

# Kaw Valley **FREE!** Senior Monthly

January 2011

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 10, No. 7

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Kaw Valley Senior Monthly's annual "Senior Resources Directory" includes dozens of phone numbers and listings for organizations and businesses that deal with senior issues. - page 15-26



Naturally Savvy offers several bone-building tips, which include eating a calcium-rich diet. - page 12

COURTESY PHOTO



## Shirley Bradley helps others reach their goals.

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# Life coach helps others to change and grow

By Billie David

Topeka resident and life coach Shirley Bradley knows from her own experience that when your world seems to be crashing down around you, it's not the end. You can still experience joy and meaning in your life. So she took what she learned in the process of picking herself back up when her own world tumbled and combined it with her love of helping people. The result is her year-old business called Life Coaching by Shirley.

Having gone through a long journey of soul searching, or what she terms a "soul-directed metamorphosis," Bradley realized that she could help people get through changes and experience growth in their lives without having to go through the pain of a personal crisis first.

"I try to teach people that they can go through the change without going through the losses," she said. "I know that change is possible, and anybody can change. It's very exciting and it can be very pleasurable. It's better than being stuck and maintaining outworn beliefs. But it can also be painful. People may not be happy with where they are, but they are afraid of the unknown."

And unknown to her, Bradley had been preparing throughout her working life for the work that she loves—helping people reach their goals and live fulfilling lives.

She began her career as what she calls a "grassroots, frontline social worker," and she remained with the SRS for 18 years.

"I did case management with children and parents, crisis intervention and family preservation," she said, explaining that the goal was to help create a safe environment for the children and healthy parenting skills for the parents in order to keep families integrated, although at times they had to place the children in foster care or put them up for adoption.

Bradley was living in Independence, Kansas, at the time, having moved there to start life anew after a long marriage ended in divorce.

Then the unthinkable happened. Her 25-year-old son was seriously injured in a motorcycle accident.

"I could never have imagined the

tragedy. I never envisioned my son in a nursing home, paralyzed, not able to communicate with the world," Bradley said of her son's 12 remaining years spent in a vegetative state.

"So what do you do?" she said. "You have a choice. And I chose to move forward. I just was putting one foot in front of the other at the time."

What she didn't realize then is that this is the way a journey begins—one step and then another, and another....

"I was on a soul journey," she said.

Bradley moved back home to Topeka, where she grew up, and eventually returned to social work, this time in the area of employment preparation services, helping clients prepare for the workforce.

The state of Kansas was using K-State professor Linda Thurston's Survivor Skills for Women program, and Bradley participated by teaching workshops that helped women learn self-sufficiency skills, interviewing, networking, making backup plans,

COURTESY PHOTO



Shirley Bradley

budgeting and numerous other skills they needed to succeed in the work world.

She also worked as a facilitator for

a job club, which had a tighter focus on the specific skills necessary to actually obtain a job, such as how to get

■ CONTINUED ON PAGE FOUR

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Editor and Publisher  
Kevin L. Groenhagen

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# Shirley Bradley

■ CONTINUED FROM PAGE THREE

an interview and how to dress for it.

After doing that for several years, Bradley took an administrative position, helping with the change Kansas was making toward private providers for foster care and serving as a monitor. When other states expressed interest in the process, which Kansas was the first state to adopt, she became involved in training again.

"I decided it was time for me to retire," she said, "but when I did retire I thought, 'I'm not ready for this.'"

During her time in Topeka, Bradley had undergone a metamorphosis. Her son's condition had led her into a long, introspective journey during which, she said, "I did some deep soul searching and I discovered the depths of myself."

And she also wrote a book entitled *But Not In Vain*, in which she discusses the changes she has gone through.

So when Bradley decided she was not ready to retire, she took inventory of who she was and what she enjoyed.

"I've always loved helping people and I loved social work," she said. "I knew that my life was meant for teaching, and I decided the best way was to share my educational, professional and personal experience and become a life coach."

Bradley studied and drew upon her own experience to pass a test she was required to take to become a certified member of the International Association of Coaching.

She is now a member of the Greater Topeka Chamber of Commerce, and her business specializes in personal awareness, healthy relationships, stress management and intentional living.

"I believe strongly that people, instead of making a living, should make a life," she explained. "If you love what you do, that's a life. If you go to a job that you hate, that's not living."

Bradley believes that coaching services like hers could especially benefit seniors who want to continue to grow and take risks, especially considering that we live in a youth-oriented society where the media tends to depict people over 50 as irrelevant, over the hill and unable to change.

"We are conditioned to think inside

the box, to live life in the confines of linear thinking and rigid beliefs," Bradley said.

"When I do public speaking, I have people in their late 50s come up and say to me, 'I think I'm too old to change,'" she continued. "I tell them they are never too old to grow and live life with passion, creativity and joy. There are numerous examples of people in their nineties that are doing some adventurous and spectacular things. They've chosen to take risks and live outside their comfort zones too."

Bradley sees her role of life coaching as that of partnering with her clients to accomplish their life goals, be it looking for a soul mate, simplifying their lives, de-cluttering their homes, resolving conflicts with their employers, changing jobs, effecting a personal makeover, or just about anything

else in a wide spectrum of life issues.

"It's not psychotherapy or focusing on the past," she said. "It's about change and moving forward into the future. My role is to be their champion, their best life advocate, their change agent. I am subjective and empathetic enough to understand, but I'm also objective enough to challenge their beliefs and procrastination, but in an enjoyable way. I always give them assignments, plans of action steps."

Bradley said she often sees clients who may have had therapy or counseling but who need help changing. They come because they are stressed out and feel stuck. Their lives are in transition. But in order to experience success, they also have to come with the willingness to change and grow.

"I let them know what they can ex-

■ CONTINUED ON PAGE FIVE



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# Shirley Bradley

■ CONTINUED FROM PAGE FOUR

pect from me upfront. I let them know what their role is and what my role is. They're paying me and I want to give them the best service I can give. I'm passionate about that. I give all the power to the client. I'm empowering them."

Bradley also encourages and helps her clients access and use community resources to help them accomplish their goals.

"As a life coach, it's my goal to help clients take better care of themselves, to have a more balanced life, to reach for more than they thought they could, to make better decisions for themselves and their businesses, to help them be more focused and passionate and energized about their lives," she said.

As for a second retirement, Bradley said she hopes to work until her body gives out.

"That is my goal," she said. "I have no plans for retirement. I thrive on helping people within this particular profession."

Another thing she thrives on is taking time to read and reflect. At the top of her reading list are books on psychology, human behavior, spirituality and how to evolve personally.

"I have a very curious mind," she said. "I love learning. I'm curious about people, who they are. I like learning about life, about the truths of life."

Some of her mentors along the way, she said, are Joseph Campbell, Mohatma Gandhi, Mother Teresa, Nelson Mandela, Carl Jung, and Elisabeth

Kubler-Ross.

"That's what life is about," she said. "It's about loving, nurturing, caring, and valuing self and others. It's about giving and understanding. It's also about self respect and self-love. Then you have that to give to others, and there's so much joy in that."

Bradley also has done work as a motivational speaker, and has written a three-hour professional training called "The Ethics of Euthanasia," which she presented at the Kansas State Governor's Conference. In Feb-

ruary she will present "Life is a Dance" at the Shepherd's Center, and in March she will be giving two presentations, "Dance of Life," and "The Art of Change" at the Topeka Shawnee County Public Library.

For more information about Bradley's life coaching services, readers can visit her website at [www.LifeCoach-ShirleyBradley.com](http://www.LifeCoach-ShirleyBradley.com). Inquiries about her book or about her services can also be addressed to [shirleylifecoach@yahoo.com](mailto:shirleylifecoach@yahoo.com), or by calling 785-235-1246.

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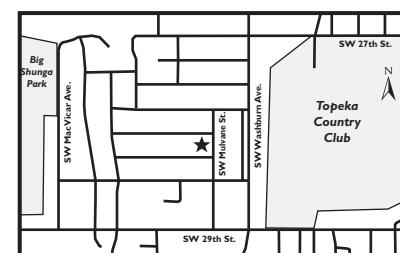


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## PUBLISHER'S COLUMN

# What happened to Senior Monthly?

By Kevin Groenhagen

You may have noticed that Senior Monthly looks a bit different this month. For the past nine years, two different suburban facilities of The Kansas City Star printed Senior Monthly for us. Senior Monthly is now printed at The Star's Press Pavilion in Kansas City.

In order to move printing to the Press Pavilion, we needed to resize Senior Monthly to The Star's standard tabloid size. This is the first format change we have made to Senior Monthly since we launched it nearly

a decade ago. We had to reduce the page size slightly, but we refuse to reduce the font size for our copy. Because our readers (as well as yours truly) have more mature eyes, we'll continue to use a font size that is roughly 20 percent larger than the size used in most newspapers.

While our page size has gotten smaller, I believe we more than make up for that with improved quality. The Star's Press Pavilion opened in 2006 and ranks as one of the finest printing facilities in the world. In addition to printing The Star, it also prints a Midwest edition of The Wall

Street Journal.

If you have any comments or questions about the new format, please call me at (785) 841-9417 or e-mail me at kevin@seniormonthly.net.

•••

For those who have access to the In-

ternet, you can now visit Kaw Valley Senior Monthly on Facebook. In addition to status updates regarding Senior Monthly, our Facebook account will include links to articles of interest to seniors, their families, and professionals who care for seniors.

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## RETIRE SMART

# How deficit reduction proposals would affect Social Security

The growing momentum for federal budget deficit reduction is pointing toward cuts in Social Security benefits for millions of Americans—and one of the proposed changes would begin taking effect quickly.



Mark  
Miller

Several panel members of President Obama's deficit reduction commission released detailed trial balloon proposals in December. The two bipartisan plans released so far each include Social Security benefit cuts; a third, released by Rep. Janice Schakowsky (D-Illinois), wouldn't cut benefits.

Social Security does have a long-term problem. The program operates on a 75-year time horizon—and it requires adjustment periodically due to rising longevity and the fact that the nation's birthrate has been falling. Current projections show the SSTF will be exhausted around 2035; at that point, Social Security would be reliant on current payroll tax revenue, and would only be able to pay about 76 cents of promised benefits.

The two sets of bipartisan plans tackle it through a combination of Social Security benefit cuts and new revenue.

One plan, released by the co-chairman of the deficit commission, addresses that shortfall with a proposal made up of about 25 percent new revenue and 75 percent benefit cuts. New revenue would be generated by gradually lifting the percentage of wages subject to Social Security payroll taxes, currently capped at \$106,800; by 2050, 90 percent of wages would be subject to tax.

Past Social Security benefit cuts have nearly always been phased in slowly to avoid affecting current retirees or those close to retirement. Not so with this proposal. One of the most important changes would change the formula for Social Security's annual cost-of-living adjustment (COLA). The changes would be phased in starting in 2012.

Commission co-chairmen Alan Simpson and Erskine Bowles propose replacing the current measure, the Consumer Price Index for Urban Wage Earners and Clerical Workers—known as the CPI-W—with a new "chained" CPI that takes into account "substitution purchases" consumers often make to avoid high prices. The "chained" CPI is expected to rise 0.3 percent less annually than the CPI-W. That may sound small, but it's powerful when compounding is factored in, cutting lifetime benefits by about 9 percent for someone reaching the age of 92, according to the National Academy of Social Insurance (NASI).

Critics of this reform argue that the "chained" CPI doesn't reflect ac-

curately the inflation experienced by seniors, since they spend a higher proportion of their income on health care, where prices are rising at about four times the rate of general inflation.

Another key benefit reduction would be made by making technical changes to the way that Social Security averages workers' lifetime earnings to determine benefits. This is the biggest single change, reducing the Social Security Trust Fund (SSTF) long-term shortfall by 45 percent.

The last big proposed cut is to push the full benefits retirement age to 68 by 2050, and 69 by 2075. Reform advocates and actuaries argue that we'll all need to work longer due to rising longevity rates. But it's important to understand that boosting Social Security's full retirement age is a lifetime benefit cut for everyone, no matter when you claim benefits.

Consider the increase in retirement age already being implemented under the 1983 reforms. When the full benefit age hits 67 in 2022, anyone claiming between age 62 and 66 will receive about 12 to 14 percent less in lifetime benefits, according to NASI.

The second bi-partisan deficit reduction trial balloon steers clear of the higher retirement age, but does recommend other cuts, including the "chained" CPI to compute COLAS. This proposal, the brainchild of Alice Rivlin, who served as budget director during the Clinton Administration, also suggests several new revenue sources.

Finally, Schakowsky's proposal keeps current benefits where they are, addressing the SSTF's long-range solvency issue through new revenue.

It's not clear yet which, if any, of these proposals will move forward, although the conservative shift in Washington's political climate following the mid-term elections suggests the

odds are rising for Social Security benefit cuts of some kind.

That would be a bad move at a time when the need to bolster retirement security is rising dramatically. Americans simply are on track to run out of money in retirement—the result of depressed retirement accounts, unemployment and rising expenses for healthcare.

Earlier this year, the Employee Benefit Research Institute (EBRI) reported that many American households—in all income brackets—won't have enough cash in retirement to meet expenses in retirement. EBRI's 2010 Retirement Readiness Rating study projected that almost one-third of Americans in the second-highest income bracket will run out money after 10 to 20 years in retirement. And, nearly two-thirds (64 percent) of Americans in the two lowest pre-retirement income brackets will run short 10 years out.

Meanwhile, Social Security benefits already are modest—the average benefit paid is about \$14,000—about \$6,000 less than it takes for an average senior to make ends meet, according to the Elder Economic Security Standard.

Against that backdrop, it's hard to see why cuts in Social Security should be included in whatever cure we decide to take for the federal budget deficit.

- Mark Miller is the author of "The Hard Times Guide to Retirement Security: Practical Strategies for Money, Work and Living" (John Wiley & Sons/Bloomberg Press, June 2010). He publishes RetirementRevised.com, featured recently in Money Magazine as one of the best retirement planning sites on the web. Contact Miller with questions and comments at: [mark@retirementrevised.com](mailto:mark@retirementrevised.com)

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by

Dr. Cohen

## HEALTH & FITNESS

# Tips for a healthy new year

People collect all kinds of things. I collect tips for healthier living. In my work as a health professional, I share these tips with patients all the time. Here are eight of my favorites to keep you well in 2011.

### Keep Health Records Handy

A computer can help. Open a word file and enter a list of your medica-



Laura  
Bennetts

tions, your allergies and your health diagnoses. Reduce the type size to 8 (with a two inch margin on each side). Print this list, cut it out—it should be about the size of a credit card—and put it in your purse or wallet. You can even have it laminated at a copy shop, if you want it to last.

You can update this list anytime and share it with your doctor or pharmacist or anyone else who needs to see it. If the print is hard to read, you can carry a key-chain magnifying glass or print an enlarged copy on a photocopy machine.

### Don't Wait Until Friday

If you think you need to see a doctor, call immediately. Talk to an advice nurse to see if your problem warrants swift action. If so, see your doctor before the weekend. Otherwise, you may wind up racing to the emergency room on Saturday or Sunday.

### Keep Your Feet Happy

This advice is just as good today as when my mom got me Oxfords, even though I wanted Keds. Luckily we have more options now than ever in the “good shoe” category. You want shoes that fit in both width and length, with arch support. If you're not sure about a shoe at the store, try this: Take the shoe and try to fold it lengthwise, pressing the toe towards the heel. If you successfully bend it in half, that shoe is NOT supportive enough for everyday wear. And be sure to shop for shoes in the afternoon, when, due to normal daily swelling, your feet are slightly larger than in the morning.

### Don't Take It Too Easy

Often, people with injuries think they should stay entirely off their feet. That can be an error. Every day that you spend in bed, you grow a bit weaker. And time spent needlessly in chairs or wheelchairs can also weaken you.

If you injure your foot, it's often better to walk with a crutch or a walker than to stay in bed. If you're weak from lack of exercise, you should exercise, not just rest. If you're ill, get medical help quickly—don't just wait to get better. Waiting for pain to diminish and toughing it out can cause your body to weaken while you wait. Regaining strength through exercise is important to improving your health.

### Equipment Makes You Independent

People often resist using canes or crutches, fearful that relying on assistive devices will weaken them. But

the opposite is often true. If a cane or a crutch helps you to remain active, you'll end up stronger, not weaker. This should be no surprise. We often use devices to help us move around and get things done.

- When you use a riding lawnmower, you get more done in less time.

- When you use a cane, you walk farther with less risk of falling.

- When you wear a knee brace, you walk farther with much less pain and your knee will grow stronger.

### Get the Right Equipment

Of course, you need to have the right equipment, fitted for you by a physical or occupational therapist. Not all canes or crutches are right for you. For example, if you borrow a cane from someone who is significantly taller, the cane will be too tall—you need a cane that's right for your height. And training with a therapist to learn how to use your equipment is also essential. For instance, if your left hip is painful, you need to use the cane in your right hand and place the cane down when you step out with your left foot. Practicing this way of walking with a therapist will help you get the most independence from your new device.

### Age Is No Excuse

An elderly man was told to ignore the pain in his left leg. “At your age, you should expect some aches and pains,” he was told. “But my other leg doesn't hurt,” he answered, “and it's the same age.”

He had a point. Don't blame your age if your joints ache, if your bladder leaks, or if you have trouble sleeping. Many of your limbs and organs are just fine, and they're just as old as the ailing parts. Seek your doctor's advice and don't be shy about your

concerns...really tell your doctor everything. Don't worry about seeming like a worry wart or taking too much of your doctor's time. That's what doctors do. Make a list of your concerns and be ready to put time and energy into getting the medical help you need to address your problems properly.

### Sit Up Straight

Many aches and pains are caused by poor posture. So if your neck hurts, or if you have back pain, check your posture. Use a mirror or get feedback from friends. And you should avoid squishy couches and sit in supportive chairs. If you stand for a long time (say, in line or at a party) you will begin to slouch as your muscles tire. In situations like these, you can walk around a little or lean gently against a wall or a grocery cart. If you're stiff and in pain in the morning, think about your sleeping posture. Is your mattress still supportive? Is your pillow keeping your head and neck in good alignment?

### Remember...

Little changes in daily routines can have big effects. So before you rush out to buy new products or procedures that promise to solve your problems for you, see what you can do to help yourself. Ask a friend, or seek advice from a physical therapist. A timely tip can have tiptop results.

- Laura Bennetts, PT, MS, has been a practicing physical therapist since 1982, when she earned a Master of Science degree in Physical Therapy from the University of Southern California. She owns and directs Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services LLC (785-594-3162). If you have any questions for Laura, please write to her c/o laurabennetts@hotmail.com.



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## HEALTH & FITNESS

# What are probiotics?

Probiotics are nutritional supplements often used in clinical practice, or that people often take. So people frequently ask questions about probiotics. What are probiotics? Is there any benefit to taking probiotics? Is there any harm to taking probiotics? Are there any foods that contain probiotics?



Dr.  
Farhang  
Khosh

**What are probiotics?** Probiotics are live microorganisms that are similar to beneficial microorganisms found in the human body's gut. There are over 400 species of microorganisms in the human digestive tract. Probiotics are also called "friendly bacteria" or "good bacteria." They are available to a person mainly in the form of dietary supplements and foods. Most probiotics are bacteria similar to those naturally found in people's guts and the vagina, especially in those of breastfed infants (who have natural protection against many diseases). More often, the bacteria come in two groups, *Lactobacillus* or *Bifidobacterium*. Each group has different species (for example, *Lactobacillus acidophilus* and *Bifidobacterium bifidus*), and, within each species, different strains (or varieties).

**Is there a benefit to taking probiotics?** Why would a person supplement with lactobacillus or any other bacteria? Diet, lifestyle habits, and medicines can disturb the balance in the human body's gut. In the beginning, probiotics were thought only to affect the host beneficially by improving its intestinal microbial balance and stopping pathogens. Currently, probiotics are being investigated to alleviate chronic intestinal inflammatory diseases, lower cholesterol, lower blood pressure, improve immune system function, and treat diarrhea, constipation, upper respiratory infections,

and atopic diseases.

Many people take probiotics to offset the side effects of antibiotics, which will kill friendly bacteria in the gut along with unfriendly bacteria. The interactions between a person and the microorganisms in their body can be essential to the person's health. The idea that certain bacteria can play a positive role in the human body was first introduced by Russian

scientist Eli Metchnikoff, who suggested that it would be possible to modify a person's gut flora and to replace the harmful microbes with helpful ones.

**Is there any harm in taking probiotics?** Can anyone benefit from taking probiotics? The oral use of probiotics is generally considered to be safe. The World Health Organization has recommended their use under specific guidelines. However, it is always best to check with your doctor or health care practitioner before starting the use of any supplement, including probiotics.

What food sources contain lactic

acid bacteria? A main food source is fermented milk products such as yogurt, cheese and kefir. Other foods that contain lactic acid bacteria include pickled vegetables, fermented bean paste such as tempeh and miso, kimchi, kombucha, sauerkraut, soy sauce, and some juices.

As we enjoy our yogurt smoothie, we can be reassured not only does it taste good, but it actually is good for us due to the good bacteria it is supplying to our bodies.

- 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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## PERSONAL FINANCE

# Know your options for long-term care

Long-term care is an increasingly important part of planning for your future. Not only are you going to live longer, but it is increasingly difficult for working people to pro-

be unable to provide ongoing care, adult day care facilities may be a practical alternative. Designed to promote social interaction while meeting the health care needs of long-term care recipients, adult day care offers caregivers the time necessary to meet their own day-to-day responsibilities at home and at work.

### Moving to a facility

Moving a loved one into a facility can be stressful and time consuming. Is it the right thing to do? Is it the right facility? How will the bills be paid? Do you or your family member have the resources to cover expenses that are not covered by Medicare or supplemental coverage? These questions are not easy to answer. To make an informed decision, it is important to know the choices of facilities available in your area.



Joe B.  
Jones

vide the care needed for their loved ones. When independence is limited by a chronic mental or physical illness, you or a loved one will need to find the care you need. Depending upon the level of assistance required, care may be administered at home, in the community or within a facility.

### Receiving care at home

When determining the appropriate plan of care, keep in mind that people generally prefer to remain in their home because it is familiar and probably the most comfortable. Home care can also promote emotional well-being for the entire family.

The most common providers of home care are family and friends. However, their assistance is not always available on a 24 hour a day basis. When extensive care is required, the family may decide to hire third-party home health care providers.

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

- **Professional Home Health Care Providers** - registered nurses, licensed practical nurses, licensed vocational nurses, occupational therapists, physical therapists and speech therapists, or
- **Personal Home Health Care Providers** - licensed social workers and nurse's aides.

To assist those families whose adult children work during the day, and may

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

One type of facility is an alternate living facility. These facilities, known as residential care facilities in California or assisted living facilities in other states, are designed to meet a wide range of individual needs with-

in a residential-type setting. A typical facility can accommodate anywhere from 5 to over 100 residents. Depending on an individual's needs, units may be adapted to facilitate physical activities like bathing and meal preparation.

Care delivered in nursing homes is also evolving. As the cost of hospitalization increases, many people complete their recovery in nursing homes. Nursing homes offer a less expensive alternative to some types of care and therapies formerly available only

■ CONTINUED ON PAGE 11

## Babcock Place Apartments



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## Long-term care

■ CONTINUED FROM PAGE 10

in a hospital. Some nursing home residents receive therapy, which encourages them to regain their independence and then return home. Others may find they continue to need assistance throughout the day and remain at the nursing home for extended periods of time.

### Planning Ahead

No one likes to think about a long-term care event, but considering your options while you're healthy is the best time to plan. First it is important to educate yourself about long-term care options offered through Medicare, Medicaid and Medigap supplemental policies.

Generally, Medicare doesn't pay for long-term care. Medicare pays only for medically necessary skilled nursing facility or home health care. However, you must meet certain conditions for Medicare to pay for these types of care. Most long-term care products are designed to assist people with support services such as activities of daily living like dressing, bathing, and using the bathroom. Medicare doesn't pay for this type of care called "custodial care."

One option to consider is to purchase long-term care insurance. Long-term care insurance enables you to receive care in your home, the community, an alternate living facility (e.g., Alzheimer's facility), or in a nursing facility. It can protect you from depleting your assets and divert-

ing your retirement income in order to receive the necessary care. Long-term care insurance offers a sense of independence—freedom from having to rely on your own assets, your children or the government to pay for care.

Buying a long-term care insurance policy is an important decision that shouldn't be taken lightly or put off. Not only is it more affordable in your 40s and 50s, but you are more likely to be insurable. Make sure that you buy from a reliable company that is licensed by your state to sell long-term care insurance.

A good place to learn more about long-term care options and long-term care insurance is to visit [www.longtermcare.gov](http://www.longtermcare.gov), or consult with your state's insurance department for additional information including a buyer's guide, which can further explain long-term care insurance.

*- Joe Jones is a Financial Representative with Northwestern Mutual Financial Network Jayhawk Financial Group, based in Lawrence, KS. A financial representative is a licensed insurance agent. He is licensed and appointed to sell long-term care insurance for Northwestern Long Term Care Insurance Co., Milwaukee, WI, a subsidiary of Northwestern Mutual Life Insurance Company—Milwaukee, WI.) Northwestern Mutual Financial Network is the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (NM), Milwaukee, WI, and its subsidiaries and affiliates. To contact Joe, please call 866-842-3001 or e-mail him at [joe-jones@nmfn.com](mailto:joe-jones@nmfn.com).*

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## NATURALLY SAVVY

# Bone up on bone health

By **Andrea Donsky and Randy Boyer**  
Naturally Savvy

Make no bones about it, osteoporosis is serious business. The skeletal system is just as important as the heart, skin, and digestive system, yet we tend to disregard it, often until it's too late. And while it's true that women are more often affected by osteoporosis, but men can develop this disease, too.

Osteoporosis literally means porous bones. It's a progressive disease in which the bones become weaker and weaker, gradually causing changes in posture and increasing one's susceptibility to bone fractures. Unfortunately, it's asymptomatic until a bone breaks; however, it's entirely preventable with the appropriate dietary and lifestyle measures—that is, promoting bone-building and avoiding factors that contribute to bone loss.

There are three basic causes of osteoporosis: 1) hormonal changes, such as menopause or thyroid problems; 2) poor diet—nutrient deficiencies, especially calcium and vitamin D, as well as alcohol, caffeine, and excessive sugar and protein all contribute to bone loss; 3) treatment with certain drugs, including chemotherapy, anti-seizure medications, antacids, certain steroids and anti-coagulants.

Just as important as bone-building with diet, supplements and exercise is preventing bone loss. Here are some effective strategies for both from [www.NaturallySavvy.com](http://www.NaturallySavvy.com):

### 1. Encourage an alkaline diet

Limit (or eliminate) acid-forming foods and substances, including coffee, soda pop, oversized portions of meat and poultry, and sugar. These foods reduce blood pH, causing calcium to leech from the bones.

Did you know? The highest rates of hip fractures in the world occur in countries where women consume large amounts (between 60

and 80 g) of animal protein per day. A vegetarian diet is associated with a lower risk of osteoporosis.

### 2. Avoid "calcium drainers"

These substances decrease the body's ability to absorb calcium: refined sugar, excessive sodium and salt, excessive protein intake (meat, eggs, dairy—that's right, dairy!), a high phosphorus intake from soft drinks and meat, and caffeine. Smoking and stress hormones also interfere with calcium absorption.

### 3. Eat a calcium-rich diet

Aim for 1,200 mg of calcium daily. Good sources include broccoli, kale, collard greens, mustard greens, squash, chickpeas, sesame seeds, and sea vegetables, dairy products, and fortified beverages.

### 4. Include vitamin D

In addition to direct exposure to sunlight, vitamin D-rich foods include fatty fish, such as salmon, cod liver oil, liver, sun-exposed mushrooms, eggs, fortified milk, and fortified soy milk.

Bones need more than calcium. They also need the vitamins D, C, and K, as well as boron, zinc, iron, fluoride, copper, magnesium, and manganese. Calcium supplementation alone does not prevent bone matrix disintegration, calcium loss, or fractures. A comprehensive bone formula should include a mix of minerals, as well as vitamin D3 and vitamin K, and trace minerals (including boron and silica).

Take your bone-building supplement with the evening meal for best absorption.

- *Andrea Donsky and Randy Boyer are the co-founders of [NaturallySavvy.com](http://www.NaturallySavvy.com), a website that educates people on the benefits of living a natural, organic and green lifestyle. For more information and to sign up for their newsletter, visit [www.NaturallySavvy.com](http://www.NaturallySavvy.com) (<http://www.NaturallySavvy.com>).*

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# SENIOR CALENDAR

**Editor's Note:** While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. **PLEASE CONFIRM ANY EVENT YOU PLAN TO ATTEND.**

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

## ART/ENTERTAINMENT

JAN 13

### STORY OF MUSIC, STORIES FROM HOME

A program of music history and literature that explores the nature of stories presented by musician Lauren Pelon and writer Gary Holthaus. The program will examine and illustrate the role of music and story in creating an enduring community and feeling of "home." Event Time: 7-8:30 p.m. Admission is free. 1515 SW 10th Avenue, Marvin Auditorium 101A. TOPEKA, (785) 580-4608  
<http://www.tsctl.org>

JAN 16

### THE TIARA CLUB BAND

The Tiara Club Band, a jazz vocal ensemble featuring Kathryn Huey and based in Kansas City, will perform as part of the Unitarian Chamber Music Series at 2:30 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. Fee. Contact John Boulton, (785) 842-4429, or [jboulton@ku.edu](mailto:jboulton@ku.edu) for more information.

JAN 20-30

### SKIN DEEP

A large, lovable, lonely-heart gives romance one last shot on a blind-date in this quick-witted, intelligent voyage into the not-so-tranquil seas of middle-aged love and dating. With crackling and hilarious dialogue, and quirky, endearing characters, audiences will cheer for the success of this unlikely couple. Lawrence Community Theatre. LAWRENCE, (785) 843-7469  
<http://www.theatrelawrence.com>

JAN 21

### WTCT PLAYERS

WTCT Reader's theatre company celebrates the radio plays of the 30s, 40s, and 50s! Show time: 8 p.m. Admission fee. 3028 SW 8th Avenue. TOPEKA, (785) 357-5211  
<http://www.topekacivictheatre.com>

FEB 2

### MICHAEL FLATLEY'S "LORD OF THE DANCE"

More than 100 million people worldwide have seen Lord of the Dance—the international Irish dancing extravaganza. Lord of the Dance has an ability to connect with the audience and initiate and captivate a new generation. Adding to the visceral and emotional impact are costumes, lighting and staging that are cinematic in scope. Topeka Performing Arts Center. TOPEKA, (785) 234-2787  
<http://www.tpactix.org>

## 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 & 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

SUNDAYS & TUESDAYS

### MOOSE CLUB

6:00 p.m.  
1901 N KANSAS AVE, TOPEKA, (785)  
235-5050

## 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., Law-  
rence, 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

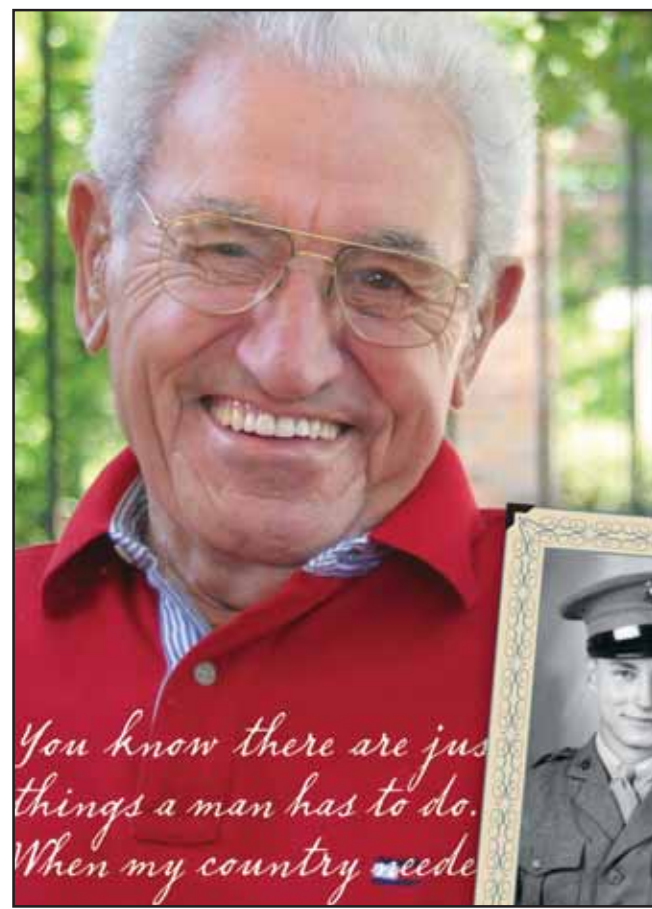
Monthly classes are held at Stormont-Vail.  
Call to make reservation.  
TOPEKA, (785) 354-5225

JAN 11-FEB 15

### KANSANS OPTIMIZING HEALTH PROGRAM: LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Do you have or care for someone with arthritis, diabetes, heart or lung disease or other chronic conditions? This six-week program will cover self-care strategies to reduce pain, deal with fatigue, exercise safely, eat well, manage stress, use medications effectively, and set and meet personal goals. Participants should be working in partnership with a

■ CONTINUED ON PAGE 14



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CONTINUED FROM PAGE 13

healthcare provider before attending this class. Babcock, 1700 Massachusetts St., Tuesdays, 2-4 p.m.

LAWRENCE, (785) 749-5800

JAN 15

### 10,000 STEPS A DAY CLASS

The 10K a Day program is designed to increase your daily steps to 10,000 and to 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 their daily steps. \$10/person. This program is available to take out to groups of 5 or more confirmed registrants. Lawrence Memorial Hospital Meeting Room A, 9-10:30 a.m.

LAWRENCE, (785) 749-5800

JAN 20

### 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 Meeting Room A, 12-1:30 p.m.

LAWRENCE, (785) 749-5800

JAN 20

### NUTRITION ROUNDTABLE: "THE D.A.S.H. FOOD PLAN"

LMH Registered Dietitian Patty Metzler will offer a free monthly presentation focused to the latest information about healthy eating. This month, come and learn more about the D.A.S.H. eating plan that may help to reduce blood pressure and provide other health benefits. Lawrence Memorial Hospital Meeting Room D, 6:30-7:30 p.m.

LAWRENCE, (785) 749-5800

## EXHIBITS/SHOWS

OCT 1-JAN 16

### PRINTED IMAGES III

This is a national juried exhibition that features contemporary printmaking. The exhibit is co-hosted with the Sabatini Gallery, Topeka and Shawnee County Public Library. Museum is closed on Mondays. Admission is free.

TOPEKA, (785) 670-1124

OCT 15-JAN 23

### WASHBURN UNIVERSITY ART DEPARTMENT FACULTY EXHIBIT

Works in a variety of media and styles will be displayed. Museum is closed on Mondays.

Mulvane Art Museum.

TOPEKA, (785) 670-1124

JAN 4-FEB 6

### COMMEMORATING THE STRUGGLE FOR FREEDOM IN KANSAS

Exhibit featuring local high school artists, who will create an exhibit inspired by the theme "The Struggle of Freedom in Kansas." Depicting stories of sacrifice and achievement in the struggles of Kansas. Admission is free. Exhibit hours: 9 a.m.-5 p.m. daily. 1515 SE Monroe Street

TOPEKA, (785) 235-3939

<http://www.brownvboard.org>

JAN 11-13

### TOPEKA FARM SHOW

Come by and check out the latest farm

equipment, products and supply materials.

One Expocentre Drive, Landon Arena.

TOPEKA, (785) 297-1000

<http://www.ksexpo.com>

JAN 21-APR 10

### THE RAIL SPLITTER AND THE RAILROADS

Before there was President Lincoln, there was A. Lincoln, Attorney. This exhibit traces Lincoln's lifelong commitment to transportation as a means of developing the frontier—a stance that was to have significant implications for Kansas and the nation. The exhibit is curated by Peter A. Hansen, editor of Railroad History and correspondent for Trains magazine. 701 N Kansas Avenue.

TOPEKA, (785) 232-5533

<http://www.greatoverlandstation.com>

JAN 21-DEC 31

### 150 THINGS I LOVE ABOUT KANSAS

This special exhibit will commemorate the 150th anniversary of Kansas statehood. 6425 SW 6th Avenue.

TOPEKA, (785) 272-8681

<http://kshs.org>

JAN 29-MAR 18

### KANSAS 150/150 ART EXHIBIT

Kansas has been a state for 150 years! The library features its collection of art, historic objects and great stories from our past. This exhibit is sponsored by funds from the National Endowment for the Humanities. Alice C. Sabatini Gallery, 1515 SW 10th Avenue.

TOPEKA, (785) 580-4608

<http://www.tscpl.org>

## HEALTH

MONDAYS THROUGH FRIDAYS

### FIT FOR LIFE

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11:00 a.m. and 2:00-5:30 p.m.; Fridays, 8:30-11:00 a.m. and 2:00-4:00 p.m. **LMH South:** Mondays through Thursdays, 8:00-11:00 a.m. and 2:00-4:00 p.m.; Fridays, closed. Fee. **LMH KREIDER REHABILITATION SERVICES** LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10:00 a.m.-1:00 p.m.

HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free.

TOPEKA, (785) 354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

### JAZZEXERCISE 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

### 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

FIRST THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:00-10:30 a.m.

Westridge Mall (Entrance of Panda Restaurant). Free.

TOPEKA, (785) 354-6787

FIRST & 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 CLINIC

HealthWise 55 Clinic. 9:30-11:00 a.m.

Southwest YMCA, 3635 SW Chelsea. Free.

TOPEKA, (785) 354-6787

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

THIRD THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:00-10:00 a.m. Rose Hill Place, 37th and Gage. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free.

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

FOURTH THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:00-10:30 a.m. North YMCA, 1936 N. Tyler St. Free.

TOPEKA, (785) 354-6787

JAN 5

### 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. \$6/test. Lawrence Memorial Hospital, HealthSource Room, 8:30-10 a.m.

LAWRENCE, (785) 749-5800

JAN 12

### 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, 9-11 a.m.

LAWRENCE, (785) 749-5800

JAN 17

### BONE DENSITY SCREENING

See January 12 description. Lawrence Memorial Hospital, HealthSource Room, 4-6 p.m.

LAWRENCE, (785) 749-5800

JAN 28

### BONE DENSITY SCREENING

See January 12 description. Lawrence Memorial Hospital, HealthSource Room, 9-11 a.m.

LAWRENCE, (785) 749-5800

FEB 2

### CHOLESTEROL SCREENINGS

See January 5 description. Lawrence Memorial Hospital, HealthSource Room, 3-4:30 p.m.

LAWRENCE, (785) 749-5800

FEB 3

### BONE DENSITY SCREENING

See January 12 description. Lawrence Memorial Hospital, HealthSource Room, 1-3 p.m.

LAWRENCE, (785) 749-5800

## HISTORY/HERITAGE

JAN 13

### HOME ON THE RANGE: KANSAS FOLKLORE WITH JIM HOY

The customs, traditions, stories, crafts, and songs of our folklore both bind us to our neighbors and distinguish us from them. Delve into the wealth of Kansas folklore and discover Kansas' occupational, ethnic, and regional cultures. A Statehood Speakers Bureau program presented by the Kansas Humanities Council. A Kansas 150 event. Topeka & Shawnee County Public Library, 7 p.m.

TOPEKA, (785) 580-4400

<http://www.tscpl.org>

JAN 15

### KANSAS CATTLE TOWNS WITH JIM GRAY

Texas Longhorn cattle, rowdy cowboys, gamblers, gunslingers, and tempting women combined to produce the archetypal Kansas cattle town. Chronicled in literature, music, and movies, the cattle town has been a common setting for adventure and intrigue, but the real meaning and importance of cattle towns has rarely been explained. Many misconceptions have endured to distort the actual history of the Kansas cattle town.

This presentation will reveal the Wild West as it really was. Sponsored by Leavenworth County Conservation District. A Statehood Speakers Bureau program presented by the Kansas Humanities Council. Lansing Community Center, 6:30 p.m.

LANSING, (913) 682-2133

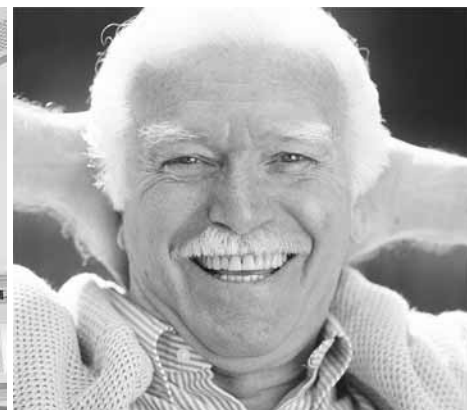
JAN 23

### KANSAS MUSIC AND MEMORIES

Join us for a delightful collage of Kansas stories and folk songs. Talented library staff will bring life as they entertain you with classic stories of our state's earlier times. 1515 SW 10th Avenue, Marvin Auditorium.

TOPEKA, (785) 580-4608

<http://www.tscpl.org>



# 2011 Senior Resources Directory



## ADVOCACY

# AARP<sup>SM</sup>

### AARP KANSAS

555 S. Topeka 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, Ernest Kutzley, Mary Tritsch, 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.

## ASSISTED LIVING MEMORY CARE



NEUVANT HOUSE  
OF LAWRENCE

*Personal Memory Care*

### NEUVANT HOUSE OF LAWRENCE

1216 Biltmore Drive  
Lawrence, KS 66049

Phone: 785-856-7900

Fax: 785-856-7901

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

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

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.

## AUCTIONEERS



THE  
Auctioneers  
[billfair.com](http://billfair.com)  
800-887-6929

### AUCTIONEER

Antiques, estate, homes, farms, clocks, guns, rugs, china, prints, paintings, porcelain.

### EXPERT APPRAISER

Valuations for any purpose, family division, insurance, liquidation.

## BANKING



### CORNERBANK

1201 Wakarusa Dr, Ste B-2  
Lawrence, KS 66049-3889

Phone: 785-865-1533

Fax: 785-865-3817

E-mail: [shelbyl@cornerbanks.com](mailto:shelbyl@cornerbanks.com)

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

Contacts: Shelby Lathrom  
Doug Dawson  
Jana Dobbs

CornerBank's Reverse Mortgage allows you to tap your mortgage investment and control your financial future—from paying for medical expenses to home improvements to increasing your monthly income. You actually receive payments instead of making them. To be eligible, you must be at least 62 and occupy the home as your principal residence. There are no income, employment or credit score qualifying restrictions. Contact CornerBank for details. Member FDIC. Equal Housing Lender.

**CASE MANAGEMENT****CUSTOMIZED SENIOR CARE****Phone:** 785-640-1304**E-mail:** angi.workman@gmail.com**Web:** CustomizedCareforSeniors.com**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.

**ELDERLY OR ADULT DAY**ADULT DAY HEALTH  
Hope, Comfort and Support**MIDLAND CARE**130 SW Frazier Circle  
Topeka, KS 66606319 Perry  
Lawrence, KS 66044**Phone:** 785-232-2044 (Topeka)  
785-842-3627 (Lawrence)  
800-491-3691 (Toll-free)**E-mail:** hpickerell@midlandcc.org**Web:** www.midlandcare.org**Contacts:** Lucas Houk, Julie Prideaux, Heidi Pickerell

Designed for adults age 18 and older who cannot be home alone and are interested in participating in group activities such as community outings, art and music, and exercise. Through programs, medical services, and peer socialization, we maintain the independence, dignity, and self-esteem of adults in our care in a safe, secure environment.

**DISCOUNT MEDICATIONS****CANADA DRUG OF TOPEKA**5938 SW 17th St. Ste 400  
Topeka, KS 66604-4335**Phone:** 785-272-6100  
866-804-6100 (toll free)**Fax:** 785-272-4422**Web:** www.canadadrugoftopeka.com

Call and find out how you can save on your prescription medications by ordering through Canada Drug! Many brands and generics are available at substantially lower costs. In these days of rising costs and shrinking budgets Canada Drug can help you save money. Our lower prices will help you avoid the "donut hole" in Plan D. To check out *your* savings, call for a free quote today.

**FUNERAL / CREMATION****PENWELL-GABEL FUNERAL HOMES, CREMATORY & CEMETERY**1321 SW 10th St.  
Topeka, KS 66604**Phone:** 785-354-8558  
**Fax:** 785-354-1965  
**Web:** www.PenwellGabelTopeka.com  
**Contacts:** Richard Rausch, Abby Brown, Aaron Newton

At Penwell-Gabel, we believe you deserve a funeral home that is comfortable and clean, personal service that is both caring and professional, and the best price in Topeka. We offer a wide range of funeral and cremation options and a large selection of markers, monuments, caskets and urns. We also have a dedicated staff ready to assist you in your preplanning needs.

**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

The University of Kansas Osher Lifelong Learning Institute opens the doors of KU to all lifelong learners. Become a member and satisfy your desire for intellectually stimulating classes customized to an adult audience. We offer classes in Lawrence, Topeka and Kansas City. There are no tests, just exciting learning opportunities for the whole community. Call the telephone number above to request a catalogue or visit our web site to enroll.

**FUNERALS / CREMATIONS****RUMSEY-YOST FUNERAL HOME & CREMATORY**601 Indiana St.  
Lawrence, KS 66044**Phone:** 785-843-5111**Fax:** 785-842-0116**E-mail:** yost@sunflower.com**Contacts:** Bart Yost, Matt Daigh,  
Patty Dardis

Providing personalized care with dignity since 1920. We are a full-service provider of funeral ceremonies, memorial services, on-site cremations, monuments, merchandise, and other related items. We also offer pre-need counseling and arrangements for those who wish to make note of their preferences and wish to spare their survivors from having to make these difficult decisions. Please contact Matt Daigh at 843-5111 to discuss the many options available and the many advantages to pre-planning.

**ELDERLY OR ADULT DAY****MIDLAND CARE**130 SW Frazier Circle  
Topeka, KS 66606**Phone:** 785-232-2044 (Topeka)  
800-491-3691 (Toll-free)**E-mail:** jnyagol@midlandcc.org**Web:** www.midlandcare.org**Contacts:** Julie Prideaux, Lucas Houk,  
Jared Nyagol

Program of All-Inclusive Care for the Elderly, designed to keep those 55 and over in their own homes. Services include prescriptions, transportation, medical care, including specialists, durable medical equipment and more. Payment through Medicare/Medicaid.

**GIFT IDEAS****THE ETC. SHOP**928 Massachusetts  
Lawrence, KS 66044**Phone:** 785-843-0611**E-mail:** etcmgr@sunflower.com**Web:** www.theetcshop.com**Contact:** Linda Lester

**BRIGHTON® LEATHER GOODS FOR MEN & WOMEN:** Handbags, Wallets, Belts, Briefcases, Dayplanners, Shoes, Watches, Jewelry.  
**SUNGLASSES:** Ray Ban®, Brighton, Readers, DKNY, Revo, Anne Klein.  
**GIFTS:** Inspired by Frank Lloyd Wright; Rennie Macintosh Collection; Lamps, Art Glass, Ties, Clocks; Mica & Stained Glass Lamps.

**JEWELRY:** Huge selection of Sterling Silver; Custom KU Jewelry; Hand Knotted Pearls; Troll and Chamilia Beads for your Charm Bracelets.

**Etc., Etc., Etc.***Free parking in garage behind store.*



**HEALTH**

STORMONT-VAIL  
**HealthWise 55**

**STORMONT-VAIL'S  
HEALTHWISE 55**  
2252 SW 10th St.  
Topeka, KS 66604

**Phone:** 785-354-6787

**Contacts:** Connie Wood (354-6787) or  
Yvonne Etzel (Marketing, 354-6123)

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.

**HOME HEALTH**

**Assisted  
Services**

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

**Phone:** 800-784-4744

**Fax:** 785-291-2905

**E-mail:**

kathyg@assistedcompanies.com

**Web:** www.assistedcompanies.com

**Contacts:** Linda Bramell,  
Nursing Supervisor;

Kathy Green, Human Resources;  
Gentra 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.

**HEALTH AND WELLNESS**

**Preventive Medicine  
Associates LLC**



**PREVENTIVE MEDICINE  
ASSOCIATES**  
1919 SW 10th Ave.  
Topeka, KS 66604-1411

**Phone:** 785-783-7779

**Web:**

www.PreventiveMedicineAssociates.com

**Contact:** Irving A. Cohen, MD, MPH,  
FACPM

Learn how to lose weight and reverse diabetes naturally and without hunger. Get your body to work the way it was meant to. We do not sell diet products, diet foods, or prescribe diet drugs. You will be under the supervision of Irving Cohen, MD, Fellow of the American College of Preventive Medicine. This is the only medical practice in the area led by a physician who is residency-trained and Board-Certified in Preventive Medicine.

**HOME HEALTH**

**PRN**

**PRN HOME HEALTH  
AND HOSPICE**  
1010 Lincoln, P.O. Box 228  
Wamego, KS 66547

**Phone:** 785-456-7764

**Fax:** 785-456-7194

**E-mail:** jodied@wamego.net

Home Health and Hospice Services  
Skilled Nursing, Physical Therapy,  
Occupational Therapy  
Home Health Aide, Speech Therapy  
Telemonitors and Anodyne for  
Neuropathy

**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.

**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

**Contact:** Sarah Randolph

**Home Health, Rehabilitation,  
Hospice, Private Duty, VNA,  
CareLink**

Medicare certified home health, rehabilitation, and hospice agency. United Way agency. 42 years. No one is turned away for inability to pay. Will bill Medicare, Medicaid and insurance.

**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
- State-of-the-art Digital Hearing Aids and Assistive Listening Devices
- Testing, Sales, Service
- 20 years experience, KU Med graduate
- Independent Audiologist
- Lawrence Native
- Extended warranties, 75-day trial periods, free Batteries for Life with purchase
- Don't Trust Your Hearing Healthcare to Anyone Else!

**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

**Web:**

www.advancedhomecarekansas.com

**Contact:** Sandra London

Advanced Homecare has been serving Kansas and the region home medical equipment and supply needs since 1989. As one of the area's largest retail suppliers of home health products and services, we provide superior customer service and top quality, state-of-the-art medical equipment and supplies. Equipment and supplies range from oxygen and respiratory equipment to hospital beds, wheelchairs, walkers, rollators, c-pap, bi-paps and bariatric equipment and supplies. Come let Advanced Homecare improve the quality of your life.



# IMPORTANT PHONE NUMBERS



## EMERGENCY NUMBERS

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

## HOTLINES

Aging Hotlines (KS Dept. on Aging) ..	800-432-3535
Adult Abuse and Neglect .....	800-922-5330
Consumer Hotline .....	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 .....	800-432-2484
KDOA Nursing Facility Complaint Hotline	800-842-0078, 785-296-0133 (Topeka)
Kansas Elder Law Hotline .....	888-353-5337
Medicare .....	800-432-3531
Medicare Fraud Hotline .....	800-432-3913
National Eldercare Locator .....	800-677-1116
Women's Transitional Care Services ...	785-843-3333

## ABUSE & NEGLECT PREVENTION & INTERVENTION

Abuse Reporting Hotline .....	800-922-5330
Adult Care Complaint Program .....	800-842-0078
Adult Protective Service .....	866-215-9077
Douglas Co. Rape Victim Support .....	785-841-2345
Headquarters Douglas County .....	785-841-2345
Kansas Advocates for Better Care .....	800-525-1782
Kansas Attorney General .....	800-432-2310
KS Dept. of Health and Environment	785-842-4600
OR .....	800-842-0078
Kansas Elder Law Hotline .....	888-353-5337
Long Term Care Ombudsman .....	800-432-3535
SRS Adult Protective Services .....	785-832-3700
YWCA Battered Women's Task Force	785-354-7927

## ADULT DAY PROGRAMS

Autumn Adult Day Care .....	785-232-0730
Baldwin Health Care .....	785-594-6492
Brewster Place Retirement Comm. ....	785-267-1666
Cooper's Home Care .....	785-865-2525
Clare Bridge Brookdale Senior Living ...	785-271-5100
Deer Park North .....	785-484-0100
Eventide Nursing Home .....	785-233-8918
Golden Days Get-A-Way .....	785-383-3432
Hickory Pointe Care & Rehabilitation ..	785-863-2108
Midland Care (Lawrence) .....	785-842-3627
Midland Care (Topeka) .....	785-232-2044
Rossville Valley Manor .....	785-584-6104
Tonganoxie Nursing Center .....	913-369-8705
Village Manor .....	785-242-5399
Westwood Manor .....	785-272-0886
Wellsville Retirement Community ....	785-883-4101
The Windsor of Lawrence .....	785-832-9900

## ADVOCACY

AARP, Douglas County Chapter .....	785-842-0446
AARP, Johnson County Chapter .....	913-262-6318
AARP Kansas .....	785-232-4070

Centro Hispano Resource Center .....	785-843-2039
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 .....	800-798-1366
Jefferson Co. Service Organization ..	913-863-2637
Kansas Advocates for Better Care ...	785-842-3088
OR .....	800-525-1782
Kansas Department on Aging .....	800-432-3535
Kansas Foundation for Medical Care ..	800-432-0770
Kansas Health Consumer Coalition ..	785-232-9997
Lawrence-DG Co. Health Department Project	LIVELY .....
Older Women's League .....	785-842-3578
Pelathe Community Resource Center ..	785-841-7202
Sand Castles, Inc. .....	785-832-2345
Senior Resource Alliance of NE Kansas ..	785-266-6017

## 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 .....	800-272-3900
Alzheimer's Help Line .....	800-432-3535
Clare Bridge Brookdale Senior Living ...	785-271-1844
Douglas County Senior Services .....	785-842-0543
Jayhawk Area Agency on Aging .....	785-235-1367

## ASSISTED LIVING

Aldersgate Village* .....	785-478-9440
Atria Hearthstone Assisted Living ...	785-234-6806
Brandon Woods at Alvamar .....	785-838-8000
Brewster Place Assisted Living* .....	785-267-1666
Briarcliff Care Center* .....	785-272-2601
Clare Bridge Brookdale Senior Living ..	785-271-5100
Countryside Health Center* .....	785-234-6147
Deer Park .....	785-484-0100
Fairlawn Heights* .....	785-272-6948
Homestead Assisted Living .....	785-272-2200
Homestead of Auburn* .....	785-256-7100
Jefferson Suites Assisted Living .....	913-774-4340
Kelly House I* .....	785-234-8888
Kelly House II* .....	785-273-3773
Lawrence Presbyterian Manor .....	785-841-4262
Legend at Capital Ridge .....	785-272-9400
Lexington Park Assisted Living .....	785-233-7511
Linnwood Place .....	785-945-3634
Meriden Adult Services Plus .....	785-484-2380
McCrite Plaza Health Center .....	785-267-2960
Ottawa Village Plaza .....	785-242-1127
Neuvant House of Lawrence .....	785-856-7900
Pioneer Ridge Retirement Community ..	785-749-2000
Professional Comfort Care .....	785-832-8260
Rolling Hills Health Center* .....	785-273-2202
Topeka Presbyterian Manor* .....	785-272-6510
Valley View Health Center* .....	785-945-3832
Village East* .....	913-886-6400
Village Villa* .....	913-886-6400
Village Park .....	785-242-3715
Village West .....	785-242-9378

Vintage Park at Baldwin City .....	785-594-4255
Vintage Park at Ottawa .....	785-242-3715
Vintage Park at Tonganoxie .....	913-845-2204
The Windsor of Lawrence* .....	785-832-9900

\* Accepts Medicaid

## ASSISTIVE TECHNOLOGY

Advanced Home Care .....	800-827-9406
American Care Equipment .....	913-383-3456
Apria Health Care .....	785-272-7191
Assistive Technology of Kansas .....	785-241-1067
Audio-Reader .....	800-772-8898
Baldwin Therapy Services .....	785-594-3257
Banner Mobility .....	785-235-3070
Clock Medical Supply .....	620-221-0550
Community Action .....	785-235-9296
Criticare Home Health Services .....	800-527-9596
Disability Rights Center of Kansas ...	877-776-1541
East Central Kansas AAA .....	785-242-7200
Hanger Orthopedic Group, Inc. ....	785-232-5382
Helen Keller National Center .....	913-677-4562
Home Elevator Company .....	316-721-2225
Independence, Inc. .....	888-824-7277
Jayhawk Area Agency on Aging .....	800-798-1366
Kansas Assistive Technology Cooperative	866-465-2826

Kansas Chapter of the Arthritis Foundation	785-272-8461
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Kansas Commission for the Deaf and Hard of Hearing .....	785-368-8034
Kansas Equipment Exchange .....	866-666-1470
Kansas Telecommunications Access Program	785-234-0200

Kan-SAIL (services for the blind) .....	866-213-9079
Knoll Patient Supply .....	800-234-0514
Lawrence Medical Equipment .....	785-749-4663
Lawrence Therapy Services .....	785-842-0656
Library Outreach Services .....	785-580-4545
Lohmann & Rauscher .....	785-862-1100
Medical Arts Pharmacy .....	785-843-4160
Mventures International .....	785-862-1806
OCCK, Inc. ....	785-827-9383
PDS Medical .....	785-856-0909
Resource Center for Independent Living	785-528-3105

Resource Center for Independent Living	785-242-1805
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Starr Medical Supply, Inc. ....	785-456-7827
Talking Books .....	785-580-4530
Topeka Independent Living Resource Center, Inc.	785-233-4572

## 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 .....	785-843-37382
Home Instead .....	785-856-8181 (Lawrence)
Home Instead .....	785-272-6101 (Topeka)
ICAN Friendly Visitors .....	785-749-2005
Jayhawk Area Agency on Aging .....	800-798-1366



# IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE 18

Kansas Elder Care.....	785-856-5555
Midland Care (Lawrence) .....	785-842-3627
Midland Care (Topeka) .....	785-232-2044
Professional Comfort Care.....	785-832-8260
Trinity In-Home Care .....	785-842-3159

## CASE MANAGEMENT

Customized Senior Care.....	785-640-1304
East Central Kansas AAA .....	785-242-7200
OR .....	800-633-5621
Jayhawk Area Agency on Aging .....	800-798-1366
Jefferson County Health Department..	785-863-2447
Johnson Co. Area Agency on Aging..	913-894-8811
Leavenworth Council on Aging.....	913-684-0777
Mason's Memory, LLC .....	785-242-8882
Pelathe Community Resource Center	785-841-7202
Project LIVELY.....	785-843-0721
Sand Castles, Inc. ....	785-832-2345
Shawnee County Health Agency Project Access	785-291-2490
TARC .....	785-232-0571 ext. 311
Wyandotte/Leavenworth AAA .....	913-573-8531

## 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..	800-432-2310
Better Business Bureau.....	785-766-2009
Insurance Commissioner's Hotline...	800-432-2484
Kansas Advocates for Better Care...	800-525-1782
Kansas ElderCare Hotline .....	888-353-5337
Kansas Insurance Consumer Hotline .....	800-432-2484
National Fraud Information Line.....	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 .....	800-432-3583
Johnson County Community College Dental Hygiene Program .....	913-469-3808, ext. 1
UMKC School of Dentistry .....	816-235-2111

## DISABILITY SERVICES

Assisted Technology for Kansans.....	785-841-1067
Audio-Reader.....	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.....	800-766-3777
Kansas Commission for the Deaf & Hard of Hearing .....	800-432-0698
Kansas Talking Book Program.....	800-432-2925
KU Speech, Language and Hearing Clinic .....	785-864-4690

Make -A-Difference Information Network .....	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) .....	800-432-2925

## DRIVING

AARP 55 Alive Safe Driving Course...	785-354-5225
Bill Kennedy's Driver Education Schools ..	800-577-7357
Driver's License/ID Card (Topeka) ...	785-266-7380
Mature Driving Program .....	785-354-5225

## EDUCATION

Adult Learning Connection.....	785-832-5960
Centro Hispano Resource Center .....	785-843-2039
Computer Learning Center, Independence, Inc.	785-841-0333
Douglas County Extension Office .....	785-843-7058
Douglas County Senior Services .....	785-842-0543
Elderhostel.....	800-895-0727
Eldernet Education .....	913-856-7405
HealthWise 55.....	785-354-6787
Kansas Elderhostel Program .....	620-341-5625
KU Continuing Education .....	785-864-4790
Lawrence Continuing Education.....	785-832-5097
Lawrence Memorial Hospital Education Department.....	785-840-3072
Sand Castles, Inc. ....	785-832-2345

## EMERGENCY ALERT DEVICES

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

## EMPLOYMENT ASSISTANCE

ERC Resource & Referral .....	785-357-5171
Foster Grandparents .....	785-296-5474
Heartland Works, Inc.....	785-235-5627
Lawrence Workforce Center .....	785-840-9675
Older Kansans Employ. Program .....	785-234-6208
Senior Community Services Employment Program.....	785-235-5627
Senior Companion Program ..	785-232-7765, ext. 215
Senior Staffing .....	785-272-9999
Topeka Rescue Mission.....	785-354-1744
Topeka Workforce Center .....	785-235-5627
Washburn University Career Services...	785-670-1450

## FINANCIAL ASSISTANCE

Area Medicaid Management (SRS) ...	785-832-3700
Area Medicaid Management (SRS) ...	785-296-2500
Better Business Bureau.....	785-232-0454
Consumer Credit Counseling, Inc. ....	785-749-4224
Housing and Credit Counseling, Inc....	785-234-0217
Jayhawk Support Services for Elders..	785-354-8531
Kansas Veterans Commission .....	785-843-5233
Low Income Energy Assistance Program	785-296-2649
Social Security.....	888-327-1271
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

Angel Food Ministries - True Light Baptist Church	785-233-3298
Antioch Family Life Center .....	785-232-1937
Ballard Community Center .....	785-842-0729
Doorstep, Inc .....	785-354-5341
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
Harvester's Community Food Network..	816-929-3220
ICARE, Inc. ....	785-267-5910
Joyful Harvest .....	785-354-8154
Let's Help, Inc. ....	785-234-6208
L.I.N.K. First Christian Church .....	785-843-0679
Meals on Wheels (Lawrence) .....	785-842-6697
Meals on Wheels (Shawnee and Jefferson counties).....	785-670-2434
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

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# IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE 19

## GOVERNMENT OFFICES

Kansas Attorney General .....	800-432-2310
Kansas Department of Aging .....	800-432-3535
Kansas Governor .....	785-296-3232
Kansas Insurance Department .....	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 .....	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

Blackwell Hearing Center .....	785-841-4327
Hearing Aid Center .....	785-749-1885
Hearing Aid Helpline .....	800-521-5247
Marston Hearing Center .....	785-843-8479
National Institute on Deafness .....	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. ....	800-383-9090

## HOSPICE

Catholic Community Hospice .....	785-357-5107
Douglas County Visiting Nurses .....	785-843-3738
Grace Hospice (Lawrence) .....	785-841-5300
Grace Hospice (Topeka) .....	785-228-0400
Heartland Hospice Care .....	785-271-6500
Hospice Care of Kansas .....	785-273-4357
Hospice Care in Douglas County .....	785-843-3738
Jefferson County Health Department ..	785-863-2447
Midland Care .....	800-491-3691
Midland Care (Lawrence) .....	785-842-3627
Midland Care (Ottawa) .....	785-242-0002
Midland Care (Topeka) .....	785-232-2044
PRN Home Health and Hospice .....	800-222-6344
Professional Comfort Care .....	785-832-8260
SouthernCare Hospice .....	785-838-3027

## HOUSING

Aldersgate Village .....	785-478-9440
Atria Hearthstone .....	785-234-6225
Babcock Place* .....	785-842-8358
Barkley-Salb Arrowhead Duplexes ...	785-594-2157
Brandon Woods At Alvamar .....	785-838-8000
Brewster Place .....	785-267-1666
Capitol Village* .....	785-233-8165
Cedar Square .....	785-242-8110
Century Plaza* .....	785-267-0960

Clinton Place* .....	785-841-1000
Cooper's Home Care .....	785-865-2525
Cottages of Topeka .....	785-232-4300
Courthouse Square .....	785-242-2235
Deer Park Senior Group Homes .....	785-484-2165
Douglas County Visiting Nurses .....	785-843-3738
Drury Place at Alvamar .....	785-841-6845
Drury Place of Topeka .....	785-273-6847
Edgewood Homes* .....	785-842-8110
First Apartments* .....	785-272-6700
Hancuff Place* .....	785-594-6996
Heritage Court Apartments* .....	785-582-5270
Hidden Meadows .....	785-242-4456
Jackson Towers* .....	785-357-8842
Jefferson Villas* .....	785-357-6227
Knightsbridge Manor Apartments* ..	785-233-0870
La Colonia* .....	785-354-4225
Landmark Plaza* .....	785-233-5769
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
Neuvant House of Lawrence .....	785-856-7900
The Oaks At Canterbury .....	785-242-5395
Ottawa Plains .....	785-242-9333
Ottawa Retirement Village .....	785-242-2433
Park Place I & II .....	785-242-2004
Pearl Place Apartments* .....	785-584-6868
Peterson Acres* .....	785-842-8358
Pine Manor/Mission Woods .....	785-242-2188
Pinecrest Apartments* .....	785-542-1020
Pioneer Curtis Homes* .....	785-232-8715
Pioneer Ridge Retirement Community .....	785-749-2000
Plaza West Apartments* .....	785-272-5660
Plaza West Care Center .....	785-271-6700
Polk Plaza .....	785-357-0307
Prairie Ridge Place* .....	785-841-8660
Prairie Commons .....	785-843-1700
Presbyterian Manor, Lawrence .....	785-841-4262
Presbyterian Manor, Topeka .....	785-272-6510
Pomona Village .....	785-566-8440
Rolling Hills Retirement Community ..	785-273-2202
Rose Hill Place* .....	785-228-3666
Rossville Apartments* .....	785-584-9900
Santa Fe Place* .....	785-234-3386
Shorey Villas* .....	785-233-6269
Signal Ridge Villas* .....	785-594-3794
Southbrook Apartments & Townhomes* ..	785-273-6116
Spring Hill Villas .....	913-592-5550
Sunflower Plaza .....	785-242-6655
Sunrise Estate Condominiums .....	785-542-2176
T-Town Homes, L.P. ....	785-234-1614
Tennessee Town* .....	785-357-8842
Thornton Place .....	785-228-0555
Tyler Towers .....	785-357-8842

Valley Springs Homes .....	913-585-9998
Valley Springs Senior Housing* .....	785-273-5253
Villa West* .....	785-273-5253
Vintage Park at Baldwin City .....	785-594-4255
Vintage Park at Ottawa .....	785-242-3711
Vermont Towers* .....	785-841-6022
Walnut Plaza .....	785-883-4044
Washburn Towers .....	785-242-9444
Wea Creek Apartment .....	913-837-3138
Wellsville Senior Housing .....	785-883-4018
Westparke Village Apartments* .....	785-273-7000
Windsor, The .....	785-832-9900
Winter Meadow Homes .....	785-234-2989
Wyndam Place .....	785-749-4646

\* Subsidized

## INFORMATION & REFERRAL SERVICES

Alzheimer's Association .....	785-271-1844
Ballard Community Center .....	785-842-0729
Better Business Bureau .....	785-232-0454
Centro Hispano .....	785-843-2039
Community Action .....	785-235-9296
Douglas County Senior Services, Inc. ....	785-842-0543
East Central Kansas AAA .....	785-242-7200
El Centro of Topeka .....	785-232-8207
Eldercare Locator .....	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 Commission of Veterans Affairs ..	785-843-5233
Kansas Department on Aging .....	800-432-3535
KU Information Center (24 hours) .....	785-864-3506
Lawrence Public Library Reference Desk ..	785-843-1178
Parkinson's Information Service .....	800-457-6676
Senior Resource Center, Stormont-Vail Healthcare ..	785-354-6787
United Way Information and Referral ...	785-273-4804

## IN-HOME AND ATTENDANT CARE

A Helping Hand Home Health .....	785-856-0192
Absolute Home Health Care .....	785-362-6101
Advantaged Home Care, Inc. ....	785-267-4433
Advocate Home Specialty Care .....	785-456-8910
Assisted Services, Inc. ....	800-784-4744
At Home, Inc. ....	785-979-6688
Brewster At Home .....	785-274-3303
Caregivers Home Care .....	785-273-2829
Cascade Health Services .....	785-228-9922
Comfort Keepers .....	785-267-8200
Douglas County Visiting Nurses .....	785-843-3738
East Central Kansas AAA .....	785-242-7200
Elite Private Care, Inc. ....	785-817-9489
Guardian Angels .....	785-224-0488
Home Instead (Lawrence) .....	785-856-8181
Home Instead (Topeka) .....	785-272-6101
Homebound Health & Care Service ..	785-267-1010
Jefferson County Health Department ..	785-863-2447
Lawrence Helpers, Inc. ....	785-331-5850
Mason's Memory LLC .....	785-242-8882
Meriden Adult Services Plus .....	785-484-2380

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# IMPORTANT PHONE NUMBERS



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Midland Care .....	800-491-3691
Midland Care (Topeka) .....	785-232-2044
PRN Home Health and Hospice.....	800-222-6344
Professional Comfort Care.....	785-832-8260
Professional Sitters Unlimited.....	785-842-3301
Resource Center for Independent Living	
.....	785-242-1805
Shawnee County Health Agency .....	785-291-2490
Topeka Independent Living Resource Center, Inc.	
.....	785-233-4572
Trinity In-Home Care .....	785-842-3159
Windsor Place At-Home Care .....	785-843-4800

## INSURANCE INFORMATION

Area Medicaid Management (SRS) ...	785-296-2500
Centers for Medicare and Medicaid Service	
.....	816-426-5233
Douglas County Senior Services, Inc. ...	785-842-0543
Healthwise 55 Resource Center .....	785-354-6787
Insurance Commissioner's Office .....	800-432-2484
Jayhawk Area Agency on Aging .....	785-235-1367
Kansas Foundation for Medical Care... ..	785-273-2552
Kansas Insurance Department .....	800-432-2484
Medicare Claims Service, Part A.....	800-445-7170
Medicare Claims Service, Part B.....	800-432-3531
Osladil Insurance Service .....	785-242-6955
Senior Health Insurance Counseling	
for Kansans (SHICK) .....	785-842-0543
OR .....	800-860-5260
Social Security (Medicare cards).....	800-772-1213
State Medical Assistance Program ...	800-766-9012
Stephens Insurance, Inc. ....	785-841-9538

## LANDLORD/TENANT ISSUES

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

## LEGAL AID

Douglas County Legal Aid Society ....	785-864-5564
East Central Kansas AAA .....	785-242-7200
Jayhawk Support Services for Elders..	800-723-6953
Kansas Attorney General .....	785-296-2215
Kansas Bar Association .....	800-928-3111
Kansas Elder Law Hotline .....	888-353-5337
Kansas Lawyer Referral Service .....	800-928-3111
Washburn Law Clinic.....	785-231-1191

## LIBRARIES

Baldwin City Library .....	785-594-3411
De Soto 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 .....	913-845-3281
Topeka Public Libraries (Talking Books)	
.....	800-432-2925

## MEAL SITES FOR SENIOR CITIZENS

Asbury Mount Olive .....	785-232-6801
Auburn Senior Center.....	785-256-2917
Babcock Place .....	785-842-6976
Baldwin City Senior Center.....	785-594-2409
De Soto Neighborhood Center .....	913-585-1792
East Topeka Senior Center .....	785-232-7765
Edgewood Homes .....	785-760-1504
First Apartments .....	785-272-4290
Friendship Meals, Meriden .....	785-484-3312
Friendship Meals, Winchester.....	913-774-4340
Friendship Meals, Valley Falls .....	785-945-3714
Highland Park Methodist .....	785-266-6555
Lane Community Senior Center .....	785-869-2002
Lawrence Senior Center .....	785-842-0543
Lecompton United Methodist Church....	785-887-6327
L.I.N.K. ....	785-331-3663
Let's Help, Inc. ....	785-234-6208
LULAC Senior Center .....	785-234-5809
Meals On Wheels, Inc. ....	785-670-2434
Ottawa Senior Center .....	785-242-7440
Papan's Landing Senior Center .....	785-232-1968
Pinecrest II .....	785-760-2102
Rossville Senior Center .....	785-584-6364
Salvation Army .....	785-233-9648
Santa Fe Place .....	785-234-3386
Silver Lake Senior Citizen Center.....	785-582-5371
Sunflower Plaza .....	785-242-2604
Topeka North Outreach .....	785-286-1370
Tyler Towers.....	785-354-5420
Washburn Towers .....	785-242-2604
Wellsville Community Senior Center..	785-883-4334
YMCA - Southwest .....	785-271-7979

## MEDICAL EQUIPMENT

Access Medical LLC.....	877-936-8222
Advanced Homecare .....	785-841-2200
Criticare .....	785-749-4878
East Central Kansas AAA .....	785-242-7200
Lincare.....	785-242-8481
Ransom Memorial Hospital .....	785-229-8200
Re-Bath of Kansas .....	785-266-9800
VFW Loan Closet.....	785-242-7406

## MENTAL HEALTH

Bert Nash Community Mental Health Center	
.....	785-843-9192
Catholic Community Services .....	785-841-0307
Christian Psychological Services.....	785-843-2429
Countryside Health Center.....	785-234-6147
Headquarters Crisis Center .....	785-841-2345
Heritage Mental Health Center.....	785-272-5566
Lawrence Therapy Services .....	785-842-0656
Menniger at Stormont Vail .....	785-354-6390
Sand Castles, Inc. ....	785-832-2345
Senior Diagnostic and Treatment Center..	785-354-6695
Valeo Behavioral Health Care.....	785-234-3300

## 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
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
Topeka Healthcare Center .....	785-357-6121
Topeka Presbyterian Manor .....	785-272-6510
Westwood Manor .....	785-273-0886
Woodland Health Center.....	785-233-0544

## NURSING HOME COMPLAINTS

KDOA Nursing Facility Complaint Hotline	
.....	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

Canada Drug.....	785-272-6100
Partnership for Prescription Assistance ..	888-477-2669

## RECREATION/LEISURE ACTIVITIES

Baldwin City Recreation.....	785-594-3670
AARP - Douglas County .....	785-843-3833, ext. 115
DCSS Leisure & Learning Dept .....	785-842-0543
Eudora Community Center .....	785-542-1725
Kansas Senior Olympics .....	785-368-3798
Lawrence Arts Center.....	785-843-2787
Lawrence Parks & Recreation Dept..	785-832-7930
Older Women's League.....	785-842-0543
Oldsters United for Responsible Service..	785-842-0543

## REHABILITATION

Baldwin Healthcare and Rehabilitation Center	
.....	785-594-6492
Baldwin Therapy Services .....	785-594-3162
Gollier Rehabilitation Center .....	785-242-8343
Kansas Rehabilitation Hospital.....	785-232-8524
Key Rehab @ Medicalodge.....	785-542-2176
Lawrence Therapy Services .....	785-842-0656

## RESPIRE CARE

A Helping Hand Home Health.....	785-856-0192
Aldersgate Village .....	785-478-9440

CONTINUED ON PAGE 22



# IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE 21

Assisted Healthcare.....	785-273-4730
At Home, Inc. ....	785-979-6688
Atria Hearthstone .....	785-234-6806
Autumn Adult Day Care .....	785-232-0730
Baldwin Healthcare and Rehabilitation Center	
.....	785-594-6492
Brandon Woods.....	785-838-8000
Cascade Health Services.....	785-228-9922
Clare Bridge Brookdale Senior Living ...	785-271-5100
Cooper's Home Care.....	785-856-2525
DCSS Adult Day Program .....	785-842-0543
Elite Private Care, Inc. ....	785-817-9489
Hickory Pointe & Rehabilitation Center ..	785-863-2108
Home Instead Senior Care .....	785-856-8181
Interfaith Caring Neighbors (ICaN) ..	785-749-2005
Jefferson County Memorial Hospital..	913-774-4340
Lawrence Helpers, Inc.....	785-331-5850
Lawrence Presbyterian Manor .....	785-841-4262
Medicalodge Eudora.....	785-542-2716
Midland Care .....	800-491-3691
Midland Care (Topeka) .....	785-232-2044
Ottawa Retirement Village Manor.....	785-242-5399
Professional Sitters Unlimited.....	785-842-3301
Topeka Community Health Care .....	785-234-0018
Trinity In-Home Care .....	785-842-3159
V.A. Eastern Kansas Healthcare System ..	785-350-3111
Wellsville Retirement Community ....	785-883-4101
Westwood Manor .....	785-273-0886
The Windsor of Lawrence.....	785-832-9900
Windsor Place At-Home Care .....	785-843-4800

## SENIOR CENTERS

Auburn Senior Center.....	785-256-2917
De Soto Neighborhood Center .....	913-585-1762
East Topeka Senior Center .....	785-232-7765
First Baptist Church .....	785-267-0248
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
Rossville Senior Center .....	785-584-6364
Senior Citizens Center, Oskaloosa ....	785-863-2411
Silver Lake Senior Center.....	785-582-5371

## SOCIAL SECURITY/MEDICARE

Social Security (Lawrence).....	785-843-2254
Social Security (Topeka) .....	785-295-0100
Medicare Hotline .....	800-432-3531
Senior Health Insurance Counseling for Kansas	
.....	785-842-0543
OR.....	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
Midland Care .....	800-491-3691
Midland Care (Topeka) .....	785-232-2044
Parkinson's Support Group .....	785-843-8692
Project Acceptance.....	785-843-1266
Stroke Support Group .....	785-840-2712

## TELEPHONE REASSURANCE

Catholic Charities of NE Kansas .....	785-233-6300
East Topeka Senior Center .....	785-232-7765
Home Buddy .....	866-922-8339
LULAC Senior Center .....	785-234-5809
Papan's Landing Senior Center .....	785-232-1968
Ring-A-Day Program.....	785-233-6300

## TRANSPORTATION

A Helping Hand Home Health.....	785-856-0192
A&A Specialized Transportation .....	785-233-8212
American Cancer Society.....	785-283-4422
Assisted Services .....	785-273-4730
Auburn Senior Center.....	785-256-2917
Capitol City Taxi.....	785-267-3777
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
Elite Private Care, Inc. ....	785-817-9489
Faith Transportation, Inc.....	913-599-7579
First Class Transportation.....	785-266-1331
Franklin County Council on Aging ....	785-242-7440
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
Monarch Transportation Services....	785-266-0017
Ottawa Retirement Village .....	785-242-5399
Papan's Landing (North Topeka) .....	785-232-1968
Rossville Senior Center .....	785-584-6364
Silver Lake Senior Center.....	785-582-5371
St. Francis Health Center .....	785-295-8008
Topeka Transit Bus Service.....	785-354-9571
VA Volunteer Transportation .....	785-350-3111
Yellow Cab Custom Transportation... ..	785-357-4444

## UTILITIES

Electricity: KPL, Emergency Service (24 hours)	
.....	800-794-4780
Gas: Aquila, Emergency Calls .....	800-303-0357
Telephone: Southwestern Bell .....	800-464-7928
Repair Service .....	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 .....	800-662-0027

## UTILITY SHUT-OFF ASSISTANCE

American Red Cross (Project Deserve)... ..	888-765-9058
Ballard Community Center, 708 Elm .....	785-842-0729
Breakthrough House.....	785-232-6807
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 .....	800-432-0043
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.....	800-772-8898
American Foundation for the Blind ..	800-232-5463
Envision Vision Rehabilitation .....	316-440-1600
Kan-SAIL.....	785-368-7471
Lions Eye Health Program .....	785-272-6102
National Eye Care Project.....	800-222-3937
Red Carpet/Talking Books .....	785-580-4530
Talking Books .....	800-432-2925
Vision World Wide .....	800-431-1739

## VOLUNTEER OPPORTUNITIES

American Red Cross .....	785-234-0568
Catholic Charities of NE Kansas .....	785-233-6300
Douglas County Senior Services .....	785-842-0543
Foster Grandparents .....	785-296-5474
ICAN Friendly Visitors .....	785-749-2005
Jayhawk Area Agency on Aging .....	785-235-1367
Meals on Wheels .....	785-670-2434
Midland Care .....	800-491-3691
Midland Care (Topeka) .....	785-232-2044
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).....	800-860-5260
Topeka Rescue Mission.....	785-354-1744
Trinity In-Home Care .....	785-842-3159
United Way of Greater Topeka .....	785-273-4804

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**Fax:** 785 856-1715  
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**Web:** www.AtHomeKs.com  
**Contacts:** David Ross, Gail Zukav-Ross

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**E-mail:**  
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**Contacts:** David Ross, Gail Zukav-Ross

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785-242-0002 (Ottawa)  
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**Contacts:** Lucas Houk, Julie Prideaux

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**Web:** www.comfortkeepers.com  
**Contacts:** Sarah Cox

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**Web:** homeinstead.com  
**Contacts:** Gail Shaheed, Jamie Mertz,  
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**Fax:** 785-749-4972  
**E-mail:** criticare@criticarehhs.com  
**Web:** www.criticarehhs.com  
**Contacts:** Sheila Roberson, Office Manager, Scott Moore, General Manager

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**E-mail:** laurabennetts@hotmail.com  
**Web:** www.lawrencetherapyservices.com  
**Contact:** Laura Bennetts, PT, MS,  
Director and Owner

Lawrence Therapy Services provides Physical, Occupational and Speech Therapy in Douglas County. We have two offices, one in Baldwin City downtown and our Lawrence office on Harvard near Iowa. We also offer Massage Therapy in our Lawrence office. In-home treatment is available on an outpatient basis as needed.

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customerservice@stephens-ins.com  
**Web:** www.stephens-ins.com  
**Contacts:** Joye Johnson, Andie  
Sawyers

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

Since 1975, Kansas Advocates for Better Care (KABC) has provided guidance & reports about licensed long-term care (LTC) facilities (nursing homes, etc.) to folks of all ages, so that they can make wise placement choices for themselves or loved ones. KABC trains LTC staff on person-centered care, how to prevent abuse, and other important topics. Visit our website to join KABC, and for more info.

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**Fax:** 785-266-3926  
**E-mail:** missiontowers@kansas.net  
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Web: www.presbyterianmanors.org

Contact: Maclyn Pettengill, Marketing Director



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Fax: 785-542-2177

E-mail: dkfox@medicalodges.com

Web: www.medicalodges.com

Contact: Donna Fox, Administrator;  
Susie Pryor, Community Relations Director; Amber Wingerter, LBSW, Director of Community Life

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Phone: 785-272-6510

Fax: 785-272-0496

E-mail: manderson@pmma.org

Web: www.presbyterianmanors.org

Contact: Marsha Anderson, Marketing Director



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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, housekeeping, 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.

## SENIOR APARTMENTS



### THE FIRST APARTMENTS

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Topeka, KS 66604

Phone: 785-272-6700

Fax: 785-272-9286

E-mail: fccaoffice@fcctoepka.org

Web: www.thefirstapartments.org

Contacts: Marnie Wuenstel,

Penny Fry, Amy Crow

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## SENIOR HEALTHCARE



### PIONEER RIDGE RETIREMENT COMMUNITY

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Lawrence, KS 66049

Phone: 785-749-4200

Fax: 785-344-1555

E-mail: dwalker@midwest-health.com

(Assisted Living)

mvoegel@midwest-health.com

(Rapid Recovery)

Contacts: Debbie Walker, Marie Vogel

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**Fax:** 785-272-6660

**E-mail:** jim@jimgarrison.biz

**Web:** www.jimgarrison.biz

**Contacts:** Jim Garrison, CASL  
Marci Daugherty

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Lawrence, KS 66044

**Phone:** 785-749-0700

**Fax:** 785-841-8208

**E-mail:** khouk@travellersinc.com

**Web:** www.travellersinc.com

**Contact:** Kent Houk

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**E-mail:** barbarab@cornerbanks.com

**Web:** www.cornerbanks.com/personal/trustandinvestments\_trust.asp

**Contacts:** Barbara J. Braa, VP/Trust & Investment Officer (Lawrence)

Gary L. McCutcheon, Senior VP Asset Management

Brian K. Dutton, Trust & Investment Officer

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Wichita, KS 67203-3601

**Phone:** 316-440-1518

**E-mail:** david.austin@envisionus.com

**Web:** www.envisionus.com

The Envision 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.



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CONTINUED FROM PAGE 14

JAN 23

**TRADITIONAL DANCE IN CONTEMPORARY KANSAS WITH JOAN STONE**

Along with language and traditions, dance can help us understand the values, beliefs, hopes, and dreams of different peoples. The Haskell Powwow, Volga-German Wedding March, and Swedish Dance in Lindsborg are specific to Kansas yet have roots in North American and European culture that go back more than a thousand years. Statehood Speakers Bureau presented by the Kansas Humanities Council. Leavenworth Public Library, 1:30 p.m. LEAVENWORTH, (913) 682-5666 <http://www.kansashumanities.org>

JAN 25

**CHARLES CURTIS: HIS LIFE, HIS POLITICS AND HIS LEGACY**

In celebration of Charles Curtis' birthday, researcher Laura Andrews looks at a snapshot of his life, politics and legacy. Just one year and four days older than the state of Kansas, he eventually served as vice-president of the United States. Event time: 7-8 p.m. Admission is free. 1515 SW 10th Avenue. TOPEKA, (785) 580-4608 <http://www.tscpl.org>

JAN 28 &amp; 29

**KANSAS DAY**

Spend your day taking a tour through the historic Schuyler Museum. Enjoy lunch and listen to an account of the Harvey Girls life story. Hands on activities, re-enactors and some wonderful family fun. 117 South Dakota. BURLINGAME, (785) 654-3561 <http://Burlingamemuseum.org>

JAN 28 &amp; 29

**KANSAS DAY 2011**

Kansas celebrates its 150th birthday on January 29, 2011! The Kansas Historical Society invites you to join the commemoration. Festivities will last for two days at the Kansas Historical Society. On Friday, January 28, the museum will host its traditional event for schools. Festivities will continue on Saturday, January 29, as we commemorate the sesquicentennial of Kansas statehood. Dennis Rogers, an American Indian artist, performer and cultural educator will be a featured performer on both days. 6425 SW 6th Avenue. TOPEKA, (785) 272-8681 <http://kshs.org>

JAN 29

**HARVEY GIRLS: IT ALL STARTED IN TOPEKA WITH MICHAELINE CHANCE-REAY**

Preferring the term Harvey Girl to waitress, Fred Harvey recruited single women to work at Harvey Houses along the Santa Fe Railroad line from Kansas to California. Between the 1880s and the 1950s, more than 100,000 women, many Kansans, proudly wore the black-and-white uniform of the Harvey Company. Find out more about these adventuresome young women. Sponsored by the Burlingame Historical Preservation Society. Schuyler Community Center, 2 p.m. BURLINGAME, (785) 654-3170 <http://www.kansashumanities.org>

JAN 29

**TRADITIONAL DANCES IN CONTEMPORARY KANSAS**

Along with language and traditions, dance can

help us understand the values, beliefs, hopes, and dreams of different people. The Haskell Powwow, Volga-German Wedding March, and Swedish Dance in Lindsborg are specific to Kansas yet have roots in North American and European culture that go back more than a thousand years. Through photographs, music, video, and demonstration, find out how these dances preserve cultural identity and adapt ancient traditions to contemporary times. Argentine Branch Library, 12 p.m. KANSAS CITY, (913) 722-7400 <http://www.kckpl.lib.ks.us>

JAN 30

**BLEEDING KANSAS SERIES 2011**

"Against All Odds: The Topeka Constitution and the Rush for Kansas Statehood." Don Lambert, independent scholar, Kansas City, Mo., will discuss The Topeka Constitution and Kansas Statehood. 319 Elmore. LECOMPTON, (785) 887-6520 [http://kshs.org/portal\\_constitution\\_hall](http://kshs.org/portal_constitution_hall)

JAN 30

**THE WYANDOTTE CONSTITUTION**

Kansas was admitted to the Union on January 29, 1861, after considerable conflict over slavery, and formulation of four proposed constitutions. The Wyandotte Constitution, formulated in a convention a year and a half earlier, became the new State's fundamental document. Leon Graves, lawyer and historian, will discuss the constitution-making process and some of the remarkable men (and women) who participated. Event time: 2-3 p.m. Admission is free. 1515 SW 10th. TOPEKA, (785) 580-4608 <http://www.tscpl.org>

**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 & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP**

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

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

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

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

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

**FIRST & THIRD TUESDAYS OF THE MONTH SCRAPBOOK MEMORIES**

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

**FIRST & THIRD TUESDAYS OF THE MONTH GRIEF SUPPORT GROUP**

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

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 & 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.

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

**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). 11:30 AM-1:00 PM

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

Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location. 3:00 p.m.

**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 GRIEF AND ENCOURAGEMENT GROUP**

For those who have lost loved ones. Sponsored by Hospice Care of Kansas. Meets at Brookwood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Nancy Cook. TOPEKA, (913) 599-1125

**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 & FOURTH MONDAY OF THE MONTH ALZHEIMER'S/CAREGIVER SUPPORT GROUP**

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 7:30 p.m. LAWRENCE, (913) 831-3888

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

Grace Hospice in association with Pioneer Ridge Assisted Living 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**

Meets at 9:30-11:00 a.m. at Coyote Canyon Buffet. TOPEKA, <http://www.narvre.com>

**SECOND & FOURTH TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES**

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

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

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse,

CONTINUED FROM PAGE 27

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 WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

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

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

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

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

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

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

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

#### THIRD TUESDAY OF EACH MONTH 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 TUESDAY OF EACH MONTH STROKE SUPPORT GROUP

For those recovering from a stroke, and/or

their family and friends. Meets at 4:00-5:30 p.m. For more information call LMH Kreider Rehab Center.  
LAWRENCE, (785) 505-2712

#### THIRD WEDNESDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL 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. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free! NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.  
LAWRENCE, (785) 843-7481

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

Baldwin Healthcare Center, 1223 Orchard Lane, 1:00-2:00 p.m.  
BALDWIN CITY, (785) 594-6492

#### 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

CONTINUED ON PAGE 29

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CONTINUED FROM PAGE 28

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 Grace 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 infor-  
mation about Alzheimer's disease or other  
disorders. Please join us in one of our Care-  
giver Support Groups. Sponsored by Douglas  
County Senior Services, Inc. Eudora Com-  
munity Center, 1630 Elm. 1:00-2:30 p.m.  
LAWRENCE, (785) 842-0543

**FOURTH THURSDAY 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 the Topeka-  
Shawnee County Public Library, 7:00 p.m.  
No meeting in April, November or Decem-  
ber.  
TOPEKA, (785) 233-5762  
<http://www.tgstopeka.org>

**FOURTH THURSDAY OF EACH MONTH  
CHRISTIAN WIDOW/WIDOWERS  
ORGANIZATION**  
We have a covered dish dinner, a short  
meeting, and then play dime bingo with  
playing cards. 5:30 p.m. at 17th and

Stone. For additional information, e-mail  
[pdpatterson@juno.com](mailto:pdpatterson@juno.com).  
TOPEKA

**FOURTH FRIDAY OF EACH MONTH  
AARP CHAPTER 1696**  
AARP Chapter 1696 will meet at 11:00 a.m.  
at the Lawrence Country Club. Lunch served  
at 11:30. New and interested members wel-  
come. Please call Mary for reservations.  
LAWRENCE, (785) 331-4247

**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 mis-  
sion is to represent government employees,  
active and retired, before Congress. Employ-  
ees from all branches of federal government  
employment are welcome, and encouraged  
to attend. For information, call Jim Miller.  
LAWRENCE, (785) 478-0651

## MISCELLANEOUS

**JAN 11  
RENEWAL OF THE FLAME**  
Renewal of the Flame is a Native American  
Indian Celebration of the New Year. Pot  
Luck Supper. Open to the public. Cer-  
emonies, breaking of bread, games, sing-  
ing and drumming and other activities.  
Hosted by Christan and Christine Kramer.  
6 p.m. Admission is free. Gage Park Zoo  
Educational Building.  
TOPEKA, (785) 272-5489

**JAN 23  
EAGLE DAY**  
Celebrate the return of bald eagles to the  
area. Presentations feature information on  
nesting and banding. Live bald eagle presen-  
tation. There will also be opportunities to  
view eagles in the wild at 9 a.m. and 3 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>

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## BOOKSHELF

## College can be murder

By Margaret Baker

**Spencer Quinn: *Dog On It*** (hardcover, Atria, ISBN 978-1-4165-8583-1)

Bernie, a former policeman, is now a private investigator. Chet was being trained as a police dog and doing well until an episode during the final search, when a cat...

Now he is Bernie's beloved pet. What Bernie doesn't know is that Chet understands human speech. Still, Chet is a dog, and so the reader follows the story through Chet's point of view.

Maddy, a teen with a spotless record, doesn't come home and her mom notifies the police. They assume, at least partially because her parents are divorcing, Maddy is a runaway and will return on her own. Mom hires Bernie.

The basic plotline is plausible, the chase scenes heart-racing, and the humor comes from Chet's comments on the behavior of humans. Chet's a darn good story-teller, and we can but hope that this is the start of a wonderful, charming and unique mystery series.

**Joanne Dobson: *Death Without Tenure*** (trade paperback, Poisoned Pen Press, ISBN 978-1-59058-709-6)

Karen Pelletier has taught English at Enfield College for six years, and is up for tenure. For the academically initiated, this is not automatic, and not achieving tenure is tantamount to academic death.

Karen has been a good teacher and researcher, but there are two candidates for the single slot in the department and the other claims American Indian status. The politically-correct chairman and the head of the

Whiteness Study feel that his ethnicity ranks higher than her work.

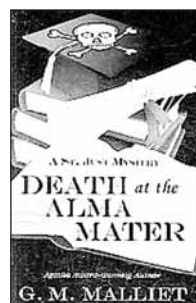
So when the other candidate overdoses on doctored peyote mushrooms Karen is on the suspect list, along with two of her best students. When the background investigations unveil that the other candidate had no disser-

tation, and in fact no Ph.D., a sticky situation just gets worse.

**G. M. Malliet: *Death at the Alma Mater*** (trade paperback, Midnight Ink, ISBN 978-0-7387-1967-2)

Now for a look across the ocean at St. Michael's, a figment of Malliet's imagination, in Cambridge, England.

The buildings at St. Michael's are ancient and need a lot of work. The master, dean and bursar decide to host an alumni meeting of a carefully-chosen group of graduates who have gone on to great financial success.



Unfortunately, this group also included a love triangle of epic proportions. James Bassett left his wife Alexandria "Lexy" to marry India Burroughs, and Lexy never got over it.

She still seems to pine for James. When Lexy turns up strangled, D.C.I. Arthur St. Just is called in. He's happy to come, as his inamorata, Portia De'Ath, is doing a course of study there.

If you're interested in boating sports, there's more than a bit of that intermingled with the British academia.

**Lee Child: *Worth Dying For*** (Random House Audio Books, ISBN 978-0-3077-4943-7. Also available in print)

Jack Reacher returns. He's gotten to Nebraska, where he stops at a rocket-shaped motel from the 60's and becomes involved in a nefarious reign of terror by the most powerful family in the area. They control the harvest transportation, thus controlling all the farming families, and employ ex-Cornhuskers who didn't get to the NFL as enforcers.

What do you expect from a Jack Reacher adventure? Lots of action, incredible timing producing anxiety, a touch of knight-errantry. And it is all here.

Warning to the squeamish—high body count.

**John Verdon: *Think of a Number*** (Random House Audio Books, ISBN 978-0-3077-1527-2. Also in print by Crown)

Recovering alcoholics (and one who doesn't bother trying recovery) receive odd bits of poetry, hinting at an embarrassing memory. They're told to think of a number between one and a thousand, and when that hooks them and they respond, more short poetry arrives and, eventually, death by whiskey bottle.

One of the early victims has contacted Dave Gurney, a retired New York City homicide detective justly famous for his success at identifying and putting away serial killers. He is brought in on the case because of his reputation combined with his familiarity with the first victim.

A very taut plot combines with tantalizing clues, deeply drawn characters in even the minor roles, and plausibility of a very tricky plot.

**Jamie Freveletti: *Running Dark*** (hc, Wm. Morrow, ISBN 978-0-06-168424-1)

This international thriller starts with Emma Caldrige running an endurance marathon in South Africa when a bomb explodes nearby. Temporarily unconscious, she knows someone has used the confusion to inject her. She finishes the race, actually doing better than normal, but checks in for a complete blood check. The results are negative for enhancing drugs, but the adrenaline is off the charts. She goes to Edward Banner, whose Darkview security company she often works for.

Darkview is working with a cruise company to combat Somali pirates. There would be high ransoms. For the cruise companies, financial ruin. But cruise ships by agreement don't have armaments on board, only a very high decibel sounding device.

Edward is on the ship, trying to determine if some of the cruise patrons are on the up and up. The fear is that the cruise also carries, as cargo, an unknown substance that might make terrorists virtually unconquerable—the same substance Emma was injected with in an apparent early experiment.

**Steven Hawking and Leonard Mlodinow: *The Grand Design*** (Random House Audio Books, ISBN 978-0-7393-4426-2. Also available in print from Bantam)

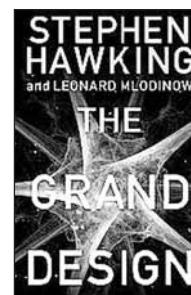
Ready for a scholarly look at the universe and its origins? Hawking and Mlodinow give an intriguing new look, suggesting that the universe has every possibility existing simultaneously.

They argue that history doesn't create us, we create history by observation.

Their theory that the multiverse, as they name it, has many universes created simultaneously, and that each has its own laws of nature.

Still being debated and studied, this might be the unified theory Einstein was searching for.

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



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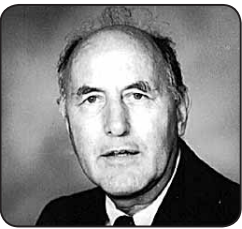
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## HUMOR

### Fifty Years Is a Long Short Time

The event committee met in secret early last November in the back room of The Enchantment, a dingy roadhouse on the outskirts of Letongaloosa. It had to be a secret because if I had known about the meeting, I would have put the kibosh on it.



Larry  
Day

Present at the meeting were Dr. Irma Farseer ("Grant Us," Aug. 2004) chair of the Department of et. al., et. al., at Letongaloosa Community Junior College, in charge of site arrangements; Pat M.Z. Jones ("Pat and Pete," Jan. 2007) home town and U.S. invitations; Four Finger Fannie ("Musick Hath Charms," May 2010) international and intergalactic invitations; Ethan Pontleroy, ("La Mancha Man," March 2004) hospitality; Amanda Pershing ("Bib Overalls," March 2008) decorations, and Sir Jeremiah Teancrumpets ("Insults, Ltd." December 2005), finances.

I wrote my first humor column back in October 2002. It was titled "Dinks and Figs." It was about Emmaline and me. The word DINK stands for "double income, no kids, and FIG stands

for Fixed Income Geezers. Since then Emmaline has appeared in more than a dozen of my columns. I call the category "Marital Blitz." Emmaline is almost always the heroine, and I'm usually the fall guy. I've written a humor column every month since that first one. Most have been short fictional narratives. Through them I've created scores of characters.

It was six of those characters who met clandestinely to plan a golden wedding event for Emmaline and me. Neither Emmaline nor I wanted any kind of reception, party, or gathering to commemorate our fiftieth anniversary, so we took a wonderful trip. The problem with creating fictional characters is that they often develop a will of their own. That's what happened to me.

One day I got a call from a professor at Letongaloosa Community Junior College. He asked me to speak to an evening class about geriatric journalism—a new field in which the mass media focus on the baby boom generation. The professor invited me to bring Emmaline. It was all a set up. When Emmaline and I arrived, a young woman escorted us down some stairs and down a long dark hallway. There was a light at the end. She pointed and said, "Walk toward the light."

The light came from a diaphanous curtain covering a doorway. As we

walked through the curtain we heard the sound of rushing wind. We were whisked through space and set down on the stage of a crowded auditorium. At the podium the emcee, Gentle Jim Carver (February 2005) was warming up the audience.

"Let's hear it for the organizing committee," said Gentle Jim. The six characters that had held the secret meeting at the Enchantment stood up.

Applause and whistling.

"Now put your hands together for our honored guests," said Gentle Jim. Loud applause. He turned and motioned us forward. More applause. With his arms around our shoulders, Gentle Jim guided us down the stairs from the stage to the auditorium floor.

"Please face the stage," he said. A huge white screen came down.

The lights dimmed.

Major events of our fifty years of marriage flickered across the screen in living color. It was disconcerting—I went from being a fairly decent-looking young man with nice hair to a bald old geezer. On the other hand, Emmaline went from being a lithesome young beauty to being the even more

beautiful woman she is now.

Applause.

We turned to face the audience, and a shimmering backdrop fell behind us. A reception line formed, and we shook hands with the people in the auditorium. They were all characters from my humor columns. They came through the line in the categories that I had devised for the columns: Media Marvels, Home Town Folks, Fairy Tales Redux, Corporately Clueless, Hilarious Higher Education, Weird Rich Folks, and Alien Encounters.

There had been a drawing to see who would escort us back to the diaphanous curtain. Nosy Nelida Nacamora and Boris Quigiddle had won. We said goodbye and stepped through the curtain. WHOOSH, suddenly we were back home again. No, I didn't dream it, and no, I haven't been eating exotic mushrooms. It's all true. If you don't believe me, ask Emmaline.

- 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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## TRAVEL TROUBLESHOOTER

# Who's gonna pay these overdraft fees?

*When a Hampton Inn hotel charges Alia Naffouj twice for the same room, there are two surprise overdraft fees on Naffouj's credit card. Hampton is dragging its feet on a refund. Is there anything Naffouj can do to get the money back?*

By Christopher Elliott

Tribune Media Services

**QUESTION:** I booked a hotel room at the Hampton Inn Atlanta-Buckhead in Atlanta earlier this year. I paid a special online rate of \$96 for one night. A few days later, I discovered that I had been charged for the room again.

This caused my account to be overdrawn and I incurred a \$35 overdraft fee. I called the hotel immediately and was told they would investigate and that I would receive a call back later that day. I received no such call, so I tried to call the hotel several times but could reach no one.

I called the Hilton VIP hotline, since I am an HHonors Diamond VIP member, and they said they spoke to the manager at the local hotel and they are working on it. They told me I would be contacted. I was not.

I wrote to Hampton Inn and Hilton through its website. In the meantime, another purchase I had made before finding out about this charge posted, so I incurred yet another \$35 overdraft fee. I finally received an e-mail from Hilton three months after my stay, promising a refund. It never came. Can you help me? - Alia Naffouj, Martinez, Ga.

**ANSWER:** Hampton Inn should have refunded the extra \$96, plus the overdraft fees you incurred because of its error. I'm astounded the company—Hampton is part of the Hilton family of hotels—would do this to one of its best customers. What were they thinking?

Before we get to that, let's see if you missed anything when you tried to resolve this. You called as soon as you saw the charge—nice work. You

also invoked your elite status. Hilton HHonors Diamond VIP membership is awarded to guests with 28 stays, 60 nights or 100,000 base points earned during any calendar year. That's Hilton's highest level of frequent guest. They should have offered a personal apology from the CEO at that level.

But as soon as you began playing phone tag with the hotel (and probably even sooner) I would have begun putting your grievance in writing. You need a paper trail that contains your original complaint, the hotel's response and all of the particulars of your charges. That can't be as easily conveyed by phone.

When your calls and e-mails were going unanswered, you could have begun appealing your case to someone higher up, ending with Hilton's executive office. A polite e-mail, along with a complete record of your correspondence, is far likelier to get a response than a series of voice mails left with a mid-level manager.

I asked Hilton to review your overcharges, and it ignored me, too. So I asked again. Seven months later, the hotel responded, apologizing for the billing problem and explaining that the person in charge of fixing it had left the company without addressing your grievance.

Hilton refunded the overcharge and your bank overdraft fees and offered you a free one-night stay at any Hampton Inn property.

- Christopher Elliott is the ombudsman for *National Geographic Traveler* magazine. You can read more travel tips on his blog, [elliott.org](http://elliott.org) or e-mail him at [cellriott@ngs.org](mailto:cellriott@ngs.org).

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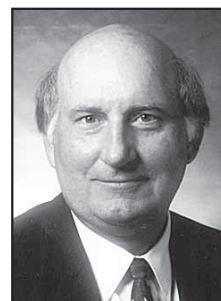
"The Old Year has gone. Let the dead past bury its own dead. The New Year has taken possession of the clock of time. All hail the duties and possibilities of the coming twelve months!" - Edward Payson Powell

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## PET WORLD

# Is cat 'talking' to crow?

**QUESTION:** Between 8:30 and 9 each morning, there's an unusual rendezvous at my home. At first, I thought it was a coincidence, but this happens every morning unless there's heavy rain. Our indoor only cat sits on the window ledge. Within minutes, a crow arrives. The crow "crows." (I'm not sure what you call it when crows "talk.") Whiskers meows back, chirp-

30 days, she was on an antibiotic. The vet also suggested a special diet for the rest of her life that's designed to dissolve stones.

The first vet had bombarded me with products every time I walked through the door. The vets know how much I love my dog, and I fear they're taking of advantage of me because they know I'll do anything for her. Are we on the right track with treatment? - S.M., Cyberspace

**ANSWER:** Dr. Jody Lulich, an internal medicine specialist and professor at the University of Minnesota College of Veterinary Medicine-Minneapolis, is an internationally known expert on kidney stones and urinary infection in pets.

"The specific therapy depends on the composition of the stone," Lulich notes. "If possible, analyzing the stone would be helpful." In fact, a lab which Lulich helps oversee analyzes kidney stones at no cost to veterinarians, though many vets do assess some fee for the service and mailing costs.

Lulich guesses, based on your comments, that your dog has a struvite stone. Rather than a special diet (which would not be suggested for the remainder of your pet's life), you need to determine what's causing the infection; possibilities include hypothyroidism or Cushing's disease, the use of steroids or other immunosuppressant drugs, even obesity. If the presumption is correct, then the object is to control and eliminate the infection so it won't recur.

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

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



Steve Dale

ing like a songbird. The two have a 2- or 3-minute "conversation." Could it be they've become friends? And what are they "talking" about? - B.D., Cyberspace

**ANSWER:** This pair may, in fact, be "friends." They certainly are communicating.

Sometimes, our friendships are dependent. For example, some friendships are dependant on work or another friend. This friendship seems dependent on the pane of glass separating the two. Still, either participant needs to voluntarily show up. I wonder what would happen if you took your cat outdoors on a leash and harness for those meetings.

For your cat, these encounters offer wonderful enrichment. However, exactly what each participant derives from the relationship—not being a crow or a cat—I'm not qualified to say. Feel free to e-mail me a video of a meeting.

**QUESTION:** Our 7-year-old Shih Tzu developed a bladder stone. She'd been on two courses of antibiotic. She seemed to improve by the time she'd finish each course, but then the symptoms cropped up again. We decided to change vets partially because our dog was never treated by the vet, but rather by a technician.

Our new vet cultured the dog's urine and put her on a 30-day course of antibiotic. Still, she had blood in her urine. A x-ray revealed a thumbnail-sized bladder stone. So, for another



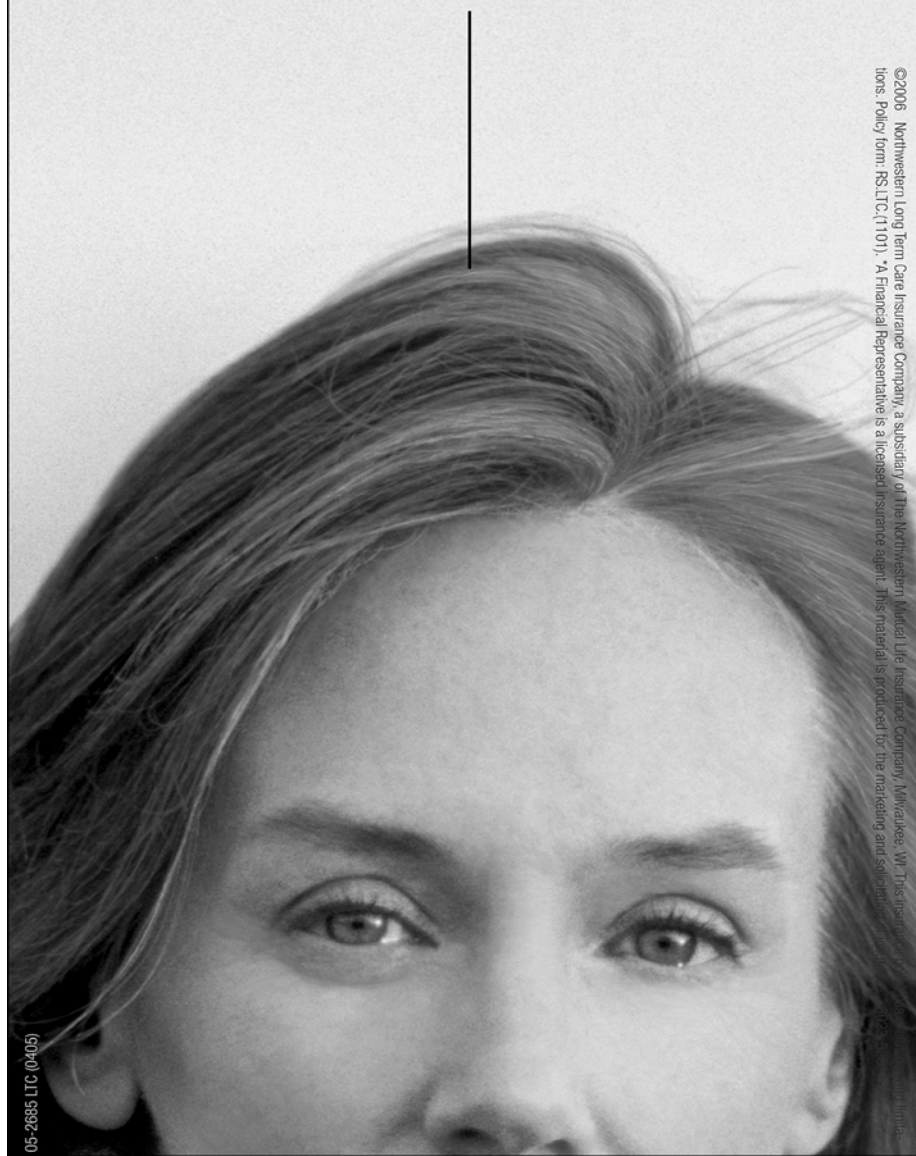
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# WOLFGANG PUCK'S KITCHEN

## A Sustaining Supper

By Wolfgang Puck

Tribune Media Services

**S**ure, I love to eat all the familiar kinds of pasta. Why else would I have named my flagship restaurant Spago, after Italian slang for spaghetti?

But, I must admit, sometimes you need to go beyond just spaghetti, especially at this time of year. When it's cold outside and you're stressed out after the holidays, you need food that really comforts and sustains you.

That's when I start thinking about making potato dumplings, like the delicious Italian-style gnocchi featured in the recipe I share today.

In my home in southern Austria, where I grew up and first learned to cook, my mother and grandmother made potato dumplings called knudeln, similar in their basic preparation to the gnocchi found just across the border to the south. The ones my mom and grandmother made, however, were bigger and stuffed with delicious pork cracklings, onions, and parsley for winter main dishes, or in summer with fresh apricots or plums.

Italian gnocchi, on the other hand, are much smaller—usually cylinders formed by rolling out the dumpling dough into a rope shape and cutting in into bite-sized pieces. Instead of being stuffed, they're served with a sauce, which can range from simple pesto or tomato sauce to a combination of toppings like the rosemary sauce and sautéed mushrooms like in the recipe here.

Whatever sauce or topping you use, and whether you're preparing bigger Austrian-style knudeln or smaller Italian gnocchi, your success with dumplings will depend mainly on knowing a few important tips about making the dough. But the process is still easy, and not too time-consuming—perfect for a weekend meal or on a day you can get home a little earlier

from work.

Make sure you cook the potatoes just until fork-tender, and then drain them well. Overcooked potatoes, or those from which you haven't let surface moisture evaporate, will give soggy results and require more flour to get a dry dough, resulting in less concentrated potato flavor.

When mixing the dough, take care not to overwork it, or your dumplings will turn out less tender and more gummy because of the elastic gluten and sticky starch that will overdevelop. Use a light hand, stopping as soon as the dough comes together into a ball.

Once you've shaped the gnocchi and spread them on a baking sheet as described in the recipe, you don't even have to cook them right away. Instead, put the sheet in the freezer until the gnocchi are frozen solid; then, pack into airtight freezer storage bags. They'll keep well for a month or two, ready to cook in boiling water until they rise to the surface, providing you with the basis for a sustaining meal all winter long.

### GNOCCHI WITH WILD MUSHROOMS AND ROSEMARY SAUCE

Serves 6 to 8

Cooked Gnocchi (recipe follows)

1/2 cup freshly grated Parmesan cheese

#### ROSEMARY SAUCE:

2 tablespoons extra-virgin olive oil  
1 large shallot, minced  
3 garlic cloves, minced  
1 cup dry white wine  
2 cups organic chicken broth  
3 tablespoons unsalted butter, cut into pieces

1 pound Roma (plum) tomatoes, cored, halved, seeded, and coarsely chopped

1/2 teaspoon minced fresh rosemary leaves

Salt

Freshly ground white pepper

#### WILD MUSHROOMS:

2 tablespoons extra-virgin olive oil  
1/2 pound mixed wild mushrooms such as shiitake, porcini, and chanterelle, cleaned, trimmed, and cut into bite-sized pieces

1 large shallot, minced

2 medium garlic cloves, minced

2 teaspoons chopped fresh parsley

Salt

Freshly ground black pepper

Prepare the gnocchi (see following recipe).

For the sauce, heat the oil in a medium saucepan over medium heat. Sauté the shallot and garlic until translucent. Add the wine, stir and scrape with a wooden spoon to deglaze, and boil until reduced to about 1/4 cup. Add the broth and boil until reduced by half. Remove from the heat and whisk in the butter. Stir in the tomatoes and rosemary and season to taste with salt and pepper. Let cool briefly, then carefully puree in a food processor or blender. Set aside.

For the mushrooms, in a medium skillet heat the oil over medium heat. Sauté the mushrooms until they begin to brown, about 5 minutes. Stir in the shallot, garlic, and parsley and cook 2 minutes longer. Season to taste and set aside.

Before serving, preheat the oven to 350 degrees F. Butter a 13-by-9-inch baking dish and add the gnocchi. Warm the sauce, pour over the gnocchi, sprinkle with Parmesan, and bake for 10 minutes. Meanwhile, reheat the mushrooms. Spoon the gnocchi into soup plates, scatter mushrooms on top, and serve.

### GNOCCHI

Serves 6 to 8

2 large baking potatoes, peeled and quartered

1/2 to 2/3 cup all-purpose flour, plus extra for dusting

2 tablespoons freshly grated Parmesan cheese

1 large cage-free egg, lightly beaten (use half only)

Salt

Freshly ground white pepper

Boil the potatoes in a large saucepan of salted water until fork-tender, 25 to 30 minutes. Drain thoroughly and let sit in the hot pan briefly until all visible moisture evaporates. Over a medium bowl, press through a ricer. Cool to room temperature.

Lightly dust a clean work surface with flour. Add the potatoes. Dust with 1/2 cup flour and the Parmesan. Make a well in the center and add the egg and salt and pepper to taste. With a fork, gradually stir the potato mixture into the egg, until a ball of dough forms; do not overmix. If the dough seems wet and hard to handle, add the remaining flour.

To shape gnocchi, divide the dough into 8 portions. On a lightly floured surface, roll each portion into a rope 1/4 inch in diameter and 15 inches long. Cut into 1-inch pieces. Line a baking sheet with parchment paper and lightly dust with flour. Arrange the gnocchi, not touching, on the sheet. Leave at room temperature for up to 2 hours before cooking.

Bring a large pot of salted water to a boil. Cook the gnocchi in 4 batches, until they rise to the surface, 1 to 2 minutes.

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# Medicare enhances information on hospital quality of care

By Kansas Senior Press Service

New information about the quality of care available in outpatient and emergency departments has been added to the Centers for Medicare and Medicaid Services Hospital Compare website, [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov). The information includes how well hospitals care for patients with heart attacks and how well they protect outpatients from surgical infections.

This information can also be found

on the front page of the Health and Human Services website as part of the Compare Care Quality link at [www.healthcare.gov](http://www.healthcare.gov).

One of the new pieces of data is how efficiently facilities use certain types of imaging equipment, keeping patients safe from exposure to potentially harmful radiation that may not be necessary. By providing this information, Medicare hopes to help patients and their families understand the risks associated with these tech-

nologies and encourage them to talk with their doctors about which hospitals are most likely to help patients reduce the risks.

The Hospital Compare site includes new measures that show whether outpatients who are treated for suspected heart attacks receive proven therapies that reduce mortality, such as aspirin at arrival, and how well outpatient surgical patients are protected from infection.

Previously, Hospital Compare had provided data only about the quality of care provided to hospital inpatients. Adding outpatient quality measures gives consumers a more complete picture of the quality of care available at local hospitals.

Both [www.healthcare.gov](http://www.healthcare.gov) and [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov) are available to help consumers make health care decisions.



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# PUZZLES & GAMES

## CROSSWORD

### ACROSS

- 1 Very, in music
- 6 Therefore
- 10 Skeleton piece
- 14 "Guys and \_\_\_"
- 15 Bring up
- 16 Pig or cast follower
- 17 Texas shrine
- 18 Cleave
- 19 Donate
- 20 Colorado scenic attraction
- 22 Sports group
- 23 Pineapple firm
- 24 Actress Judd
- 26 Combined
- 30 Orchestral instruments
- 32 Profess
- 33 Superlative endings
- 35 Freeze over
- 39 Last Supper room
- 41 Dining-room linen
- 43 Swedish cash
- 44 Not kosher

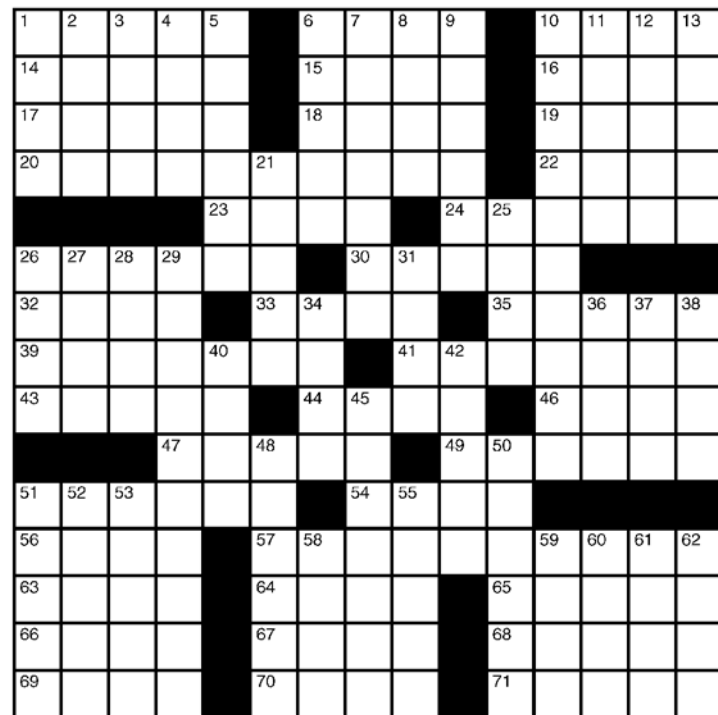
- 46 Greek goddess of discord
- 47 Edible red seaweed
- 49 Most recent
- 51 Repair shoes
- 54 Ride the wind
- 56 Earthenware jar
- 57 HOMES
- 63 Port of Yemen
- 64 Staffs
- 65 Italian fascist Balbo
- 66 Swim alternative
- 67 La commedia dell' \_\_\_
- 68 Sub detector
- 69 Turner and Williams
- 70 Scottish loch
- 71 Small, silvery fish

### DOWN

- 1 Hebrew month
- 2 Go it alone
- 3 Bowl over
- 4 \_\_\_ mater
- 5 Tristan's love
- 6 Actor Flynn

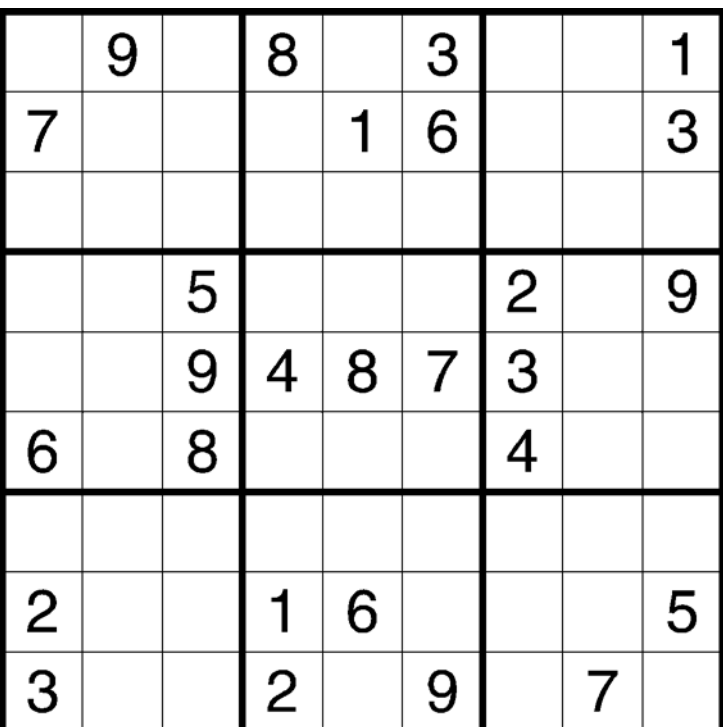
- 7 Put back up
- 8 Band of hoods
- 9 Trying experience
- 10 National preserve in Texas
- 11 Bay window
- 12 Exploding stars
- 13 Foe
- 21 Hofstadter's "\_\_\_, Escher, Bach"
- 25 Lapse in concentration
- 26 Ted or Connie
- 27 At any time
- 28 Nevada city
- 29 Shoals off Newfoundland
- 31 Slave of the past
- 34 Solidifies
- 36 Irish homeland
- 37 Les Etats-\_\_\_
- 38 Hey you!
- 40 Greater omentum
- 42 G-sharp
- 45 Holds a grudge
- 48 Admirer of Betty Grable?
- 50 George of "Disraeli"
- 51 Freewheel

TMSPuzzles@aol.com



By Eugene R. Puffenberger  
Houston, TX

- 52 Nostalgic song
- 60 Welles character
- 53 Mix together
- 61 Israeli carrier
- 55 Watering places
- 62 Ilk
- 58 Spotted infrequently
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- 59 Particle



**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

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

RHOBA

□ □ □ □ □

FYMIL

□ □ □ □ □

DEVAUL

□ □ □ □ □

YIFTON

□ □ □ □ □

Print answer here: □ □ □ □ □ □ □ □ □ □

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## SCRABBLE

G<sub>2</sub> R<sub>1</sub> A<sub>1</sub> M<sub>3</sub> S<sub>1</sub>

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□ □ □ □ □ □ □

A<sub>1</sub> I<sub>1</sub> O<sub>1</sub> X<sub>8</sub> T<sub>1</sub> R<sub>1</sub> C<sub>3</sub>

□ □ □ □ □ □ □

A<sub>1</sub> A<sub>1</sub> I<sub>1</sub> N<sub>1</sub> T<sub>1</sub> C<sub>3</sub> P<sub>3</sub>

□ □ □ □ □ □ □

A<sub>1</sub> E<sub>1</sub> E<sub>1</sub> L<sub>1</sub> D<sub>2</sub> B<sub>3</sub> C<sub>3</sub>

□ □ □ □ □ □ □

A<sub>1</sub> O<sub>1</sub> U<sub>1</sub> T<sub>1</sub> S<sub>1</sub> P<sub>3</sub> C<sub>3</sub>

□ □ □ □ □ □ □

A<sub>1</sub> A<sub>1</sub> D<sub>2</sub> D<sub>2</sub> S<sub>1</sub> R<sub>1</sub> T<sub>1</sub>

□ □ □ □ □ □ □

□ □ □ □ □ □ □

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□ □ □ □ □ □ □

□ □ □ □ □ □ □

PAR SCORE 210-220  
BEST SCORE 283

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

For more information on books, clubs, tournaments and the school program go to www.scrabble-assoc.com or call the National SCRABBLE® Association (631) 477-0033.

Answers to all puzzles on page 38.

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# PUZZLES & GAMES

## BRIDGE

### Diamonds Are Forever

By Tannah Hirsch

East-West vulnerable. South deals.

NORTH  
 ♠ J 8  
 ♥ K 10 6  
 ♦ 9 8 5 3 2  
 ♣ K J 6

WEST EAST  
 ♠ K Q 7 5 2 ♠ 9 6 4 3  
 ♥ 5 3 2 ♥ 7  
 ♦ A Q ♦ K J 7 4  
 ♣ 10 9 8 ♣ Q 7 5 2

SOUTH  
 ♠ A 10  
 ♥ A Q J 9 8 4  
 ♦ 10 6  
 ♣ A 4 3

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	1♠	2♥	3♠
4♥	Pass	Pass	Pass

Opening lead: King of ♠

Here's another deal from Eddie Kantar's "Thinking Bridge" series, published in the Daily Bulletin of the Spring North American Championships recently held in Dallas.

East's jump raise of partner's overcall is pre-emptive, typically showing four-card support, a singleton somewhere and some 4-7 points. Note that, as the cards lie, four spades will be defeated only one trick, but that is

nigh impossible to judge and, at this vulnerability, is too risky, and declarer still has to bring home his heart game.

Writes Kantar: "South wins the first spade and the plan (must have a plan!) is to try to set up the anemic diamond suit in order to avoid the club finesse! Yes, you read right.

"West wins the diamond exit, cashes the queen of spades and exits with the ten of clubs. South tries the jack of clubs, but no luck—East covers. South wins and leads a second diamond to West's ace. A second club goes to dummy's king. A diamond is ruffed high, dummy is entered with the ten of hearts, a second diamond is ruffed high, and now a high and low trump allows declarer to pitch his losing club (finally) on dummy's fifth diamond.

"Given enough dummy entries, almost any five-card suit can be set up—providing declarer starts the suit at once and the suit does not break obscenely. If the only entries are in the trump suit, declarer must arrange to draw trumps ending in dummy - after the side suit has been established. If declarer has both trump and side-suit entries, trump entries are used first."

- Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.

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# Making Medicare make sense: Answers to some of the most commonly asked Medicare questions

**QUESTION:** Will there be changes in what I have to pay for my Medicare premiums and deductibles in 2011?

**ANSWER:** The Medicare program is the largest health insurance program in the nation, and with all health insurance, members have various out of pocket costs, for which they are responsible. This column will discuss the changes to those out of pocket

costs under the Original Medicare program for 2011.

First, let's talk about the Part B premium. Is the Part B premium going to increase in 2011? Well the answer to that question is: Maybe. It depends on if you will be new to Medicare in 2011 and how you will pay your Part B premium. For anyone new to Medicare in 2011 and for individuals already on Medicare who are directly billed the premium on a quarterly basis, the Part B premium will be \$115.40 per month. If you are not new to Medicare and you have had your Part B premium deducted from your Social Security benefits, you will continue to pay the same Part B premium as you did in 2010. This is because you did not receive a Social Security cost of living allowance (COLA) for next year. If Medicare raised the Part B premium, it would negatively impact your Social Security check.

Now, the annual Part B deductible, which is the amount Medicare beneficiaries owe each year out of pocket before Medicare will begin paying for most services has increased from \$155 in 2010 to \$162 in 2011.

The Part A, or the Hospital Insurance side of Medicare has some out-of-pocket increases for 2011 as well. If you are admitted to the hospital as an inpatient and you start a new benefit period you are responsible for an inpatient hospital deductible. In 2011, the inpatient deductible is going up

from \$1,100 to \$1,132. Once the deductible is met, Medicare pays for all other covered charges for the first 60 days of an inpatient hospital stay during a benefit period. If you are discharged from the hospital and readmitted before 60 days has passed, then you will not have broken your benefit period and will therefore not owe a new inpatient deductible.

If you have a lengthy inpatient hospital stay that is more than 60 days, for days 61-90 of the benefit period you will be responsible for \$283 per day, which increased from \$275 in 2010. For days 91-150 you will be responsible for \$566 per day in 2011, up from \$550 per day in 2010. These are considered your lifetime reserve days and once they are used, these days do not renew when you start a

■ CONTINUED ON PAGE 39

## JUMBLE ANSWERS

Jumbles: ABHOR FILMY  
VALUED NOTIFY

Answer: Being laid back at the office can lead to this - LAID OFF

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## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## SCRABBLE BRAND GRAMS SOLUTION

O <sub>1</sub>	X <sub>8</sub>	C <sub>3</sub>	A <sub>1</sub>	R <sub>1</sub>	T <sub>1</sub>		RACK 1 =	<b>15</b>
C <sub>3</sub>	A <sub>1</sub>	P <sub>3</sub>	T <sub>1</sub>	A <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	RACK 2 =	<b>61</b>
D <sub>2</sub>	E <sub>1</sub>	B <sub>3</sub>	A <sub>1</sub>	C <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 3 =	<b>65</b>
U <sub>1</sub>	P <sub>3</sub>	C <sub>3</sub>	O <sub>1</sub>	A <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 4 =	<b>83</b>
D <sub>2</sub>	A <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	RACK 5 =	<b>59</b>
TOTAL								<b>283</b>

PAR SCORE 210-220  
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# Medicare changes

■ CONTINUED FROM PAGE 38

new benefit period.

Many times you will not need to stay in the hospital as an inpatient for a long period of time but you may not be well enough to go home and may need to receive full time skilled nursing services or full time therapy services in a skilled nursing facility. If that is the case, then Medicare will cover the first 20 days at 100%, if you qualify. Then if you still require this level of care, beyond 20 days, for

days 21-100 there is a daily coinsurance of \$141.50 that you will have to pay in 2011, which increased slightly from \$137.50 in 2010.

These are the major changes to the cost sharing amounts under Original Medicare Part A and B. If you have questions about these changes you can call the Medicare Helpline 1-800-MEDICARE 24 hours a day, 7 days a week that is 1-800-633-4227. TTY users should call 1-877-486-2048. More information about Medicare can also be found on the internet at [www.medicare.gov](http://www.medicare.gov).



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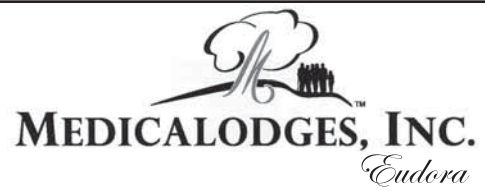


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