

Kaw Valley Senior Monthly

Senior Services Directory Inside

January 2004 Serving the Lawrence-Topeka Area's 50 and Better Population Vol. 3, No. 7

Therapist enjoys helping families, couples

By Billie David

When social worker Sylvia Hollowell first started working at Lawrence's Social and Rehabilitation Services (SRS) in 1977, she thought that she would only be there for a few years. Last September, she retired from SRS after 26 years of service, with a major focus on child welfare, foster care and adoption.

"I enjoyed it," Hollowell said of her decision to stay with SRS. "It was interesting work that had to be done."

Her years of experience have given her insight that she didn't have 26 years ago, Hollowell observed. Referring to Mark Twain's statement that youth is wasted on the young, she said, "I wouldn't trade anything for what I now know that I didn't know when I was 24."

Like some of the seniors she has seen as clients, Hollowell sees aging as a time to let go of some things and a time to embrace others. "It's a period of loss," she said, referring to the loss of friends and of physical

abilities and to the recognition that a person can never go back to where they were before. "But it's also a period of tremendous opportunity to have an impact," she added.

One of the ways Hollowell hopes to have an impact is through the work she and her colleagues do at Shane M. Jones & Associates, where she is currently working as a therapist. "One of my mentors used to say that doing this work—therapy, working with families and couples—it helps so much to have some gray hairs," she said. "You need some life experience as well as training to do this work. The older I get, the more I know this is true."

Hollowell first met Jones when she was a supervisor at SRS and he dropped in to introduce himself. Hollowell took notice because Jones, as a private practitioner with a Christian orientation, had a viewpoint similar to hers, and she contacted him one and one-half years later to talk about working with him.

COURTESY PHOTO



Sylvia Hollowell



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Why AARP said 'yes' to Medicare prescription drug bill



William D. Novelli

By William D. Novelli
Chief Executive Officer, AARP

There has been almost as much "analysis" of AARP's support for the just-passed Medicare prescription drug bill as there was of the bill itself. Our support has generated criticism from both the left and right, including some of our traditional allies. But we made the right decision. We will weather this storm and move on.

Many of the criticisms are coming our way because the issue is a political football for the 2004 elections. Some opponents of the legislation are charging that it will

destroy Medicare. These scare tactics are designed to alarm seniors and create a furor against AARP. In response, we are telling our members the truth and countering misinformation about what is in the bill.

AARP supported this legislation for one reason and one reason only—it will provide important prescription drug coverage and financial relief for millions of current and future Medicare beneficiaries. Though certainly not perfect, the bill represents an historic breakthrough after years of partisan gridlock in Congress and an important milestone in the nation's commitment to strengthen and expand health security for older

Americans and their families.

There have been many accusations against us made by opponents of the bill. One is that we are out of touch with our 35 million members and acted without consulting them. Nothing could be further from the truth. We know that our credibility with both policy makers and our members depends on correctly representing members' views. Of course, no large organization can truly speak for every one of its members, but talking with and listening to our members is a priority at AARP. That's why we conduct frequent surveys, focus groups and individual inter-

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FREE

AARP

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views. We know that a majority of our members, younger and older, want this drug coverage in Medicare. While there was not unanimity of support for all aspects of the bill, one thing did stand out - AARP members told us they were tired of waiting for Congress to fix this problem, keep its promise and craft the perfect bill. They said they needed help now.

The second bit of misinformation making the rounds is that we support the legislation in order to accrue financial benefit. That too, is false. There is no connection between our policy decisions and our marketing of insurance and other products. Our social mission drives our for-profit activities - not the other way around. We are proud of the offerings we provide. Millions of Americans have AARP insurance for expenses Medicare doesn't cover. And through our pharmacy service, AARP members have saved \$402 million in 2003 alone on prescription drugs.

The money generated by our for-profit arm goes into serving our members with education, information and services they need to make their lives better. For example, these revenues helped us lead the fight for national "Do Not Call" legislation. It has funded our work to protect the elderly and poor children from being dropped from Medicaid rolls. And we have used these revenues to curtail the activities of predatory lenders.

Rather than offer us financial opportunities, this new legislation could very well decrease the need for our current products. And it wouldn't be the first time. Our sup-

port for the 1994 health care reform proposals would have eliminated the need for AARP supplemental Medicare policies. Nonetheless, we felt it was the right thing to do then, and similarly we know our support for the prescription drug bill is the right thing to do now.

We are particularly pleased that the new legislation is focused on helping those who need it most: people with low incomes, including those who depend on Social Security for all or most of their income, and people with very high drug costs. It also provides modest relief for millions more. And it protects retiree benefits through financial incentives to employers and by upholding the health benefit protections of the Age Discrimination and Employment Act. This will help ensure that people who have good employee coverage now do not lose it.

One of the most promising things about the bill is that it adds new preventive services for all Medicare beneficiaries, including a one-time physical examination. And it provides a new benefit to better manage care for those with chronic conditions. There are huge potential savings here. About five percent of Medicare beneficiaries account for some fifty percent of the cost, and many of these individuals have multiple chronic diseases.

Another important step in the legislation is funding for research to compare the effectiveness and safety of therapeutically similar drugs and to make the information available to physicians, pharmacists and consumers so they can choose the most effective drug at the best price.

We are also pleased that our opposition to "premium support," a structure requiring traditional Medicare to compete against private plans, helped to scale this back to a demon-

stration, limited in scope and beginning in 2010. This pilot will exempt low income beneficiaries and limit any premium increases. These tests will not jeopardize traditional Medicare.

A growing number of advocacy groups are also pointing out the merits of the bill. The National Council on the Aging, which represents the oldest and poorest seniors, has given its endorsement because of the special assistance the bill provides to people with low incomes.

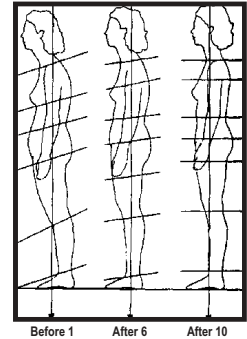
The American Diabetes Association and the Alzheimer's Association have also endorsed this bill because of the help it gives to people who are faced with very high prescription drug costs. The Diabetes Association points out that the new coverage of insulin and syringes is a critical addition for diabetic seniors to manage their disease.

AARP is serving notice that we are stepping up our efforts in the states to strengthen Medicaid coverage and supplemental prescription drug programs and to lower drug costs. We will work with Congress to improve the new legislation, including making legal the importation of prescription drugs from Canada. We will be a watchdog to make sure this new law is properly implemented to improve the lives of people in Medicare and the quality of the Medicare program. And we will keep the heat on to make drugs more affordable and accessible.

As the late civil rights leader Whitney Young once said, "We have no permanent friends or enemies, just permanent interests." Our interests are what is best for our members and all older Americans. That is why we gave our strong endorsement to the bill and why we will now join with others in seeing that older Americans reap its full benefits.

What is Roling?

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- People in high stress, tense, or physically demanding life styles.
- People who want more than a massage.
- People who feel they are living and working below their inherent potential.
- People who want to breathe and sleep better.
- People who want more harmony in their lives.
- People in every age group - infants to seniors.

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Hallowell

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Hallowell looks at her work through a holistic point of view. "When I have a client, I'm looking at the entire picture of that person," she said. "We're all in the same boat. We all have lower points in life where we have to talk to somebody.

"As humans," she continued, "we tend to make false assumptions about how life should be—about how people should love us all the time."

But our assumptions don't always match up with reality, and when they fall short, we need good coping skills to enable us to deal with it, she explained.

Hallowell is enthusiastic about the seminars that Shane M. Jones offers and that she participates in, including PREP, or the Preparation and Relationship Enhancement Program, which is designed for couples and which they do for churches and other groups. Another seminar they offer is called Smart Discipline Parenting. "Both of these seminars are set up by calling us and saying you would like to sponsor it," Hallowell said. "Shane also does a seminar on adult children of dysfunctional families and I do one on marriage."

Hallowell, who grew up in Eskridge, Kansas, first came to Lawrence in 1958 as a student at the Midwestern Music and Art Camp. "As I recall, Iowa Street was a dirt

road then," she said, "and those dorms weren't there in 1958."

Having fallen in love with the KU campus through her experiences in music camp, Hallowell studied music education at KU from 1962 to 1966. Upon graduation, she moved to Cleveland, Ohio, and taught music to junior high school students for one year.

Then she moved to New York City and worked at the American Bible Society for a year. While there, her future husband, whom she had met as a KU student, proposed to

her by letter.

"I wasn't surprised," she said of the proposal. "I always knew he was the one."

The couple married, and after his tour of duty in the Air Force, they returned to Lawrence. Hallowell began working on her master's degree in social welfare at KU and graduated in 1973.

In addition to her work with Shane M. Jones & Associates, Hallowell likes to travel with her husband. "We are big-time fans of Frank Lloyd Wright and we go around the

country to see his work," she said. "And we like New York City a lot, so we go there often."

They also enjoy music—Hallowell majored in music in college and plays the piano and saxophone—so they go to concerts together, as well as to art museums.

But perhaps what Hallowell enjoys most of all is finding that she has had an impact. "The times when somebody has come back and said, 'you made a difference,'" she said. "There's nothing better than knowing you made a difference."

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www.lmh.org
Click on Events & Education Calendar

Health Watch
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HEALTH

See Better, Live Better

Some people think that Occupational Therapists work only on job-related problems. But, in reality, OTs help people with daily life problems of all kinds. One of the most useful specializations they offer is a form of therapy for people with reduced or "low" vision. Low vision can result from eye problems of many kinds, including cataracts, retinal detachment, macular degeneration, glaucoma, and stroke-related problems. OTs help people with low vision remain



Laura
Bennetts

safe at home and at work.

Get Help

Low vision is dangerous! To avoid falls you need to be able to read warning signs and react properly to steps, carpets, doors, curbs, and cracks in the sidewalk. To avoid driving accidents you need to be able to judge distances and see potholes. Low vision also causes problems with cooking, cleaning, shopping, dressing, and organizing your home. To get help, consult your doctor and optometrist. They will evaluate your need for low vision therapy and refer you to a suitably trained Occupational Therapist. This OT will evaluate your problem and map out ways to redesign your life for successful low-vision living.

Light Up Your Life

Your OT will find ways to improve the lighting in your home and your workplace. More light and better light sources can make it easier to see by reducing shadows and glare. Your OT will also look for dark areas that can endanger to your safety (such as a dark stairway or a poorly lit kitchen).

Everything In Its Place

The therapist will also help you reduce the clutter on floors, tables, and countertops. Excess items get in your way and make it harder to go about your business. Your OT will help you find a reachable shelf to store these items so you can find them later, when you need them.

Label it Colorfully

One way to easily find and handle items that you use daily is to mark them with brightly colored labels.

For example, you may want to mark the jars in your refrigerator or the keys on your keychain. Your OT will know which colors work best.

Learn New Ways to See

Your OT can also teach you how to compensate for vision loss by using your other senses—touch, hearing, and smell. For example, you can put a rubber band around your salt shaker to identify it with your hand as well as with your eyes. And there are many similar things you can learn.

Equipment Can Help You

Many new assistive devices can help you see and work better. An OT can train you to use items as simple as a hand-held magnifier or as sophisticated as a voice-activated system that enables you to write by speaking to a computer. In every state there are assistive technology programs that help people with vision problems obtain needed devices. Your therapist can help you contact local programs to see how you can qualify to get the latest technology.

Driving With Low Vision

People with low vision often worry about their safety behind the wheel. An OT can help determine whether you need to adjust your driving methods, and if so, how. If and when you ultimately decide to stop driving, the OT can train you how to use public transportation safely.

Friends and Family

Friends and family can help people with low vision remain independent. If you know someone with low vision, you can help them to revamp their home as recommended by a therapist. You can also assist them to contact audio reader services, centers for the blind, and the public library. Libraries have selections of large-print books, audio books, and recorded music. You can also help implement the program the therapist has designed, or offer transportation if night driving has become a problem.

Seeing is Believing

Low vision is a challenge, but low-vision therapy can help. Try it, you'll see!
- Laura Bennetts, MS RPT, is a physical therapist with 20 years' experience. She co-owns Lawrence Therapy Services LLC, 785-842-0656, and Baldwin Therapy Services, 785-594-3162. For help with this article Laura thanks her business partner, Kim Hoffman, OT. For answers to therapy-related questions, please write to Laura either at her e-mail address, laurabennetts@hotmail.com, or via Senior Monthly.

Please help us celebrate 25 years of serving Northeast Kansas and the **GRAND OPENING** of our Lawrence office

Thursday, January 8, 2004
Ribbon Cutting-11:30 a.m.
Open House 12:00-2:00 p.m.

(Food & Beverages will be served)



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*How to
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The "How to Plan the Perfect Wedding" seminar will feature several Lawrence wedding professionals who will share their expertise and experiences with attendees.

This **FREE** seminar will be conducted at Steve's Place (31st & Louisiana in Lawrence) on Sunday, January 11, from 2:00-4:00 p.m.

For more information, please call Monte Mace at 785-842-5525.

HEALTH

Now's the time to take steps to prevent, fight influenza

Influenza, or, as it is commonly known, "the flu," is a contagious respiratory illness caused by influenza viruses. Infection with influenza viruses can result in severe illness and life-threatening complications. It is estimated that 20 percent to 50 percent of U.S. residents are affected by the flu each year since it is a highly contagious disease. An average of 114,000 people are hospitalized for flu-related complications and 36,000 Americans die each year from complications of flu.



Dr. Farhang Khosh

Most people who get influenza will recover in one to two weeks, but some people will develop life-threatening complications. Flu is like the cold in many ways as it manifests as respiratory infections caused by viruses. If a cold is misdiagnosed as flu, there's no problem. At worst, a cold can occasionally lead to secondary bacterial infections of the middle ear or sinuses, which can be treated easily. But if the flu is misdiagnosed as a bad cold, potentially life-threatening flu complications like pneumonia, bronchitis and dehydration may be overlooked.

Signs of the flu include sudden onset with a headache, dry cough, and chills. The symptoms quickly become more severe than those of a cold. The flu sufferer often experiences a "wiped out feeling," with muscle aches in the back and legs. Fever of up to 104 degrees is common. The fever typically begins to subside on the second or third day, and then symptoms like nasal congestion and sore throat appear. Fatigue and weakness may continue for days or even weeks.

Anyone can get the flu and serious problems from influenza can happen at any age. People age 65 years and older, those with a chronic medical conditions, and very young children are more likely to have complications from influenza. The flu is spread when a person who has

the flu coughs, sneezes, or speaks and sends flu virus into the air, and other people inhale the virus. The virus enters the nose, throat, or lungs of a person and begins to multiply. Shortly afterwards, the person will experience symptoms of influenza.

Influenza may spread when a person touches a surface that has flu viruses on it—for example a door handle, and then touches his or her nose or mouth. Since the flu virus can linger in the air for as long as three hours, this makes it very contagious.

A person can spread the flu starting one day before he or she feels sick. Adults can continue to pass the flu virus to others for another three to seven days after symptoms start. Children can pass the virus for longer than seven days. Symptoms start one to four days after the virus enters the body. Some persons can be infected with the flu virus but have no symptoms. During this time, those persons can still spread the virus to others.

Winter is the time for flu. In the United States, the flu season can range from November through March, and even past March in some years. During the past 21 flu seasons, months with the heaviest flu activity (peak months) occurred in December in four years, January in five years, February in nine years, and March in three years.

How do you know if you have the flu? The flu is different from a cold as I mentioned earlier. Influenza usually comes on suddenly and may include these symptoms: high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches and pains. Gastro-intestinal symptoms, such as nausea, vomiting, and diarrhea are much more common among children than adults.

How does a person prevent from getting the flu:

- **Avoid close contact:** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.

- **Stay home when you are sick:** If possible, stay home from work or school when you are sick. You will help prevent others from catching your illness.

- **Cover your mouth and nose:** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- **Clean your hands:** Washing your hands often will help protect you from germs.

- **Avoid touching your eyes, nose or mouth:** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

- **Vaccination is available to anyone.** But keep in mind that studies have shown the vaccine's effectiveness rate to be 70 to 90 percent in healthy young adults. In the elderly and in people with certain chronic illnesses, the vaccine sometimes doesn't prevent illness altogether.

- **The very best way of preventing the flu is to keep your immune system strong.**

What should a person do if you get the flu? Influenza is caused by a virus, so antibiotics don't work to cure it. If you develop the flu the following list of things that you can do:

- 1) Get plenty of rest.

- 2) Drink a lot of liquids.

- 3) Avoid using alcohol and tobacco.

- 4) Take Vitamin C that does not contain sugar.

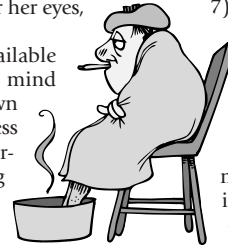
- 5) Vitamin A, Beta carotene, Zinc, Selenium,...

- 6) Immune stimulant herbs such as but not limited: Echinacea, Baptisia, Eupatorium, Astragalus, Lomatium, and many others that should be prepared accordingly.

- 7) Homeopathic remedies. I have had more success in using homeopathic remedies in combination with Immune stimulant herbs. Homeopathic remedies must be used based on individual symptoms and constitution.

If, however, your flu symptoms are unusually severe, for example having shortness of breath, you should consult your health-care provider right away. If you are at special risk from complications of flu, you should consult your health-care provider when your flu symptoms begin.

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



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CALENDAR

ART/ENTERTAINMENT

JAN 1-MAY 1

NOT OF THIS WORLD: A JOURNEY INTO THE MONASTIC LIFE

Experience the stillness and mystical chant of the ancient monasteries of Russia, Serbia, Syria, and Greece.
TOPEKA, 785-785-234-5993
www.orthodoxmuseum.org

JAN 9-25

GOOD DOCTOR

Comedy by Neil Simon based on stories by Anton Chekov.
SALINA, 785-827-6126
www.salinatheatre.com

JAN 23-FEB 8

NURSE JANE GOES TO HAWAII

When a romance writer sets out to experience her first love affair she sets off a chain of hilarious events.
LAWRENCE COMMUNITY THEATRE,
785-843-7469
www.community.lawrence.com/
communitytheatre/

JAN 24

SENIOR CLASS

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

BINGO

SUNDAYS

KNIGHTS OF COLUMBUS HALL

2206 E. 23RD ST., LAWRENCE, 6:30 PM,
785-842-2699

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA,
6:30 PM, 785-296-9400

MONDAYS & SATURDAYS

LEGIONACRES

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

TUESDAYS

VETERANS OF FOREIGN WARS

138 ALABAMA, LAWRENCE, 6:55 PM,
785-843-2078

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW HUNTOON, TOPEKA, 6:30 PM,
785-235-9073

WEDNESDAYS

PINECREST APARTMENTS

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

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WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

1201 MASSACHUSETTS, LAWRENCE
10:30 AM-12 NOON, 785-842-6976

FRIDAYS

BALDWIN SENIOR CENTER

1221 INDIANA, BALDWIN CITY
12 NOON-1 PM, 785-594-2409

FRIDAYS

ARAB SHRINE

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

CLASSES/LECTURES

JAN 8

SECOND TIME AROUND: GRANDPARENTS WHO PARENT

This program will help grandparents who are parenting learn their rights, new strategies to become better care providers, and myths and fact surrounding this topic. Second Time Around will be led by Stacey Cooper, Attorney at Law, and is sponsored by Community Action's Family Institute and the SRS Topeka Area Office. Program will be from 3:30-5:00 p.m. at the SRS Topeka Area Office, 500 SW Van Buren. Free.
TOPEKA, 785-235-9296

FEB 4

BLEEDING KANSAS LECTURE SERIES

A series of talks and reenactments on the violent conflict over the slavery issue in Kansas Territory from 1854 to 1861.
LECOMPTON, 785-887-6520
www.lecomptonkansas.org

EXHIBITS

JAN 1-SEP 2004

VIETNAM EXHIBIT

Tribute to Vietnam veterans from Douglas County. Memories of the 1960s, as well as many artifacts, letters, clothing, etc. contributed by veterans. Watkins Community Museum of History, 1047 Massachusetts. LAWRENCE, 785-841-4109

FEB 1-8

EXHIBIT: TO BUILD A RICH COLLECTION

Selected works from the permanent collection of the Beach Museum of Art.
MANHATTAN, 785-532-7718
www.ksu.edu/bma

FESTIVALS/FAIRS

JAN 3

TUTTLE CREEK LAKE EAGLE DAY

Presentation on bald eagle nesting in Kansas, tour to view wintering eagles at Tuttle Creek Lake.
MANHATTAN, 785-539-8511

JAN 17-18

EAGLES DAY-MILFORD LAKE

Observe eagles in their natural habitat surrounding Milford Lake.
JUNCTION CITY, 785-238-5323
www.junctioncity.org

JAN 24

KANSAS DAY CELEBRATION

This celebration of Kansas features music, song, dance, ropemaking, crafts, children's games, and professional readings.
PAOLA, 785-294-3646

JAN 24

KANSAS DAY CELEBRATION

Living history demonstrations, museum tours, and entertainment.
SALINA, 785-309-5776
www.smokyhillmuseum.org

JAN 24

SOUPER BOWL SATURDAY

Buy a homemade ceramic bowl and stay for a lunch of soup and bread.
LAWRENCE, 785-843-2787
www.lawrenceartscenter.com

JAN 24

STATEHOOD BALL

1860s period dance to celebrate Kansas' statehood. Period dress is suggested but not mandatory.
ABILENE, 785-263-2681
www.heritagecenterdk.com

JAN 25

EAGLES DAY

Learn about nature and the environment. Presentations on nesting, banding, and live bald eagles. Performance by the Thunderbird Theatre.
LAWRENCE, 785-840-0700
www.visitlawrence.com

FEB 1-MAY 31

TROUT STOCKING AND SEASON

Trout season with tagged fish for prizes. License required.
TOPEKA, 785-267-1156

HEALTH

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.
LECOMPTON COMMUNITY BUILDING
9:30-10:30 AM

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth and Washburn entrance, from 9 a.m.-1 p.m. No appointment necessary. Also conducted on the first, second, third, and fourth Tuesdays of each month, 4:15-5:15 p.m., in the Sunflower Terrace Cafeteria (before Senior Suppers).
TOPEKA, 785-354-6787

WEDNESDAYS

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. For individuals 60 years of age and older and their spouses. Minimal fees, but no one will be denied service because of

inability to pay.

BABCOCK PLACE, LAWRENCE
9 AM-12 NOON

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD MONDAY OF EACH MONTH.

THERAPY SCREENING

Have a question about pain or an injury? Come see us. Free. Screening conducted by Lawrence Therapy Service.
DRURY PLACE, LAWRENCE
10:00-11:00 AM

THIRD TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.
PINECREST II APARTMENTS, 924 WALNUT,
EUDORA, 9-10 AM

JAN 3

SWEATLODGE WITH LAKOTA CHIEF LEROY STANDING CLOUD

Purify yourself to start the new year with intention. Having had polio as a boy, Chief Leroy has been recognized by his people for his gifts of healing. His style is *heyoka*, which means playful and fun...expect lots of laughter. Meditating, quiet and juicing available all during the day with lodge at sunset. Potluck to follow. Call to reserve your spot. Love offering.
THE LIGHT CENTER, 785-255-4583

JAN 10

A DAY OF EXPLORATION WITH SHARI SIPPOLA

Shari Sippola, a local psychotherapist, brings through her higher guidance a voice of wisdom, healing and pure unconditional love, which she has named Michael. Workshop will offer an opportunity for deep healing of thoughts and feelings that limit our forward progress and generate disease in our bodies. 9:30 a.m.-5:00 p.m. Fee.
THE LIGHT CENTER, 785-255-4583

JAN 31

FEED YOUR BODY—FEED YOUR SOUL

A retreat day of meditation, mindful eating of wonderful, yummy foods that we create together with Hilary Kass. Start your New Year out with self care and set that priority for 2004. Have a massage/energywork session, and experience deep relaxation in a quiet, nurturing setting while you learn more of Hilary's magic with healthier foods. Fee.
THE LIGHT CENTER, 785-255-4583

MEETINGS

FIRST WEDNESDAY OF EACH MONTH

NOW OR NEVER CLUB

BALDWIN SENIOR CENTER
1221 INDIANA, BALDWIN CITY
12 NOON-1:30 PM, 785-594-2409

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

CONTINUED ON PAGE 7

CALENDAR

CONTINUED FROM PAGE 6

FIRST WEDNESDAY OF EACH MONTH,
SEPTEMBER-MAY

**KAW VALLEY CHAPTER, OLDER
WOMEN'S LEAGUE**

Forums held at Lawrence Public Library
1:30 PM

WEDNESDAYS

**OLDER KANSANS
EMPLOYMENT PROGRAM**

LAWRENCE WORKFORCE CENTER
2540 IOWA, SUITE R, LAWRENCE
10 AM-NOON

FIRST THURSDAY OF EACH MONTH
LAWRENCE PROFESSIONALS IN AGING

Networking group. Call Kim or Laura at
785-842-0656 for more information. \$10 to
attend (includes lunch).
ELDRIDGE HOTEL, LAWRENCE
11:30 AM-1:00 PM

SECOND MONDAY, SEPT.-MAY

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

Volunteer service club.
785-331-4575

SECOND AND FOURTH WEDNESDAY OF
EACH MONTH

**ALZHEIMER'S EARLY STAGE PATIENT
SUPPORT GROUP**

For patients with early stage Alzheimer's.
SEABROOK UNITED CHURCH OF CHURCH
785-234-2523

THIRD MONDAY OF EACH MONTH
**SELF HELP FOR THE HARD OF
HEARING (SHHH)**

SHHH is a non-profit, educational organi-
zation dedicated to the well-being of people
of all ages who do not hear well.
BABCOCK PLACE, 1700 MASSACHUSETTS,
LAWRENCE, 1 PM

THIRD TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT

GROUP

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

THIRD TUESDAY OF EACH MONTH
**GRANDPARENT/KINSHIP SUPPORT
GROUP**

Strengthening family relationships and
improving positive parenting skills. Meets
from 6:30-7:30 p.m. Child care available.
YMCA, 421 S.W. VAN BUREN, TOPEKA

THIRD THURSDAY OF EACH MONTH
PROSTATE CANCER SUPPORT GROUP

The Prostate Cancer Support Group is for
survivors, family members and anyone who

is interested in learning more about pros-
tate cancer.
RIEKE AUDITORIUM, KU MEDICAL CENTER,
7-9 PM

JAN 18

WOMEN'S CLUB OF TOPEKA

"Betsy Ross" program at 10:15 a.m.,
"Thoughts for 2004" will be presented at
11:30 a.m. by Program Committee. Lunch
at 12:00. Reservations required.
TOPEKA, 785-6978

JAN 23

AARP CHAPTER 1696 LUNCHEON

Group meets fourth Friday of each month
except in July, November and December. Lun-
cheon is held on third Friday in November.
Reservations required at least one week prior
to meetings. Attorney General Phill Kline will

be January's speaker.
LAWRENCE COUNTRY CLUB
785-842-0446 or 785-865-3787

JAN 30

WOMEN'S CLUB OF TOPEKA

Benefit Card Party. Any kind of card for
\$6.50. Public invited for light lunch. Reser-
vations required.
TOPEKA, 785-6978

*While every attempt has been made to en-
sure the accuracy of the events listed, some
changes may occur without notice. Please
confirm any event you plan to attend.*

*If your group would like to be added to
our monthly calendar, please call Kevin at
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Assisted Living for details.

LAWRENCE'S NEWEST RETIREMENT COMMUNITY

60 Look Who's

*The following celebrities
turn 60 in January:*

- Jan. 9 **Jimmy Page**, guitarist,
Led Zeppelin
- Jan. 19 **Shelley Fabares**,
actress/singer, *The
Donna Reed Show*,
"Johnny Angel"
- Jan. 23 **Rutger Hauer**, actor,
Blade Runner, *Buffy
the Vampire Slayer*

Compiled by Kevin Groenhagen,
Kaw Valley Senior Monthly
www.seniormonthly.net

FINANCES

Outlook and opportunity

This time of year, investors ask the same question: "What is the outlook for this year?" We believe that 2004 will continue to build on the momentum we have seen in late 2003. But, however you feel about what may happen in 2004, you should stick to solid investment principles.

What Does This Year Have in Store?

There are some encouraging signs that the economy is gathering momentum. Tax and interest-rate cuts, as well as the conclusion of major fighting in Iraq, have laid the foundation for an improving economy. If

individual stocks or mutual funds. Don't try to guess that the next hot stock or fund will be. If you buy popular stocks or funds that have a great story, you usually end up paying too much.

Don't listen to stories. Pay attention to price, and do the math. It is difficult to ever make money long term in a stock that trades at 50 or 100 times earnings because these stocks rarely live up to such lofty expectations.

We recommend companies that have:

- At least 10 years of operating history.
- Investment-grade debt.
- A minimum of \$1 billion in annual sales.
- At least \$2.5 billion in market value.

Pursue Diversification

You may be thinking, "The only reason you talk so much about diversification is because you don't know what's going to happen!" If you think that, you're right. We reiterate the theme of diversification because the future is uncertain.

If the economy continues to gain momentum, as we believe it will, some industries—technology, industrials, capital goods and transportation, for instance—may outperform others, such as consumer staples, health care, utilities and energy. Bonds also fall into the latter category. If the economy falters, the reverse may be true.

The bottom line is you need to have both groups represented in your portfolio to be properly diversified.

Stay the Course

How long should you hold your investments? If you bought high-quality investments that still fit your needs, in the words of legendary investment guru Warren Buffet, "The best time to sell is never; the best holding period is forever."

But even if you buy quality and diversify, the investment world can throw you a curve—the war on terrorism, deficits, international turmoil, rising oil prices, a weak dollar, economic recessions, the jobless recovery, etc. The list never ends.

Remember, the U.S. economy will always face challenges that can get you down. Investing isn't as easy as buying when you feel good and selling when you feel bad. Successful long-term investors find the cour-

age to stick with their convictions and stay the course when faced with these short-term setbacks.

In fact, a study measuring equity mutual fund investment returns from 1984 through 2002 helps prove this point:

Yearly Average Return, 1984-2002	
S&P 500	Equity Mutual Funds
12.2%	9.3%

Source: Dalbar, 1/1/84-12/31/02

So, the average mutual fund owner had some pretty solid returns, right? Wrong. According to the same study, the average equity mutual fund investor earned a measly 2.57 percent. The reason was simple: Over the past 18 years, most people held their funds an average of only two years.

Too many people buy when things look good, and then sell at the first sign of trouble. Buying and sell-

ing based on emotions can reduce your returns and may keep you from reaching your financial goals.

Going Forward

Today, fresh indicators suggest the economy is staging a comeback. Retail sales are rising, corporate profits are rebounding, business investment is picking up, and the stock market has rallied.

Unless an investment you own no longer supports your investment plan, we suggest not making any changes to your portfolio. Continue to invest with the same three principles in mind: Quality investments, diversification and a long-term perspective. When it comes to investing, prophesy is useless; principles must guide us.

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



Harley Catlin and Ryan Catlin

history is any guide, and this is the beginning of a period of normal expansion, we believe 2004 should be a good year for the economy and the markets.

Although it's natural to ask for economic forecasts, remember that when applied to the investment process, their value has been dubious at best. Most of our clients almost always have long-term goals, such as saving for retirement. Based on past success, our advice continues to be to buy and hold quality investments through various market cycles.

We believe this is because no one can predict the future. Predicting the future is not the key to investing success. It is achieved through discipline, patience and doing homework before you invest.

Take Control

Success also depends on staying focused on the things you can control.

If you can do a good job in each of these three areas, we believe you have the potential to reach your long-term investment goals.

Buy Quality

If you invest in stocks or mutual funds, we believe the majority of that portion of your portfolio should be in your growth-and-income category. This segment typically contains established companies that have a history of paying dividends.

Focus on quality when you buy

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2004 SENIOR RESOURCES DIRECTORY

Kaw Valley
SeniorMonthly

ADULT CARE

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Lawrence, KS 66049

Phone: 785-841-0612, 785-550-4743
Fax: 785-841-3759
E-mail: giljonsarcare@msn.com
Contacts: Johnny Beane, President & Operator; Gilda Beane, Operator & Manager

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HEALTH CARE



HOSPICE CARE IN DOUGLAS COUNTY

200 Maine St., Suite D
Lawrence, KS 66044

Phone: 785-843-3738
Fax: 785-843-0757
E-mail: janj@vna.lawrence.ks.us
Contacts: Pat Turmes, Jan Jenkins, Nadereh Nasserli

Your home-town, not-for-profit Hospice, Medicare and Medicaid certified providing specialized care for individuals and families during the final months of a terminal illness since 1981. Trained professionals and volunteers assist and educate families in the physical, emotional, social, and spiritual dimensions of dying while helping patients to remain in their own homes. Hospice will continue to serve patients in a hospital or nursing home. A United Way Agency.

ADVOCACY



AARP KANSAS

555 S. Kansas Avenue, Suite 201
Topeka, KS 66603

Phone: 785-232-4070
Fax: 785-232-8259
Web: www.aarp.org
Contacts: Maren Turner, Mary Tritsch, Ernest Kutzley

AARP is a nonprofit, nonpartisan membership organization dedicated to making life better for people 50 and over. We provide information and resources; engage in legislative, regulatory and legal advocacy; assist members in serving their communities; and offer a wide range of unique benefits, special products, and services for our members. These include *AARP The Magazine*, published bimonthly; *AARP Bulletin*, our monthly newspaper; *Segunda Juventud*, our quarterly newspaper in Spanish; *Live and Learn*, our quarterly newsletter for National Retired Teachers Association members; and our Web site, www.aarp.org. We have staffed offices in all 50 states, the District of Columbia, Puerto Rico, and U.S. Virgin Islands.

HEARING AIDS



MARSTON HEARING CENTER

1112 W. 6th St., Suite 100
Lawrence, KS 66044

Phone: 785-843-8479
Fax: 785-843-8481
E-mail: lmarston@sbcglobal.net
Contact: Dr. Larry Marston, Ph.D., Audiology

Marston, a trusted name in hearing healthcare in the Lawrence community for 27 years, is also a leader in bringing you the greatest selection of high quality hearing aids. Dr. Marston, Professor Emeritus, University of Kansas, will provide a thorough hearing examination and hearing aids that meet your personal needs. Call for an appointment for a complimentary demonstration.

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Web: www.nutrasense.com
Contact: Chris Young

NutraSense is a local Kansas company. NutraSense supplies nutritional supplements which are Made in USA ONLY with American ingredients. Supplements include: Joint Health, Weight Management, Immune System support, Body Building, and Pet Supplements available. Find NutraSense in your backyard in several area locations. Look for the Red, White, and Blue NutraSense label. For more information, please contact NutraSense. We are always available to talk to our neighbors.

HEARING AIDS



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Phone: 785-843-2705
Fax: 785-331-0860
E-mail: adaptivefit@sunflower.com
Contacts: Candace Sedlacek, Sue Howig, Gordon Fitzsimmons

Adaptive Fit, LLC is the affordable alternative to assisted living. Professionals in technology, design, construction and equipment, we provide products and assistive technology devices to make everyday living safer and easier. We can adapt your home to your individual needs to increase your independence.

HOLISTIC HEALING



THE LIGHT CENTER

1542 Woodson Rd.
Baldwin City, KS 66006

Phone: 785-255-4583
Fax: 785-255-4583 (Call first)
E-mail: ltcenter@grapevine.net
Web: www.lightcenterks.org
Contact: Robin Goff

A natural sanctuary on 34 acres of wooded land offering retreats and workshops for holistic health education. Wellness/healing retreats for people with cancer and other serious/chronic illness. Classes in Healing Touch and other techniques. Native American studies, sweatlodge ceremonies. Our 100-year-old barn provides a cozy setting for personal solitude or small group gatherings. Professional staff offering stress-management, spiritual counsel and sessions for massage and Healing Touch. Director: Robin Goff, nurse/chaplain.

HOME HEALTH



DOUGLAS COUNTY VISITING NURSES ASSOCIATION 200 Maine St., Suite C Lawrence, KS 66044

Phone: 785-843-3738
Fax: 785-843-0757
E-mail: janj@vna.lawrence.ks.us
Contacts: Pat Turmes, Jan Jenkins,
Janice Johnson

COMPREHENSIVE HOME HEALTH CARE has been provided in Douglas County and surrounding areas by this not-for-profit, home-town, Medicare and Medicaid certified agency since 1969. Nurses, aides, physical and occupational therapist, speech language pathologist, social workers and companions provide nursing and rehabilitation for all ages in the comfort of your own home. Care is provided for persons with acute or chronic illnesses, disabled or frail. A United Way Agency.

MEDICAL



CRITICARE HOME HEALTH SERVICES, INC. 1006 W. 6th St. Lawrence, KS 66044

Phone: 785-749-4878
Fax: 785-749-4972
E-mail: criticare@criticarehhs.com
Web: www.criticarehhs.com
Contacts: Sheila Showalter, Scott Moore, Tanya Ward

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785-232-2044 (Topeka);
785-242-0002 (Ottawa)
Fax: 785-842-3967 (Lawrence);
785-232-5567 (Topeka);
785-242-7826 (Ottawa)
E-mail:
jprideaux@midlandhospice.org
Web: www.midlandhospice.org
Contacts: Julie Prideaux, Paula Gray,
LPN, Barb Norris, M.Div.

Midland Hospice is a not-for-profit hospice serving NE Kansas since 1978. At Midland, we take hospice care one step further by offering a continuum of care for people at all stages in the disease process. Our Lawrence staff is available 24 hours a day, 7 days a week. Located in the heart of the Lawrence community at 1008 New Hampshire, we invite you to stop by and visit us.

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Phone: 785-841-2200
Fax: 785-841-7003
Contacts: Onis Bearden, Chris White

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Web: www.comfortkeepers.com
Contacts: Sarah or Randy Cox

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REHABILITATION SERVICES



LAWRENCE THERAPY SERVICES

2721 W. 6th St., Suite B
Lawrence, KS 66049

BALDWIN THERAPY SERVICES

720 8th St., P.O. Box 368
Baldwin City, KS 66006

Phone: 785-842-0656 (Lawrence),
785-594-3162 (Baldwin City)
Fax: 785-842-0071 (Lawrence),
785-594-3257 (Baldwin City)
E-mail: LTS_2000@hotmail.com
Contacts: Laura Bennetts, RPT, and
Kim Hoffman, OTR, owners

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ADDITIONAL LISTINGS ON PAGE 15



IMPORTANT PHONE NUMBERS



EMERGENCY NUMBERS

Police, Sheriff, Fire, Ambulance 911
 Poison Control 1-800-332-6633
 Lawrence Memorial Hospital 785-749-6100
 Hospital Emergencies 785-749-6162
 Electricity (Emergencies) 1-800-794-4780
 Gas (Emergencies) 1-800-303-0357

HOTLINES

Aging Hotlines (KS Dept. on Aging) .. 1-800-432-3535
 Adult Abuse and Neglect 1-800-922-5330
 Adult Care Complaints 1-800-842-0078
 Consumer Hotline 1-800-842-2310
 Crime Stoppers 785-843-8477
 Douglas Co. Rape Victim Support 785-841-2345
 Headquarters (24-hr hotline for personal crises) 785-841-2345
 Insurance Department 1-800-432-2484
 Medicare 1-800-432-3531
 Medicare Fraud Hotline 1-800-432-3913
 National Eldercare Locator 1-800-677-1116
 Women's Transitional Care Services
 (24-hr hotline for battered women) 785-843-3333

ABUSE & NEGLECT PREVENTION & INTERVENTION

Abuse Reporting Hotline 1-800-922-5330
 Douglas Co. Rape Victim Support 785-841-2345
 KS Dept. of Health and Environment... 785-842-4600
 OR 1-800-842-0078
 Long Term Care Ombudsman 1-800-432-3535
 SRS Adult Protective Services 785-832-3700
 YWCA Battered Women's Task Force... 785-354-7927

ADULT DAY CARE

Douglas County Senior Services 785-842-0543
 IHS Brighton Place North 785-233-5127
 Indian Trails Living Center 785-233-0558
 Midland Adult Day Programs 785-232-5770

ADVOCACY

AARP, Douglas County Chapter 785-842-0446
 AARP, Johnson County Chapter 913-262-6318
 AARP Kansas 785-232-4070
 DG Co. Advocacy Council on Aging 785-843-3733
 Independence, Inc. 785-841-0333
 Jefferson Co. Service Organization 913-863-2637
 Kansas Advocates for Better Care 785-842-3088
 OR 1-800-525-1782
 Older Women's League 785-842-3578
 Pelathe Community Resource Center . 785-841-7202

ALCOHOL/DRUG ABUSE ASSISTANCE

Alcoholics Anonymous 785-842-0110
 DCCCA Center 785-841-4138
 First Step House 785-843-9262
 Headquarters 785-841-2345

CAREGIVER ASSISTANCE

Caregiver Support Services 785-842-0543
 Interfaith Caring Neighbors (ICaN) 785-749-2005
 Trinity Respite Care 785-842-3159

CASE MANAGEMENT

East Central Kansas Area Agency on Aging 785-242-7200
 OR 1-800-633-5621
 Jayhawk Area Agency on Aging 1-800-798-1366
 Johnson Co. Area Agency on Aging 913-894-8811
 Leavenworth Council on Aging 913-684-0777
 Project Lively 785-843-0721

COMPANIONSHIP FOR LONELY OR HOMEBOUND

Friendly Visitor Program 785-842-0543
 Interfaith Caring Neighbors 785-749-2005

COMPUTER TRAINING

Antioch Satellite Program 785-232-1937
 Central Church Computer Center 785-235-2376
 Kaw Area Technical School 785-228-6406
 Keys for Networking 785-233-8732
 Lawrence Workforce Center 785-840-9675
 Topeka-Shawnee County Public Library 785-580-4400

CONSUMER INFORMATION & ADVOCACY

Attorney General's Consumer Hotline.. 1-800-432-2310
 Better Business Bureau 785-766-2009
 Insurance Commissioner's Hotline... 1-800-432-2484
 Kansas Advocates for Better Care 1-800-525-1782
 Kansas ElderCare Hotline 1-888-353-5337
 Kansas Insurance Consumer Hotline 1-800-432-2484
 National Fraud Information Line 1-800-876-7060

COUNSELING

Bert Nash Community Mental Health Center 785-843-9192
 Catholic Social Services 785-841-0307
 Consumer Credit Counseling Service.. 785-749-4224
 DCCCA (Drug/Alcohol Problems) 785-841-4138
 KU Psychological Clinic 785-864-4121

CRISIS & DISASTER SERVICES

American Red Cross (fire, disaster, crime victim relief) 785-843-3550
 Headquarters (24-hour hotline) 785-841-2345
 Emergency Service Council (Rent and Utility Assistance) Apply at any of the following agencies:
 Ballard Community Center 785-842-0729
 Douglas County Senior Services 785-842-0543
 E.C.K.A.N., 1600 Haskell, 204 785-841-3357
 Pelathe Community Center 785-841-7202
 Penn House, 1035 Pennsylvania 785-842-0440
 Salvation Army 785-843-4188

DENTAL SERVICES

Health Care Access 785841-5760
 Kansas Dental Association 1-800-432-3583
 Johnson County Community College Dental Clinic 1-800-336-8873
 Martin De Porres (Topeka) 785-233-2800
 UMKC School of Dentistry 816-235-2111

DISABILITY SERVICES

Assisted Technology for Kansans 785-841-1067
 Audio-Reader 1-800-772-8898
 Independence, Inc 785-841-0333
 Jayhawk Area Agency on Aging 785-235-1367
 Kansas Commission on Disability Concerns . 785-296-1722
 Kansas Relay Center 1-800-766-3777
 Kansas Commission for the Deaf & Hard of Hearing 1-800-432-0698
 Kansas Talking Book Program 1-800-432-2925
 KU Speech, Language and Hearing Clinic 785-864-4690
 Make -A-Difference Information Network1 - 8 0 0 - 332-6262
 Resource Center for Independent Living... 785-267-1717
 Topeka Independent Living Resource Center 785-233-4572
 Topeka-Shawnee County Public Library Red Carpet Room 785-580-4400
 T.T.Y. for Independence, Inc 785-841-1046
 T.T.Y. for KU Speech, Language and Hearing Clinic 785-864-5094
 SRS Services for the Blind 785-296-4424
 Talking Books (Topeka Public Library) 1-800-432-2925

DRIVING

Driver's License/ID Card (Topeka) 785-266-7380
 Mature Driving Program 785-354-5225

EDUCATION

Adult Learning Center 785-832-5960
 DCSS Leisure & Learning Dept 785-842-0543
 Douglas County Extension Office 785-843-7058
 Elderhostel 1-800-895-0727
 Eldernet Education 913-856-7405
 Kansas Elderhostel Program 620-341-5625
 KU Continuing Education 785-864-4790
 Lawrence Continuing Education 785-832-5097
 Lawrence Memorial Hospital Education Dept 785-840-3072

EMERGENCY ALERT DEVICES

Lifeline 1-800-543-3546
 Life Safety 785-232-9065

EMPLOYMENT

Foster Grandparents 785-296-5474
 Lawrence Workforce Center 785-840-9675
 Older Kansans Employ. Program 1-800-749-2440
 Older Kansans Employ. Program 785-234-6208
 Project AYUDA (Lawrence) 785-331-3401
 Project AYUDA (Topeka) 785-232-8377
 Topeka Job Service 785-296-1715

FINANCIAL

Better Business Bureau 785-232-0454
 Consumer Credit Counseling Service.. 785-749-4224
 Consumer Credit Counseling Service.. 785-234-0217
 Kansas Veterans Commission 785-843-5233
 Social Security (Lawrence) 785-843-2254
 Social Security (Topeka) 785-295-0100
 Social & Rehabilitation Services 785-832-3700
 Tax Counseling for Elderly (Feb.1-Apr.15), DCSS 785-842-0543

FITNESS & RECREATION

Baldwin City Recreation 785-594-3670
 Lawrence Parks & Recreation 785-832-7920
 McLouth Recreation Commission 913-796-6473
 Ottawa Recreation Commission 785-242-1939
 Shawnee County Parks & Recreation .. 785-267-1156
 Topeka Parks & Recreation 785-368-3798
 Washburn Walkers 785-231-1010
 YMCA 785-354-8591
 YWCA 785-233-1750

FOOD ASSISTANCE

Ballard Community Center 785-842-0729
 Doorstep, Inc 785-354-5351
 Douglas County Senior Services 785-842-0543
 E.C.K.A.N., 1600 Haskell, 204 785-841-3357
 El Shaddai 785-232-8887
 Fellowship, Inc 785-354-7262
 Heartland Share 785-234-6208
 I Care 785-267-5910
 Let's Help 785-232-4357
 L.I.N.K. First Christian Church 785-843-0679
 Meals on Wheels (Lawrence) 785-842-6697
 Meals on Wheels (Topeka) 785-354-5420
 North Topeka Outreach 785-233-8244
 Pelathe Community Center 785-841-7202
 Penn House, 1035 Pennsylvania 785-842-0440
 Salvation Army (Lawrence) 785-843-4188
 Salvation Army (Topeka) 785-233-9648
 Topeka Rescue Mission 785-354-1744

Community Meal Sites for Senior Citizens
 Asbury Mt. Olive 785-232-7502
 Auburn Senior Center 785-256-2917
 Babcock Place 785-842-6976
 Baldwin Senior Center 785-594-2409
 De Soto Neighborhood Center 913-585-1792

CONTINUED ON PAGE 13



IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE 12

East Topeka Senior Center 785-232-7765
 Edgewood Homes 785-760-1504
 First Christian Church Apartments 785-272-4290
 High Park Methodist 785-266-6555
 Lawrence Senior Center 785-842-0543
 Lecompton United Methodist Church 785-887-6327
 LULAC Senior Center 785-234-5809
 Oskaloosa Meal Site 785-863-2411
 Papan's Landing Senior Center 785-232-1968
 Pinecrest II, 924 Walnut, Eudora 785-760-2102
 Tyler Towers 785-234-2752
 Westside Christian Church 785-234-0469

GOVERNMENT OFFICES

Kansas Attorney General 1-800-432-2310
 Kansas Department of Aging 1-800-432-3535
 Kansas Governor 785-296-3232
 Kansas Insurance Department 1-800-432-2484
 Kansas Secretary of State 785-296-4564
 Kansas State Treasurer 785-296-3171

HEALTH

American Red Cross 785-843-3550
 Assisted Health Care (Lawrence) 785-843-5139
 Assisted Health Care (Topeka) 785-291-2900
 Caring Hearts, Inc 1-800-357-9992
 Douglas County Health Dept 785-843-0721
 Health Care Access 785-841-5760
 Hospice Care in Douglas County 785-749-5006
 Lawrence Memorial Hospital 785-749-6100
 Visiting Nurses Association 785-843-3738

HEARING RESOURCES

Hearing Aid Helpline 1-800-521-5247
 National Institute on Deafness 1-800-241-1044

HOME MODIFICATION & REPAIR

Community Action 785-235-9296
 E.C.K.A.N. (Weatherization) 785-841-3357
 Independence, Inc. 785-841-0333
 Interfaith Caring Neighbors (ICaN) 785-749-2005
 Lawrence Housing and Neighborhood Development 785-832-3100
 Mobile Care, Inc. 1-800-383-9090

HOSPICE

Heart of America Hospice (Lawrence) 785-841-5300
 Heart of America Hospice (Topeka) 785-228-0400
 Hospice Care in Douglas County 785-843-3738
 Stormont Vail Hospice 785-354-4911
 Midland Hospice Care (Lawrence) 785-842-3627
 Midland Hospice Care (Ottawa) 785-242-0002
 Midland Hospice Care (Topeka) 785-232-2044
 SouthernCare Hospice 785-838-3027

HOUSING

Babcock Place, 1700 Massachusetts ... 785-842-8358
 Clinton Place, 2125 Clinton Parkway... 785-841-1000
 Edgewood Homes, 1600 Haskell 785-842-8110
 Orchard Lane Apts., 1016 Orchard Lane 1, Baldwin 785-594-6996
 Pinecrest Apts., Eudora 785-542-1020
 Peterson Acres, 2930 Peterson Rd. 785-842-8358
 Prairie Ridge Place, 2424 Melrose Ln .. 785-841-8660
 Lawrence Housing Authority Section 8 Housing 785-842-8490
 Taub Creek Apartments, Baldwin 785-594-6996
 Vermont Towers, 1011 Vermont 785-841-6026

INFORMATION & REFERRAL SERVICES

Community Action 785-235-9296
 Community Information Services 785-580-4555
 Douglas County Senior Services, Inc. 785-842-0543
 Eldercare Locator (Nationwide resources) 1-800-677-1116

ERC Resources & Referral 785-357-5171
 Healthwise 55 Resource Center 785-354-6787
 Jayhawk Area Agency on Aging 785-235-1367
 Jefferson Co. Service Organization 913-863-2637
 Kansas Dept. on Aging 800-432-3535
 KU Information Center (24 hours) 785-864-3506
 Lawrence Public Library Reference Desk 785-843-1178
 Older Citizens' Information 785-232-9065
 United Way Information and Referral. 785-273-4804

INSURANCE INFORMATION

Insurance Commissioner's Office 1-800-432-2484
 Kansas Insurance Department 1-800-432-2484
 Medicare Claims Service, Part A 1-800-445-7170
 Medicare Claims Service, Part B 1-800-432-3531
 Senior Health Insurance Counseling for Kansans (SHICK) 785-842-0543
 OR 1-800-860-5260

LEGAL AID

Douglas County Legal Aid Society 785-864-5564
 Kansas Bar Association 1-800-928-3111
 Kansas Elder Law Hotline 1-888-353-5337
 Kansas Lawyer Referral Service 1-800-928-3111
 Washburn Law Clinic 785-231-1191

LANDLORD/TENANT ISSUES

Housing & Consumer Credit Counseling 785-749-4224
 Kansas Elder Law Hotline 1-888-353-5337

LIBRARIES

Baldwin City Library 785-594-3411
 DeSoto Public Library 913-583-3106
 Eudora Public Library 785-542-2496
 KU Watson Library 785-864-3956
 KU Law Library 785-864-3025
 KU Science Library 785-864-4928
 Lawrence Public Library 785-843-3833
 Reference Line 785-843-1178
 Delivery for the Homebound 785-843-3833
 Ottawa Public Library 785-242-3080
 Tonganoxie Public Library 1-913-845-3281
 Topeka Public Libraries (Talking Books) 1-800-432-2925

MENTAL HEALTH

Lawrence Memorial Hospital 785-749-6289
 Menniger at Stormont Vail 785-354-6390
 Senior Aging Specialist 785-273-2252
 Transition and Loss Center 785-266-6600

NURSING FACILITIES

Aldersgate Village 785-478-9440
 Baldwin Care Facility 785-594-6492
 Brandon Woods 785-843-4571
 Brewster Health Center 785-267-1666
 Eventide Convalescent Center 785-233-8918
 Eudora Nursing Center 785-542-2176
 IHS at Highland Park 785-234-0018
 Infinita at Central Topeka, Inc. 785-235-8913
 Lakeview Manor 785-842-7282
 Lawrence Presbyterian Manor 785-841-4262
 Lexington Park Nursing & Post Acute Care. 785-440-0500
 ManorCare Health Services 785-271-6808
 McCrite Plaza Health Center 785-271-6700
 Pioneer Ridge Retirement Community 785-749-2000
 Plaza West Regional Health Center 785-271-6700
 Rolling Hills Health Center 785-273-5001
 Southgate Village Life Care Center 785-267-3100
 Topeka Healthcare Center 785-357-6121
 Topeka Presbyterian Manor 785-272-6510
 United Methodist Home 785-234-0421
 Westwood Manor 785-273-0886

Woodland Health Center 785-233-0544

NURSING HOME COMPLAINTS

Kansas Dept. of Health & Environment... 785-296-1240
 Long-Term Care Ombudsman 785-296-3017

ORGANIZATIONS

AARP, Douglas County Chapter 785-842-0446
 AARP, Johnson County Chapter 913-262-6318
 AARP Kansas 785-232-4070
 Golden Age Club of Eudora 785-542-2355
 N.A.R.F.E. 785-842-3378
 Now or Never Club of Baldwin 785-594-2409
 Older Women's League 785-842-3578
 O.U.R.S. 785-865-0574

PHYSICAL FITNESS/EXERCISE

DCSS, Inc., Learning & Leisure Dept ... 785-842-0543
 Lawrence Parks & Recreation Dept 785-832-7930

PRESCRIPTION DRUG ASSISTANCE

SHICK 1-800-860-5260
 Healthwise 55 Resource Center 785-354-6787
 Older Citizens Information 785-232-9065
 Community Action 785-235-9561

RECREATION/LEISURE ACTIVITIES

Baldwin Recreation 785-594-3670
 DCSS Leisure & Learning Dept 785-842-0543
 Lawrence Arts Center 785-843-2787
 Lawrence Parks & Recreation Dept 785-832-7930

RESPIRE CARE

DCSS Adult Day Program 785-842-0543
 Interfaith Caring Neighbors (ICaN) 785-749-2005
 Trinity Respite Care 785-842-3159

RETIREMENT COMMUNITIES

Alterra Sterling House, Lawrence 785-832-9900
 Brandon Woods Retirement Community, Lawrence 785-838-8000
 Lawrence Presbyterian Manor, Lawrence 785-841-4262
 Orchard Lane Apartments, Baldwin City ... 785-594-6996
 Ottawa Retirement Village, Ottawa 785-242-5399
 Pioneer Ridge Retirement Community, Lawrence 785-749-2000
 Prairie Commons Apartments, Lawrence 785-843-1700

SENIOR CENTERS

De Soto Neighborhood Center 913-585-1762
 East Topeka Senior Center 785-232-7765
 Florence Riford Senior Center, Tonganoxie 913-845-2787
 Lawrence Senior Center 785-842-0543
 LULAC Senior Center 785-234-5809
 Papan's Landing Senior Center 785-232-7968
 Senior Citizens Center, Oskaloosa 785-863-2411

SOCIAL SECURITY/MEDICARE

Social Security (Lawrence) 785-843-2254
 Social Security (Topeka) 785-295-0100
 Toll Free 1-800-772-1213
 Medicare Hotline 1-800-432-3531
 Senior Health Insurance Counseling for Kansas 785-842-0543
 OR 1-800-860-5260

SUPPORT GROUPS

Alzheimer's Caregiver Group 785-842-0543
 Cancer Support Group 785-864-9854
 DCSS Caregiver Support Group 785-842-0543
 Head Injury Support Group 785-842-3619
 Fibromyalgia Support Group 785-842-3444
 Project Acceptance 785-843-1266
 Stroke Support Group 785-840-2712

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IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE 13

Parkinson's Support Group 785-843-8692

TELEPHONE REASSURANCE

East Topeka Senior Center..... 785-232-7765
LULAC Senior Center..... 785-234-5809
Papan's Landing Senior Center 785-232-1968
Ring-A-Day Program..... 785-233-6300

TRANSPORTATION

American Cancer Society..... 785-283-4422
American Red Cross 785-234-0568
DCSS Transportation
Baldwin City..... 785-594-2411 OR 785-594-2904
Eudora 785-842-0543
Lawrence..... 785-843-5576
Lecompton 785-842-0543
East Topeka Senior Center 785-232-7765
Faith Transportation, Inc..... 913-599-7579
Independence, Inc., Transportation... 785-843-5576
Jefferson Co. Service Organization..... 913-863-2637
Lawrence Transit System T-Lift 785-312-7054

LULAC Senior Center..... 785-234-5809
Papan's Landing (North Topeka)..... 785-232-1968
St. Francis Hospital (cancer patients). 785-354-6352
Stormont Vail Valet (patients only) 785-354-6532
VA Volunteer Transportation 785-350-3111

UTILITIES

Electricity: KPL, Emergency Service (24 hours) 1-800-794-4780
Gas: Aquila, Emergency Calls 1-800-303-0357
Telephone: Southwestern Bell 1-800-464-7928
Repair Service 1-800-246-8464
Water: City of Lawrence, 6th& Mass.... 785-832-7878
Baldwin City Utilities..... 785-594-6427
Eudora City Offices..... 785-542-2153
Lecompton City Hall..... 785-887-6407
Kansas Corporation Commission 1-800-662-0027

UTILITY SHUT-OFF ASSISTANCE

Ballard Community Center, 708 Elm..... 785-842-0729
Community Action..... 785-235-9561
Doorstep, Inc..... 785-354-5351

Douglas County Senior Services 785-842-0543
E.C.K.A.N., 1600 Haskell, 204 785-841-3357
Let's Help 785-234-0568
LIEAP (Low Income Energy Assistance-Program)
Apply through SRS 785-832-3700
Pelathe Community Resource Center 785-841-7202
Penn House, 1035 Pennsylvania..... 785-842-0440
Project Deserve..... 785-234-0568
Salvation Army (Lawrence) 785-843-4188
Salvation Army (Topeka) 785-233-9648

VISION RESOURCES

Audio-Reader Network 1-800-772-8898
American Foundation for the Blind.. 1-800-232-5463
National Eye Care Project 1-800-222-3937
Red Carpet/Talking Books 785-580-4530
Vision World Wide 1-800-431-1739

VOLUNTEER OPPORTUNITIES

AARP Kansas 785-232-4070
Foster Grandparents 785-296-5474
Service Corps of Retired Executives... 785-234-3049

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Please hold on to your copy of the 2004 Senior Resources Directory for future reference!

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Fax: 785-542-2177
E-mail: enceud@msn.com
Contact: Nancy Kuehler

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Lawrence, KS 66047

Phone: 785-838-8000, 800-419-0254
Fax: 785-838-8001
Web: www.brandonwoods.com
Contacts: Jan Maddox, Marketing Director, Independent and Assisted Living, and Nancy Copeland, Admissions Director, The Health Center at Brandon Woods

Brandon Woods offers a tailor-made lifestyle with four residence styles to call home, complemented by our neighborhood setting, convenient services and choice of activities and amenities.

Our residences include equity-owned townhomes, rental apartments, and assisted living apartments and suites for those needing additional support. Also, our on-site Health Center provides skilled nursing and specialized dementia care as well as short-stay adult day care and respite care, an ideal choice when family caregivers need a break.

SENIOR HOUSING



VALLEY SPRINGS HOMES
31605 West 83rd Circle
De Soto, KS 66018

Phone: 913-585-9998
Fax: 913-585-9967
E-mail: desotovalleysprings@hotmail.com
Contact: Becky McKinney

Valley Springs Homes consists of 52 one and two bedroom apartments. The complex is strictly for persons age 55 and older. The completed facility will include a clubhouse with a recreational room, computer availability, exercise equipment, apartment laundry hook-ups, and an on-site laundry facility. Conveniently located between Kansas City and Lawrence.

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Lawrence, KS 66047

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Fax: 785-842-7061
E-mail: trc@trinityrespitecare.com
Web: www.trinityrespitecare.com
Contacts: Teresa Martell, Kelly Evans

Trinity Respite Care provides respite and attendant care services for individuals with disabilities and older adults in an effort to preserve the family unit and keep individuals in their own homes. Respite care consists of caring for the family member with a disability while the primary care provider has a break to shop, attend church or meetings. Attendant Care services include assistance with transfers, light housekeeping, meal prep, shopping and laundry. Fees based on a sliding scale.

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- Don't know where to turn?

Lawrence Memorial Hospital specializes in assessing and treating the needs of the senior adult population.

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Valley Springs Senior Housing

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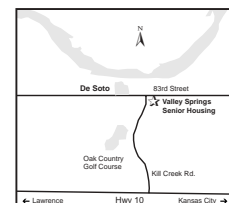
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Valley Springs Senior Housing

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E-Mail: desotovalleysprings@hotmail.com



Senior apartments in De Soto nearing completion

The construction of the newest De Soto apartment complex, Valley Springs Homes, targeted strictly for seniors age 55 and over, is almost complete, according to Don Cooper, representative for the developer of the property.

"We are thankful that we are a little ahead of our construction schedule," Cooper said. "This means we may be able to begin leasing the first Valley Springs Homes apartments within the next 60 days. Pre-leasing activities have begun. In fact, we have received several applications."

The Valley Springs Homes will consist of 52 one and two bedroom apartments. The property will include a clubhouse with a recreational room, computer availability and exercise equipment, apartment laundry hook-ups, and an on-site laundry facility.

"Anyone interested in viewing the property or applying for an apartment should contact us immediately," Cooper said.

Those interested in more in-

formation about Valley Springs Homes in De Soto may call 913-585-9998 or e-mail desotovalleysprings@hotmail.com.



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 4828 Quail Crest Place, Ste B
 Lawrence, KS 66049
 785-841-6262



Ryan Catlin
 4828 Quail Crest Place, Ste B
 Lawrence, KS 66049
 785-841-6262



Liz Kundin
 2449 Iowa St., Ste A
 Lawrence, KS 66047
 785-842-2450



Jeff Peterson
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 Lawrence, KS 66046
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BOOKSHELF

By Margaret Baker

Col. Walter J. Boyne: *Operation Iraqi Freedom* (Forge, \$23.95, ISBN 0-765-31038-4) *Current events/ military history*

The subtitle explains it all: What went right, what went wrong, and why. This is Col. (USAF Ret.) Boyne's insider look at the war from March 19, 2003 through May 1, 2003, and does not include problems of peacekeeping and counterinsurgency.

Boyne's introductory chapters include the forces involved and the previously unknown work of Coalition special forces (especially American, British, and Australian) in protecting the sea approaches, the oil fields, and the Iraqi bases designed to send SCUD missiles into neighboring Israel and Saudi Arabia.

Continuing chapters involve the day-to-day campaign, ending with the lessons learned. Extensive appendices.

Judith Koll Healey: *The Canterbury Papers* (Wm. Morrow, \$24.95, ISBN 0-06-052535) *Historical adventure*

Eleanor of Aquitaine was (serially) wife of the King of France and the King of England.

Now she sends her former ward, Alais (sister of the French king), to England to recover several letters hidden in Canterbury Cathedral. These letters could bring down the English king should they fall into the wrong hands.

Alais, raised with Eleanor and Henry's contentious sons, willingly goes to England where she is swiftly abducted by John. She is rescued by a very intriguing Knight Templar as history plays out one of its more devious chapters.

Exciting, historically accurate, fast-paced with well-drawn characters!

Ann Parker: *Silver Lies* (Poisoned Pen Press, \$24.95, ISBN 1-59058-072-9) *Historical mystery*

It's 1879, and Leadville, Colorado, is a boom town built on the silver ore deposits. Prospectors, saloon keepers, businessmen, claim jumpers clog the muddy streets. Inez Stan-

nert runs her saloon without her husband, who has disappeared.

The body of Joe Rose, Inez' business partner, is found behind Inez' saloon. Rose, also one of the town's assayers, had just lost all his money at the poker table. Inez comforts Joe's widow and young son and tries to figure out what Joe was up to.

Intriguing plot with more twists and turns than a mountain deer path, and a sense of place and time second to none!

Pip Granger: *The Widow Ginger* (Poisoned Pen Press, \$24.95, ISBN 1-59058-057-8) *British thriller*

Eight-year-old Rose tells of her neighborhood in London's Soho where she lives with her aunt and uncle above their store. The title is slang for a very wicked man the adults knew back in the days of the black market. He's back from a prison term with a grudge—and he is very frightening.

Rosie, her friends and family, have a camaraderie that will touch you deeply. They'll be hard to forget.

One caveat: The Cockney rhyming slang is a good example of the truth of George Bernard Shaw: "America and England are two countries separated by a common language."

Libby Fischer Hellmann: *A Picture of Guilt* (Poisoned Pen Press, \$24.95, ISBN 1-59058-0733-7) *Mystery*

Ellie Foreman works with video documentary production in the Chicago area. She's only moderately interested in the trial of Johnny Santoro for the murder of his girl friend on the docks. When she sees Johnny in a timed sequence in video she shot, she knows he has an iron-clad alibi. The tape has radio interference compromising it, putting Johnny back in jail.

To Ellie, the radio interference is the mystery. What was it? Why? It soon appears someone doesn't want her finding out.

Like a roller coaster, the plot chugs up to the real start, and then races away.

Paperback Picks

Meg Chittenden: *More Than You*

Know (Berkley, \$5.99, ISBN 0-425-19210-5)

Chittenden leaves her affable protagonist, Charlie Plato, to tell a story about Chicago cop Nick Ciacia. Nick's dad was a policeman who died in the line of duty, and at the funeral service someone said he was killed by a man known as The



Snowman from his exceedingly pale hair. Nothing ever came of his off-duty search, and now he finds himself in on "vacation" in Seattle following a possible lead twenty years later. While searching, he discovers the Snowman's wife is very interesting in another light.

Only negative in this romantic suspense story is the lack of Plato, but Chittenden assures fans of the series will soon have a new one to savor.

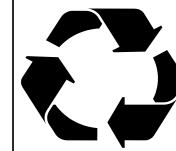
Often a publisher of a series book that sold well in hardcover will produce a paperback edition later, usually because the next book is going through final edit. There are two such paperbacks recently published, and both are exemplary mysteries.

Edna Buchanan *The Ice Maiden* (Avon, \$7.50, ISBN 0-380-72834-6) follows an old rape/murder case. Fourteen years ago two teenagers on a first date were kidnapped, and only one survived. The survivor would not talk about that night, becoming known as an "ice maiden." Journalist Britt Montaro, following a story of a criminal electrocuted during an attempted burglary, comes across a clue that leads to reopening the case.

Hauntingly evocative of the psychological cost of crime.

Deborah Crombie: *A Share in Death* (Avon, \$6.99, ISBN 0-06-05348-9) finds Scotland Yard's Duncan Kincaid on vacation in Yorkshire. A fellow vacationer is dead in the whirlpool bath, and the local constabulary resents an outsider making suggestions.

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



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COOKING LIGHT

Greek salad with shrimp

By Ann Taylor Pittman

Use shredded rotisserie chicken in place of the shrimp, if you'd prefer.

- 4 quarts water
- 1 1/2 pounds large shrimp, peeled and deveined
- 6 cups torn romaine lettuce
- 1 1/2 cups halved cherry tomatoes
- 1 cup (1/4-inch-thick) slices red onion, separated into rings
- 1 cup cucumber, halved lengthwise and cut into 1/4-inch slices
- 1 tablespoon chopped fresh flat-

- leaf parsley
 - 3 tablespoons red wine vinegar
 - 2 teaspoons Dijon mustard
 - 1 teaspoon extra virgin olive oil
 - 3/4 teaspoon dried oregano
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
 - 2 garlic cloves, minced
 - 1/2 cup (2 ounces) crumbled feta cheese
 - 8 kalamata olives, pitted and halved
 - 4 pepperoncini peppers
1. Bring water to a boil in a large sauce-pan. Add shrimp; cook 2 min-

utes or until done.

Drain and rinse with cold water. Place shrimp in a bowl; cover and chill.

2. Place lettuce, tomatoes, onion, and cucumber in a large bowl; toss to combine.

Combine parsley and next 7 ingredients (parsley through garlic), stirring with a whisk.

Spoon 1 tablespoon dressing over shrimp; toss to combine. Add shrimp mixture and remaining dressing to

lettuce mixture; toss gently to coat. Spoon about 2 3/4 cups salad onto each of four plates. Top each serving with 2 tablespoons cheese, 4 olive halves, and 1 pepperoncini pepper. Yield: 4 servings.

CALORIES 296 (30 percent from fat); FAT 9.8g (sat 3.2g, mono 3.6g, poly 1.8g); PROTEIN 39.4g; CARB 12.1g; FIBER 3.2g; CHOL 271mg; IRON 6mg; SODIUM 849mg; CALC 219mg.

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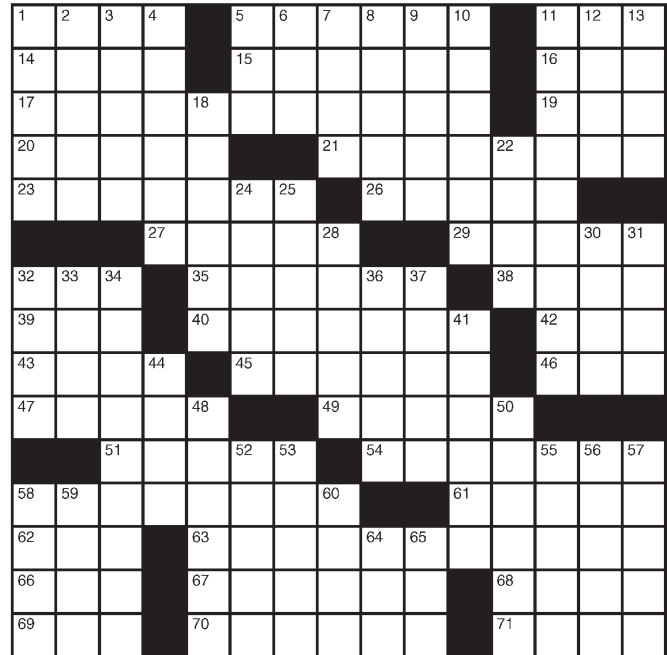
ACROSS

- 1 Cezanne or Gauguin
- 5 Northern Ireland
- 11 Mata Hari, e.g.
- 14 Complexion woe
- 15 Greek goddess of the oon
- 16 Round legume
- 17 Barber speech items?
- 19 Ballplayer Dykstra
- 20 Lukewarm
- 21 Acquiring canines
- 23 Values highly
- 26 Tasty tidbit
- 27 Nose
- 29 Irritated
- 32 Hair fashions
- 35 Least active
- 38 Lasso
- 39 Pres. Lincoln
- 40 Pare off?
- 42 Solidify
- 43 Seedy bar
- 45 Comparative construction
- 46 Visualize
- 47 Goblet shafts
- 49 Grin
- 51 Dove and Rudner
- 54 Military greeter
- 58 Takes back
- 61 Eat away
- 62 Mr. Baba
- 63 Make unsafe electrically?
- 66 ___ du Diable

- 67 Epistle
- 68 Beseech
- 69 ___ Palmas
- 70 Jewish mystic of old
- 71 In ___ (in actual being)

DOWN

- 1 Costume jewelry
- 2 Dull pains
- 3 Not likely
- 4 Imposes, as taxes
- 5 Drug info org.
- 6 Lion's name?
- 7 Narrow cut
- 8 Religious belief
- 9 Decide to compete
- 10 Napper
- 11 Divide ships' records?
- 12 Hammer part
- 13 Yin's counterpart
- 18 Paradaical
- 22 Filament
- 24 ___ operandi
- 25 Conductor Georg
- 28 Opposing sides
- 30 Rapier's cousin
- 31 Remove text
- 32 Pops
- 33 Death notice, briefly
- 34 Destroy cravats?
- 36 Does the crawl
- 37 Shire of "Rocky"
- 41 Disney classic, "Old ___"
- 44 Eastern ruler



By Robert H. Wolfe
North Woodmere, NY

- 48 Well-grounded
- 50 Old World
- 52 Building lots
- 53 Editorial directives
- 55 Road shows
- 56 Best and Ferber
- 57 Change color again

- 58 Fence piece
 - 59 Blues great Fitzgerald
 - 60 Fill to the maximum
 - 64 Kesey or Follett
 - 65 College seniors' test: abbr.
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Answers on page 23

MAGICWORD

HOW TO PLAY: Read the list of words. Look at the puzzle. You'll find these words in all directions—horizontally, vertically, diagonally, backwards. Draw a circle around each letter of a word found in the puzzle, then strike it off the list. Circling it will also show a letter has been used but will leave it visible should it also form part of another word. Find the big words first. When letters of all listed words are circled, you'll have the given number of letters left over. They'll spell out your MAGICWORD.

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This month's answer:

TECHNOLOGY

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JUMBLE

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

SELBS
□ □ □ □ □ □ □ □

ROFYT
□ □ □ □ □ □ □ □

DEVAHL
□ □ □ □ □ □ □ □

TANFIN
□ □ □ □ □ □ □ □

Ans: ON THE "□ □ □ □ □ □ □ □" □ □ □ □ □ □ □ □

THAT SCRAMBLED WORD GAME



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

Answers on page 23

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20 SeniorMonthly, January 2004

TRIVIALITIES

1. Who starred as Stanley Jobson in the 2001 film "Swordfish"?
 2. James Mangold directed what 2001 film starring Meg Ryan and Hugh Jackman?
 3. Halle Berry starred as Storm in what 2003 fantasy film?
 4. Who directed the 2003 film "In the Cut"?
 5. The 1998 film "Hurlyburly" was adapted from whose play of the same name?
 6. Denzel Washington starred opposite Meg Ryan in what 1996 film?
 7. Nicolas Cage played an angel in what 1998 film?
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Answers on page 23

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HUMOR

The Maridos Club Crisis

They let me join their club even after I told them I was a journalist. One of the club members said, "Hell, that's all right, George Thompson plays piano in a singles bar, and we let him join."

Now that I've decided to write about a crisis in the club, I hope they'll all understand that I'm just doing my job—like George is doing when he has to play "Some Enchanted Evening" 40 times in one evening.

Our club is called Los Maridos de la Mall. The name was suggested by Arturo Gomez, one of the club's



Larry Day

founders. It's an efficient title, alliterative and denotative, like the name of that women's group, La Leche League.

The Maridos Club doesn't meet at members' homes, or at the local library. We get together at the mall—usually on weekends. You may have stumbled onto one of our meetings and not even realized it. There's no one holding a gavel, no one reading the minutes, and no one shouting, "point of order."

All you see at a Los Maridos de la Mall Club meeting are two or three husbands standing around a women's clothing department saying things like, "That blouse looks real nice on you, honey," and, "No, dear, that dress doesn't make you look like a pregnant rhinoceros."

We are the few. We are the brave. We are: HUSBANDS WHO GO SHOPPING WITH THEIR WIVES AT THE MALL.

In some ways our group resembles the CIA. We use secret codes, we leave messages in clandestine drop boxes, and we carry out surreptitious observations.

But it's all in fun. The club's activities keep us sane as we make our appointed rounds—rounds that neither stress, nor storm, nor lack of a good 50-percent-off-the-ticketed-price dress sale can stay.

Last week, for example, our club held a clothing label competition. Fletcher Chang won. Fletcher found labels from 16 different countries

in 10 minutes in the Ladies Petite Department at the Jones Store. Sam Martin was second with 11. I came in third.

I'm leading in the label sweepstakes competition. For the sweepstakes we have to find a clothing label from countries whose names start with each letter of the alphabet—"A" for Australia, for example, "B" for Bahrain, "C" for China, and so on. I'm ahead in the competition because I have a "Q." I'm not going to tell you the name of the country, but it's been certified by our official sweepstakes monitor, Sam Golfarb.

I'm writing this piece about the club because we've just survived a crisis, and journalists always write about crises.

Los Maridos de la Mall Club has always been socially and economically diverse. The key criterion for membership was to be a husband who goes shopping with his wife at the mall.

The way we get new members is like this: a husband is standing in front of a try-on booth in Dillard's Women's Casual Wear. He's holding his wife's purse, three shopping bags, and an umbrella. He is approached by a Maridos Club member.

"Hi there."
 "Hi."
 "You come here often?"
 "Ever' damn weekend."
 "Me too."

The two husbands chat for a while. Then if the Maridos Club member sees the guy at the mall two or three more times, he tells him about the club. If the guy wants to join, the member sponsors him, and we take a vote. All the paper work is done through our clandestine message system. Club members serve as messengers, drop-box monitors, and contest judges.

The crisis began when a woman named Sally Martin applied for membership in the Maridos Club. Sally is a tall, angular woman who works as a mechanic at a local auto repair shop. She and Anne Marie Pickens flew to Hawaii last year and got married.

Sally hates to shop, but Anne Marie drags her to the mall anyway. Sally is darned observant, and she realized something fascinating was going on with us husbands. After she figured it out, Sally walked up to George Thompson in Nordstrom's

one afternoon and said she wanted to be a member.

George sponsored Sally for membership, and that really stirred things up. Randy Miller quit the club as soon as he found out that we were considering letting a woman join. Henry Davis was worried that his wife would see him talking to Sally, and get jealous.

After a lot of back and forth, Sal-

ly's membership came down to two votes: the Reverend Farley James Jr., an evangelical pastor, and Ali Akbar Nootiq-Naari, a graduate student whose wife wears a chador. They both voted "yes," and Sally was in.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

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

HEALTH CARE

Prescription drugs beneficial, but costly

Every day seems to bring news of a new drug discovery, along with TV ads filled with visions of blue skies, sunny days and slow-motion jaunts across fields of green. Americans are using more prescription drugs to manage health conditions and prevent problems than ever before. In fact, there were 10 prescriptions written for every man, woman and child in America last year, costing \$155 billion.

The good news is that's one of the



Ralph H. Weber, MD

reasons we're living healthier, longer lives. The bad news is that amount we spend on drugs increases nearly 20 percent every year, and is one of the main reasons the cost of health care is increasing for everyone.

The cost of prescription drugs is going up largely as a result of the billions of dollars that drug companies spend on advertising. Not only do these marketing costs increase the price of brand-name drugs, but the ads also drive up consumer demand for the drugs.

Several years ago, the government allowed drug companies to begin advertising their medications directly to consumers in the form of television, radio and print advertising. In 2000, drug companies spent \$2.5 billion on these ads.

To illustrate just how much money they are spending, the makers of Vioxx paid more to advertise their

anti-inflammatory drug in 2000 than Pepsi used in the cola war with Coke. That's right. The makers of Vioxx spent \$160 million compared to \$125 million for Pepsi.

All this advertising has dramatically increased consumer demand for new, expensive brand-name drugs. The ads encourage consumers to ask their doctors for a specific brand-name drug. They often do so without knowing whether it is the best treatment for their condition.

The advertising also discourages many consumers from asking about generic drugs. We could save literally millions of dollars in health care costs each year if more people used generic drugs. Consider this: the average brand name drug costs \$72; the average FDA-approved generic equivalent costs \$22.

Unfortunately, many people are still skeptical about generic drugs. However, generic drugs are as safe and effective as their brand-name

counterparts, and must meet the same stringent standards set by the FDA. The FDA makes sure that a generic drug has the same active ingredients, the same strength and the same dosage as its brand-name counterpart. By choosing lower-cost generic drugs, we pay for the medicine, not the marketing.

If you need a prescription medication, one of the questions you should always ask your doctor or pharmacist is if a generic drug is right for you. There are other simple ways you can help control medication costs:

- Ask your doctor if you really need a particular prescription or whether an alternative diet, exercise regime or over-the-counter medication could provide the same results.
- Periodically ask your doctor to review all the medications you take to help you determine which ones are necessary and which ones might no longer be.
- Request samples when trying a drug you haven't taken before to make sure it works for you before you purchase a larger supply. Remember to still ask about a generic version of the drug if the sample works for you.

- Store drugs in a cool, dry, safe place to help them last longer and to prevent accidental use.

- Follow all the directions your doctor and pharmacist give you for taking your medication.

We all have a role to play in keeping health care affordable. And because we all pay for the rising cost of health care through increased premiums, copayments and deductibles, we all have a stake as well. Choosing generic drugs or over-the-counter medications, and working with your doctor are a few ways you can help keep costs down for everyone.

- Ralph H. Weber, MD, is vice president of medical affairs for Blue Cross and Blue Shield of Kansas. He spent 10 years in private practice in Salina before joining the health insurer in 1988. He was promoted to vice president in 1990.

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RETRACTS	ERODE	
ALI	BREAKGROUND	
ILE	LETTER	PRAY
LAS	ESSENE	ESSE

JUMBLE ANSWERS

Jumbles: BLESS FORTY HALVED INFANT

Answer: Where the tardy worker ended up – ON THE "LATE" SHIFT

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TRIVIALITIES ANSWERS

1. Hugh Jackman
2. "Kate & Leopold"
3. "X2"
4. Jane Campion
5. David Rabe
6. "Courage Under Fire"
7. "City of Angels"

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SeniorMonthly, January 2004 23



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Kaw Valley SeniorMonthly classifieds

Classification : _____

To place a classified ad in *Kaw Valley Senior Monthly*, please fill out the spaces at right, enclose 15 cents per word (minimum \$3.00), and mail to:

KAW VALLEY SENIOR MONTHLY
2612 Cranley St.
Lawrence, KS 66046

Please do not phone in classified ads. Ads must be paid in advance.

Ad deadline is 20th of the month for following month's issue.

_____	_____	_____	_____	_____
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(\$3.00)

(\$3.15)

(\$3.30)

(\$3.45)

(\$3.60)

(\$3.75)

(\$3.90)

(\$4.05)

(\$4.20)

(\$4.35)

(\$4.50)

(\$4.65)

(\$4.80)

(\$4.95)

(\$5.10)

(\$5.25)

(\$5.40)

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KAW



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