped and encouraged in every way possible. The Bible says, "Who can lay a hand on the Lord's anointed and be guiltless?" (1 Samuel 26:9).

Does this mean pastors should always be above criticism—even if they neglect their responsibilities or otherwise are at fault? No, it doesn't—but most churches have ways of dealing with such matters

through their ruling board or denominational structure. Paul reminded the Christians in Corinth that "everything should be done in a fitting and orderly way" (1 Corinthians 14:40).

Sadly, I have known of church members who seem to enjoy criticizing their pastor—and sometimes they keep doing it pastor after pastor. I've never known why; perhaps they do it to just to get attention. But whatever their reason, it is wrong, and it is a sin in the eyes of God. Not only does it cause dissension in the church, but it means their heart and mind are closed to the teaching of God's Word.

Pray for an opportunity to speak with your friends about their attitude, urging them not only to avoid criticizing their pastor but to do all they can to support and help this individual. Especially encourage them to pray for their pastor. Pray too for your own church and its pastoral staff, that

they truly may "Be shepherds of God's flock ... eager to serve" (1 Peter 5:2).

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

© 2019 Billy Graham.

Distributed By Tribune Content Agency, LLC.

INSERTS!

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

Call 785-841-9417 for more information.

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

INSERT YOUR FLYERS IN SENIOR MONTHLY FOR AS LITTLE AS \$285.00!*



FULL COLOR

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

*Includes flyer design and printing!

Benefit statement

■ CONTINUED FROM PAGE 31

Security benefits. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return.

If you live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and request an instant, printable replacement form through your personal my Social Security account at www.socialsecurity.gov/myaccount.

A replacement SSA-1099 or SSA-1042S is available for the previous tax year after February 1.

If you already have a my Social Security account, you can log in to your online account to view and print your SSA-1099 or SSA-1042S. If you don't have access to a printer, you can save the document on your computer or laptop or even email it. If you don't have a my Social Security account, creating one is very easy to do and usually takes less than 10 minutes.

If you receive benefits or have Medicare, your my Social Security account is also the best way to:

- Get your benefit verification letter;
- Check your benefit and payment information;
- Change your address and phone number;
- Change your direct deposit information;
- Request a replacement Medicare card; or
- Report your wages if you work and receive Social Security disability insurance or Supplemental Security Income (SSI) benefits.

If you're a noncitizen who lives outside of the United States and you received or repaid Social Security benefits last year, we will send you form SSA-1042S in the mail. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI).

With a personal my Social Security account, you can do much of your business with us online, on your time, like get a copy of your SSA-1099 form. Visit www.socialsecurity.gov to find out more.



ROBERT J. DOLE
INSTITUTE OF POLITICS
The University of Kansas

SPRING 2019 PROGRAMS AT THE DOLE INSTITUTE OF POLITICS

All programs free and open to the public

2019 PRESIDENTIAL LECTURE SERIES

FOLLOW THE LEADER: FOUR WOMEN'S JOURNEYS IN PUBLIC SERVICE

EARLY CAREER: CHRISTINA OSTMEYER

Wednesday, Feb. 6 — 7 p.m.

A recent KU graduate and former Dole Institute Student Advisory Board student coordinator, Christina Ostmeyer will share her journey from student to nonprofit professional.

MID-CAREER: DANIELLE RUDES

Tuesday, Feb. 12 — 7 p.m.

An associate professor at George Mason University, Danielle Rudes will discuss using research for the public good and how she translates her academic scholarship for both policy and practitioner audiences.

ESTABLISHED CAREER: JULIE ROBINSON

Tuesday, Feb. 19 — 7 p.m.

Chief Judge Julie Robinson is the first African American named to the U.S. District Court for the District of Kansas. A KU alumna, Robinson will discuss public service from the judiciary.

BEYOND THE CAREER: JAN DAVIS

Tuesday, Feb. 26 — 7 p.m.

Jan Davis is a lifelong educator, serving more than 40 years with Wichita Public Schools. Davis has continued to serve her community and will explore leadership beyond the career path.

POLITICAL PAGE-TURNERS: SPRING BOOK SERIES

MOVIE NIGHTS WITH THE REAGANS

Thursday, March 7 — 7 p.m.

A longtime staffer under President Ronald Reagan, Mark Weinberg shares an intimate look inside the Reagan presidency — told through the movies they watched together every week at Camp David.

BROKEN: CAN THE SENATE SAVE ITSELF AND THE COUNTRY?

Tuesday, March 19 — 7 p.m.

Ira Shapiro visits for a talk on his latest book, "Broken: Can the Senate Save Itself and the Country?" His writing offers a frank assessment of the Senate's current political climate and examines possible solutions to the quagmire.

AN EVENING WITH MAJOR GARRETT

Tuesday, April 2 — 7 p.m.

With over two decades of experience reporting on the White House, Major Garrett currently serves as the chief Washington correspondent for CBS News. Garrett will discuss his latest book, "Mr. Trump's Wild Ride."

2019 DOLE LECTURE

DOLE LECTURE: CARLY FIORINA

Sunday, April 14 — 4 p.m.

The first woman ever to lead a Fortune 50 company, Carly Fiorina is the former CEO of HP and a best-selling author, and was a 2016 candidate for president. Guided by her new book, "Find Your Way: Unleash Your Power and Highest Potential," Fiorina will share reflections and leadership lessons gleaned from her long career.

SAB PROGRAM

BATTLEGROUND: POLITICAL POLARIZATION AND THE SUPREME COURT

Thursday, April 25 — 7 p.m.

In the Dole Institute Student Advisory Board's spring program, two experts on judicial confirmation examine politicization of the Supreme Court. Joining the conversation are Lee Epstein of Washington University and Stephen Ware of the University of Kansas.



Enjoy every moment.

Lifelong health begins when you surround yourself with the right resources and expertise to keep you healthy and well. LMH Health Primary Care providers are the most important connection to personalized care and treatment at every

stage of your life, including prevention, diagnosis, specialty referrals and guidance for important health decisions. From family medicine for all ages to internal medicine for adults, our providers share a common goal: healthy people and healthy families.

Choose your partner for lifelong health at lmh.org/primarycare.



A partner for lifelong health