



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

January 2010 *Serving Active Seniors in the Lawrence-Topeka Area since 2001* Vol. 9, No. 7

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Margaret Baker returns to review books written by Jacquelyn Mitchard, Sara Paretsky, Kate Carlisle, Sue Grafton, Tracy Kidder, Elizabeth Zelvin, Lawrence Block, and Andrea Kane. - page 32

KEVIN GREENHAGEN PHOTO



Jerry Loney at Central Park in Topeka. Inset photo shows Loney in his makeup and costume at the Auburn Fair Parade on October 3 (courtesy photo).

# Loney stays positive by clowning around

By Billie David

Topeka native Jerry Loney may have been shy as a child and even as a college student, but you would never guess it now.

When he's not working as a tax agent and customer service representative for the Kansas Department of

Revenue, you can find Loney preaching at a nearby church, writing newspaper and magazine articles, serving as president of the Sunflower Lions Club, taking care of his 84-year-old mother, who fell and broke her neck, working on his goal of becoming a motivational speaker, or clowning around.

Serious clowning around, that is. He is JR Juggles the Clown, and he juggles, does magic tricks and twists animal balloons for kids and grown-ups alike.

Loney is involved in a surprising number of activities, but they all have a common denominator, one

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# Loney

■ CONTINUED FROM PAGE ONE

that he is focusing on as a topic of his future motivational career: Life's lessons learned—live, love, listen, learn, laugh.

It is the laughter that drives Loney's career as a clown.

"Laughter is the best medicine. It soothes and heals," he said.

Loney gives credit for his positive approach to life to his beliefs as a Christian. "If God is for us, who can be against us," he said, referring to the Bible verse that he built a sermon around for the church where he preaches on the second, fourth and fifth Sundays of the month.

He also gives credit to his parents. Although he grew up in poverty, his dad would always hug and kiss his children, even in public—which can be a big source of embarrassment when you're a teenager, he said.

And his mother is very loving and kind, he added. Even now, as a quadriplegic battling a high fever in the hospital and totally dependent on her caregivers, "she's always cheerful and has a kind word for everybody."

But as a child, through his high school years at Highland Park, and even in college, when he was pursuing a degree in corrections and sociology at Washburn University, Loney was shy.

It was not until a friend urged him to try out for a part in a play at a local dinner theatre that he was able to turn things around.

"It scared me half to death," he said of his first audition.

Loney didn't get the part, but he did get involved in other ways, building sets and helping with costumes at the Topeka Civic Theatre, and working at any other odd job that came up. Eventually he auditioned and got the part, and his shyness was a thing of the past.

Another benefit he gained from working with the theatre was his initiation into juggling, which he learned because he wanted to audition for a part in a play by Shakespeare. He later got together with a fellow actor who also juggled and they worked out a juggling act together.

It was this friend who suggested that Loney work as a clown for Wolfe's Camera and Computer store's photo fair. Loney was hesitant because he didn't feel comfortable with acting a part without first learning the lines, but he decided to try it anyway.

That was on May 6, 1983, the day

Loney found his calling as a clown.

"I will be clowning until the Lord says, 'Jerry, it's time to go home,'" he said.

But then Loney ran into some of life's hard lessons. In the late 1990s, Loney and his wife were divorced, and he became separated from his two children.

"I went through a hard divorce," he said. "I had two kids who were six and eight. Ten years have passed and they are now 16 and 18, and I haven't seen them in all that time."

Hoping to learn what he needed to get his children back, Loney attended law school for a year and studied at nights in the library, where he obtained the knowledge necessary to write articles advocating fathers' rights. He also became vice president of the Kansas chapter of the Coalition for Fathers and Children.

"I know a lot about domestic law," he said. "I have had dads call me from all over the United States."

Loney also took the advice of a concerned friend that he visit the local Lions Club, where he found an outlet for his grief by helping others. He is currently serving a term as president of the Sunflower Lions Club.

His work as a clown also keeps Loney positive.

"I have several different personas,"

he said.

One of them is JR Juggles, who comes across as an absent-minded eight-year-old. His persona for corporate meetings is the middle-aged Yenol—Loney spelled backwards. He also does Charlie Chaplin, a magician and a juggler.

"Getting to meet the people—kids or adults—takes away the sadness," he said of the benefit he derives from his work.

And he wants to benefit others as well. "I take away the negative and give them the positive," he said.

Loney has traveled twice to Honduras with a medical mission team. He also put together a show for Hurricane Katrina survivors while helping tear down damaged houses in New Orleans. On a mission trip to tornado-battered Greensburg, he again worked at cheering people up. And his work has been the vehicle for meeting people like mo-

tivational speaker Zig Ziglar and physician, activist and fellow clown Patch Adams, whom he hopes to join in Russia when he can raise the money.

From the lessons he's learned in life, Loney has some advice to pass on to others to help them face their own personal battles in a positive way:

--I wake up in the morning and I choose to be happy rather than be negative all the time.

--I am a friend of everybody. Nobody is better than you. Everybody puts their pants on one leg at a time.

--Live your life with no regrets. Or if you have regrets, correct them while you still have time.

--Try to live your life like it's your last day on earth. When you hear God call your name and it's time to go, you can't go out crying and screaming.

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## Francis Health Center Mission Fund awards nearly \$100,000 to local agencies

St. Francis Health Center's Mission Fund awarded nearly \$100,000 to agencies in a seven-county area during a December 16 ceremony at St. Francis Health Center.

Ten agencies received a total of \$99,530.50 as part of the Mission Fund's community grants program. Grants will be used during 2010 to fund community needs with a special focus on the poor.

"As we move into our third year of providing Mission Fund grants, it is apparent that community needs are great and that local agencies are excellent partners for extending the mission of St. Francis Health Center," said Rose Mary Boyd, vice president of mission integration at St. Francis and chairwoman of the Mission Fund Committee.

"Because the goals of the Mission Fund are to address identified community needs and to build collaborative relationships with community agencies in meeting these needs, our mission to "improve the health of the community" can include such needs as access to health care, early education and development for children, crime prevention, youth character development, job skill development, dental care and crime

reduction and prevention," Boyd said. "Through the Mission Fund grants, St. Francis is able to step into the community to provide hope and help to hundreds of people in addition to those who come to us for care."

Mission Fund grant applications are reviewed by members of the Mission Fund Committee and are approved by the Board of Directors of St. Francis Health Center. Recipients are selected on the basis of several criteria, including alignment with the mission of the Sisters of Charity of Leavenworth Health System mission and values, the number of people who will receive assistance, the need addressed, specific identified outcomes and sustainability of the program.

Grant recipients for 2010 include:

- **Doorstep**, 1119 S.W. 10th Street, Topeka, was awarded \$7,500 to provide monetary assistance to more individuals in the form of vouchers for prescription needs, dental needs and transportation to medical appointments.

- **Easter Seals Capper Foundation**, 3500 S.W. 10th Street, Topeka, was awarded \$10,000 to improve the

availability of comprehensive services for children with autism spectrum disorders.

- **Family Service & Guidance Center**, 325 SW Frazier Avenue, Topeka, was awarded \$10,000 to provide transportation services to ensure that young children between ages of three to six years old are able to get to the Family Service and Guidance Center for needed services.

- **Jackson County Resource Center**, 625 Vermont, Holton, was awarded \$15,000 to continue providing a needed source of contract employment for the consumers of the Jackson County Resource Center to market a laundry service and expand services to Holton-area businesses and individuals.

- **Kansas Children's Service League**, 3545 S.W. 5th Street, Topeka, was awarded \$10,572.50 to help families identify a medical home, keep children and families safe, educate families when to seek medical attention and how to access appropriate services.

- **Let's Help, Inc.**, 200 S. Kansas Avenue, Topeka, was awarded \$14,828 to provide clients with information on importance and need for health care and provide access to

needed health care services.

- **Marian Clinic**, 1001 SW Garfield Avenue, Topeka, was awarded \$10,469 to replace failing critical equipment by purchasing two X-ray processors and one compressor at Marian Clinic Dental.

- **Meals on Wheels of Shawnee and Jefferson Counties**, 5724 S.W. Huntoon, Topeka, was awarded \$3,084 to continue the Krista Wagner route and add an additional route that provides nutritious meals to homebound individuals. Wagner was a St. Francis Health Center employee who coordinated a Meals on Wheels route for five years before she died in early 2008.

- **Safe Streets**, a program of Shawnee Regional Prevention and Recovery Services, 2209 SW 29th Street, Topeka, was awarded \$9,264 to reduce home burglaries and provide crime prevention and home security for renters with little money in central Topeka.

- **Shawnee County Medical Society**, 623 SW 10th Avenue, was awarded \$8,813 to replace computer equipment aimed at improving program efficiency and outreach efforts for hundreds of individuals.



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# LMH ranks No.1 in treating patients suffering heart attacks

The Kansas University men's basketball team isn't the only one in town that's ranked No. 1 in the nation. Lawrence Memorial Hospital has placed first among 932 hospitals of similar size in treating patients suffering heart attacks. The hospital's average "door-to-balloon" time is 57 minutes. That's the time from when the patient enters the hospital to when the artery is opened.

"The faster you can get the artery opened, the less likely for heart damage," said Dr. Roger Dreiling, LMH

medical director of cardiology. The American College of Cardiology began a campaign in 2006 to help hospitals reduce their times to 90 minutes.

"It reduces the chances of repeat events and it also preserves the heart muscle, so anything above 90 minutes puts patients at a much greater risk down the road," said Amy Murphy, spokeswoman for ACC. The campaign has made a difference. In 2005, the national average time was 121 minutes and now it is 80 minutes. At LMH, Dreiling was the only

doctor trained to perform the procedure called percutaneous coronary intervention until Dr. T. Ghose, a cardiologist, joined LMH in December.

The hospital has met the 90-minute standard for the past six quarters. Between January 1 and December 10, LMH has taken care of 165 patients with ST segment elevation myocardial infarction, commonly called STEMI. In early December, Dreiling said LMH cared for two patients with STEMI—one in 31 minutes and the other in 40 minutes. The fastest

time was 17 minutes when they provided treatment for a janitor who was cleaning in the emergency room. Dreiling said achieving the ranking is a 24-hour-a-day team effort.

"I feel like Bill Self," LMH CEO and President Gene Meyer said with laughter. "When you have great people that you work hard to recruit and a great team put together, you achieve some lofty rankings. "Our folks take this very seriously, and the results at least to this point have been fantastic and we expect them to only get better."



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# Luttrell to discuss angelic encounters

Topeka author Esther Luttrell lost her son, Dean, an aspiring filmmaker, when he was much too young. Amazingly, though, almost immediately he began letting it be known that he was alive and well on the Other Side.

For 13 years, Esther resisted writing of the experiences; they were too personal, and too incredible to assume that anyone would believe her. Yet all at once people who had lost loved ones of their own were drawn to her in most unusual ways.

They began telling her their stories in grocery stores, on airplanes, over the phone, all kinds of stories from all kinds of people who were truly baffled to find themselves communicating to a stranger about their personal grief. And, each time, it became apparent that Dean was at the root of it all, trying to get a mes-

sage across to his mother, a message that she was to pass along to all of those others, in fact to anyone who would listen.

It was in the Topeka Barnes & Nobles bookstore that a man Esther had never met before told her of his son's recent death, and of his raging anger at God. That encounter put everything in perspective for her. She finally realized what it was that she was to do with these amazing experiences. The resulting book, *Dear*

*Dean...Love, Mom* is more than the true story of a mother who lost her son. It's a valentine to everyone who has ever wondered about life after death, and about the reality of angels on earth.

"Looking back on it," said Luttrell, "I can see that all through my life God has been trying to tell

me something. I think the messages that Dean has sent are a continuation of that effort and that I have finally, finally gotten it. My challenge now is to see that others get it, too."

Publishers L&L Dreamspell are

launching their new imprint, Wisdom Trends, with the February 1, 2010 release of the book. At 7:00 p.m. that day, Luttrell will talk about angelic encounters at Barnes & Nobles, 6130 SW 17th Street in Topeka. The public is invited.



Luttrell



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### HHS announces \$27 million to help older Americans fight chronic disease

Department of Health and Human Services (HHS) Secretary Kathleen Sebelius has announced the availability of \$27 million to help older individuals with chronic conditions to improve their health and reduce their use of costly medical care. These funds are made possible through the American Recovery and Reinvestment Act, which has provided up to \$650 million to HHS for the Communities Putting Prevention to Work initiative launched earlier this fall to promote evidence-based prevention strategies in communities and states across the country.

"This program is about getting money to communities to help seniors manage chronic conditions that threaten their ability to remain in their own homes. Through HHS' national aging-services network which reaches into nearly every community in America, we are helping people living with chronic conditions and others better manage their own health," Secretary Sebelius said.

Research has shown that prevention programs can improve the quality of life for older individuals, including frail seniors with multiple chronic conditions, and also reduce health care costs. The Recovery Act funds will put the results of HHS' research investments into practice at more than 1,200 community-based sites across the country—reaching tens of thousands of older Americans and their families.

"The American Recovery and Reinvestment Act has been about helping families in need during challenging economic times," said Assistant Sec-

retary for Aging Kathy Greenlee. "This innovative program will give at-risk older people and their caregivers the tools they need to make their own decisions so they can live longer, healthier and more independent lives."

This competitive initiative gives every state Aging and Health Department and U.S. territory the opportunity to implement rigorously tested Chronic Disease Self-Management Programs (CDSMP), one of the most prominent being the Stanford University model. The CDSMP is a six-week peer-led training program that covers topics such as healthy eating, exercise, managing fatigue and depression, and communicating effectively with health care professionals. While further research is underway, rigorous evaluations have suggested that the program improves participants' overall health

and energy levels and result in savings to Medicare through fewer hospital stays. CDSMP are specifically designed to be delivered by non-health professionals in community settings, such as senior centers, congregate meal programs, faith-based organizations and senior housing projects.

"Too many seniors do not receive the recommended preventive and primary care they need," said Assistant Secretary for Health, Dr. Howard K. Koh. "This program will strength-

en the health care that our seniors need and deserve by coordinating and integrating care in the community."

Eligible entities include all 50 states and U.S. territories. States will identify the communities and the organizations that will be involved locally in the delivery of this program. The deadline for applications is February 12.

For more information on this funding availability, please visit: <http://www.grants.gov>.



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# Long term care planning for your longer life

All things considered, the longer life that improved medical care and nutrition provides us today would be in the category of a good thing. While it is encouraging, an extended life also brings with it the increased likelihood of experiencing a long-term physical or cognitive illness. To effectively enjoy our extra



Joe B. Jones

years, we need to preserve our freedom of choice, particularly if we become impaired. To preserve our options tomorrow, we must carefully plan today.

Most of us might resign ourselves to the idea that if we live long enough we will experience some long-term illness. In fact, if you live past 65, you have a 70 percent chance of needing some type of long-term care. How well you protect your assets from this type of costly care, could have much to do with the future material security of your family. It may also have much to do with how well your family fares emotionally in this type of situation.

Long-term care refers to a broad range of services available to individuals who have lost some level of independence and need help with daily activities that most healthy people take for granted. This necessary assistance is often the result of a chronic illness—one in which modern medical science has developed treatments but no cures. Arthritis and Alzheimer's disease are two common, chronic illnesses.

Rehabilitative medical care due to

acute conditions is different from long-term care. When medical care is the result of an acute, or short term, medical condition (e.g., hip replacements, strokes, or cancer), a hospital stay is often necessary to help stabilize the condition.

With these types of conditions, Medicare (for qualifying individuals) or private-pay health insurance will usually pay for rehabilitative care, but not care that is chronic.

There is no single way to identify when or if someone will need long-term care. Every case is different due to the type of illness or injury, who can provide the necessary care, and the financial resources available.

Understanding the types of illnesses and injuries that create the need for long-term care is important. A chronically ill individual generally has either a physical or a cognitive impairment.

### Physical Impairment

There are six activities of daily living (ADLs) defined by Section 7702(B)b of the Internal Revenue Code, enacted by HIPPA, as they apply to long-term care insurance coverage.

These activities of daily living include:

- Bathing
- Dressing
- Toileting
- Transferring
- Continence
- Eating

When assistance is needed with ADLs, some individuals may simply require that a health care practitioner remain within arm's reach to ensure that the activity is completed safely. This is referred to as stand-by assistance. As the care recipient's needs increase, someone may be needed to physically assist with completing the required activity. This is referred to as hands on assistance. In general, for coverage under most

long-term care policies, the inability to perform at least two ADLs must be expected to last at least 90 days.

### Cognitive Impairment

Cognitive impairment is a condition that usually requires care and protection due to loss of intellectual capacity, attention and/or memory. When a cognitive impairment exists, individuals are frequently able to complete the physical activities but may not remember how or when to complete them. Common examples of a cognitive impairment are Alzheimer's disease, senility, or dementia.

Maintaining a healthy lifestyle and receiving annual check-ups at your doctor's office are effective ways of minimizing that risk. However, even these steps can not eliminate a long-term care event from happening to otherwise healthy people, or prevent the normal effects of aging.

It is important to take the time to educate yourself early about your options for accessing long-term care and how you can plan for the future. A good place to start is by visiting [www.longtermcare.gov](http://www.longtermcare.gov), or to consult with your state's insurance department for additional informa-

tion, including a buyer's guide that can further explain long-term care issues.

One option is to consider purchasing long-term care insurance. The cost of long-term care insurance is lower if you buy it in your 40s or 50s, instead of waiting until after you retire. By working with a knowledgeable and trusted financial professional, you can learn how long-term care insurance may help protect you against some of the costs of long-term care. Today, long-term care insurance policies offer freedom of choice when it's needed most—and at a fraction of the cost which might be incurred by paying out-of-pocket.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (Northwestern Mutual)(NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, KS. To contact Joe, please call 785-856-2136, e-mail him at [joe.jones@nmfn.com](mailto:joe.jones@nmfn.com) or visit his Web site at [www.joe-jones.com](http://www.joe-jones.com).

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# New year means new opportunities for Roth IRA conversion

If you already have a Roth IRA, you're aware of its biggest benefit: Your earnings grow tax free, provided you meet certain conditions. If you don't have a Roth IRA, you may want to consider one — and it may be easier for you to do just that in 2010.



Harley Catlin and Ryan Catlin

Before we get to the reasons why 2010 may be your year to open or convert to a Roth IRA, let's look at some differences between Roth and traditional IRAs. If you own a traditional IRA, your contributions may be tax-deductible, depending on your income level. But whether you can make deductible contributions or not, your earnings grow on a tax-deferred basis, which means your money can grow faster than it would if it were placed in an investment on which you paid taxes every

year. On the other hand, Roth IRA contributions are never tax-deductible, but your earnings grow tax free, as long as you've held your account at least five years and you don't start taking withdrawals until you're at least age 59½.

Furthermore, unlike a traditional IRA, a Roth IRA does not require you to start taking distributions when you reach 70½. Consequently, you'll have more flexibility and freedom when it comes to making withdrawals.

If you have a traditional IRA, you might be thinking it's a good idea to convert to a Roth IRA because tax free sounds better than tax deferred — and, all things being equal, tax free would indeed be better. However, it's not quite that simple. If you convert your traditional IRA to a Roth IRA, you'll have to pay taxes on those traditional IRA earnings and contributions that had previously gone untaxed. If you do convert, you'll be better off if you use money held outside your IRA to pay the taxes. If you simply take money from your IRA, you'll obviously lower the value of your IRA — and, if you're under 59½, you may have to pay an additional 10 percent

penalty on the amount you withdraw to pay the taxes.

In the past, many investors have been prohibited from converting their IRAs due to either their tax filing status or their income. Under previous rules, you could convert your traditional IRA to a Roth IRA only if you were married and filed a joint return or were a single filer, and your modified adjusted gross income (MAGI) was \$100,000 or less. But starting in 2010, you can convert funds to a Roth IRA even if your MAGI is over \$100,000. You will also be able to convert to a Roth if you are married and file separate tax returns.

And that's not the only piece of good news regarding your conver-

sion ability. As mentioned above, you will have to pay taxes when you convert to a Roth IRA. However, if you convert in 2010, you can choose to report the taxable income from the conversion over a two-year period, in 2011 and 2012. You may find that spreading the taxes over two years can make the conversion more affordable.

In any case, consult with your tax advisor before converting from a traditional IRA to a Roth. If done correctly, such a conversion can potentially make a big difference in your ultimate retirement lifestyle.

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

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# Tips for surviving the airport

Air travel is the best way to get to your vacation spot quickly and safely. All other forms of transportation are far riskier. According to travel writer Peter Greenberg, you could take random flights daily for 21,000 years before your risk of an accident caught up with you. The same cannot be said for car or boat travel.

So air travel is safe, overall. But flying presents other, more mundane hazards as well. Lugging heavy suit-



Laura Bennetts

cases, standing in long lines, and sitting in cramped seats can take a toll on you. Don't let back and joint pain spoil your fun. Take heed of the following tips to travel safely and comfortably.

## Travel Light

The first rule is to pack lightly. Take just a few outfits. You can layer your clothes for warmth and wear items more than once. If you have laundry access at one of your travel sites, you can pack much less than you might otherwise bring.

How much is enough? I suggest that, for an eight-day trip, you take just four outfits, including the one you travel in. Shoes are heavy, so wear your most comfortable walking shoes and bring just one other pair—if you must!

## Carry On

Your carryon bag should be easy to lift. Instead of a fat novel, bring a magazine or a paperback. Sundries and toiletries are also heavy, so it's

wise to carry gel, vitamins, medications, etc., in small bottles or in closeable plastic bags, in compliance with airline rules, rather than in full-sized containers. (But please do bring your meds—your prescription meds especially. You may need them!)

Most drugstores sell travel-sized items—small shavers, toothpaste, etc.—for modest prices. And it's smart to pack all necessary items in your carryon bag. That way, if your flight is delayed or your suitcase is sent to the wrong city, you'll still have the essentials.

## Speaking of Lost Luggage...

It's a good idea to photograph your packables before you go to the airport. Spread your folded shirts and other items on your bed to take a couple of photos that illustrate the contents of your suitcase. If your suitcase gets lost, you will be able to recall everything you packed in order to request insurance coverage for replacements.

## On A Roll

Wheeled suitcases are a great innovation—a wonderful way to prevent shoulder and back injuries while toting your bag in seemingly endless airports. And if you find it hard to pull a wheeled suitcase, you can upgrade to a suitcase with rotating wheels. Rotating wheels allow you to push the suitcase at your side or in front of you, rather than pulling it. And suitcases with rotating wheels glide over metal gratings and bumps in the road rather than catching or sticking; this prevents you from twisting or jarring your back, shoulder, and knees.

## Lifting Safely

Packing lightly and using rolling suitcases won't solve all your problems. Even if your bag is light and

rolls, you still have to lift it repeatedly at the airport:

- If you check in at the airline counter, you'll be asked to lift the suitcase onto the scale to be tagged and then, again, to carry it over to security for a scan.

- If you board the plane with your suitcase, you'll have to lift it into an overhead compartment and then bring it down again when you arrive.

- If you collect your luggage at the baggage claim, you'll have to quickly snatch and lift the suitcase off the turning conveyor belt.

If lifting is hard for you, ask for help—at the airline counter, in the plane, and at the baggage claim. And when you must lift your luggage, make sure that you lift with your legs so that you avoid back injury.

## Curbside Check-In

A good way to avoid lifting your suitcase is to check in at curbside when you arrive at the airport. If you've pre-printed your boarding pass ahead of time, you can proceed directly to the security gate.

Meanwhile, if you find it hard to stand in line or walk longer distances, you shouldn't hesitate to request a wheelchair curbside. Every airport provides wheelchairs and someone will assist you upon request. The person assisting you will help you with your shoes and belonging as you pass through security. Many people use wheelchairs simply to prevent travel exhaustion and back pain. And you don't need a disabled parking pass to take advantage of this service. (If you wish, it's permissible to tip the person who assists you

with the wheelchair.)

## Ship Ahead

To free yourself of lifting worries altogether, you can ship your clothes ahead. That isn't free but it does permit you to avoid airline baggage fees. You can board with just a light bag carrying your personal care items. At the end of your travel, you can ask the hotel or a friend to ship your luggage home again.

Luggage can be shipped by the U.S. post office, but there are also special services that pick up your bags at home and ship them to your destination. These services handle all kinds of items, including golf clubs, bikes, and snowboards—and they notify you when they arrive.

## Move Freely About

When you have less to lug around, it's easier and more enjoyable to get out of the cramped airport seat to stretch your legs. While you are waiting for your flight to board, instead of watching over your suitcase and preparing to place it in the overhead, you are free to take a walk around the terminal gate.

When you are on the plane, move your legs frequently and get up to walk to prevent back and leg pain. If you need to move around frequently, reserve an aisle or bulk head seat to be able to stand or walk at will.

Now, enjoy your trip and stay safe!

- Laura Bennetts, MS PT, is a physical therapist with 27 years experience. She co-owns Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).



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# Pomegranate has long history as 'medical wonder'

The pomegranate has received much attention in the healthcare field due to its many medicinal benefits. Currently, the National Institutes of Health has 20 research trials examining the effects of pomegranate extracts or juice consumption on chronic diseases such as cancer,



Dr. Farhang Khosh

cardiovascular disease and the common cold. What is this medical wonder? Is it a true health remedy or a just a passing fad? Currently, there are claims that this medicinal wonder is effective against everything, including Alzheimer's disease to osteoarthritis. President Bush suggested to Afghanistan President Karzai that they grow pomegranate trees rather than poppies. The Centers for Disease Control honored the pomegranate of one of its official fruit of the months. The pomegranate has been made an official color.

The pomegranate is a shrub or small tree that is native to the region of Persia and the Himalayan ranges of India. This shrub has been grown since ancient times. There are currently about 760 different local varieties of pomegranate that have been officially recognized in Iran. The name "pomegranate" is derived from the Latin name meaning *pomum* ("apple") and *granatus* ("seeded"). Thomas Jefferson planted the pomegranates at Monticello. It has been used for centuries and is a popular drink in Persian and Indian cuisine.

Pomegranate juice has been used as salad dressing, used to marinate meat, in relishes, dips, made into wine, and as a natural dye.

The pomegranate has been held sacred by many of the worlds regions, including Judaism, Christianity, Hinduism and Islam. Greek mythology mentions pomegranate and its importance. In Vietnam the pomegranate is the symbol of summer. The pomegranate was chosen as the logo for the Millennium Festival of Medicine. The British Medical Association featured the pomegranate in their coats of arms. The pomegranate was part of Catherine of Aragon's coat of arms and was accepted into English heraldry when she married King Henry VIII in 1509. The heraldic meanings of the pomegranate date back the myth of Persephone—the persistence of life, fertility, and regeneration. The Ayurveda system of medicine has used pomegranate as a source in traditional remedies for thousands of years. The rind of the fruit and the bark of tree are used against diarrhea, dysentery and intestinal parasites. The seeds and juices are used for the heart, throat, skin tonic and eye drops to prevent cataracts. It is mentioned in Roman literature that the pomegranate is an effective medicinal plant against diarrhea and tapeworms. Pomegranate is currently being marketed in the United States for its major source of antioxidants that are protective against cardiovascular disease, diabetes and various forms of cancer, including prostate, lymphoma and breast cancer.

- 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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## Senior singers point to the legacy of Dr. Gene Cohen

The profession of geriatrics suffered a huge loss last month when Dr. Gene Cohen died. Cohen, who died from metastatic prostate cancer at age 65, was a pioneer in geriatric psychiatry, and he played an enormous role in revolutionizing our thinking about aging.

Cohen was especially well known for his research on the effects that



Mark  
Miller

creativity can have on older adults and the aging process. He directed the Center on Aging, Health, and Humanities at George Washington University, where he was a professor of health-care sciences, psychiatry, and behavioral sciences.

But Cohen also put his research into practice. He helped to create a national movement around positive aging, and advocated to destroy the stereotype that aging leads inevitably to a decline in physical and mental capacity. His pioneering research demonstrated that life after 65 can be an important period of creativity and intellectual growth.

Dr. Cohen's death brought to mind an interview I conducted recently with Jeanne Kelly, the leader of an organization in Washington, D.C. called Encore Creativity for Older Adults. Encore Creativity's story is just one example of the way Cohen's work touched so many professionals in geriatrics and older Americans in general.

Kelly is a professional singer, conductor, and pianist who worked for many years with major opera companies and symphonies in the Washington-Baltimore area. In 2001, she was directing the Levine School of Music's Arlington, Va., program when Cohen approached her with an idea.

Cohen wanted to talk with Kelly about a new research project that would attempt to measure the impact on older adults of participation in a professionally run arts organization. He asked Kelly to help get the project started by forming several chorales for older adult singers that he could study. She'd need to start two new singing groups to join with a seniors' chorale she already was directing at a local senior living facility.

Kelly formed the groups, which embarked on an ambitious and professionally oriented program of rehearsal and performance. Cohen's research—conducted over a three-year period—focused on comparing the singing seniors with control groups that didn't have access to any similar activities. The key finding was that sustained involvement in a high-quality program such as Kelly's resulted in a measurable, positive impact on overall health and longevity, doctor visits, medication use, falls, loneliness, and morale.

Meanwhile, Kelly—who was 51 herself when she first got involved in Cohen's work—had become hooked on arts programs for older adults. In 2007, she founded Encore Creativity for Older Adults as a non-profit group that would manage and grow the senior chorales. "I decided that I wanted to simply do art for older adults. We've expanded enormously since then, which tells me that people are retiring and they want sophistication, and that they want to carry on what they were doing in life while working or find something wonderful they have never done before."

When Kelly first formed the chorales, the average singer was 80 years old, and many of them are still singing with Kelly 10 years later. Chorales have been formed in 10 locations around the Washington-Baltimore area, with singers ranging in age from 55 to 97.

Encore Chorales are "no-cut"—anyone can join—but they're dead serious about performance and professionalism. "Some have a background in singing, and some have never sung in their lives—someone at some point told them, 'You shouldn't sing.' But if you teach someone to sing, they will get it. We just seat them next to someone who is strong."

The chorales rehearse for two 15-week sessions each year and stage around 16 performances at venues such as the John F. Kennedy Center for the Performing Arts and the Smithsonian American Art Museum. Encore Creativity for Older Adults also runs camps for singers at the Chautauqua Institution in upstate New York and at St. Mary's College of Maryland, and a dance and movement program in Arlington, Va.

Most recently, Kelly launched a singing program designed for residents of assisted living facilities. "I hated the idea of assisted living being a real dead end, especially ar-

tistically," she says. "Many people are there because of mobility problems, and the program has had excellent results."

The Encore Chorales will be performing their annual series of holiday concerts around Virginia, Maryland and Washington, D.C., during December. Check them out if you're in the neighborhood; the schedule is at

<http://encorecreativity.org>.

(Millions of Americans are re-inventing retirement, and Mark Miller is helping write the playbook for new career and personal pursuits of a generation. Mark blogs at [www.retirementrevised.com](http://www.retirementrevised.com); contact him with questions and comments at [mark@retirementrevised.com](mailto:mark@retirementrevised.com))

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## Deciding between total and partial joint replacement for severe shoulder pain

**DEAR MAYO CLINIC:** I'm 46 and was recently diagnosed with osteoarthritis. I've had three arthroscopic surgeries on my shoulder, but the pain is getting worse. My doctor says my next step is joint replacement. I'm a truck driver and would like to know more about the surgery and therapy that follows it.

**ANSWER:** If other less-invasive therapies haven't worked, joint replacement can effectively treat osteoarthritis that causes severe shoulder pain. The two surgical options are partial or total shoulder replacement. The therapy and recovery time for both surgeries is about the same. But the long-term activity restrictions and pain relief are different.

Osteoarthritis occurs with deterioration of cartilage that cushions the ends of bones in the joints. The normally smooth surface of the cartilage becomes rough and causes irritation. Eventually, if the cartilage wears down completely, the result can be bone rubbing on bone. The joint surfaces of the bones become damaged, and, consequently, the joints become painful.

Osteoarthritis in the shoulder can be very debilitating. It often causes significant pain that interferes with daily activities and sleeping, and the pain gets progressively worse over time.

If you've already tried treatments such as lifestyle changes, medications and corticosteroid injections, and they haven't provided relief, surgery is usually the next option. You mention you've had arthroscopic treatment, which is a surgical procedure that involves removing loose pieces of cartilage and bone from around the shoulder joint to relieve pain. The problem with that procedure is that it doesn't eliminate bone-on-bone arthritis, so the pain often recurs.

I would agree with your doctor that joint replacement surgery appears to be the next step. The shoulder is a ball-and-socket joint, meaning the round end of one bone fits into an opening at the end of another bone. In a partial replacement procedure, a smooth metal ball is implanted in place of the round end of your arm bone. For total replacement, both the round end of your arm bone and the socket of your shoulder joint are replaced with an artificial joint.

Recovery time for both procedures is approximately the same. Typically, only a one-night hospital stay is required following surgery. At the hospital, you and a family member will work with a therapist to learn the physical therapy that's needed to recover. When you go home, that family member will need to help you

with daily therapy for about three weeks. Thereafter, you can likely do the therapy on your own. In most cases, all the physical therapy required after shoulder joint replacement can be done at home.

After surgery, you'll need to wear a sling on your arm to rest your shoulder. The sling usually comes off after about six weeks, and at that point you'll be able to start raising your arm. You won't be able to lift anything with the affected shoulder for six weeks following surgery. After that period, patients are usually restricted to lifting no more than five to 10 pounds for several months. Then, the restriction is gradually decreased, so you can lift roughly 10 more pounds every six weeks. Full recovery takes about one year.

For partial replacement, the chance of good to excellent pain relief is roughly 80 percent, with no long-term activity restrictions. You could eventually return to your normal activities, including heaving lifting with the affected arm.

For total replacement, the odds of good to excellent pain relief are approximately 90 percent. But, you would be restricted to lifting no more than 25 pounds with that arm for the rest of your life.

To decide which procedure is appropriate for you, talk with your doctor about the demands you're going to place on the shoulder following surgery. You should discuss not only what's needed for your work as a truck driver, but also activities you enjoy in your free time.

The decision between partial or total shoulder joint replacement should be based on your activity level and what you need your shoulder to do, as well as the level of pain relief you are willing to accept. Those considerations will help guide

you and your doctor as you decide what's best for your situation. - John Sperlberg, M.D., Orthopedic Surgery, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge@mayo.edu](mailto:medicaledge@mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).) © 2009 Mayo Foundation For Medical Education And Research. Distributed By Tribune Media Services Inc. All Rights Reserved.

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

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

**ART/ENTERTAINMENT**

**JAN 9**  
**SAINT GEORGE AND THE DRAGON**  
 The Paul Mesner Puppets go back to the time of dragons, damsels, and dungeons. Features a princess named Georgette, her father, the King, wants her to stay in the kitchen, do her needle-point and get married. But Georgette has ideas of her own. The story unfolds as Georgette disguises herself as George the Knight who fights the earth-shaking dragon. Andrew J & Georgia Neese Gray Theatre.  
 TOPEKA, (785) 249-4951  
<http://www.topekafafc.com>

**JAN 15-FEB 6**  
**NOBODY'S PERFECT**  
 A feminist publishing house run by Harriet Copeland is having a competition to find new romantic fiction. To avoid gender bias, Leonard Loftus is forced to submit his novel under a female pseudonym. So when Lulabelle Latiffa wins the first prize, Leonard begins to have a major problem. His problems are made worse when he falls hopelessly in love with Harriet. In high heels and lipstick, our hero is caught in a hilarious dilemma of cross-dressing and cross-purposes. Topeka Civic Theatre.  
 TOPEKA, (785) 357-5211  
<http://www.topekacivictheatre.com>

**JAN 16**  
**ACTION HEROES**  
 Topeka Symphony Orchestra Concert: "Action Heroes" featuring Beethoven: Egmont Overture; Wagner: Rienzi Overture; Rossini: William Tell Overture; Gould: American Salute; Williams: Superman and others. White Concert Hall, Washburn University. Season tickets and single tickets available.  
 TOPEKA, (785) 232-2032  
<http://www.topekasympphony.org>

**JAN 21-31**  
**THE DIXIE SWIM CLUB**  
 A comedy that invites us to four reunions of women who first met on a college swim team. Come meet five unforgettable women who continue through the years to laugh, meddle and be there for each other. Lawrence Community Theatre.  
 LAWRENCE, (785) 843-7469  
<http://www.theatrelawrence.com>

**JAN 23**  
**JUGGLING! COMEDY! ENERGY!**  
 Brian Wendling is a whirlwind of fun, using award-winning juggling and high energy antics to capture an audience's heart! Show times: 10:30 a.m. and 1:30 p.m. Andrew J & Georgia Neese Gray Theatre.  
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**JAN 23**  
**SENIOR CLASS**  
 A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m.  
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**BINGO**

SUNDAYS & TUESDAYS  
**AMERICAN LEGION POST NO. 1**

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

SUNDAYS, WEDNESDAYS & FRIDAYS  
**CAPITOL BINGO HALL**  
 Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Wednesdays and Fridays.  
 2050 SE 30TH ST, TOPEKA, (785) 266-5532

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

MONDAYS & SATURDAYS  
**LEGIONACRES**  
 3408 W. 6TH ST, LAWRENCE, 7:00 PM,  
 (785) 842-3415

WEDNESDAYS, THURSDAYS & SUNDAYS  
**MOOSE CLUB**  
 Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,  
 Sundays, 6:00 p.m.  
 1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS  
**VETERANS OF FOREIGN WARS**  
 3110 SW HUNTOON, TOPEKA, 6:30 PM,  
 (785) 235-9073

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

WEDNESDAYS & FRIDAYS  
**EDGEWOOD HOMES**  
 1600 HASKELL, STE 188, LAWRENCE  
 10:30 AM-12 NOON, (785) 760-1504

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

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

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

**BOOKMOBILE**

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

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

FRIDAYS  
 Vermont Towers, 1101 Vermont St.,  
 Peterson Acres, 2930 Peterson Rd.,  
 Lawrence, 11:15 a.m.-12:00 p.m.  
 Lawrence, 1:30-2:30 p.m.

**BOOK TALKS**

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

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

WINDSOR HOUSE, 3220 PETERSON RD.,  
 LAWRENCE, 2:15 PM

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

**CLASSES/LECTURES**

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

JAN 7  
**I CAN COPE: UNDERSTANDING CANCER TREATMENTS**  
 The American Cancer Society and LMH Oncology Center are co-sponsoring this free four session program for people with cancer and their family and friends. Advance enrollment requested. Speakers are: E. Schwartz, MD (Medical Oncologist), C. Rice, MD (General Surgeon), D. Klish, MD (Radiation Oncologist), F. Khosh, ND (Naturopathic Physician), J. Carlson, RN OCN (Clinical Research Coordinator). Lawrence Memorial Hospital, 5:30-7:30 p.m.  
 LAWRENCE, (785) 749-5800

■ CONTINUED ON PAGE 27



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## ADVOCACY



### AARP KANSAS

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

Phone: 866-448-3619

Fax: 785-232-8259

Web: [www.aarp.org/ks](http://www.aarp.org/ks)

Contacts: Maren Turner, Mary  
Tritsch, Ernest Kutzley, Andrea  
Bozarth, Janet Clearwater

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](http://www.aarp.org). We have staffed offices in all 50 states, the District of Columbia, Puerto Rico, and U.S. Virgin Islands.

## AUDIOLOGY



### LAWRENCE

### OTOLARYNGOLOGY ASSOCIATES, P.A.

1112 W. 6th Street, Suite 216  
Lawrence, KS 66044

Phone: 785-841-1107

Fax: 785-841-1173

Web: [www.lawoto.com](http://www.lawoto.com)

Contacts: Karen Andregg, AuD, CCC-A  
Jessica Wolfe, Audiology Secretary  
DJ Hurst, Administrator

The Audiology Department at Lawrence Otolaryngology Associates strives to provide the best in Audiological care in order to improve individuals' lives through the protection, preservation, evaluation and treatment of hearing loss, dizziness and balance problems. We offer a full range of Audiological services from hearing evaluations on all ages, hearing aid fitting and services from a variety of the top manufacturers. Additionally, we provide custom ear impressions for musicians and water or noise protection.

16 SeniorMonthly, January 2010

## ALZHEIMER'S/DEMENTIA CARE



### HARBOR HOUSE MEMORY CARE RESIDENCE

1126 Hilltop Drive  
Lawrence, KS 66044-4530

Phone: 785-760-5508

Fax: 785-856-1077

E-mail: [harborhouse@sunflower.com](mailto:harborhouse@sunflower.com)

Contact: Kitty Shea, Executive  
Director/Principal

Harbor House...where we celebrate life in the moment...at the moment...one, simple, joy-filled moment at a time...

Harbor House caters to the needs of family members that can no longer be cared for at home due to Alzheimer's or dementia. We meet our residents' right in their own world; right where they are—wherever that may be. We accomplish this with a team that is specifically trained in the most cutting-edge methods of working with memory impaired individuals. With only 8 residents and always a minimum of 2 professional staff on duty, our residents enjoy the individualized care and attention that can only be found in the small, intimate home environment. Residents are quick to find Harbor House easy to call "home."

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1216 Biltmore Drive  
Lawrence, KS 66049

Phone: 785-856-7900

Fax: 785-856-7901

E-mail: [lisa@neuvanthouse.com](mailto:lisa@neuvanthouse.com)

Web: [www.neuvanthouse.com](http://www.neuvanthouse.com)

Contact: Lisa Nielsen

Neuvant House of Lawrence is a state of the art home that includes 14 private suites. The interiors have been designed for comfort, safety and the feeling of home. At Neuvant House, we are committed to providing care with dignity and respect. We work as a team to understand each resident's unique needs and to develop new ways of interacting with each person to bring relief, comfort, dignity, and joy in each and every day.

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Contacts: Financial Advisor Harley  
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## CASE MANAGEMENT



### CUSTOMIZED SENIOR CARE

3407 SE Walnut Dr.  
Topeka, KS 66605-3056

Phone: 785-640-1304

E-mail: [angicsc@cox.net](mailto:angicsc@cox.net)

Contact: Angi Heller Workman, LBSW  
Geriatric Care Manager

As a licensed social worker, I specialize in assisting older adults and their families by way of navigating through the variety of elder care options. An assessment looks at the older adult's medical and physical challenges, the suitability of the elder's residence, the financial resources available, and the support systems that are in place. By providing ongoing care management I identify, arrange, and oversee the needed services.



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Fax: 913-901-8777

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www.denturecomfortsoft@yahoo.com

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Contact: Jay F. Morris, DDS, MSD,  
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**EDUCATION****KU CONTINUING EDUCATION, OSHER LIFELONG LEARNING INSTITUTE**1515 St. Andrews Drive  
Lawrence, KS 66047

Phone: 785-864-5823

Fax: 785-864-5074

E-mail: jlive@ku.edu

Web: www.Osher.ku.edu

Contacts: David Wilson, Director;  
Jane Live, Program Coordinator

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**ELDERLY OR ADULT DAY****MIDLAND CARE PACE SERVICES**543 Lawrence Avenue  
Lawrence, KS 66049

Phone: 785-842-3627

Fax: 785-842-3967

E-mail: jprideaux@midlandcare.org

Web: www.midlandcare.org

Contact: Julie Prideaux, Lucas Houk,  
Heidi Pickerell

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Contacts: Bart Yost, Matt Daigh,  
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Topeka, KS 66604

Phone: 785-354-6787

Contacts: Connie Wood (354-6787)  
or Linda Ruiz (Marketing, 354-5319)

HealthWise 55, an education and resource program for those 55 years and older, offers health educational programs, clinics, resource and referral services plus exercise programs. Clinics include blood pressure checks, insurance consultation, medication and nutrition clinics. The AARP Safe Driving Course is offered monthly. "HealthWise After 55" is available on the first and third Saturdays at 11 a.m. Health information and exercises are included on each program. On the second and fourth Saturdays a new program, "For Family Caregivers," will highlight information for people who are providing caregiving services to loved one. Both shows can be found on Cox Cable Channel 11 MyTV (sister station of WIBW). MyTV is also on Cable Channel 13.2 with an off-air antenna. HealthWise 55 membership is free.



# 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  
 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  
 KDOA Nursing Facility Complaint Hotline  
 ..... 1-800-842-0078, 785-296-0133 (Topeka)  
 Kansas Elder Law Hotline ..... 1-888-353-5337  
 Medicare ..... 1-800-432-3531  
 Medicare Fraud Hotline ..... 1-800-432-3913  
 National Eldercare Locator ..... 1-800-677-1116  
 Women's Transitional Care Services... 785-843-3333

## ABUSE & NEGLECT PREVENTION & INTERVENTION

Abuse Reporting Hotline..... 1-800-922-5330  
 Adult Care Complaint Program ..... 1-800-842-0078  
 Adult Protective Service ..... 1-866-215-9077  
 Douglas Co. Rape Victim Support ..... 785-841-2345  
 Headquarters Douglas County ..... 785-841-2345  
 Kansas Advocates for Better Care... 1-800-525-1782  
 Kansas Attorney General ..... 1-800-432-2310  
 KS Dept. of Health and Environment... 785-842-4600  
 OR ..... 1-800-842-0078  
 Kansas Elder Law Hotline ..... 1-888-353-5337  
 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

Autumn Adult Day Care ..... 785-232-0730  
 Baldwin Health Care ..... 785-594-6492  
 Cooper's Home Care ..... 785-865-2525  
 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  
 Douglas County Senior Services ..... 785-842-0543  
 Healthwise 55 Resource Center ..... 785-354-6787  
 Independence, Inc. .... 785-841-0333  
 Jayhawk Area Agency on Aging ..... 1-800-798-1366  
 Jefferson Co. Service Organization..... 913-863-2637  
 Kansas Advocates for Better Care ..... 785-842-3088  
 OR ..... 1-800-525-1782  
 Kansas Department on Aging ..... 1-800-432-3535  
 Lawrence-DG Co. Health Department Project  
 LIVELY ..... 785-843-3060  
 Older Women's League ..... 785-842-3578  
 Pelathe Community Resource Center... 785-841-7202  
 Sand Castles, Inc. .... 785-832-2345

## ALCOHOL/DRUG ABUSE ASSISTANCE

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

## ALZHEIMER'S/DEMENTIA SUPPORT

Alzheimer's Association ..... 1-800-272-3900  
 Alzheimer's Help Line ..... 1-800-432-3535  
 Douglas County Senior Services ..... 785-842-0543  
 Harbor House, Lawrence ..... 785-856-5512

## ASSISTIVE TECHNOLOGY

Advanced Home Care ..... 1-800-827-9406  
 Audio-Reader ..... 1-800-772-8898  
 Baldwin Therapy Services ..... 785-594-3257  
 Criticare Home Health Services ..... 1-800-527-9596  
 Independence, Inc. .... 1-888-824-7277  
 Jayhawk Area Agency on Aging ..... 1-800-798-1366  
 Lawrence Therapy Services ..... 785-842-0656  
 Talking Books, Topeka ..... 785-580-4530

## CAREGIVER ASSISTANCE

Assisted Services, Inc. .... 785-291-2900  
 Caregivers Home Health ..... 785-354-0767  
 Caregiver Support Services ..... 785-842-0543  
 Comfort Keepers ..... 785-267-8200  
 Douglas County Visiting Nurses ..... 785-843-3782  
 Home Instead ..... 785-856-8181 (Lawrence)  
 Home Instead ..... 785-272-6101 (Topeka)  
 ICAN Friendly Visitors ..... 785-749-2005  
 Jayhawk Area Agency on Aging ..... 1-800-798-1366  
 Kansas Elder Care ..... 785-856-5555  
 Professional Comfort Care ..... 785-832-8260  
 Trinity In-Home Care ..... 785-842-3159

## CASE MANAGEMENT

Customized Senior Care ..... 785-640-1304  
 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  
 Pelathe Community Resource Center .. 785-841-7202  
 Project LIVELY ..... 785-843-0721  
 Sand Castles, Inc. .... 785-832-2345

## COMPANIONSHIP FOR LONELY OR HOMEBOUND

Friendly Visitor Program ..... 785-842-0543  
 Interfaith Caring Neighbors ..... 785-749-2005  
 Shawnee County Senior Companion Program  
 ..... 785-232-7765

## 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  
 Pathways for Life ..... 785-272-2460  
 Sand Castles, Inc. .... 785-832-2345

## 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

Douglas County Dental Clinic ..... 785-312-7770  
 Health Care Access ..... 785-841-5760  
 Kansas Dental Association ..... 1-800-432-3583  
 Johnson County Community College Dental Clinic  
 ..... 913-469-3808  
 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 Network .....  
 ..... 1-800-332-6262  
 Resource Center for Independent Living... 785-267-1717  
 SRS Services for the Blind ..... 785-296-4424  
 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  
 Talking Books (Topeka Public Library) .....  
 ..... 1-800-432-2925

## DRIVING

AARP 55 Alive Safe Driving Course..... 785-354-5225  
 Driver's License/ID Card (Topeka) ..... 785-266-7380  
 Mature Driving Program ..... 785-354-5225

## EDUCATION

Adult Learning Connection..... 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  
 HealthWise 55 ..... 785-354-6787  
 Kansas Elderhostel Program ..... 620-341-5625  
 KU Continuing Education ..... 1785-864-5823  
 Lawrence Continuing Education ..... 785-832-5097  
 Lawrence Memorial Hospital Education Dept  
 ..... 785-840-3072

## EMERGENCY ALERT DEVICES

Douglas County Visiting Nurses..... 785-843-3738  
 Lifeline-Stormont Vail ..... 785-354-6333

## EMPLOYMENT

Foster Grandparents ..... 785-296-5474  
 Lawrence Workforce Center ..... 785-840-9675  
 Older Kansans Employ. Program ..... 785-234-6208  
 Project AYUDA (Lawrence)..... 785-331-3401



# IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE 18

Project AYUDA (Topeka)..... 785-232-8377  
Topeka Job Service..... 785-296-1715

## FINANCIAL ASSISTANCE

Better Business Bureau..... 785-232-0454  
Consumer Credit Counseling Service.. 785-749-4224  
Consumer Credit Counseling Service.. 785-234-0217  
Jayhawk Support Services for Elders.. 1-888-353-5337  
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

## 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  
HealthWise 55..... 785-354-6787  
Hospice Care in Douglas County ..... 785-749-5006  
Kansas Rehabilitation Hospital..... 785-232-8524  
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 Develop-  
ment..... 785-832-3100  
Mobile Care, Inc. .... 1-800-383-9090

## HOSPICE

Douglas County Visiting Nurses..... 785-843-3738  
Heart of America Hospice (Lawrence).... 785-841-5300  
Heart of America Hospice (Topeka).... 785-228-0400  
Heartland Hospice Care ..... 785-271-6500  
Hospice Care in Douglas County ..... 785-843-3738  
Midland Hospice Care ..... 1-800-491-3691  
Midland Hospice Care (Lawrence) ..... 785-842-3627  
Midland Hospice Care (Ottawa) ..... 785-242-0002  
Midland Hospice Care (Topeka) ..... 785-232-2044  
Professional Comfort Care..... 785-832-8260  
SouthernCare Hospice ..... 785-838-3027

## HOUSING

Aldersgate Village ..... 785-478-9440  
Atria Hearthstone ..... 785-234-8606/234-6225  
Babcock Place, 1700 Massachusetts... 785-842-8358  
Brandon Woods Retirement Community .....  
..... 785-838-8000  
Brewster Place ..... 785-267-1666  
Century Plaza ..... 785-267-0960  
Clinton Place, 2125 Clinton Parkway... 785-841-1000  
Cooper's Home Care..... 785-865-2525  
Deer Park Senior Group Homes, Meriden.. 785-484-2165  
Douglas County Visiting Nurses..... 785-843-3738  
Drury Place at Alvarado ..... 785-841-6845  
Drury Place of Topeka..... 785-273-6847  
Edgewood Homes, 1600 Haskell ..... 785-842-8110  
First Christian Church Apartments ..... 785-272-6700  
Hancuff Place..... 785-594-6996  
Harbor House ..... 785-856-5512  
Knightsbridge Manor Apartments..... 785-233-0870  
La Colonia, Topeka ..... 785-354-4225  
Lawrence Housing Authority Section 8 Housing  
..... 785-842-8490  
Lexington Park ..... 785-440-0500  
LinnWood Place, Valley Falls ..... 785-945-3634  
Luther Place ..... 785-273-2944  
Martin Creek Place ..... 785-273-2944  
McCrite Plaza ..... 785-267-2960  
Medicalodges of Eudora ..... 785-542-2176  
Mission Towers ..... 785-233-5656  
Ottawa Retirement Village, Ottawa..... 785-242-5399  
Peterson Acres, 2930 Peterson Rd..... 785-842-8358  
Pinecrest Apts., Eudora ..... 785-542-1020  
Pioneer Ridge Retirement Community, Lawrence  
..... 785-749-2000  
Plaza West Apartments ..... 785-272-5660  
Plaza West Care Center ..... 785-271-6700  
Prairie Ridge Place, 2424 Melrose Ln... 785-841-8660  
Prairie Commons ..... 785-843-1700  
Presbyterian Manor, Lawrence ..... 785-841-4262  
Presbyterian Manor, Topeka ..... 785-272-6510  
Rolling Hills Retirement Community... 785-273-2202  
Santa Fe Place ..... 785-234-3386  
Signal Ridge Villas ..... 785-594-3794  
Spring Hill Villas ..... 913-592-5550  
Tay Creek Apartments, Baldwin ..... 785-594-6996  
Thornton Place ..... 785-228-0555  
Valley Springs Homes, De Soto..... 913-585-9998  
Vintage Park at Baldwin City ..... 785-594-4255  
Vintage Park at Ottawa..... 785-242-3715  
Vermont Towers, 1011 Vermont ..... 785-841-6026  
Wea Creek Apartments, Louisburg ..... 913-837-3138  
Westparke Village Apartments..... 785-273-7000  
Windsor, The ..... 785-832-9900

Wyndam Place..... 785-749-4646

## 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

## IN-HOME CARE

Assisted Services, Inc..... 785-291-2900  
Brewster At Home..... 785-274-3303  
Caregivers Home Health ..... 785-354-0767  
Comfort Keepers..... 785-267-8200  
Douglas County Visiting Nurses..... 785-843-3738  
Elite Private Care, Inc. .... 785-817-9489  
Home Instead ..... 785-856-8181 (Lawrence)  
Home Instead ..... 785-272-6101 (Topeka)  
Kansas Elder Care ..... 785-856-5555  
Professional Comfort Care..... 785-832-8260  
Trinity In-Home Care ..... 785-842-3159

## 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  
Osladil Insurance Service ..... 785-242-6955  
Senior Health Insurance Counseling  
for Kansans (SHICK) ..... 785-842-0543  
OR  
..... 1-800-860-5260

## LANDLORD/TENANT ISSUES

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

## LEGAL AID

Douglas County Legal Aid Society ..... 785-864-5564  
Kansas Attorney General ..... 785-296-2215  
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

## 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

## 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

CONTINUED ON PAGE 22

**HEARING AIDS**



**MARSTON HEARING CENTER, LLC**  
 1112 W. 6th St., Suite 100  
 Lawrence, KS 66044

Phone: 785-843-8479  
 Fax: 785-843-8481  
 E-mail: marstonhc@sunflower.com  
 Web: www.marstonhc.com  
 Contact: Gerald Whiteside, Au.D.  
 CCC-Audiology

Marston Hearing Center, a trusted name in hearing healthcare in the Lawrence community for over 35 years, is also a leader in bringing you the greatest selection of high quality hearing aids. Dr. Whiteside, a graduate of the University of Kansas, will provide a thorough hearing examination and recommendations that meet your personal needs. Call for an appointment for a complimentary demonstration.

**HEARING AIDS**



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 toll free 800-522-1149  
**MIRACLE-EAR AT SEARS**  
 1781 SW. Wanamaker, Topeka  
 785-228-1470  
 toll free 800-949-5321

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



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

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



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



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

**Call Kitty Shea 785-760-5508**

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

**Happy New Year**

*From Laura, Kim and all of the staff at Lawrence Therapy Services and Baldwin Therapy Services.*



- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Massage Therapy
- Marriage and Family Therapy
- In-Home Services
- Two clinic locations



**842-0656**  
 2200 Harvard Rd, Ste 101  
**Lawrence**

[www.lawrencetherapyservices.com](http://www.lawrencetherapyservices.com)

**594-3162**  
 814 High St., Suite A  
**Baldwin City**



**HEARING AIDS AND AUDIOLOGISTS**

**BLACKWELL HEARING CENTER**

**BLACKWELL HEARING CENTER**  
3200 Mesa Way, Suite D  
Lawrence, KS 66049-2343

Phone: 785-841-4327  
Fax: 785-841-4328  
E-mail: wendy@blackwellhearing.com  
Web: www.blackwellhearing.com  
Contact: Wendy Linton Blackwell

- Dispensers of Fine Hearing Instruments
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- Don't Trust Your Hearing Healthcare to Anyone Else!

**HOME AND DAY CARE**

**COOPER'S HOME CARE**

2139 Pennsylvania St.  
2138 Learnard Ave.  
Lawrence, KS 66046

Phone: 785-865-2525, 785-865-3769  
Fax: 785-749-1747  
E-mail: CooperSeniorCare@aol.com  
Contact: Lillian Cooper

Cooper's Home Care offers a Holistic Approach to Nursing Care Providing Individualized, Specialized service and approaches, meeting the physical, social, spiritual, and medical needs of our residents in a home-away-from-home-like atmosphere. We provide:

- Assisted Living
- Day care
- Respite Care
- Long-term care
- Critical and hospice care
- Diabetic care
- Care for all types of dementia
- On-site eye examinations and follow-up care
- Glucose monitoring

Staff functions include meal preparation and dietary planning, personal care, ADL's grooming, in-home beautician, routine recreational, social and therapeutic activities, reality orientation program, and laundry and house-keeping.

**HOME CARE**



**COMFORT KEEPERS**  
2016 SW 37th St.  
Topeka, KS 66611

Phone: 785-267-8200  
Fax: 785-267-8199  
E-mail: topeka@comfortkeepers.com  
Web: www.comfortkeepers.com  
Contacts: Sarah Cox, Joy Bishop

Comfort Keepers provides supportive in-home care from two hours a day up to 24 hour a day care. Companions or CNAs come to your home to assist with meal preparation, light house-keeping, laundry, errands, medication, reminders or personal care. Carefully screened, bonded, and insured. We are Comfort Keepers!

**HOME HEALTH & HOSPICE**



**DOUGLAS COUNTY VISITING NURSES, REHABILITATION AND HOSPICE**

200 Maine St., 3rd Floor  
Lawrence, KS 66044

Phone: 785-843-3738  
Fax: 785-843-7359  
E-mail: sarahr@vna-ks.org  
Web: www.vna-ks.org  
Contacts: Sarah Randolph, Cathie Rodkey

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**HOME HEALTH AGENCY**



**ASSISTED SERVICES, INC.**  
101 S. Kansas Avenue  
Topeka, KS 66603-3614

Phone: 785-291-2900  
Fax: 785-291-2905  
E-mail: kathyg@assistedcompanies.com  
Web: www.assistedcompanies.com  
Contacts: Linda Bramell, Nursing Supervisor; Kathy Green, Human Resources; Centra Loyd, Staffing Coordinator

Not ready to leave home but need a little assistance to be able to stay home? Call on Assisted Services to help. Whether you need assistance with meal preparation, doing laundry, running errands or assistance with personal care, Assisted Services is available to help. We offer agency directed care as well as payroll services for self-directed care. We offer weekly payroll with competitive pay rates. Let Assisted Services help you remain independent.

An Assisted Living & Memory Care Residence

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OF LAWRENCE

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

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

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# IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE 19

De Soto Neighborhood Center .....	913-585-1792
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

## MEDICAL EQUIPMENT

Advanced Homecare .....	785-841-2200
Criticare .....	785-749-4878

## MENTAL HEALTH

Bert Nash Community Mental Health Center .....	785-843-9192
Harbor House, Lawrence .....	785-856-5512
Headquarters Crisis Center .....	785-841-2345
Lawrence Therapy Services .....	785-842-0656
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
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

KDOA Nursing Facility Complaint Hotline .....	1-800-842-0078, 785-296-0133 (Topeka)
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
Lawrence Area Coalition to Honor End-of-Life Choices .....	785-830-8130
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
Topeka Genealogical Society .....	785-233-5762
Widow's Luncheon .....	785-271-6500

## PHYSICAL FITNESS/EXERCISE

DCSS, Inc., Learning & Leisure Dept .....	785-842-0543
Kansas Senior Olympics .....	785-368-3798
Lawrence Parks & Recreation Dept .....	785-832-7930

## PRESCRIPTION DRUG ASSISTANCE

SHICK .....	1-800-860-5260
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Healthwide 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

## REHABILITATION

Kansas Rehabilitation Hospital .....	785-232-8524
Lawrence Therapy Services .....	785-842-0656

## RESPITE CARE

Autumn Adult Day Care .....	785-232-0730
Baldwin Health Care .....	785-594-6492
Brandon Woods .....	785-838-8000
DCSS Adult Day Program .....	785-842-0543
Interfaith Caring Neighbors (ICaN) .....	785-749-2005
Lawrence Presbyterian Manor .....	785-841-4262
Trinity In-home Care .....	785-842-3159

## 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
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
Alzheimer's Early Stage Patient Support Group .....	785-234-2523
Bereavement Support Group .....	785-842-0543
Cancer Support Group .....	785-864-9854
Caregiver Support Group .....	785-840-3140
Caregiver Support Group .....	785-235-1367
DCSS Caregiver Support Group .....	785-842-0543
Fibromyalgia Support Group .....	785-842-3444
Grandparent Support Group .....	785-286-2329
Grief and Loss Support Group .....	785-841-5300
Grief Support Group .....	785-271-6500
Head Injury Support Group .....	785-842-3619
Loss and Grief Support Group .....	785-841-5300
Parkinson's Support Group .....	785-843-8692
Project Acceptance .....	785-843-1266
Stroke Support Group .....	785-840-2712

## 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
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
Envision Low Vision Rehabilitation .....	316-440-1600
National Eye Care Project .....	1-800-222-3937
Red Carpet/Talking Books .....	785-580-4530
Vision World Wide .....	1-800-431-1739

## VOLUNTEER OPPORTUNITIES

Douglas County Senior Services .....	785-842-0543
Foster Grandparents .....	785-296-5474
ICAN Friendly Visitors .....	785-749-2005
Roger Hill Volunteer Center .....	785-865-5030
RSVP of Douglas County .....	785-865-5030
RSVP of Shawnee County .....	785-228-5124
Service Corps of Retired Executives .....	785-234-3049
Senior Health Insurance Counseling of Kansas (SHICK) .....	1-800-860-5260

Please hold on to your copy of the 2010 Senior Resources Directory for future reference!

## HOME HEALTH AGENCY



### WINDSOR PLACE AT-HOME CARE

5040 Bob Billings Pkwy., Suite D-3  
Lawrence, KS 66049

Phone: 785-843-4800, 866-910-3047  
Fax: 785-843-4804

E-mail:

hc\_lawrence@windsorplace.net

Web: www.windsorplace.net

Contacts: Christine Lafond, Manager  
Vickie Scott, Administration Assistant

Windsor Place At-Home Care is a licensed home health agency. Our mission is to provide independent living support services for the elderly so that they remain in the comfort and security of their own home. We provide assistance with activities of daily living, such as bathing and grooming; health management activities, such as monitoring of vital signs; and home management, such as shopping and cleaning. We also provide payroll agent services.

## HOME MEDICAL EQUIPMENT

### ADVANCED HOMECARE

MEDICAL EQUIPMENT RENTAL AND SALES

### ADVANCED HOMECARE

2851 Iowa St.  
Lawrence, KS 66046-4172

Phone: 785-841-2200

Fax: 785-841-7003

Contact: Sandra London

Full Service Medical Equipment and Oxygen for your home. We have a huge inventory that you can choose from. Come let Advanced Homecare improve the quality of your life.

## HOSPICE CARE



### HEART OF AMERICA HOSPICE

3715 SW 29th Street, Suite 100  
Topeka, KS 66614-2111  
1420 Wakarusa Drive, Suite 202  
Lawrence, KS 66049-3810

Phone: 785-228-0400 (Topeka),

785-841-5300 (Lawrence)

Fax: 785-228-9049

Web: www.heartofamericahospice.com

Heart of America Hospice provides care beyond cure for any person with a terminal illness. We have an extraordinary team of physicians, nurses, aides, chaplains, social workers, and bereavement staff. We also have outstanding volunteers. We service Topeka, Lawrence, Holton, Meriden, Osage City, Wamego, and many other towns in between. For more information, please call us at 1-800-396-7778.

## HOSPICE CARE



### MIDLAND CARE HOSPICE SERVICES

543 Lawrence Avenue  
Lawrence, KS 66049

Phone: 785-842-3627

Fax: 785-842-3967

E-mail: lhouc@midlandcare.org

Web: www.midlandcare.org

Contact: Lucas Houk, Julie Prideaux,  
Beth Miller

Compassionate care for the terminally ill of all ages in the home, nursing home or hospital. Hospice House inpatient facility in Topeka near 6th & Gage. Non-profit organization with over 30 years experience. Serving Kansas counties from offices in Council Grove, Lawrence, Ottawa & Topeka.

## ANNUITY OWNERS COULD PAY UNNECESSARY TAXES TO THE IRS!

A complimentary booklet is available that shows current annuity owners how to **avoid mistakes and possibly save in unnecessary taxes!** This complimentary booklet creates an awareness around the most costly annuity owner mistakes and provides tips and strategies to help you make the most of your hard-earned assets.

Call (888) 873-6408 today to get your no-cost, no-obligation copy of the 16-page **"Guide to Avoiding Common Annuity Mistakes"** and learn how to potentially:

- Avoid paying unnecessary taxes
- Increase your retirement income by properly handling your annuity
- Avoid mistakes that could cost you or your beneficiaries

**Call today for a free consultation.**



(785) 266-6002  
2909 SW Plass Ct.  
Topeka, KS 66611

James R. Lord  
Investment Advisor  
LORD's  
Financial Planning

James R. Lord is an Investment Advisor. Securities and advisory services offered through National Planning Corporation (NPC), Member FINRA/SIPC and a Registered Investment Advisor. LORD's Financial Planning and NPC are separate and unrelated companies.

**Call (888) 873-6408 today for your  
complimentary 16-page booklet!**



## IMPROVING STROKE RECOVERY THROUGH REHABILITATION

After a stroke, intensive physical rehabilitation is your best chance for maximum recovery. Kansas Rehabilitation Hospital is your best choice for stroke rehabilitation. Through our stroke rehabilitation services, stroke survivors can experience restored function, learn new ways to perform daily activities and receive education and support for their families.

Kansas Rehabilitation Hospital's comprehensive stroke rehabilitation programs can help you regain independence and restore your confidence. Our experienced physicians and therapists utilize a multidisciplinary approach to ensure that you reach your optimum level of physical, emotional and psychological ability.

At Kansas Rehabilitation Hospital, our stroke rehabilitation specialists offer the expertise to overcome physical and cognitive challenges associated with stroke. The result: improved patient outcomes, lower overall cost of care and a faster return ... to work ... to play ... to living.

## Kansas Rehabilitation Hospital

A joint venture of HEALTHSOUTH and Stormont-Vail HealthCare

1504 SW Eighth Avenue • Topeka, KS 66606

Phone: 785.232.8551 • Fax: 785.232.8556

www.kansasrehabilitationhospital.com

## HOUSING



### HANCUFF PLACE

1016 Orchard Lane & 1119 Jersey  
Baldwin City, KS 66006

Phone: 785-594-6996  
Fax: 785-594-6996  
E-mail:  
Contacts: Christine Waters, Manager  
Robin VonBargen, Leasing Agent

**Baldwin City's Most  
Affordable Senior Living!**  
**\$245 TO \$434**  
Credit for Qualified Medical  
Expenses & Rental Assistance

- Maintenance-Free
- Water/Sewer/Trash Paid
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- One Level Living With Numerous Amenities
- For Seniors or Disabled Persons  
785/594-6996  
EOH

## LOW-INCOME APARTMENTS



### PLAZA WEST APARTMENTS

5620 SW 22nd St.  
Topeka, KS 66604

Phone: 785-272-5660  
Fax: 785-272-9427  
E-mail: plazawest@cohenesrey.com  
Contact: Plaza West, Property  
Manager

At Plaza West Apartments you will find affordable housing, perfect for seniors over 62 and qualified disabled. Rent is based on your income. Plaza West offers one bedroom apartments, a secure building, community balconies, and inside mail delivery. Enjoy our activities, social events and informative programs. We are centrally located close to shopping and bus service. Leave utility and maintenance worries behind when moving to Plaza West.

## IN-HOME CARE



### HOME INSTEAD SENIOR CARE

Proudly Serving Douglas and  
Shawnee Counties in Kansas

Phone: 785-856-8181 (Lawrence)  
785-272-6101 (Topeka)  
Fax: 785-272-4577  
E-mail:  
gail.shaheed@homeinstead.com  
Web: homeinstead.com  
Contacts: Gail Shaheed, Jamie Mertz,  
Shae Harrigan

Home Instead Senior Care is the world's trusted non-medical provider of companionship, cooking, cleaning, medication reminders, errands, incidental transportation, and personal care. Our CAREGivers encourage, assist, and stimulate our clients in daily activities that improve their quality of life and help them maintain their independence. These services allow a senior to stay Home Instead longer... Wherever home may be... Home Instead Senior Care has partnered with the George G. Glenner Alzheimer's Family Centers, Inc. to provide our CAREGivers with specialized training. All CAREGivers are carefully screened, bonded and insured.

## LOW VISION REHABILITATION



### ENVISION LOW VISION REHABILITATION CENTER

610 N. Main St.  
Wichita, KS 67203-3601

Phone: 316-440-1600  
E-mail: rehab@envisionus.com  
Web: www.envisionus.com

The Envision Low Vision Rehabilitation Center's goal is to help patients realize their best functional vision. The center achieves this by offering a comprehensive low vision rehabilitation program unique to the needs of each patient.

## INSURANCE



### OSLADIL INSURANCE SERVICE

411 1/2 S. Main St., P.O. Box 310  
Ottawa, KS 66067

Phone: 785-242-6955 or  
1-800-606-6955  
Fax: 785-242-6957  
Contacts: Bruce Osladil  
Shirley Osladil

We Offer: Medicare Supplements, Prescription Drug Plans, Health Insurance, Annuities, Life Insurance, Group and Individual Health and Cancer Plans. Let us show you what we can save you on your Medicare Supplement policy. When you buy insurance, you buy SERVICE.

## MEDICAL EQUIPMENT



### 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, RCP, Tanya Ward, CFOM

At Criticare Home Health Services, we provide the highest quality home medical equipment, supplies, and services. For over 20 years we have served Lawrence and the surrounding communities in Eastern Kansas. We are committed to helping maintain all the comforts of home with our professionally accredited and caring staff. You can have peace of mind knowing that we are always here to help with 24-hour emergency support for all your home medical equipment needs. We are a Chaps accredited organization.

## LONG-TERM CARE ADVOCACY



### KANSAS ADVOCATES FOR BETTER CARE

913 Tennessee, Suite 2  
Lawrence, KS 66044

Phone: 785-842-3088  
Fax: 785-749-0029  
E-mail: info@kabc.org  
Web: www.kabc.org  
Contacts: Mitzi E. McFatrach,  
Executive Director  
Lenette Hamm, Office Manager

Most people try not to think about nursing homes or assisted living ... that's why we think about them every day." KABC provides information and answers questions about long-term care placement choices. Providing personalized service, KABC is your one-stop resource for detailed reports about every licensed long-term care home in Kansas since 1975. We provide guidance if things go wrong in a nursing home or assisted living facility. 1-800-525-1782 or info@kabc.org.

## PERMANENT COSMETIC MAKE-UP/ ANTI-AGING SKIN CARE



### LAWRENCE PLASTIC SURGERY

1112 W. 6th Street, Suite 210  
Lawrence, KS 66044

Phone: 785-843-7677  
Web: lawrenceplasticsurgery.com

Permanent Cosmetic Makeup is a procedure where pigments are deposited into the dermal layer of the skin to redefine your browline, enhance your lashline and give your lips more definition and color.

Our medical grade facials, micro-derm and chemical peel treatments are an effective way to enhance the tone, texture/clarity of your skin. Collagen growth can be stimulated by these treatments which will help to refine lines, reduce hyperpigmentation and produce smoother, tighter skin.



## REHABILITATION SERVICES



### LAWRENCE THERAPY SERVICES

2200 Harvard Rd, Suite 101  
Lawrence, KS 66049

### BALDWIN THERAPY SERVICES

814 High St, Suite A, 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)

Web: www.lawrencetherapyservices.com  
E-mail:

info@lawrencetherapyservices.com

Contacts: Laura Bennetts, PT, and  
Kim Hoffman, OTR, owners

Lawrence Therapy Services, LLC is an outpatient rehabilitation clinic as well as a licensed home health agency. Our physical, occupational, and speech therapy services are available in our Lawrence or Baldwin clinics, or in the privacy of your home. Our therapists specialize in working with older adults to help them remain living as independently as possible. We are an approved Anodyne® Neuropathy Care Center. We also offer massage therapy, and marriage & family therapy.

## SENIOR APARTMENTS



The First Apartments  
For Qualified Seniors and  
Non-Elderly Individuals with Disabilities

### THE FIRST APARTMENTS

3805 S.W. 18th  
Topeka, KS 66604

Phone: 785-272-6700

Fax: 785-272-9286

E-mail: fccaoffice@fctopeka.org

Web: www.thefirstapartments.org

Contacts: Marnie Wuenstel,  
Penny Fry, Amy Crow

The First Apartments are designed to meet the needs of retirees over 55 with modest incomes. We also can accommodate some individuals under 55 with 100% disability. We offer apartments with Section 8-202 financing. 24-hour staff and the building is secure. The apartments have a full-time service coordinator who can help with Medicare Part D and connect residents with community resources. The apartments are in the Seabrook area with a shopping center nearby.



## RETIREMENT COMMUNITY



### PRAIRIE COMMONS APARTMENTS

5121 Congressional Circle  
Lawrence, KS 66049

Phone: 785-843-1700

Fax: 785-843-7799

E-mail:

prairiecommons01@sunflower.com

Web: www.prairiecommonsapts.com

Contacts: Connie Daniels, Sheri  
VanAuken

#### Active Community for 55+

Enjoy affordable, carefree community living:

- Gated Access
- 24-Hour Emergency Maintenance
- Refrigerator/Stove
- Dishwasher/Disposal
- Washer/Dryer Hookups
- Individual Controlled Heating & Air
- Enclosed Garages w/Automatic Openers
- Mowing & Snow Removal Provided
- Clubhouse w/Exercise Room
- Special Activities

## SENIOR APARTMENTS FOR RENT



### SPRING HILL VILLAS

21541 Main Street  
Spring Hill, KS 66083-7543

Phone: 913-592-5550

Fax: 913-592-5530

E-mail: jennifer@cgkans.com

Web: www.cgkans.com

Contact: Renee Befort, Manager

Spring Hill Villas Senior Apartment Homes are Just Right for Seniors 55 and Better! Offering affordable 1 and 2 bedroom apartment homes with private entrance, front door parking, garden patios, W/D connections, fully appliances kitchens, central heating/air, totally electric, water, trash and sewer paid, carports and extra storage available. Our community is designed from the ground up so residents can enjoy amenities that include a community clubhouse with fitness area, computer workstation and a picnic site with recreation courtyard, planned social activities and small pets are welcome. Call today to schedule your personal tour.

## RETIREMENT COMMUNITY



### PRESBYTERIAN MANOR OF LAWRENCE

1429 Kasold Dr.  
Lawrence, KS 66049-3425

Phone: 785-841-4262

Fax: 785-841-0923

E-mail: mpettengill@pmma.org

Web: www.presbyterianmanors.org

Contact: Maclyn Pettengill,  
Marketing Director

At Presbyterian Manor of Lawrence, you'll find that you can be as active as you want. By giving up day-to-day household tasks that take up your time, you'll have more time to enjoy yourself and pursue your interests or spend time with friends and family. From writing classes to exercise classes, there are plenty of options for you on-site along with opportunities in the greater community. It's the way you want to live.



## SKILLED NURSING CARE



1415 Maple St.  
Eudora, KS 66025

Phone: 785-542-2176

Fax: 785-542-2177

E-mail: dkfox@medicalodges.com

Web: www.medicalodges.com

Contacts: Donna Fox, Administrator;  
Susie Pryor, Community Relations  
Director; Mary Coppedge, LBSW,  
Director of Community Life

Conveniently located on K-10 between Olathe and Lawrence, KS, Medical Lodges Eudora's skilled nursing care assures continuity of care for those who have been recently hospitalized and have not yet fully recovered as well as for individuals who need other extended or long-term care. We offer both in-patient and out-patient rehabilitation therapy, seven days a week, including speech, occupational, and physical therapy. We specialize in person-centered care and welcome your visit.

## RETIREMENT COMMUNITY



### PRESBYTERIAN MANOR OF TOPEKA

4712 S.W. 6th St.  
Topeka, KS 66606-2284

Phone: 785-272-6510

Fax: 785-272-0496

E-mail: manderson@pmma.org

Web: www.presbyterianmanors.org

Contact: Marsha Anderson,  
Marketing Director

Nestled on the outskirts of Kansas' capital city, Presbyterian Manor of Topeka offers you a great way to enjoy the best years of your life. Besides a large, inviting campus, the Manor offers easy access to Topeka's many shopping, dining and entertainment venues. Washburn University, which boasts a variety of educational and cultural options for a lifetime of learning, is also only minutes away by car. It's the way you want to live.



## SOCIAL SERVICE/HEALTH



### TRINITY IN-HOME CARE, INC.

2201 W. 25th St., Suite Q  
Lawrence, KS 66047

Phone: 785-842-3159

Fax: 785-842-7061

E-mail: Mickey@tihc.org

Web: www.trinityinhomecare.com

Contact: Mickey Dick

Trinity In-Home Care promotes independent living and provides relief by offering quality in-home services to older adults and individuals of all ages. Services include caregiver relief, house-keeping, meal preparation, transportation, and companionship. Trinity is a local non-profit organization providing affordable services based on a sliding scale, ranging from \$10/hr-\$18/hr.

**STATE FARM INSURANCE**



**JIM GARRISON'S  
STATE FARM INSURANCE  
AND FINANCIAL SERVICES**  
2115 SW Fairlawn Plaza Dr.  
Topeka, KS 66614-1512

Phone: 785-272-0332  
Fax: 785-272-6660  
E-mail: jim@jimgarrison.biz  
Web: www.jimgarrison.biz  
Contacts: Jim Garrison, CASL  
Marcie Daugherty

Jim has helped many clients with pre-retirement, retirement, and legacy planning concerns. Upon earning the Chartered Advisor for Senior Living designation, Jim has listened to client needs and presented multiple options to help customers move confidently into retirement. Jim is conveniently located in the Fairlawn Plaza next to Office Max, near the intersection of 21st and Fairlawn in Topeka. Jim's office is open Monday thru Friday until 5:30 pm and on Saturdays and evenings by appointment.

**TRAVEL**



**TRAVELLERS INC.**  
831 Massachusetts St.  
Lawrence, KS 66044

Phone: 785-749-0700  
Fax: 785-841-8208  
E-mail: khouk@travellersinc.com  
Web: www.travellersinc.com  
Contact: Kent Houk

Travellers is a full service travel agency serving the travel needs of seniors for the past 50 years. Fly, motorcoach and day group trips available, as well as individual arrangements. Please call Travellers for all your travel needs.



Your parents want to stay in the place they call home. If you're looking for help a few hours a week or 24/7. We can help.

Our staff is specially trained in Alzheimer's & dementia care.



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Call for a free, no-obligation appointment:

LAWRENCE • 856.8181  
TOPEKA • 272.6101  
for our digital brochure visit  
[www.HISC584.digbro.com](http://www.HISC584.digbro.com)

[homeinstead.com](http://homeinstead.com)

**The Convenience of Care  
in the Comfort of Your Home**



**BREWSTER AT HOME™ IS A SINGLE SOURCE FOR HELP WITH MANY OF LIFE'S DEMANDS. SERVICES INCLUDE:**

- A "passport" to Brewster Place for social, cultural and wellness activities
- Access to a network of care with trusted providers for in-home services
- Discrete technology-based health monitoring services

**CALL 785-274-3303 TODAY!**  
[www.brewsterplace.org](http://www.brewsterplace.org)



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SeniorMonthly**



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**Groenhagen Advertising, L.L.C.  
2612 Cranley St.  
Lawrence, KS 66046**

■ CONTINUED FROM PAGE 14

JAN 12

**PREDIABETES CLASS**

This free class is for those at risk for developing diabetes or have already been told that they have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and avoiding potential complications. Lawrence Memorial Hospital. 12:00-1:30 p.m. Call to enroll. LAWRENCE, (785) 749-5800

JAN 14

**I CAN COPE: MANAGING THE SIDE EFFECTS AND PAIN OF CANCER**

Speakers are: E. Schwartz, MD (Medical Oncologist), J. F. Khosh, ND (Naturopathic Physician), K. Finkbinder, PharmD. (Oncology Pharmacist), J. McElhaney Tuley, RN OCN (Clinical Coordinator - Oncology). Lawrence Memorial Hospital, 5:30-7:30 p.m. LAWRENCE, (785) 749-5800

JAN 21

**I CAN COPE: NUTRITION AND EXERCISE DURING AND AFTER CANCER TREATMENT**

Speakers are: V. White, MS ACSM (Health Fitness Specialist), B. Hermreck, RD LD CNSD (Dietitian). Lawrence Memorial Hospital, 5:30-7:30 p.m. LAWRENCE, (785) 749-5800

JAN 28

**I CAN COPE: TAKING CHARGE OF MONEY MATTERS**

Speakers are: E. Donaldson, (Elder Law Attorney, Stevens and Brand), D. Mooberry, (Mooberry Financial), D. Snead, LSCSW (Social Worker). Lawrence Memorial Hospital, 5:30-7:30 p.m. LAWRENCE, (785) 749-5800

JAN 9

**10,000 STEPS A DAY CLASS**

This program is designed to increase your daily steps to 10,000 and, thus, improve your

health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log daily steps. Only fee is \$10 for the pedometer. This program is also available to take out to groups of five or more. Enrollment required. 9:00-10:30 a.m. LAWRENCE, (785) 749-5800

**EXHIBITS/SHOWS**

DEC 4-JAN 15

**TWO FOR THE ROAD FEATURING WORKS BY STAN HERD & DEB GROESSER**

Works by Stan Herd & Deb Groesser. Southwind Gallery at Framewoods. TOPEKA, (785) 273-5994

AUG 1-JAN 15

**ALL ABOARD THE OZ EXPRESS**

The Wizard and Wicked Witch are coming too - to the Great Overland Station's Fink Exhibit Gallery where we've created the Land of Oz in Kansas! 701 N. Kansas Avenue. TOPEKA, (785) 232-5533 <http://www.greatoverlandstation.com>

DEC 1-JAN 15

**KANSANS TELL THEIR STORIES**

The Topeka show is part of a statewide tour developed by the Kansas Humanities Council and is on display at the Great Overland Station, 701 N. Kansas Avenue. TOPEKA, (785) 232-5533 <http://www.greatoverlandstation.com>

FEB 1-MAR 31

**COLOR OF FREEDOM: JOURNEY ALONG THE UNDERGROUND RAILROAD**

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

Daily. 1515 SE Monroe. TOPEKA, (785) 235-3939

**HEALTH**

MONDAYS THROUGH THURSDAYS

**FIT FOR LIFE**

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

TUESDAYS, WEDNESDAYS AND THURSDAYS

**JAZZERCISE LITE**

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

TUESDAYS AND THURSDAYS

**BLOOD PRESSURE CLINIC**

Conducted at Stormont-Vail's Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary. TOPEKA, (785) 354-6787

■ CONTINUED ON PAGE 28

Our job is to make your job easier.



Midland Care PACE Services is a program of all-inclusive care for the elderly. Midland will coordinate, provide and supervise all the home and healthcare services needed to keep aging individuals safe and comfortable in their own homes and communities. Services include primary and specialty medical care, socialization, transportation, hospitalization and emergency services, meals, prescriptions, in-home support and care and physical and occupational therapies. Service area includes Douglas, Jackson, Jefferson, Osage, Pottawatomie, Shawnee and Wabaunsee counties. Call today or visit our website to learn more.



130 SW Frazier Circle | Topeka, KS 66606 | Phone: 785-232-2044 | [www.midlandcare.org](http://www.midlandcare.org)







Medicalodges, Inc. is a 100% employee-owned and operated company with a 45-year history of providing quality care. We value the human dignity of our residents and base the foundation of our company on that principle. We invite you to visit our campus and see for yourself the quality we are proud to present.

**Come visit our lovely campus in Eudora, Kansas, conveniently located between Lawrence and Kansas City**

- Medicare certified
- Rehab-to-home therapy services
- 46% of our rehab residents returned home in the first half of 2009!
- Inpatient/Outpatient physical, occupational, and speech therapy
- Chiropractic services specializing in relaxation techniques, soft tissue massage, and therapeutic touch
- Behavioral Health services available
- Diabetic shoe fitting for qualified individuals
- On staff facility Chaplain and spiritual services
- Hair stylist, dental consultation, and podiatrist available on-site

- Resident Centered Care featuring four unique neighborhoods based on resident choices and "person first" care
- Open breakfast with a cooked-to-order menu in the mornings, and home-cooked meals at lunch and supper from menus offering varied choices
- Private cable and telephone available
- Activities and outings
- Competitive private and semi private rates

*We are very proud of our dedicated staff with over 250 years combined longevity!*

**For more information, please call 785-542-2176 or e-mail [dkfox@medicalodges.com](mailto:dkfox@medicalodges.com) 1415 Maple Street, Eudora, KS 66025**

■ CONTINUED FROM PAGE 27

**TUESDAYS AND THURSDAYS**

**FREE BLOOD PRESSURE CLINIC**

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9:00 a.m.- 1:00 p.m. and 3:00-6:00 p.m. No appointment necessary. LAWRENCE, (785) 856-6030

**TUESDAYS AND THURSDAYS**

**SENIORCISE PROGRAM**

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

**FIRST AND THIRD FRIDAYS OF EACH MONTH**

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

**SECOND THURSDAY OF EACH MONTH**

**BLOOD PRESSURE AND HEALTH INFORMATION**

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.

WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

**THIRD THURSDAY OF EACH MONTH**

**MEDICATION CLINIC**

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m.

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

**FOURTH THURSDAY OF EACH MONTH**

**NUTRITION CLINIC**

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

**JAN 6**

**CHOLESTEROL SCREENINGS**

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

**JAN 7**

**BONE DENSITY SCREENING**

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

**JAN 16**

**CHOLESTEROL SCREENINGS**

See January 6 description. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

**JAN 18**

**BONE DENSITY SCREENING**

See January 7 description. Lawrence Memorial Hospital, HealthSource Room, 4:00-6:00 p.m. LAWRENCE, (785) 749-5800

**JAN 22**

**BONE DENSITY SCREENING**

See January 7 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**FEB 2**

**BONE DENSITY SCREENING**

See January 7 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**FEB 3**

**CHOLESTEROL SCREENINGS**

See January 6 description. Lawrence Memorial Hospital, HealthSource Room, 3:00-4:30 p.m. LAWRENCE, (785) 749-5800

**HERITAGE/HISTORY**

**JAN 23**

**PLESSY AND FERGUSON**

Plessy and Ferguson featuring descendants of the principals of the U.S. Supreme Court decision. 1515 SE Monroe, 3:00 p.m. TOPEKA, (785) 235-3939

**JAN 30**

**KANSAS MILITARY HISTORY SEMINAR**

Six presentations on Kansas Military History, e.g., Kansas Medal of Honor Winners, 35th Infantry Division of WW II, Kansas Guard in Afghanistan, etc. 6700 SW Topeka Ave, Bldg 301. TOPEKA, (785) 862-1020

**JAN 31-FEB 28**

**LECOMPTON'S 2010 BLEEDING KANSAS PROGRAM SERIES**

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

**MEETINGS**

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

Facilitated by Heartland Hospice and open to any who have lost loved ones. Call Terry Frizzell or just show up. Meets at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6:30 p.m. TOPEKA, (785) 271-6500

**FIRST AND THIRD MONDAY OF EACH MONTH**

**BEREAVEMENT SUPPORT GROUP**

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

**FIRST AND THIRD MONDAY OF EACH MONTH**

**BEREAVEMENT SUPPORT GROUP**

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

**FIRST AND THIRD MONDAY OF EACH MONTH**

**CAREGIVER SUPPORT GROUP**

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

**FIRST AND THIRD MONDAY OF EACH MONTH**

**CAREGIVER SUPPORT GROUP**

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

**FIRST TUESDAY OF EACH MONTH**

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

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■ CONTINUED FROM PAGE 28

and peace at the end-of-life, regardless of age. Members have backgrounds in health-care, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3:00 p.m. in Conference E of LMH.

LAWRENCE, (785) 830-8130

**FIRST TUESDAY OF THE MONTH**

**SCRAPBOOK MEMORIES**

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

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

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

**FIRST TUESDAY OF EACH MONTH**

**GRIEF SUPPORT GROUP**

Aldersgate Village, Manchester Lodge, 7220 Asbury Lane, 2:00 p.m. Sponsored by Heart of America Hospice.  
TOPEKA, (785) 228-0400

**TUESDAYS**

**GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle, 3:00-4:00 p.m.  
TOPEKA, (785) 232-2044

**TUESDAYS**

**GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle, 5:30-6:30 p.m.  
TOPEKA, (785) 232-2044

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

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

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

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

**FIRST WEDNESDAY OF EACH MONTH  
INVESTMENT UPDATES**

Sponsored by Brian Casebeer, an Edward Jones financial advisor. Guest speaker. 634 S. Kansas Ave., 7:30-9:00 a.m.  
TOPEKA, (785) 233-0366

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

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

**THURSDAYS**

**GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle, 3:00-4:00 p.m.  
TOPEKA, (785) 232-2044

**THURSDAYS**

**CANCER SUPPORT GROUP**

This group is open to anyone living with cancer. If you are interested or have questions, please call for more information. LMH Oncol-

ogy Center.  
LAWRENCE, (785) 505-2768

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

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

**FIRST AND THIRD THURSDAY OF EACH MONTH**

**TRANSITIONS SUPPORT GROUP**

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

**FIRST FRIDAY OF EACH MONTH**

**STROKE SUPPORT AND RECOVERY GROUP**

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

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

Volunteer service club.  
LAWRENCE, (785) 331-4575

**SECOND MONDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m.  
TOPEKA, (785) 235-1367, EXT. 130

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

Heart of America Hospice in association with Pio-

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

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

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

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

Pioneer Ridge Assist Living, 4851 Harvard Rd., 10:30 a.m. Sponsored by Heart of America Hospice.  
LAWRENCE, (785) 841-5300

**SECOND TUESDAY OF EACH MONTH  
SCRAPBOOK MEMORIES**

Heart of America Hospice, 1420 Wakarusa, 6:00 p.m. All supplies provided (except photos).  
LAWRENCE, (785) 841-5300

**SECOND AND FOURTH TUESDAY OF  
EACH MONTH**

**CAREGIVER SUPPORT GROUP**

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

**SECOND AND FOURTH WEDNESDAY OF  
EACH MONTH**

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

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■ CONTINUED ON PAGE 30

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■ CONTINUED FROM PAGE 29

**SECOND WEDNESDAY OF EACH MONTH**

**MEMORY SUPPORT GROUP**

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

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

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

**SECOND THURSDAY OF EACH MONTH**

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

**SECOND SATURDAY OF EACH MONTH**

**HAPPY TIME SQUARES SQUARE DANCE CLUB**

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

**THIRD TUESDAY OF EACH MONTH**

**SCRAPBOOK MEMORIES**

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

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

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

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

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice. TOPEKA, (785) 286-2329 or (785) 231-0763

**THIRD WEDNESDAY OF EACH MONTH**  
**RETIRED GOVERNMENT EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a

program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

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

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

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

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

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

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

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

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

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

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

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

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00

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

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

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

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

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

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

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

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

The Topeka chapter of the National Active

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

**JAN 22**

**AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. The guest speaker will be John Glassman, Executive Director of Douglas County Senior Services. New and interested members welcome. Please call Noreen for reservations. LAWRENCE, (785) 842-6765

**MISCELLANEOUS**

**JAN 24**

**EAGLE DAY**

Celebrate the return of bald eagles to the area. Presentations feature information on nesting and banding. Live bald eagle presentation. There will also be opportunities to view eagles in the wild at 9:00 a.m. and 3:00 p.m. If you plan to attend these field trips, be certain to dress for the weather and meet at the US Army Corps of Engineers Office at Clinton Lake. LAWRENCE, (785) 843-7665  
<http://www.kawvalleyeaglesday.com>

**MISSION TOWERS**

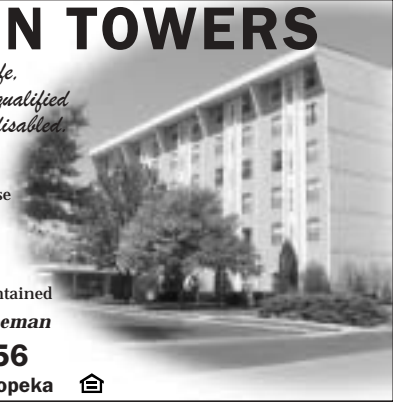
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**GETTING MARRIED?**



If you're planning your wedding, or helping someone else plan theirs, please check out the 2010 Northeast Kansas Wedding Guide. An online version is available at:  
[www.seniormonthly.net/weddings](http://www.seniormonthly.net/weddings)

**January Special**

**Business Card Directory ad, six months for just \$85.00\*.**

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\* When paid in full after receiving invoice for \$85.00. Special expires on 1/31/2010. You may change your ad during the six-month period.



# Avoid snow—curl up with a good book

By Margaret Baker

Readers, you have survived another holiday season and some chilly winter weather. It's time to reward yourselves with a good book! Here are a few you might like:

**Jacquelyn Mitchard: *No Time To Wave Goodbye*** (Random House Audio Books, read by Susan Denaker on 7 cds, ISBN 978-0-3077-0178-7)

Mitchard's *Deep End of the Ocean* told the story of a boy kidnapped at age six and "found" nine years later. Oprah selected it as her first Book Club read, and the well-written description of the tug and pull of all the family members (biological and kidnapped)

Now that boy Ben/Sam is grown, married, and a new father. His brother Vincent, a budding film director, has made a documentary (the title) about Ben/Sam's case and five other missing children. The film opens still-raw edges of his and the other families.

*No Time to Wave Goodbye* wins its category at the Oscars, but Ben/Sam's baby daughter disappears. Has history repeated itself? Is Victor morally responsible?

Despite some regrettable lapses into shopping trips a la Regency romances, and several examples of adult stupidity, this is an engrossing story that should be a cause of much discussion.

It is also available in print from Random House.

**Sara Paretsky: *Hardball*** (G.P. Putnam/Doubleday Large Print, HC, ISBN 978-161523-415-8)

V. I. Warshawski is back! Chicago's enigmatic and determined P.I. is asked to find Lamont Gadsden, now 61, last seen January 25, 1967. His mother and aunt are aging and at least his aunt Claudia will rest easier the few remaining years if they know what happened. His mother feels it is a waste of Claudia's savings, and makes no secret of her distrust of white people.

The search takes V.I. back to 1967, when Chicago's racial mix was turbulent—Martin Luther King's speeches, race riots, the early days of the

Civil Rights Movement, intersecting with V.I.'s dad's career as a Chicago policeman.

Douglas County is proud to claim Paretsky as one of us (her father taught at KU; her mother was the Lawrence Library Children's librarian; she and her four brothers grew up on a Eudora farm). In 1966 she went to Chicago for "Summer of Service" which she describes as the defining time of her life. While this novel starts in the present time, the 1966-1970 racial conflict is the nucleus of the story and, unfortunately, accurately portrayed.

**Kate Carlisle: *Homicide in Hardcover*** (Obsidian, PB, ISBN 978-0-451-22615-0)

This wee paperback gem introduces Brooklyn Wainwright, child of hippies who established a California commune that actually works, morally and financially, and is still functioning. She's a book repair specialist, having learned from her mentor on the commune and then completing a college degree.

At the private opening of a specialty library's displays, Brooklyn's mentor promises to show her fabulous first edition of Goethe's *Faust* he's restoring. Brooklyn finds her mentor dying. The security company hired to guard the treasurers assumes she stabbed him.

Paperback originals are harder to find in libraries (shorter lives, unfortunately), but this one is well worth the search and perhaps buying it, even for tightwads like your reviewer. Great characters, a look at both communes and book repair, and a plot that keeps you guessing right up to the end.

**Sue Grafton: *U is for Undertow*** (G. P. Putnam's Sons, LP, ISBN 978-1-61523-680-0. Also available in regular print and audio)

How does author Grafton keep Kinsey Millhone's character so fresh through 16 novels? Even more astounding, a reader can start with any one of the 16 and not know the earlier novels at all.

In this latest, Kinsey takes on a one-day quest from a man who as a child may have seen the burial of a child, a child kidnapped two decades ago and never found.

The story is told via several points of view, so an alert reader can spot

where the plots should come together—but Graft revs up the story and the reader, at least this reader, hasn't the time or breathe to stop and analyze.

Up to Grafton's standards—which means it is absolutely top-notch!

**Tracy Kidder: *Strength in What Remains*** (Random House Audio Books, read by author on 7 cds, ISBN 978-0-7393-8337-7. Also available in print)

This non-fiction narrative brings the tribal conflicts in Africa to horrifying reality—as well as a look at the problems of poor refugees in our communities.

Deo, a medical student in Burundi, barely escapes when the Tutsi-Hutsi conflict erupts in genocide. His fright-fraught journey to the border brings him freedom but little else. A friend sends him as a refugee to New York City with \$200—a fortune in Burundi but not in NYC. He ekes out an existence living as a squatter and then in Central Park, before some Good Samaritans take him in hand and point him to completing his education and returning to Burundi to assist, in some cases, the same people who wanted to kill him.

Read this, exalt Deo and those who helped him, and be thankful for what you have just for being an American.

**Elizabeth Zelvin: *Death Will Help You Leave Him*** (St. Martin's Minotaur, HC, ISBN 978-0-312-58266-1)

Bruce Kohler is a recovering alcoholic heavily involved in AA. That's a lot on his plate even before his friends Jimmy and Barbara drag him to Barbara's Al-Anon sponsor, Luz's apartment.

Usually one calls one's sponsor when one needs a push to stay even, but Luz has called because Frankie, her abusive husband, is dead on the floor and the police think she stabbed him. She should have, but she still loved the guy despite his abuse—and the fact that he had a pregnant wife he hadn't mentioned.

At the funeral, Frankie's relatives (if not Mafia, certainly qualified for membership) are hostile in the ex-

treme.

Zelvin is a psychotherapist in New York City, explaining the depth of the characters in the world of the addicted. Her dialogue is sharp, her plotting taut, and her characters believable. Highly recommended!

**Lawrence Block: *Step by Step, a Pedestrian Memoir*** (Wm. Morrow, HC, ISBN 978-0-06-172181-6)

Lawrence Block is a superlative author of several mystery series involving a hit man (Keller), a burglar (Bernie Rhodenbart), a P.I. (Mathew Scudder) and time traveler (Evan Tanner) but this work isn't about any of them. It's the intersection of his life and his avocation, running and walking.

Block points out that every child with the physical ability to do so learns to walk, although the process provides lots of falls and bumps. He points out that if we tackled our other wants with the same determination, we'd probably succeed.

Block and his wife have run half-marathons, full marathons, and 24-hour marathons, and also race-walking, an Olympic event seldom featured on television.

Writers should enjoy a look at Block's physical life and its connection to his writing.

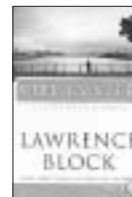
**Andrea Kane: *Drawn in Blood*** (Wm. Morrow, HC, ISBN 978-0-06-123680-8)

FBI Special Agent Sloane Burbank's father is a reputable art dealer. When Sloane's mother is viciously attacked and it is apparent someone was looking for something of her husband's, Sloane realizes her dad is in over her head in something really bad. Especially when the investigation strongly suggests that his father's partners, or at least one of them, may be responsible for the speedy break-in in the well-guarded apartment building.

Her lover, Derek, is also an FBI agent with their Art Crimes unit. Can Sloane keep family secrets from him? Can she work the case out without his help?

A nice combination of mystery, romance set against an art world landscape!

- Margaret Baker can be reached through *Kaw Valley Senior Monthly* or e-mailed at [glencoe@knetconnect.net](mailto:glencoe@knetconnect.net).





# Pete and Pat Get Married

**P**atrocina Megamecheldorf Zambovich Jones and Pedro Salazar Ramirez Sandoval Montoya y Montoya are known around Letongaloosa, for obvious reasons, simply as Pat and Pete. They own and operate a unique business: Pat and Pete's Pre-school and Pawn Shop.

The two came to Letongaloosa some years ago and became a couple after having been business rivals. Pat had wanted to buy the old Pea-

like *veprova pecene*, *bramboracky*, and *Kolachky*."

"Then let's get married," said Pete.

"There's a difference between watching you tuck into at plate of potato pancakes and standing in front of a minister and saying, 'I do,'" said Pat.

"I love you," said Pete.

"I love you," said Pat.

For Pete the clincher was that Pat didn't say "I love you too."

"Then let's get married," said Pete.

"Okay," said Pat.

For the next few days things were somewhat strained in the household. Things were quiet, but there was intense activity below the surface. Pete and Pat were Letongaloosa's "go to" couple when it came to political, social, or civic projects because the two of them followed the old submarine dictum: "run silent, run deep."

They had succeeded in coalescing their very diverse entrepreneurial interests into a profitable business. Getting married was well within their capabilities.

A week later after the dinner table was cleared, a conversation began without preamble.

"We'll elope," said Pat.

"While school's out for the holidays and the pawnshop is closed for inventory."

"I'll keep my last name," said Pat.

"That will solve 90 percent of the legal issues."

Pat was scheduled to attend a pre-school association meeting in Cleveland. Pete was booked into a pawnbroker's guild convention in Memphis at the same time. They skipped out early, met in Las Vegas, got married, and came home on separate flights.

"We need to let people know."

"Something subtle," said Pete.

"I've got an idea," said Pat.

Pat's plan was to hang their framed wedding license in the pawn shop on a back wall along with all the other framed stuff: state permits, and business association memberships.



Larry Day

body home from the city and start a pre-school in it. Pete wanted buy the place to open a pawnshop.

Their rival plans split people in Letongaloosa along gender lines—women favored a pre-school and men wanted a pawnshop. In the end Pat and Pete compromised. They opened a pre-school pawn shop, became friends, and then moved in together.

Everyone in Letongaloosa attended Pete and Pat's five-year non-wedding anniversary party. They booked the True Blue Daughters of America Hall on Main Street for the festivities. Everyone in town came to the party.

Business is good nowadays for Pete and Pat. People are pawning things to buy gas and other essentials, and there's been a spurt in the number of couples who both work. That has led to increased pre-school enrollment. Life was comfortable and uncomplicated. Nature abhors a vacuum.

"Do you love me?" asked Pete one night as he ladled *caldo de camarones* into Pat's soup dish at dinner. It was Pete's turn to cook that week and he had prepared mostly Mexican food. The week before Pat had served Czech recipes all week long.

"What?" asked Pat.

"Do you love me?" asked Pete again.

The conversation immediately preceding this zinger had been about the gall stone surgery Pat's Aunt Alzbeta had undergone a few days earlier.

Pat laid down her soup spoon.

"Where did that come from?"

"What."

"That 'Do you love me?' question."

"Well, do you?"

"I made you *veprova pecene*, *bramboracky*, and *kolachky* last week. They're your favorites." Nothing says love



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"One of them turned out to be an endangered species."

They wouldn't mention their marriage to anyone. They each put in \$250 as a sweepstakes prize for the first person to notice and comment on the wedding certificate.

Nosey Nelida Nacamora won the sweepstakes a month after Pete and Pat got married. Everyone in town knew 15 minutes after Nelida walked out of the pawnshop. A city

council meeting was scheduled for that night. An item appeared mysteriously at the end of the council's agenda. It said, "Presentation of the P&P Marriage Sweepstakes Prize."

- 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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# Mellowing out in Mendocino County

By Donna M. Airoidi

www.TravelMuse.com

There are plenty of terrific destinations within a few hours' drive of the Bay Area, where I lived and explored for the better part of the past two years, but none that captivated me as much as Mendocino County, a nature, wine and artist's haven in Northern California, about 150 miles north of San Francisco—from its scenic drives along redwood forests, lush vineyards, rushing rivers and coastal cliffs, to the welcoming and relaxed atmosphere prevalent from artists and business owners to the old-school and modern-day hippies who make Mendo, as it's called locally, their home.

## MENDO CULTURE

One of Mendocino County's main draws is that it offers up a variety of activities for individuals and families alike, but without the crowds and often excessive prices found in other Northern California vacation destinations. It's known, but not entirely discovered. It's also an ideal place to unwind and unplug—cell phone service is scant.

From early on, Mendocino was known primarily for its redwood lumber, and it wasn't until the 1960s that artists and others looking for an alternative lifestyle were drawn to the region, particularly the coastal village of Mendocino and the larger Fort Bragg, to the north.

The inland town of Hopland, along Highway 101, is home to the Solar Living Institute, a fascinating center that promotes sustainable living through environmental education. It's a mecca for green advocates and those looking to live off the grid. While at the institute's store I met such a man in jean overalls with crystal-blue yet puss-filled eyes, who proudly has been grid-free for nearly 20 years. (He likely was a pot farmer, an industry that thrives more in the northern reaches of the county, near Humboldt.) Walk the grounds and relax by the lake, see the yurt-style homes and tents the volunteers live in and wander among old rusted cars left alone for so long trees grow through them.

As the culture scene thrived, tourism—coupled with a burgeoning California wine industry—also grew, and today you'll find plenty of attractions, award-winning restaurants, Victorian-style bed and breakfasts, art galleries, boutiques and vineyards throughout the county.

## THINGS TO DO

The village of Mendocino proper along the Pacific coast, with its white church steeples and wooden water towers, makes for a great home base. It's chock full of boutiques and eco-shops, bed and breakfasts, day spas and art galleries. Its walking trails along the cliffs make for a wonderful place to take in the rugged coast and watch the sunset, or consider taking one of artist Suzi Long's drop-in watercolor sketch classes, specifically designed for travelers. Offered Thursdays through Sundays, the 90-minute classes are \$35, with materials available for purchase, and meet at 10 a.m. at 611 Albion St.

Just 10 miles to the north is the relatively bustling Fort Bragg, with even more shops, galleries (where the artists just might be standing next to you as you peruse their work) and restaurants. The Mendocino Coast Botanical Gardens (\$10 general admission) are stunning and have coastal trails, some of which are wheelchair-friendly.

Ricochet Ridge Ranch offers popular horseback rides along Ten Mile Beach and through redwood forests (\$45), while rail enthusiasts can check out the Skunk Train (\$47 adults, \$22 children), which runs three- to four-hour trips through spectacular scenery between Fort Bragg and Willits.

Hikers have more than 250 miles of trails to wander in Mendocino County, with Jackson State Forest an easy jaunt for those staying on the coast. Try the five-mile Jughandle Ecological Staircase trail for a look at coastal evolution from ancient dunes to pygmy forests. A great resource for hikes is *The Hiker's Hip Pocket Guide to the Mendocino Coast*, by Bob Lorentzen (Bored Feet Press, updated 2003; \$15).

Kayakers can head out into the Pacific Ocean, explore coastal sea caves or ride the Gualala, Noyo, Albion and Russian rivers. Outfitters vary, so check the Mendocino Tourism Web site for more information. Watch California's gray whale migrations during whale watching season, from December to April. Spot them from the Point Arena or Point Cabrillo lighthouses or take a boat tour.

Of course wine tasting and dining are key activities for just about any type of trip to Mendocino County.

## MENDOCINO WINERIES

If you're heading to Mendocino from San Francisco, you can get in some quality wine tastings along the

way with a more affordable and personalized experience than typically found in Napa and Sonoma vineyards. Most of the places I visited either didn't have a fee at all, or a nominal one (\$5 to \$10), that would go toward purchases, and most of the bottles I bought ranged in price from \$15 to \$25.

## HIGHWAY 128 VINEYARDS

An increasingly popular wine-tasting route is along California Route 128—the connector between inland U.S. Highway 101 and California Highway 1, aka the Pacific Coast Highway—through the Yorkville Highlands and Anderson Valley, including the towns of Yorkville, Boonville, Philo and Navarro. During the dry summer season, the foothills along the way look like they're covered in gold dust.

Recommended stops include Lazy Creek Vineyards for pinot noir and reisling, and Goldeneye, also for pinot noir, both near Philo. I'm a dedicated fan of red wines, preferring cabernet sauvignon to just about any other grape (the cabernet at Husch Vineyards near Navarro is worth a stop), but I was surprisingly taken with Navarro Vineyards' crisp, dry estate bottled gewürztraminer and its rich muscat blanc, which tasted like honey with overtones of apricots and mangos. Sparkling wine fans should make sure Roederer Estate, near Navarro, is on their itinerary.

For a food break during your day of tasting, try the restaurant at the Boonville Hotel in tiny Boonville. Blink and you might miss it. If you're looking for something less formal, there's the filling Moya's taco cart on the edge of town. (My favorite place, the Highpockety Ox, is now closed.)

## HIGHWAY 101 VINEYARDS

Vineyards in the Redwood Valley, Ukiah Valley and Sanel Valley region around Hopland are accessible from U.S. 101. In Hopland, some vineyards have tasting rooms in town, including Brutocao Cellars and McNab Ridge Winery, so you don't have to worry about driving from place to place. If heading this way, I recommend a stay at the historic, 21-room Hopland Inn (rates start at \$139). It's under new ownership since April; the restaurant and bar—retaining a mostly-organic menu—reopened in June. Be sure to also try the hearty diner fare and fantastic homemade pies across the street at the Bluebird Café.

## ORGANIC VINEYARDS

And true to its alt-culture heri-

tage, Mendocino has many organic and sustainable farms, and claims to have the largest number of certified organic producing vineyard acres in California. More than a few vintners I spoke with said that about 2 percent of California's vineyards are certified organic, with 20 percent of them in Mendocino County.

The first organic winery to open in the United States is the award-winning Frey Vineyards in the Redwood Valley, which uses biodynamic wine-making methods - the use of cultured yeast, malolactic bacteria, acid and sugar adjustments are prohibited.

I made Yorkville Cellars along Route 128 my designated organic stop, tasting its bottles of cabernet franc (hints of licorice and red cherry) and a rather light merlot, and picking up a relatively rare bottle of 100 percent petit verdot.

For more information about Mendocino wineries, tastings, wine festivals and more, visit the Mendocino Winegrape & Wine Commission.

## WHERE TO EAT AND STAY

There are plenty of places for excellent food in Mendocino. For light bites and excellent sandwiches, don't miss the Mendocino Market in Mendocino village. Walk around the corner for your java fix at Moody's Organic Coffee Bar. If you're in Fort Bragg, Mendo Bistro serves terrific seasonal fare, but at an exceedingly relaxed pace. For a quick fix, especially if children are in tow, try the Wizard of Oz-themed Egghead's Restaurant.

Mendocino's popular Café Beaujolais (entrees, \$24 to \$36) put the village on the foodie map years ago, and it lived up to its reputation. The duck, paired well with a local Esterlina pinot noir, was a perfect medium rare. The menu changes seasonally, and there are only 15 tables, so be sure to reserve early.

The MacCallum House Inn & Restaurant is another venerable spot for top-notch romantic dinners (entrees, \$25 to \$42) as well as stays. The Victorian-era main house, built in 1882, features period furnishings, stone fireplaces, gourmet breakfasts and private decks. Rooms start at \$275, and often sell out on weekends.

The Alegria Oceanfront Inn & Cottages bed and breakfast, has comfortable rooms (starting at \$159), but the reason to stay here is for co-owner Elaine Wing Hillesland's amazing breakfasts. My favorite: or-

■ CONTINUED ON PAGE 35

# See vet for thyroid issue

**QUESTION:** Our 12-year-old terrier-mix is hypothyroid and has been on Thyro-Tab for two years. Now, she's started drinking a lot of water, and pees when she's sleeping. She's also losing weight. Are these side effects of the medication or due to the kidney disorder? Also, when we take her for walks, she's very sore after, especially her right paw. - M.W., from cyberspace



Steve Dale

**ANSWER:** "If you give too much thyroid hormone for that individual animal, the result is increased thirst and therefore increased urination, as well as weight loss," says internal medicine specialist Dr. Mark Peterson, New York City, NY. "It's a good idea to check your dog's thyroid level twice a year. When a dog first goes on medication, checking more often than twice a year is advised. But your dog may also have renal disease or any number of other problems. Please see your veterinarian right away."

Another reason to see your vet is that sore paw. While it's not related to the thyroid issue, pain should al-

ways be addressed.

**QUESTION:** Some kind of goo builds up in the corners of my 3-year-old Cocker Spaniel's eyes. My son calls these deposits "eye boogers." We're told there's a pill that can help. Can you tell me more? - T.W., St. Paul, MN

**ANSWER:** It's unclear what exactly is building up in the corners of your dog's eyes, or why. The solution depends on what the problem turns out to be. There is indeed a pill for tear staining, according to veterinary ophthalmologist Dr. Ralph Hamor of the University of Illinois College of Veterinary Medicine, Urbana. Hamor adds that this antibiotic, which binds tear pigment, is a low dose of tetracycline. However, most dogs shouldn't take this drug for more than a few months at a time because it's generally not a good idea to maintain a dog on any antibiotic long-term solely for cosmetic reasons. Hamor says the drug is used primarily for show dogs.

"Your dog may have an early sign of dry eye and may not be making enough tears, perhaps there are extra eyelashes, or in Cocker Spaniels (and other breeds) it's possible for the tear ducts may not be located in the right place," Hamor adds. "It's best to have your dog evaluated by your veterinarian to determine the cause of those 'eye boogers.'"

(Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Send e-mail to [petworld@stevedale.tv](mailto:petworld@stevedale.tv). Include your name, city and state.)

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## Mendocino

■ CONTINUED FROM PAGE 34

ange pancakes served with chicken, apple and potato sausage, edible blossoms and homemade orange syrup.

Those seeking to get even closer to nature—deer, quail, birds, cats and goats included—should opt for the Fensalden Inn, a renovated 1860s-era stagecoach stop located off Highway 1 in Albion, with rates starting at \$149. All rooms (one supposedly has a ghost) include a fireplace, and Innkeeper Lyn Hamby offers a nightly cocktail hour in the parlor and makes guests feel like family.

At the end of my visit, I had a hard time saying goodbye. Suzy Long was right; it did feel as if I belonged in Mendocino.

California vacations, <http://www.travelmuse.com/articles/mendocino-travel>.

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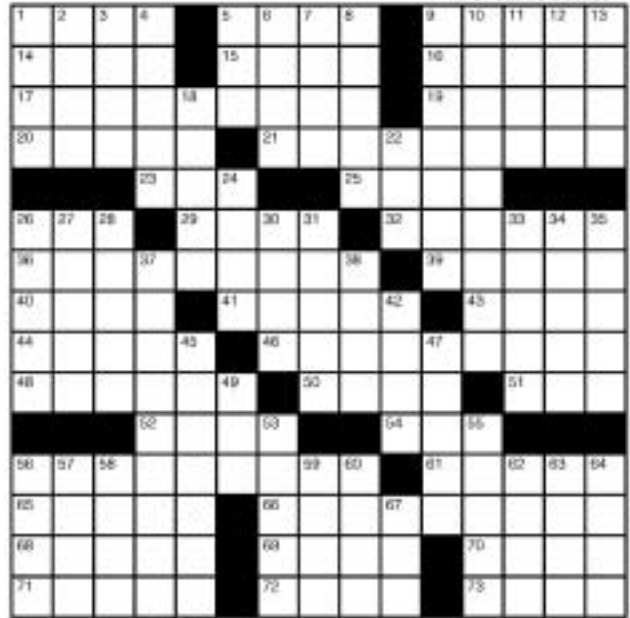
ACROSS

- 1 Indian nursemaid
- 5 Q-tip
- 9 Jaded
- 14 U2 singer
- 15 Barrett of gossip
- 16 All arms and legs
- 17 Place savers
- 19 Up and about
- 20 Boredom
- 21 Waits in readiness
- 23 1011
- 25 River islets
- 26 '60s campus radicals
- 29 Bear of stars
- 32 Popular aquarium fish
- 36 Watch or clock
- 39 Lebanese militia
- 40 Biblical gardener
- 41 Suffice 43 Start to date?
- 44 Tulips of the future
- 46 Per-unit production
- 48 Flattens on impact
- 50 Percussion instrument
- 51 ID's on jerseys
- 52 Beams
- 54 Major ISP 56 Office
- 61 Records
- 65 Effective use
- 66 Point-after try
- 68 Alloy of lead and tin
- 69 Andean country
- 70 "Time Machine" race
- 71 Obstacles
- 72 New Haven campus

73 Landlord's due

DOWN

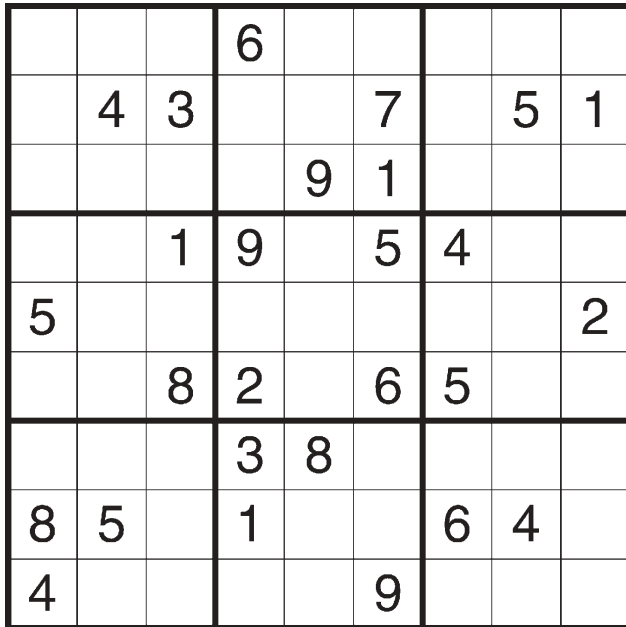
- 1 French cleric
- 2 Earth's satellite
- 3 Erelong
- 4 Malarkey
- 5 Mexicali Mrs.
- 6 Early-bird's meal
- 7 "Diana" singer
- 8 Port of Iraq
- 9 Smashed
- 10 Breaking point
- 11 Freeze front?
- 12 Pass over lightly
- 13 Australia's largest lake
- 18 Muddle
- 22 Set of parts
- 24 Tennessee's flower
- 26 Wild guesses
- 27 Buttoned
- 28 Petty
- 30 Leak slowly
- 31 Pungent
- 33 Talk and talk and talk
- 34 Houston pro
- 35 Searches for
- 37 Setting out
- 38 At any time
- 42 S. Amer. nation
- 45 Principal commodities
- 47 Act the ham
- 49 Part of a wd.
- 53 Overly saccharine
- 55 Los Angeles hoopster



By Alan P. Olschwang  
Huntington Beach, CA

- 56 Special phone line
- 57 Hot chamber 58 \_\_ avis
- 59 "The Alexandria Quartet" book
- 60 Banjoist Scruggs
- 62 Mound
- 63 Coll. subj.
- 64 Revue part

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

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**JUMBLE** THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Argirion

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

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SYNIH  
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

EDUCAD  
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

SOLFIS  
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

www.jumble.com

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

Answer here: [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] IT [ ] [ ]

Answers to all puzzles on page 39.

BRIDGE

There for all to see

By Omar Sharif and Tannah Hirsch

Both vulnerable. East deals.

NORTH
A 9 6 4 3 2
Q 8
A 4 2
K 3 2
WEST EAST
Q 8 7 Void
Void A K J 9 7 6 3 2
J 8 6 5 Q 10 9
J 10 9 7 6 5 Q 8
SOUTH
A K J 10 5
10 5 4
K 7 3
A 4

The bidding:
EAST SOUTH WEST NORTH
4Q 4A Pass Pass
Pass

Opening lead: Jack of C

Some hands are open books. The bidding and play to the early tricks can draw a blueprint of the holdings and the play becomes almost a double-dummy exercise.

East's four-heart pre-empt is textbook. South's four spades is not a thing of beauty, but chances were that North would not have enough

to be able to get into the act.

West led the jack of clubs, won in the closed hand with the ace. The ace of spades revealed the bad trump break, and it seemed there was no way for declarer to avoid losing a trick to the queen of trumps to go with three losers in the red suits. South had other ideas.

The fact that West did not lead a heart almost certainly marked him with no card in the suit. Also, it was likely that West was leading his longer suit. Those two tidbits were all South needed to find the winning combination.

Declarer continued with a club to the king and a club back. When East discarded a heart, declarer sluffed a diamond! West won and could do no better than return a diamond. Declarer won with the king, cashed the ace and ruffed a diamond. Next came the king of spades and another trump to the queen, and West was trapped in an endplay. With nothing left but minor-suit cards, West was forced to give South a ruff and discard. Declarer pitched a heart from dummy, conceded a heart and trumped his two heart losers on the table. South lost one trick in each suit except diamonds.

Send e-mail to gorenbridge@aol.com. © 2009 Tribune Media Services, Inc.

Editor's note: In last month's issue of Senior Monthly, the final stanza of Nedra Rogers' poem was inadvertently omitted. Below we have shared the entire poem:

Maria's List

By Nedra Rogers

My daughter, Maria, quit the university. She's 19 and wants to learn What love is, says she doesn't want to wake at 50 alone and with regrets. She's got a job downtown now serving bagels, mocha, hot tortilla soup.

At 19, I quit school too, wandered to New York in search of love, but found out what a bagel was instead and sold them in the Village. Maria made two lists. The first: What love is not. It's long and drags behind her like a wrecked bridal train.

Maria, we had love so hot it scorched a generation. Love Ins on every corner. It was what you made back then instead of war. It was all you need and free. Easy coming, easy going, love ins, love outs and babies named Sunflower, Dylan, Rain.

Maria might be in love. She's not sure, but she's relentless in getting to the bottom of it. She questions everyone—wise men, fools. They offer the wisdom of regret. Follow your heart, the coward says in hindsight. Don't, warns the romantic.

If she asked me, I could tell her that regrets are not as bad as they're made out to be, that they come only one at a time like labor pains with nice breaks in between. Over the years there are so many, like cracks in a sidewalk. Who counts them?

Maria is having problems with the other list. Words that seem a perfect match for what love is turn out to be mistakes erased, deleted. If she asked me, I'd advise her to give up the second list. If there were words for what love is, there would be no poetry.

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# Flatbreads are easier to make than pizza

By Wolfgang Puck  
Tribune Media Services

"How do you make such delicious flatbreads?" That's a question we're asked all the time in my restaurants when we serve those thin, crispy pieces of freshly baked bread.

"It's even easier than pizza," is my answer. And that's no exaggeration, because flatbread is nothing more than thinly rolled-out pizza dough without the usual toppings.

Everybody, it seems, loves to bite into a wafer-thin piece of golden-brown bread, hot from the oven and almost as crunchy as a cracker. It's a perfect treat to start a meal or serve with drinks at a party—which is why it's also an ideal recipe to have at the ready.

I like to have a batch of pizza dough ready in the refrigerator to roll out and bake into flatbreads. Or, even easier, I'll bake up a batch when I have a little spare time, and then store the cooled flatbread pieces in an airtight container at room temperature, where they'll keep for several days, ready to serve.

And what do I serve with them? That's the beautiful thing about flatbreads: They're so versatile.

One of my favorite toppings is thinly sliced prosciutto, the famous Italian cured ham, drizzled with a little extra-virgin olive oil and sprin-

kled with some chopped fresh chives or parsley or a julienne of fresh basil leaves; any other kind of ham, salt-cured or smoked, is also good, and so is thinly sliced smoked salmon. I also like to mash soft, creamy fresh goat cheese with olive oil and chives to make a spread for the flatbreads; or I'll put some cream cheese, chopped smoked salmon, a squeeze of lemon, and chopped chives in the food processor to make a salmon spread.

More conveniently, you can buy ready-to-use toppings in your supermarket. Look for containers of the olive-anchoovy spread tapenade (also easily made at home in the food processor), sesame-chickpea hummus, or artichoke dip, for example.

Even more variety can come from the flatbreads themselves. In the recipe I share here, I suggest topping them before baking with chopped fresh herbs; thyme, oregano, and rosemary are good choices. You could also try some red chile flakes. Or just sprinkle on some freshly grated Parmesan cheese.

Want even thinner, crispier flatbreads? Instead of flattening them by hand, try rolling the dough through a pasta machine to make oblongs. If you like, cut them into triangles or squares before you bake them.

As you see, there's no end to the fun, delicious options. And that's what enjoyable holiday entertaining

is all about.

## CRISPY FLATBREADS

Makes 16 to 24 servings

- 1 packet active dry yeast
- 1 teaspoon organic honey
- 1 cup warm water, 105 to 115 degrees F.
- 3 cups all-purpose flour, plus extra for dusting
- 1 teaspoon sea salt, plus extra for sprinkling
- 1 tablespoon extra-virgin olive oil, plus more for brushing
- Freshly ground black pepper
- Finely chopped fresh herbs (optional)

In a small bowl, dissolve the yeast and honey in 1/4 cup of the warm water.

In a stand mixer fitted with the dough hook, combine the flour and salt. Add the oil, yeast mixture, and remaining warm water and mix on low speed until the dough comes away cleanly from the sides of the bowl and clusters around the hook, about 5 minutes. (Alternatively, make the dough in a food processor fitted with the stainless-steel blade. Combine the flour and salt in the processor and pulse the machine on and off a couple of times. Add the dissolved yeast mixture and remaining water and process until the dough begins to form a ball.)

Turn out the dough onto a clean work surface dusted with flour. With clean hands, knead the dough—repeatedly pushing down and away with the heel of your hand, then folding the dough over and rotating it a quarter turn—until smooth and firm. Gather up the dough, transfer to a bowl, cover with a clean, damp kitchen towel, and leave at warm room temperature to rise for about

30 minutes, until it stretches when lightly pulled.

Divide the dough into 4 equal pieces, each weighing about 6 ounces. Form each piece into a ball by pulling down on the side and tucking it under all around the dough; then, on a smooth, unfloured surface, roll the ball under your palm until the top feels smooth and firm, about 1 minute. Cover with a damp towel and let rest for 15 to 20 minutes. At this point, the balls can also be wrapped in plastic and refrigerated for up to 2 days.

To bake the flatbreads, first place a pizza stone on the middle rack of the oven. Preheat the oven to 500 degrees F.

Spread some flour on a plate. Dip a ball of dough into the flour, shake off excess, place the dough on a clean, lightly floured surface, and start stretching it: Press down on the center, spreading the dough into even circles as thin as possible, at least 9 inches in diameter. If you find this difficult, use a small rolling pin to roll out the dough. Repeat with the remaining dough.

Lightly brush each rolled-out piece of dough with olive oil. With the tines of a fork, tap the dough in several places to prevent air pockets from forming. Season the flatbread with salt and pepper to taste and, if you like, some fresh herbs.



Using a lightly floured baker's peel or a rimless baking sheet, and taking care with the very hot oven, slide the flatbread rounds onto the pizza stone and bake until deep golden brown, about 10 to 12 minutes. With the peel or baking sheet, transfer the flatbread to a cutting board and cut into wedges with a pizza wheel or large, sharp knife. Serve immediately.

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Tasty slices of prosciutto ham make an ideal topping for these toasted treats

<h2>Restaurant Guide</h2>	
<p><b>McFARLAND'S</b> <i>Restaurant</i></p> <p>Casual Dining, Private Parties</p> <p>Over 70 years of serving fine food</p> <p>4133 Gage Center Dr. • Topeka • 785-272-6909</p>	<p><b>Chic-A-Dee</b> <b>CAFÉ</b></p> <p>"Good Home Cooked Food"</p> <p>Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm</p> <p>3036 SE 6th • Topeka • 785-233-0216</p>
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<p><b>Old 56</b> Family Restaurant</p> <p>2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p>	<p>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.</p>

<h2>Kansas History Book Reprints</h2>	
 <p>Richard Cordley's <b>A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion (1895)</b></p>	 <p>Edward Everett Hale's <b>Kansas and Nebraska: the History, Geographical, and Physical Characteristics, and Political Position of those Territories: an account of the Emigrant Aid Companies and Directions to Emigrants (1854)</b></p>
<p><b>Now available at The Raven Book Store</b> 6 East 7th Street • Lawrence • 785-749-3300 www.ravenbookstore.com</p> <p>Open Monday-Wednesday &amp; Saturday 10-6, Thursday &amp; Friday 10-8, and Sunday 1-5</p>	

# NOSTALGIA NOTEBOOK

## January 1940

### Births

**January 2:** Jim Bakker, American televangelist and former husband of Tammy Faye  
**January 14:** Julian Bond, American civil rights activist  
**January 21:** Jack Nicklaus, American golfer  
**January 22:** John Hurt, English actor  
**January 27:** James Cromwell, American actor

### Events

**January 8:** Battle of Suomussalmi: The Russian 44th Assault Division is destroyed by Finnish forces.  
**January 8:** Food rationing begins in Great Britain.  
**January 10:** Mechelen Incident: A German plane carrying secret plans for the invasion of western Europe creates a forced landing in Belgium, leading to mobilization of defense forces in the Low Countries.  
**January 26:** Brisbane, Australia swelters through its hottest day ever, 43.2 degrees Celsius (109.76 Fahrenheit).

## January 1950

### Births

**January 12:** Sheila Jackson-Lee, American politician  
**January 16:** Debbie Allen, American actress, dancer, and choreographer  
**January 21:** Billy Ocean, West Indian-born musician  
**January 23:** Richard Dean Anderson, American actor  
**January 24:** Gennifer Flowers, American actress, connected to President Bill Clinton

### Events

**January 5:** U.S. Senator Estes Kefauver introduces a resolution calling for an investigation of organized crime in the U.S.  
**January 17:** Great Brinks Robbery: 11 thieves steal more than \$2 million from an armored car in Boston, Massachusetts.  
**January 21:** Accused communist spy Alger Hiss is convicted of perjury.  
**January 23:** The Knesset passes a resolution that states Jerusalem is the capital of Israel.  
**January 31:** President Harry S. Truman orders the development of the hydrogen bomb.

## January 1960

### Births

**January 4:** Michael Stipe, American rock singer (R.E.M.)  
**January 6:** Howie Long, American football player and actor  
**January 12:** Dominique Wilkins, American basketball player  
**January 29:** Greg Louganis, American diver  
**January 12:** Dominique Wilkins, American basketball player

### Events

**January 2:** U.S. Senator John F. Kennedy (D-MA) announces his candidacy for the Democratic presidential nomination.  
**January 9:** Aswan High Dam construction begins in Egypt.  
**January 19:** The Treaty of Mutual Cooperation and Security between the United States and Japan is signed in Washington, DC.  
**January 25:** The National Association of Broadcasters reacts to the payola scandal by threatening fines for any disc jockeys who accepted money for playing particular records.

# Must-have items for a mature household

(ARA) - The aging population will have the second biggest impact of any factor on the remodeling industry over the next five years, according to the AARP and National Association of Home Builders. Why? Because today's homeowners overwhelmingly prefer to live independently in their current homes, even if it means remodeling to meet their needs.

Whether you modify your current house or purchase new these are some must-haves to ensure you'll have a safe, secure and easily maintained home in which to spend your golden years:

### Floor plan

- Open floor plan with wide, accessible paths
- Single-story home or a two-story with a first-floor master bedroom

### Bathroom

- First-floor master bathroom equipped with safety products, such as grab bars, elevated toilet seats and shower chairs
- Curbless shower, featuring a handheld showerhead with an extra long hose
- Adjustable- or varied-height countertops

### Kitchen and laundry

- Adjustable- or varied-height countertops
- Upper wall cabinetry 3 inches lower than conventional height
- Pull-out kitchen faucet with lever handles
- First-floor laundry with front-loading machines

### Electrical and security

- Light switches by each entrance to halls and rooms
- Security system connected to police, fire and EMS
- Flashing porch light or 911 switch

### Flooring

- Smooth, non-glare, slip-resistant surfaces
- Less than 1/2-inch pile carpet with firm padding

### Exterior

- Low-maintenance exteriors, such as vinyl or brick
  - Covered garage or carport
  - Handrails near steps
- For more information about ADA-compliant pull-out kitchen faucets

from Moen or bath safety products, such as SecureMount Grab Bars, elevated toilet seats and shower chairs from Home Care by Moen, call 800-BUY-MOEN(800-289-6636) or visit moen.com.

Courtesy of ARAContent

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

## WORDS OF WISDOM

Certainly the slaughter committed from time to time by barbarians invading settled regions, or the capricious cruelties of avowed tyrants, would not add up to one-tenth the horrors perpetrated by rulers with good intentions.

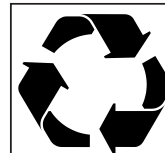
- Isabel Paterson

## JUMBLE ANSWERS

Jumbles: CHOKE SHINY ADDUCE FOSSIL

Answer: What the winning coach did when the players doused him - SOAKED IT IN

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



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## Is your heart in the right place?

Beginning November 1, follow your heart to our new cardiology practice! We're changing our name and moving our office to the new 4th Street Health Plaza, adjacent to LMH. Cardiovascular Specialists of Lawrence is affiliating with LMH. Many of the same great doctors will be providing the same life-saving expertise and technology – with a new emphasis on you. **Because now, our heart's in the right place, too.**

**John B. Hiebert, MD**

*Emerita*

**K. Michael Zabel, MD**

**Michael A. Hajdu, MD**

**Roger J. Dreiling, MD**

*Medical Director*

**Tapas J. Ghose, MD**

*Beginning December 1st*

welcome

