

Kaw Valley Senior Monthly

FREE!
Take One Home With You

July 2016

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 16, No. 1

INSIDE



Rosina Houle's own experience with a kidney donation within her own family led her to start Save a Life, Inc. The goal of her non-profit organization is to raise funds to educate people about the benefits of becoming a living donor. - page 8

Business Card Directory... 24, 25
 Calendar 16
 Estate Planning 14
 Goren on Bridge 32
 Groen Zone 26
 Health & Wellness..... 12, 13
 Humor..... 28
 Jill on Money..... 15
 Mayo Clinic 11
 Memories Are Forever 31
 Pet World 29
 Puzzles and Games..... 33
 Rick Steves' Europe 27
 Wolfgang Puck's Kitchen..... 30

KEVIN GROENHAGEN PHOTO



*Marsha Henry Goff:
 Sharing Lessons
 Learned from the
 Wrong Side of the
 Stethoscope*

See story on page three

www.seniormonthly.net

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

**NOW accepting
 55 and over!**

National Church Residences
CEDAR SQUARE

Affordable Apartments for
 Seniors age 62+



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

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

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

The **ART** of **LIVING**

*Presenting extraordinary
resident artists.*



Delpha Clarkson

The Five Bridges
Oil on Canvas



Find inspiration in your life.

CALL TODAY!

 **LEGEND**[™]
ASSISTED LIVING & MEMORY CARE
at *Capital Ridge*

1931 SW Arvonla Pl
Topeka, KS 66615

(785) 272-9400

The
Windsor
of Lawrence
ASSISTED LIVING & MEMORY CARE

3220 Peterson Rd
Lawrence, KS 66049

(785) 832-9900

Stop by your local Legend Senior Living[™] community today to receive a free calendar.

Goff pens guide on navigating healthcare system

By Kevin Groenhagen

Several years after Marsha Henry Goff's mother, June, died, Goff and her sister, Vicki Julian, were driving home to Lawrence from Topeka. Goff had long blamed herself for her mother's death since she was unable to figure out exactly what had been killing her. Hearing her lament one time too often, Vicki said, "I think it is your fault that Mom died, Marsha." After a pause, Vicki continued, "You could have gone to medical school and become a doctor."

Of course, Goff hadn't gone to medical school. She is an author, editor, desk-top publisher, and blogger who has written books primarily about humor and history. Her humor titles include *Life is more fun when you live it ... Jest for Grins* and *Human Nature Calls: Jest for Grins*, while her history titles include *The High Schools of Lawrence: A Nostalgic Look At the People and the Times, 1855-1998* and *Lawrence Sesquicentennial: Images of History Vol. II*, both of which were collaborative works with the late Bill Snead. Snead began his career as a photographer at the *Lawrence Jour-*

nal-World when he was a high school senior, spent more than two decades at *The Washington Post*, and then returned to the *Journal-World* in 1993.

According to Goff, she has the ability to get interested in just about any subject. After taking care of her mother for decades, learning about the medical experiences of friends and members of her family, and undergoing surgeries of her own, Goff has become somewhat of an expert on the healthcare industry. Wanting to share her knowledge to help others, last year she published *Everything I know about medicine, I learned on the Wrong Side of the Stethoscope*.

"I had been talking about writing the book for a good number of years," Goff said. "My mother died in 2004, and I must have thought about that book almost since about that time."

Goff's father, L. Lew Henry, an attorney and elected official, died in 1974 as a result of a 'benign' tumor that probably developed from a head injury he suffered during World War II. Accord-



Marsha Henry Goff

ing to Goff, her father may have been saved if the tumor had been discovered six months earlier.

"My father died at a relatively young age," she said. "He was just

■ CONTINUED ON PAGE FOUR

Bath Innovations Walk-In Bathtubs

Therapeutic relief from fibromyalgia and other chronic pain conditions

Replace your old bathtub with an in-home spa!

- Hydro-massage with water and air jets available.
- High quality installation in as little as one day.
- Made in the USA.
- Limited lifetime warranty.
- Affordable pricing – financing available.
- Low approx. 2½ inch step-up.
- Solid no-leak door w/dual locks.

Enjoy luxurious, warm, therapeutic baths in the safety and comfort of your own home!



Please call us for FREE "no high pressure" estimate! 913-912-1750

Kaw Valley
SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$8.50 for 12 monthly issues.

Contact us:

MAIL

2612 Cranley St.
Lawrence, KS 66046

PHONE / TEXT

785-841-9417

E-MAIL

kevin@seniormonthly.net

Marsha Henry Goff

■ CONTINUED FROM PAGE THREE

56. I sort of stepped in as the person to take care of my mother. My mother didn't drive, except around her neighborhood. She needed transportation to go to doctors. And she was so distraught after my father died. She needed help."

Unfortunately, June, who had been an athlete in high school and college, began having health issues several years before her husband passed away. In fact, she had to have surgery the very day he died.

"It was the one day we couldn't take her down to the intensive care unit to see him," Goff said. "They were on the same floor. Mother had just about everything go wrong that could possibly go wrong. She endured a lot, and, consequently, as her advocate, I learned a lot."

The things that went wrong with June and her health care included several errors during her final hours.

"My mother's death was the most difficult for so many reasons," Goff writes in her book. "I think medical personnel failed her in not diagnosing that she was retaining urine and her bladder was stretched to bursting. The hospital could not find an oxygen mask to fit her. A child's mask was too small, but just barely. The adult mask was so large, they tried to cut it down to fit, making the edges sharp and allowing oxygen to escape and blow in her eyes. My friend Martha, the RN who stayed with me that last night of Mom's life, attempted to make the mask more comfortable by pushing Kleenex under the sharp edges."

After her mother died, Goff asked the nurse why her abdomen was swollen. According to the nurse, they had mistakenly placed the oxygen tube in her stomach instead of her lungs during the attempt to resuscitate her.

While June did suffer poor health during her final years, she maintained her sense of humor, including while experiencing a heart attack.

■ CONTINUED ON PAGE FIVE

Cooper's Home Care

"An Alternative to Nursing Home Placement"

**Newly Remodeled and Renovated!
Ready for Admissions!**

Respite Care

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

Ask About

NEW ADMISSIONS DISCOUNT

Available for a limited time. Call for details.



Lillian Cooper



2139 PENNSYLVANIA IN LAWRENCE

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

We provide:

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



Staff:

- Staff to resident ratio is 1:3
- Home physician and medical director
- Physical and occupational therapists
- LPN, CMAs, CNAs
- 24 Hour RN on duty

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

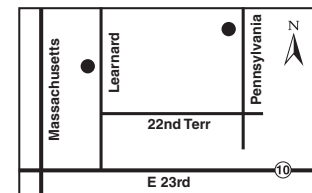


Cooper's Home Care

"An Alternative to Nursing Home Placement"

785-865-2525

www.coopershomecareks.com



Your loved one never leaves our care.

Douglas County's only locally owned crematory



Rumsey-Most
FUNERAL HOME
& Crematory

Our family serving your family since 1920

6th & Indiana • 843-5111

Babcock Place

Affordable Independent Senior Living

Applications Being Accepted

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

www.ldcha.org  842-8358



Marsha Henry Goff

■ CONTINUED FROM PAGE FOUR

“My mother and my sister Vicki were sitting there in the hospital room,” Goff said. “Vicki kept noticing that the heart monitor was looking weird. That’s when Mother turned around and said, ‘I’ve watched enough *Trapper John, M.D.* To know that’s not right.’”

And then there was the incident with the burning blanket. Shortly after a hospital aide warmed up a blanket for her mother and spread it on her bed, Goff smelled smoke and noticed a black spot on the blanket quickly growing larger. It turns out the blanket was not one that should have been warmed, especially in a microwave.

June also enjoyed sharing jokes with her visiting nurses, who came to her home a couple of times a week during the last two and a half decades of her life.

“I tried to bring as many different people into the home as I could, not to lighten our burden, but because it was good for Mother,” Goff explained. “You don’t want older people to be isolated. That can happen very easily. These were people who hadn’t heard all of Mother’s jokes, and they could tell her new ones.”

Obviously, Goff inherited her mother’s sense of humor, which has served her well during difficult times.

“Even serious things I write about usually have a humorous side,” Goff said. “I personally find it difficult to get through life without seeing some humor in even things that don’t sound like they’d be humorous at all.”

As a caregiver for a family member,

Goff’s experience is a fairly common one. In fact, according to data from the Bureau of Labor Statistics, there are 40.4 million unpaid caregivers of adults ages 65 and older in the United States. Of that group, 90 percent are providing care for an aging relative. A plurality is caring for a parent. Goff’s goal with her book is to help those caregivers be better advocates for their relatives’ health care. Even if you are not a caregiver, Goff’s book offers a great deal of advice to help you be a better advocate for your own health care. Goff stresses that healthcare decisions belong to the patient, and a major part of making informed decisions is making sure medical records are accurate. Goff devotes an entire chapter to that subject.

“The problem with medical records is that they are often incorrect,” Goff writes. “And the problem with erroneous medical records is that doctors, nurses, and therapists tend to believe the written word.”

Goff cites several cases within her own family to illustrate just how common such errors are. When Goff’s sister, Lesta, changed doctors and looked through her medical records, she noticed her records said she had

multiple sclerosis and diabetes (she has neither), had quit smoking (she never smoked), and one of her siblings (all female) had had a vasectomy. Lesta, a Caucasian, later discovered her medical records showed she is Black/African-American.

“I am betting that Lesta doesn’t have that mistake corrected,” Goff writes. “She is likely looking forward to seeing the looks on the faces of the medical professionals who read her records before they meet her.”

The medical records of Goff’s husband, Ray, noted that stents had been placed in his heart, when, in fact, they had not. And then there was the case of Goff’s 90-pound mother having her weight recorded at

just 70 pounds.

“My mother’s medical records erroneously showed that she weighed only 70 pounds,” Goff writes. “I told them when they weighed me in that sling,” said Mom indignantly, “that my foot was still on the bed.”

Consequently, medical personnel evaluated June’s condition without physically examining her, then cited her low weight in their own records as a failure to thrive.

“A lot of people don’t know how to

get inaccurate information out of medical records,” Goff said. “That’s really important because you don’t want to be on record having a disease or condition that you don’t actually have.”

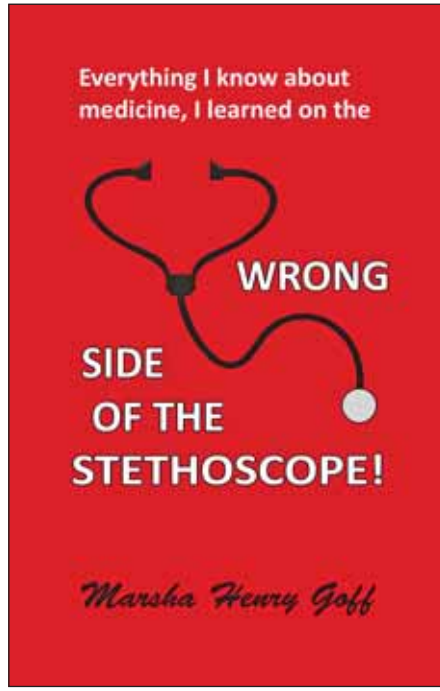
Despite her negative experiences with medical personnel, Goff strongly believes most doctors are excellent at what they do and got into the medical field for the right reasons. In fact, she dedicated *Everything I know about medicine, I learned on the Wrong Side of the Stethoscope* to Fred R. Isaacs, Monti Belot, and Richard Tozer, “three exceptional doctors who are no longer with us.”

“Doctors are human, and they are going to have the same personality traits that we do,” she said. “A lot of my book is about how you handle relationships with medical personnel. I’m certainly aware of how difficult their jobs are. Patients aren’t always easy to get along with, especially when we are sick. I once wrote a column entitled ‘The Patient from Hell,’ and I was that patient. I rarely get ill, but, when I am, I want to be cured yesterday.”

Goff also writes in her book that she is fortunate to live in a city that has an outstanding hospital. She notes that Lawrence Memorial Hospital (LMH) has been named a Truven Health 100 Top Hospital for three consecutive years (LMH received the honor for a fourth consecutive year shortly after Goff published her book). However, even with that record of excellence, Goff counsels patients and their families not to get complacent.

“I have a great deal of confidence in that hospital, but I still wouldn’t leave a family member who is unconscious or

■ CONTINUED ON PAGE SIX



Hearing Loss Affects One In Three American Adults

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

Audiologists

Misti M. Ranck MS CCC-A

Meryl R. Lockling, AuD

Serving the Lawrence area for over 30 years

Lawrence • Ottawa • Topeka

785-841-1107



LAWRENCE
OTOLARYNGOLOGY
ASSOCIATES, LLC

Ear, Nose and Throat Specialists

Marsha Henry Goff

■ CONTINUED FROM PAGE FIVE

sedated alone,” she said. “I don’t think that’s a good thing to do anywhere.”

Despite Goff’s praise for excellent doctors and hospitals, she was concerned some readers might believe *Everything I know about medicine, I learned on the Wrong Side of the Stethoscope* portrays medical personnel too negatively. Therefore, Appendix G includes an account in which medical personnel did every correctly when they saved the life of Jere McElhaney in 1973. Then a ninth-grade student, McElhaney was the victim of a freak accident in which a large tractor-type rotary mower propelled a wire into his heart. McElhaney was clinically dead when he reached the hospital. Goff’s description of the skill, quick thinking, and heroic efforts Dr. Wayne Hird, Dr. John Wertzberger, ER nurse Gaye Hill, and other hospital personnel exhibited in the emergency room rivals most

scenes from even the best television medical dramas.

Other topics Goff covers in her informative book include the following:

- Choosing the Right Doctor
- When to Consult a Specialist
- Dental Health
- Prescription Drugs
- Medical Tests
- When to be Assertive
- Hospitals and Hospitalists
- Insurance
- Litigation
- Home Health Care
- Nursing Homes
- End of Life Decisions

Paperback and eBook versions of *Everything I know about medicine, I learned on the Wrong Side of the Stethoscope* are available at Amazon.com. In addition, The Raven Book Store in Lawrence has Goff’s book in stock, while other bookstores can place an order for the book. For more information about Goff and her books, please visit www.jestforgrins.com.



Hillside Village Therapy Team

If your loved one has been hospitalized and is in need of Medicare Part A therapy services, Hillside Village of De Soto can help. Through our partnership with Genesis Rehab Services, we offer a full range of physical, occupational, and speech therapy along with wound care, pain management, and dementia care. All of our skilled nursing beds are fully Medicare Part A certified and we accept all major Medicare Advantage (HMO) and Medicare Supplement plans. Our therapists and nursing staff work closely with residents and their families to understand and meet their individual therapy goals.

Call 913-583-1260, x116 to schedule a tour. We are locally owned and with the owner onsite daily.

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



Oticon Opn™ with BrainHearing™ Technology Helps People with Hearing Loss Hear Better, with Less Effort and Better Recall

Oticon, the world’s leading innovator of BrainHearing™ technology, introduces Opn™, a breakthrough hearing aid that has been shown to provide people with hearing loss improved speech understanding, up to a 20 percent reduction in listening effort, and up to 20 percent better recall of conversations. Opn™ is built on the new Velox™ platform, which processes sound at extreme speed to remove distracting noise, even between words, so that Opn™ users can easily follow conversation even in environments with multiple people speaking, such as crowded restaurants. Opn™ connects directly to mobile devices and other external devices with just a tap of the fingertips, streaming audio directly to the hearing aids. Opn™ is also the world’s first hearing device that is connected to the Internet of Things.

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



785-843-8479
1112 W. 6th St. Ste. 100
Lawrence, KS
www.marstonhc.com

Prairie Fire Winery receives 5 medals from the 2016 Amenti Del Vino International Wine Competition

Prairie Fire Winery received a gold medal, a silver medal, and three bronze medals in the 23rd Annual Amenti del Vino International Wine Competition held in Mystic, Conn.

The competition was held May 28, and included wines from across the nation and as far away as Italy. American Wine Society Certified wine judges from throughout the United States awarded a gold medal to Prairie Fire Winery's 2014 Frontenac, a silver medal to its 2013 Vidal Blanc Doux Sparkling Wine, and bronze medals to the 2013 Chambourcin, 2014 Storm Chaser Red, and 2013 Vidal Blanc Brut Sparkling Wine.

"We were honored to have been invited to enter, and even more honored for our Kansas wines to receive the recognition we did," said Winemaker Bob

DesRuisseaux. "The terroir and slope of the Flint Hills is exceptional for wine grapes. We are honored to introduce our customers daily to our Kansas grown and made wines. In each glass you can truly *Taste The Flint Hills.*"

A "growing legend," Prairie Fire Winery continues to expand its Flint Hills vineyard each year, and assist in the startup of several other area vineyards annually.

"Grape growing and winemaking aren't new in Kansas," said DesRuisseaux. "Grapes are native to the area, and immigrants were planting about 250 acres of grapes every year throughout the 1800s. They say what is old is new again, and this is simply a return to our area's roots. We're delighted to introduce travelers from all over to what Kansas has to offer."

COURTESY PHOTO



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



Call today for a tour!

785-338-2979

5015 SW 28th St.

Topeka, Kansas 66614

Tanglewoodnursingandrehabilitation.com



TANGLEWOOD
NURSING & REHABILITATION



1 BR starts at \$325



2 BR starts at \$350

**-Senior Living Offering the Best of Both Worlds-
A Peaceful Country-like setting, At Rates That Can't Be Beat!**
(Ask about our medical expense credits & rental assistance program!)

We rent to Seniors and Disabled Persons.



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



STEPHENS • CHAPIN
INSURANCE

Medicare Questions?

Medicare • Home • Auto • Commercial

785-841-9538

We Have The Answers

Visit the Senior Monthly Facebook page at www.facebook.com/seniormonthly

Save a Life educates public about living organ donation

By Billie David

Before Rosina Houle made the trip to Texas with her mother to visit her sister Jessie, she had no idea she would start a non-profit business to help spread the word about the need for living organ donors and to educate them about the process of donating.

Jessie had received a kidney from her mother 17 years earlier, Houle said, explaining that a transplanted organ generally last 10 to 12 years.

"The anti-rejection medication was causing medical problems so they had to take her off of it," Houle said. "Now they are using another medication."

Having almost lost her sister five times in one year, Houle had promised her mother that she would make the trip for Thanksgiving.

When they reached the airport, they couldn't find Jessie. Eventually they did find her—in a wheelchair, the ravages of her illness having made her unrecognizable.

That experience inspired Houle to start Save a Life, Inc. one and a half years ago. The goal of the organization is to raise funds to educate people and help them learn about the benefits of becoming a living donor.

"Everything for me is advertising," Houle said. "My goal is to hit all 50 states nonstop."

"A living donor is so much better than a cadaver," she added.

That's because organs harvested from living donors have better longevity than cadaver organs. The process also makes more organs available, which takes more people off the waiting list and gives them a better quality of life. It is also far less expensive for the person needing the transplant.

For example, KU basketball player Alonzo Jamison, who helped KU reach the Final Four in 1991 and who has been doing interviews with Houle, has experienced total kidney failure because of diabetes. He is doing dialysis at home for 10 hours each night,

which costs \$10,000 per week.

"He has been dealing with this for over a year and has decided to go public with his story," Houle said.

Becoming a living donor may be good for the recipient, but what's in it for the donor, one may ask.

"I have had a lot of people say they never regretted it, because they gave another person a better quality of life," Houle said. "Otherwise, they often have to wait too long for a donor and they die."

As for the risk one may face by being left with only one kidney, "my mom has donated, so if she has to have a kidney, as a living donor she will automatically

jump to the top of the line," Houle said.

It's not only kidneys

that can be given by a living donor. People can also donate a lobe of the liver—which will regenerate itself—or a lobe of the lung, part of the intestine or pancreas, or bone marrow.

Not everybody can be a living donor, however. One requirement is that the donor must be between the ages of 18 and 55 (or 65 for some hospitals, especially if the donor is a family member).

The donor must also pass stringent tests to determine if they are healthy enough.

"The testing is unbelievable," Houle said. "You will not be able to donate unless you are extremely healthy."

Even with cadavers, "people automatically assume if I put it on my





VIEVE LIFE | EXPLORE LIFE

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

785-813-1851
www.vievehealth.com

driver's license it will automatically be donated," Houle said. "That's not true. You have to be tested."

By the way, Save a Life, Inc. also encourages people to register as organ donors on their drivers' licenses.

As for the actual process of donating, it has become much easier than it used to be. For example, a kidney donor

used to be out for six to eight weeks.

"Now they do it laparoscopically, so you can be back to work within three weeks," Houle said.

For those who are over the age limit for becoming a living donor, they can still help by donating funds for educational and advertising purposes. After

■ CONTINUED ON PAGE NINE

WELCOME HOME! Wyndam Place Senior Residences



1 & 2 Bedroom Apartments for Seniors 55 or Better.

Both Wyndam Place properties are independent living senior communities in quiet residential neighborhoods. Their convenient locations are close to shopping, banking and on the senior transportation routes.

- Washer/Dryer Connections
- Spacious Floorplans
- Walk-in Closets
- Water/Trash Paid
- Small Pets Welcome
- Elevator
- Controlled Access Entrance
- Garages Available
- All Major Appliances Included
- 24-Hour Emergency Maintenance

CALL TODAY FOR INFORMATION ON YOUR NEW HOME!

*** Income Restrictions Apply

Wyndam Place Senior Residences
2551 Crossgate Drive
Lawrence, KS 66044
785-749-4646

*** Housing Vouchers Accepted

Wyndam Place Senior Residences
1401 East 12th Avenue
Emporia, KS 66801
620-343-8700



Call for office hours.



Alonzo Jamison partners with Save a Life

Rosina Houle, president and founder of Save a Life, Inc., has been doing interviews to get the word out about the need for living organ donors with the help of former KU basketball player, Alonzo Jamison.

“We have been partnering together, doing interviews together,” Houle said.

Jamison, who played for KU when the Jayhawks made the Final Four in 1991, has renal failure caused by type 2 diabetes.

Jamison, who put off going to a doctor as long as he could and who now encourages others not to put it off, finally made an appointment, and only three weeks after seeing his doctor he had a catheter put in so that he could take dialysis treatments at home, a process that takes 10 hours a night and costs \$10,000 a week (some of which is covered by insurance), which allows him to work during the day.

“I have been on dialysis for a year,” Jamison said. “I am looking for a living donor. I am on a waiting list for a cadaver donor, but I wouldn’t be able to get a cadaver organ for

four or five years. For a living donor, it could be much quicker.”

Houle learned about Jamison when he decided to go public.

“Rosina saw that I had needed a kidney and I had started asking people,” he said. “We have been working together the last three months.”

Jamison believes that there are people who would want to donate if they had more information.

“It is one of those situations where people know about being a donor, but they don’t know what all is involved. There are people who have big hearts, and they want to donate, but they need to know what the process is.”

NOTE: For Jamison, a potential donor would have to have blood type O negative and would need to be in good health. That person could find out if they could be a potential living donor for Jamison by contacting their doctor and explaining their intentions. If that person could pass the physical, they would then contact Calvin Thompson at 816-536-4667 for more information.

Save a Life

■ CONTINUED FROM PAGE EIGHT

all, even teenagers and newborns have issues that require organ donors and “it may be your kid or your grandchild,” Houle said. “The quality of life for people living on dialysis is not good, but anyone can help—not only by donating but also just by talking about it.”

For example, during the month of

March, which is National Kidney Month, Houle dyes her hair orange and wears orange clothing.

“People see me and say, ‘you must like orange,’ and it gives me a chance to talk about it,” she said. “You can’t make a difference by not talking about it. My sister may not get the kidney, but I’m getting the word out there and making a difference.”

Donations can be made at the website savealifeks.org.



You can't be there for your loved one 24/7.
But our nursing staff can.



It's time to meet

Bridge Haven

Assisted Living & Memory Care

www.mybridgehaven.com 785-371-1106 lawrence, ks



*Where Families
Come Together*

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

*All Inclusive Pricing
Restaurant Style Dining*

Call Vintage Park today!

BALDWIN CITY

Vintage Park at Baldwin City
321 Crimson Ave.

785-594-4255

OTTAWA

Vintage Park at Ottawa
2250 S. Elm

785-242-3715

TONGANOXIE

Vintage Park at Tonganoxie
120 W. 8th St.

913-845-2204

vintageparkassistedliving.com

Passion, Persistence, and Patience: The Three P's For Getting More Out of Life

By Tom Mach

After almost six decades as a writer, I decided to travel back in time to reexamine how I had changed over the years. I did this by writing a memoir about my writing experiences in *Persistence, Then Peace*. But it was only after I wrote and published this book that I realized there were actually three important ingredients toward being a successful author: as well as a more well-rounded person—passion, patience, and persistence.

You need these same ingredients to enjoy a more productive life, and your age is irrelevant. Mark Twain once said, “Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.” Whether it’s learning how to sing a new song or reading a different book or just simply becoming involved with a special project, you are never too old to give it your full effort.

To accomplish this, we must apply both patience and passion. A late 19th century theologian, editor, and author named Lyman Abbott once said that “patience is passion tamed.” What did he mean by that? Think about those days long ago when you had a passion for something and you wanted it right now. In my case, when I was seventeen I decided I wanted to be a famous novelist, so I went ahead and typed

a 353-page novel called *The Boss’s Son*. I thought for sure some company would publish it, and then I would go on a book tour and become famous. I certainly had passion for that book, but what I really needed was the patience required to write a much better book. And to do that I needed far more life experiences.



Mach

These included enjoying a wide variety of books as a young boy, such as *The Little Engine That Could*, *Little Black Sambo*, and books from the *Bobbsey Twins* series. Later, it was my frustration at always being the last boy chosen when kids at my elementary school chose sides for a baseball game. When I was twelve I was shy

with girls and could not bring myself to talk to them. Once I became an adult, I went from being a chemical engineer to a market research analyst to a university instructor to a magazine editor. Along making these dramatic changes in my life, I learned the importance of researching facts before writing articles for such magazines as *Writer’s Digest*, *Jack and Jill*, or *Woman’s Day*—and before writing three historical novels (*Sissy!*, *All Parts Together*, and *Angels at Sunset*) and two books of poetry.

I learned the importance of being passionate about anything in which I was interested. I found it was sometimes possible to become passionate about a subject if you did enough research

to understand it. For instance, I never went river rafting, yet after I poured myself into articles which described what it was like, I was excited and felt as if I personally had the experience going through rough waters on a rubber raft. Yet there were other articles which were tough for me to write about even though I did the research for it. For instance, I wrote an article about where to shop for bargains, and I feigned passion for the subject. Nevertheless, this article was published, but had I been passionate about the subject I could have written a stronger piece.

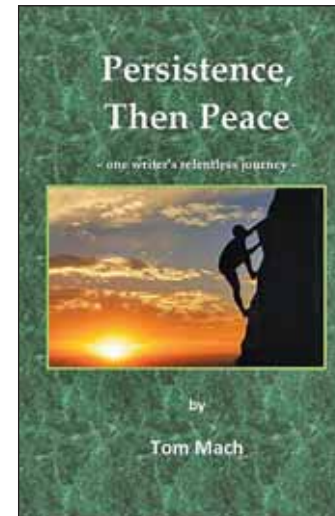
In my early days of writing I didn’t realize the importance of getting emotionally involved with my characters. I originally thought that what you had to do in order to create a character was to fill out a questionnaire that asked information such as the following about your character: gender, name, age, height, hair color, eye color, distinguishing facial characteristics, marital status, clothing, occupation, and so on. I created characters from this list but they were all flat and dull. I didn’t realize until much later that readers needed to connect with your char-

acters, *regardless* of the plot of your story. I had to create characters which I can fully understand, and for whom I had an emotional attachment.

For me, patience means not being in a hurry to get something written so I can send it off to a publisher. It also meant writing, rewriting, and rewriting. (People are surprised when I tell them I threw out whole chapters of my books.) For you, it might mean being patient with yourself in learning a new task. It might take more time than you thought at first.

Persistence, of course, is the theme of my memoir, *Persistence, Then Peace*. I found I never gave up despite the many obstacles that came my way. I attribute some of my success in receiving awards for my articles, novels, and poetry because of my persistence, as well as my passion and patience. But I also attribute all these accomplishment to my trust in God because I realize He really is in control. Just take your hand off the switch and let Him help you too.

For more information about *Persistence, Then Peace* search for it on Amazon.com or if you want a copy signed by the author go to www.Tom-Mach.com.



Decisions that only you
should make

Advance
funeral planning is
a time you can express
your personal wishes.

Compassion and Service
...More Than Just Words
Lawrence 843-1120
Eudora 542-3030
www.warrenmcelwain.com

WARREN-McELWAIN
MORTUARY



MISSION TOWERS

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

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

Call Manager Karol Freeman

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



MAYO CLINIC

Steps can be taken to combat prediabetes and prevent its progression to diabetes

DEAR MAYO CLINIC: Is it possible to cure prediabetes, or does being diagnosed with it mean you'll either always have it or eventually become diabetic?

ANSWER: Having prediabetes does not automatically mean you'll go on to develop diabetes. But it is a warning sign. If you don't make any changes, then the risk is high that prediabetes may eventually progress to diabetes. But taking certain steps, such as improving your diet and exercising regularly, can often make a big difference.

Diabetes happens when you have too much sugar, also called glucose, in your blood. Normally, when your body digests food, sugar goes into your bloodstream then into your cells, where it serves as fuel for those cells. Sugar gets into the cells with the help of the hormone insulin.

When you eat, your pancreas secretes insulin into your bloodstream. As insulin circulates, it acts like a key that allows sugar to enter your cells and lowers the amount of sugar in your blood. In people with diabetes and prediabetes, this process doesn't work the way it should. Instead of fueling your cells, sugar builds up in your bloodstream.

Diabetes and prediabetes are determined by a blood test that analyzes how much glucose is in your blood. A normal fasting glucose level ranges between about 70 and 100 milligrams per deciliter. You have diabetes when fasting glucose is consistently above 126 milligrams per deciliter.

The middle ground, between 100

and 126 milligrams per deciliter, is prediabetes. The key number to watch in that range is 110. Research has found that 40 percent of people whose fasting blood sugar stays consistently above 110 go on to develop diabetes over the next 10 years.

The exact cause of prediabetes is not known. But excess fat—especially abdominal fat—and inactivity seem to be important factors in the development of prediabetes. Studies have found that diet and exercise are the most effective treatments for combating prediabetes and preventing its progression to diabetes.

For example, one comprehensive study known as the Diabetes Prevention Program studied people who were prediabetic. It split participants into

three groups. The first group received medication to prevent diabetes. The second group was advised to eat less and exercise. They were not given specific guidelines for what that should involve, nor did they receive medication. The third group did not receive medication, either. However, they were put on a fixed activity plan in which they exercised for at least 30 minutes, five times a week. That group was also given dietary advice on a monthly basis to help with their eating habits and reduce food intake.

Results showed the third group decreased their risk for diabetes significantly. In fact, it had better results than the group that received medication to prevent diabetes. Indeed, in the group receiving medication, once medication was stopped they behaved like the group that received no intervention. This implied that the medication did not alter the natural history of prediabetes. Instead, it simply treated diabetes in those participants who developed the disease during the study.

Taking steps to keep prediabetes from progressing to diabetes is of critical importance to your health. Diabetes

has a wide range of serious complications. Currently diabetes is the leading cause of blindness in people between the ages of 20 and 74 in the United States. It's also the leading cause of kidney disease in this country and the No. 1 reason that people require lower limb amputations. In addition, diabetes significantly increases your risk for stroke and heart disease.

If you have prediabetes, talk to your doctor. Together you can create a plan to help prevent your condition from getting worse. Exercise, diet and, in some cases, medication along with other lifestyle changes can often be very effective in returning blood sugar levels to a more healthy range and protecting your health into the future.

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

© 2016 Mayo Foundation For Medical Education And Research. Distributed By Tribune Content Agency, LLC. All Rights Reserved.



WREN
oldies radio

WREN.RADIO.NET

all oldies...

all the time




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

HEALTH & WELLNESS

Lymphedema: Therapy Can Help You!

By Cindi Carter OT, CLT-LANA

What exactly is lymphedema? When the lymphatic/circulatory system doesn't work right, there can be swelling called lymphedema. This swelling is different than when you sprain your ankle. To explain lymphedema, it is helpful to first understand what edema is.

LAWRENCE MEMORIAL HOSPITAL 

LMH Therapy Services

Edema vs. Lymphedema

Edema (swelling) occurs for many reasons. If we twist our ankle, we have swelling. If we have a cut that becomes infected, we have swelling in the area. If we get a burn, we have swelling. The swelling is there because there is excess fluid in the tissues. There is no permanent damage, so in time the lymph system will move the fluid out and the swelling goes down.

When a person has lymphedema, the ability of the lymph system to move fluid has been compromised. Fluid builds up in the tissue spaces and can't get out.

Imagine a Bathtub

Consider how a bathtub drain works. The drain represents our lymph system. If we have lymph nodes removed (as happens in cancers such as breast cancer, ovarian cancer, or head and neck cancers) then it would be like blocking off some of the holes in the drain. The drain does not work as well because there are fewer holes for the water to flow through. Treatment can help move the fluid toward the drain to reduce the swelling.

With swelling that occurs from injury or infection, there's nothing wrong with the drain, so eventually the body will get rid of the extra swelling. Not so with lymphedema. Lymphedema

occurs when the bathtub overflows (because the drain can't keep up). This can occur gradually (over many years) or more quickly. Also, many things can trigger lymphedema: a cut, repeated blood pressures in the affected limb, sunburn, or heavy lifting (if you aren't used to heavy lifting), to name a few.

Circulation Problems

There are times when swelling does not go down and it becomes chronic. This can occur for many reasons. The bottom line is that the lymph system gets overloaded. Examples: as we age, we often see swelling develop in the legs, especially the ankles and feet. We see that this gets worse if we are sitting for long periods of time with our feet down, if we fly on an airplane, or if we are on our feet all day. If we have any kind of venous problems (venous insufficiency), the veins can't do the work they normally do to get rid of extra fluid in the tissues. This overloads the lymphatic system. Often, these kinds of swelling improve when we lay down at night.

Living with Lymphedema

Any kind of swelling that is stubborn (lasts more than three months after injury) or is present all the time (even if it gets better every night) interferes with our lives. It makes getting shoes and socks on very difficult. It causes us to be tired, because we are lugging around extra weight. Sometimes it causes pain because it puts greater stress on our joints. It also puts us at a greater risk of getting an infection in the swollen limb because the excess fluid can cause bacteria to grow. A simple scratch can lead to an infection (fever, chills, red/painful area). This is called cellulitis. If you ever have these symptoms, you should call your physician immediately.

Certified Lymphedema Therapist

All of these conditions can be treated by a certified lymphedema therapist. The treatment for lymphedema varies from person to person, as there are many factors to consider. Some of

these conditions include:

- Cancer survivors who have had lymph node dissection and/or radiation therapy, especially if a limb is at risk of developing lymphedema
- Traumatic injuries where superficial lymph vessels have been injured
- Chronic Venous Insufficiency (with or without ulcers)
- Cellulitis with swelling of arm or leg
- Swelling related to a stroke (CVA)
- Stubborn swelling that interferes with walking and moving
- Swelling associated with inactivity like bedrest due to weakness or injury
- Any patient with chronic swelling of the legs or arms, especially when that swelling results in difficulty moving, walking or using their limbs during daily activities

If any of these conditions describes

you, let us help! Ask your physician to write a referral for "Lymphedema evaluation and treatment" and call us at 785-505-2712. The lymphedema team at Lawrence Memorial Hospital is ready and excited to serve you. We have certified lymphedema therapists on staff who work closely with your physician and all other providers of your care to create a treatment plan that will work for you. You are our captain and we are on your team. Our goal is to help you feel better, move better and be healthy enough to do the things that the swelling prevented you from doing.

Never again should you have to hear, "You just have to live with it!"

- Cindi Carter OT, CLT-LANA received her Certification in Lymphedema Therapy with the Lymphology Association of North America in 2001. Cindi is an occupational therapist with Lawrence Memorial Hospital.



Your next step to going home[®]

Post-Acute To Home (PATH)



PATH acts as a bridge between hospital and home by helping patients overcome the challenges of recovering from an injury, illness or surgery. To learn what we can do for you, contact Topeka Presbyterian Manor at 785-272-6510.

TopekaPresbyterianManor.org | PATHrehab.org 

Presbyterian Manors of Mid-America
The way you want to live
Topeka

HEALTH & WELLNESS

Gluten sensitivities

Gluten-free diets, gluten sensitivities, and gluten intolerances are becoming very common here in the United States. Currently, when a person goes to the grocery store he can find rows of gluten-free items, which were unheard of 10 years ago. Restaurants offer gluten-free menus. Labels on products that we use say "Gluten Free." What is



Dr.
Farhang
Khosh

gluten intolerance? Should everyone be eliminating gluten from his or her diet? If someone suspects gluten sensitivity, how do they get tested? Gluten is a protein found in foods mostly processed from wheat and related grains, including barley and rye. Gluten is the desired ingredient that gives dough its elasticity and helps the bread to rise. Gluten can also be added to foods, and isn't always just found in breads. Many imitation meats resembling chicken, duck, beef, pork, crab, and fish can have gluten added to it. Gluten is also found in beer, and also can be found in items like ice cream, ketchup, and soy sauce.

Celiac disease is when people have an autoimmune reaction to gluten in their diet in their gastrointestinal tract after they ingest gluten. This reaction

can result in damage to the intestinal lining in their GI tract. Celiac disease is diagnosed via blood work or an intestinal biopsy. Sometimes people do not have an autoimmune reaction to gluten, but still cannot tolerate gluten, and this is called a gluten sensitivity, gluten intolerance, or non-celiac gluten sensitivity. Symptoms of gluten intolerance are similar to celiac disease. This is why it can be tricky to tell the difference between gluten intolerance and celiac disease based on symptoms alone, and a medical test must be performed. People complaining of gluten intolerance could experience symptoms such as fatigue, brain fog, attention hyperactivity disorder, attention deficit disorder, and gastrointestinal complaints, including diarrhea, constipation, gas, bloating and stomach pain, neurologic issues such as dizziness, joint pain, migraine headaches, eczema, psoriasis, arthritis, pre-menstrual syndrome, and mood disorders, including anxiety, panic attacks and depression.

Testing for gluten sensitivity can be done through blood work or through an elimination diet. If you or someone you know is having a problem every time they eat gluten or a gluten-containing items, please check with your health care practitioner about the next steps to diagnosing gluten sensitivity or Celiac disease.

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

Luther Place APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

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

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

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

5000 & 4900 SW Huntoon • 785-273-2944

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



NEUVANT HOUSE

OF LAWRENCE

Person Centered Care



Many Amenities of Home and More! Take a tour of Neuvant House today



One Campus, two specialties of care!

WEST HOUSE

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

EAST HOUSE

Designed to care for individuals with physical needs.

KEY FEATURES

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

Learn more about Neuvant House!

785-856-7900

NeuvantHouse.com

admin@neuvanthouse.com

Take a video tour at www.NeuvantHouse.com

1216 Biltmore Drive, Lawrence, KS 66049

ESTATE PLANNING

Leave a plan, not a mess

Because of other commitments, I had to submit the June column on intestate succession early, just as the news that the musician Prince had died intestate at the age of 57 was breaking. And the news since indicates his not



**Bob
Ramsdell**

having a plan left a prince of a mess.

Unlike Roman Blum—who left an estate of \$40 million with no Will and no known heirs—Prince has six known siblings who are the apparent heirs of his \$250 million estate. But like ants to a picnic, a line of additional persons claiming to be heirs is forming. According to news reports I've seen so far:

- One man claims Prince adopted him and that there is a Will leaving him as much as \$7 million. So far he has not produced the alleged Will.
- A woman claims to be a half-sibling, sharing the same father as Prince, and has demanded to be included in any DNA testing of his potential heirs.
- Another man, currently serving time in federal prison, has filed a paternity claim against the estate, alleging Prince fathered him in a one-night stand in Kansas City, Missouri, and demanding to be included in any DNA testing.

The judge overseeing the estate has authorized blood samples retained during the autopsy to undergo DNA testing to confirm or deny the claims of alleged heirs. Whether these claims are eventually found to be true or false, it is taking time and money to deal with them.

There are also reports that Prince's lack of planning could result in estate taxes owed to the federal government and Minnesota (which, unlike Kansas, still has an estate tax) taking half of the estate and possibly reducing its value if various illiquid assets must be sold under time pressure due to the tax deadline.

While some people—who own no real estate or other significant assets and have no minor children requiring a guardian—might get by without a plan, most people would benefit themselves and those they leave behind by having a Will or Trust. These include:

- Anyone in a blended family who has assets they want to ensure ultimately pass to certain persons; for example, by making their current spouse the lifetime beneficiary of a trust with the remaining assets passing to their children upon the spouse's death.
- Anyone in a committed relationship wanting to leave property to a significant other who is not their spouse, and who therefore would not receive anything under the laws of intestate succession.
- Anyone who wants to give differing shares to their children based upon their circumstances.
- Anyone who wants to make char-

itable bequests, or bequests to friends and family members who fall outside the provisions of intestate succession.

- Anyone who wants to create a testamentary trust for their minor child—or grandchild—in order to specify the purposes for distributions (education, not three motorcycles at 18), provide for multiple distributions of principal (so the child can do better with the second if he or she blows the first), and include spendthrift provisions to protect the assets from the child's creditors or spouse.

- Anyone who wants to create a testamentary trust for a beneficiary of any age who needs protection from their inability to handle money, substance abuse/addiction, etc.

- Anyone who wants to create a Supplemental Needs Trust for an incapacitated beneficiary of any age that preserves that person's access to

Medicaid and other public benefit programs.

- Anyone who is the parent of a minor child and wants to nominate the person(s) to serve as guardian and raise the child.

The reasons for having a Will or Trust can be as varied and unique as the person for whom it is created. The key is to think about what you want to accomplish and create a plan to make it happen.

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell Qualseth & Warner, P.A., in Lawrence. He can be reached at 785-841-4554. The Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, can be reached at 1-888-353-5337. The information in this column is intended to provide general public information, not legal advice.




**Personalized in-home care for
Douglas County residents**

- Light housekeeping
- Meal preparation
- Companionship • Caregiver relief
- Accepts HCBS, VA and more
- Private pay-\$18/hr, sliding scale available

842-3159 • www.tihc.org

THE FIRST APARTMENTS

“Home without the hassles”

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

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour On-Call staff
- Restricted entrance
- Lit parking lot with surveillance
- On city bus route

- Beauty salon
- First Floor Laundry Room
- Multiple resident activities
- Meals on Wheels Congregate meal site
- On site maintenance
- Library Red Carpet Services
- Service Coordinator
- Walking distance to multiple churches, grocery store and pharmacy

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





Let the Merc Co+op's trained staff guide you on your path to wellness

- Vitamins
- Supplements
- Body Care

The Merc Co+op
901 Iowa
Lawrence, KS 66044
785.853.8544
Open Daily 7 a.m.–10 p.m.
www.TheMerc.Coop

**Your local hub for health
for over 40 years**

JILL ON MONEY

Take a vacation - for your sake and the economy's

Now that summer has arrived, it's worth considering a benefit of the season that many Americans won't be taking advantage of: vacation.

While employees in other countries enjoy as many as 40 days off a year, in the U.S. paid time off is not legally



Jill
Schlesinger

required. Most full-time employees here receive about 10 paid days a year, not counting federal holidays, which is the least paid vacation time in the developed world.

While many Americans do not get paid leave, many of those who do are not able to take advantage of it. In fact, the number of annual vacation days' Americans use has steadily declined over the past two decades. That lost time means that workers are forfeiting over \$52 billion in benefits, according to analysis from Oxford Economics.

While some can't afford a vacation, many are not even enjoying a "staycation," and that's not serving them well. Research from Gallup found that workers who take routine vacations are happier than those who don't take regular trips and earn more. It could be that America's workaholic culture makes it difficult for workers to feel entitled to their time off.

The benefits of taking time off are well known, including reduced stress and improved productivity. Still, a whopping 28 percent of workers do not take vacation so they can prove their dedication and not be seen as slackers. Another 40 percent are afraid of the work they'd have to do when they got back from vacation, and roughly a fifth of workers express concern that they would be seen as replaceable if they used their time off.

Companies have gotten the message, realizing that stressed-out, overworked employees are not able to give their best without a break. That's why many employers are implementing "use it or lose it" policies around vacation and are strongly encouraging employees to

take vacation.

While some vacation skippers cite budget constraints, many simply don't want to take the time to plan. But a reasonably priced trip is likely just a few clicks away—here are a few ideas to get you going.

If you're looking to score a good deal on flights, start with larger search engines like Google Flights or Kayak; and also try lesser-known sites such as SkyScanner and Momondo. Then call the airlines, because they often hold back many of their best fares. Check regional airports outside of major cities, and know that the day of the week can make a big difference in fares. With a stronger U.S. dollar, you may pay less to travel than a year ago just by flying abroad. Far afield, check out Japan and closer to home, Canada.

After a lot of bad press and excess capacity, there are plenty of bargains in the cruise industry, and riverboats

have also become competitive. For those who want to skip the hassle of the airport, you may opt for a road trip. With gas down 45 cents from a year ago, AAA says summer drivers will pay the lowest gas prices in more than a decade. For lodging, AirBnB has changed the landscape, putting pressure on hotels to come up with better deals. HotelsCombined is good for budget hotels and Trivago for mid-range to more expensive ones.

Whatever you do, please try to take a break, even if that means just a few days "off the grid," when you don't check email or voicemail, don't use the alarm, and do feel entitled to lounge around doing absolutely nothing.

- Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillonMoney.com.

© 2016 Jill Schlesinger.

Distributed By Tribune Content Agency, LLC



Meals on Wheels

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

Serving Shawnee and Jefferson Counties

2701 SW East Circle Dr. S, Suite 2
Topeka, KS 66606

(785) 295-3980

www.mowks.org



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

Call TODAY for your COMPLIMENTARY Tax Review!

TOPEKA

785-232-6923

LAWRENCE

785-838-4380

LENEXA

913-764-1127

www.MidwestTF.com

Delivering simple solutions in a complex world



Did you know?

Those at risk for kidney failure: being over the age of 60, high blood pressure, diabetes, or family history.

Make a financial donation and help bring more awareness on a national level.

Donate online or mail to:

www.savealifeeks.org

Save A Life, Inc., P.O. Box 3073, Lawrence, KS 66046

Who wouldn't want a piece of you?

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. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWORK

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

SECOND SATURDAY OF THE MONTH

MONTHLY MOOSE MARKET

Pancake feed and market with arts, crafts, gifts, baked items and more. Open to the public. Pancakes are \$4 for all you can eat, free to shop. 8 a.m.–12 noon. Moose Lodge, 1901 N. Kansas Ave.
TOPEKA, 785-250-6788

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday OF THE MONTH. See website for participating locations.
LAWRENCE, 785-842-3883
finalfridayslawrence.wordpress.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.
TOPEKA, 785-267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6 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 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, 6:30 p.m.
TOPEKA, 785-296-9400

WEDNESDAYS

PINECREST APARTMENTS

924 Walnut, 12:30-1 p.m.
EUDORA, 785-542-1020

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m.
TOPEKA, 785-235-9073

WEDNESDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 6:45 p.m.
LAWRENCE, 785-842-3415

FRIDAYS

EAGLES LODGE

1803 W. 6th St., 7 p.m.
LAWRENCE, 785-843-9690

FRIDAYS

ARAB SHRINE

Mini Bingo 6:30 p.m. , Regular Bingo 7 p.m.
TOPEKA, 785-234-5656

SUNDAYS & TUESDAYS

MOOSE CLUB

1901 N Kansas Ave, 6 p.m.
TOPEKA, 785-235-5050

DAY TRIPS/TOURS

SECOND SATURDAY OF THE MONTH

FREE SATE EAST SIDE BREWERY TOUR

East Side Brewery offers tours on the second Saturday OF THE MONTH at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.
LAWRENCE, 785-550-9718
www.freestatebrewing.com

JUN 2-JUL 31

HISTORIC ATCHISON TROLLEY TOUR

Take a one-hour historic tour aboard the Atchison Trolley or River City Coach to see

the unique architecture and hear the legendary stories of how Atchison began. 200 S. 10th St., 1-3 p.m. Fee.

ATCHISON, 800-234-1854

AUG 9

CHICKEN AND PICKIN'

If you want great food and great entertainment, join us for this tasty day trip to the tiny community of Walnut, located in Southeast Kansas. Owner Karen Duling has invited us to her farm for a fabulous fried chicken meal with all the fixin's! No deep fryers here; she cooks the old fashioned way...from scratch in a cast iron skillet! Register at www.lprd.org or any Lawrence Recreation Center. \$69 early bird registration by June 24, \$79 after June 24.
LAWRENCE, 785-832-7920

SEP 20 & 21

BEST OF OMAHA

This trip to Omaha will begin at Boys Town, the village started by Father Edward J. Flanagan to serve at-risk youth. Our guided tour will emphasize the history, architecture and vision of Boy's Town. The German American Society will host a roudale dinner and evening of traditional music and dance. The second day will be spent at the world renowned Omaha Zoo. Known for their total immersion exhibits, including America's largest indoor rainforest, where guests can see, touch, smell, hear and become part of the natural environment while observing animals that are free-ranging or contained behind water and rock barriers. Register at www.lprd.org or any Lawrence Recreation Center. Call with questions: Gayle Sigurdson, 785-832-7920 or gsgurdson@lawrenceks.org. Price assured through August 5.
LAWRENCE

EDUCATION

ONGOING

COOKING CLASSES

The Merc offers many healthy cooking classes every month. To learn more about classes and to

■ CONTINUED ON PAGE 17

We Help Our Clients Improve the Quality of Their Lives

We can provide services to individuals with needs in order to assist them in staying in the comforts of their own homes for as long as they wish. We provide assistance in housekeeping, laundry, grocery shopping, meal prep, following diets, as well as personal assistance such as bathing, dressing, and grooming. Our nursing staff assesses individual needs and build a care plan to fit the needs of our clients. Our goal is continuity of care in staffing for the most consistent care possible. Our nurses can also set up medication, and our staff can remind clients of their schedules.

Locally owned and serving the Topeka area since 2003, Advantaged Home Care is a State Licensed Home Health Agency.

Advantaged
Home Care

For more information, call us at 785-267-4433 or visit us at advantagedhomecare.com

PACE can help you live independently



Midland Care's Program of All - Inclusive Care for the Elderly (PACE) is for seniors who want to stay safely at home with help. We partner with you to coordinate health care affordably. The support comes from Midland Care, your Northeast Kansas, not-for-profit health care provider for 35 years. Call today to learn more.

 MIDLAND
CARE

1-800-491-3691
www.midlandcare.org

■ CONTINUED FROM PAGE 16

register, see The Merc's website.
LAWRENCE, 785-843-8544
themerc.coop/classes

ONGOING

FREE INSURANCE COUNSELING

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

TOPEKA, (785) 354-6787

FIRST MONDAY OF THE MONTH

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.

TOPEKA, 785-580-4400

FIRST WEDNESDAY OF THE MONTH

COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your financial future. Hy-Vee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online.

LAWRENCE, 785-838-4380

midwesttf.com/coffee-talk-lawrence

FRIDAYS

HEALTHWISE TV

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

SECOND TUESDAY OF THE MONTH

COMPUTER CAFÉ

This time is an opportunity to meet with other

computer users and an instructor to problem solve or learn about new apps, websites and other ways technology can ease our lives. Drop-in and enroll (fee) on-site at the Carnegie Building, 200 W. 9th St., on the second Tuesday of the month from 12-1:30 p.m.

LAWRENCE, 785-832-7920

SECOND FRIDAY OF EACH MONTH

WELLNESS FRIDAY DROP-IN DISCUSSION

On the 2nd Friday of each month, join us for a drop-in discussion on a health or wellness topic of interest. This month's topic: "Preventing Osteopenia and Osteoporosis." LMH Performance and Wellness Center at Sports Pavilion Lawrence, 9:30 a.m.

LAWRENCE, 785-505-5000

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the 3rd Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.

LAWRENCE, 785-505-2807

JUL 6-27

INTERMEDIATE UKULELE

This course is for ukulele players who already know basic chords and chord progressions. Focus is on fingerpicking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. Come share the joy of Aloha! Instructor: Linda Tilton. Register at www.lprd.org or any Lawrence Recreation Center, Wednesdays, 6:30-7:30 p.m. Fee. Location: Carnegie Building.

LAWRENCE, 785-832-7920

■ CONTINUED ON PAGE 18

LIVING LIFE WITH Grace

At **GRACE HOSPICE**, our focus is on the quality of life. Working as a team, we plan and coordinate care that centers on the physical, social, spiritual and emotional needs of our patients and their loved ones. Grace Hospice is a locally owned business that serves several counties in Kansas and Missouri.



www.gracehospicellc.com

– TOPEKA –

3715 SW 29th St., Ste. 100 • Topeka, KS 66614

(785) 228-0400

Fax (785) 228-9049

Toll Free: 800-396-7778

– LAWRENCE –

1420 Wakarusa, Ste. 202 • Lawrence, KS 66049

(785) 841-5300

Fax (785) 841-5310

– KANSAS CITY –

9233 Ward Parkway, Ste. 201 • Kansas City, MO 64114

(816) 444-4611

Fax (816) 444-9480

Toll Free: 866-878-4611

– LEAWOOD –

8900 State Line Rd., Ste. 409 • Leawood, KS 66206

(913) 948-9473

Fax (913) 948-9477

BATE'S FURNITURE

In Business Over 40 Years

We now carry **Starting at**
Custom-sized **\$499⁰⁰**
Lift Chairs!

Moving? Downsizing?
We also buy furniture!

Karl Behring, Manager



We offer lay-away and delivery.



610 SW 6th Ave. • Topeka, KS • 785-357-5181

YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.

■ CONTINUED FROM PAGE 17

JUL-OCT ZENTANGLE

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn a new art form to not only create beautiful images but also explore meditative techniques to increase focus, develop creativity, and find a heightened sense of personal well-being and mindfulness. LPRD is offering three different classes including a beginning class, working on different surfaces such as rocks and glass and adding a variety of papers and color. Instructor: Kristina Crawford. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays, 7-9 p.m. Fee: varies. Location: Carnegie Building Call with questions: Gayle Sigurdson, 785-832-7920. LAWRENCE

JUL 6 & 13 PRINTMAKING WITH MONOPRINTS

The process of printmaking goes back farther than the creation of the printing press. One of many great printmakers we will learn about is Hokusai, who is famous for the beautiful print The Great Wave. The process of Monoprints will take each student through the major print making steps. Each student will make multiple prints. Instructor: Mary St. John. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 7-8:30 p.m. Fee. Location: Community Building LAWRENCE, 785-832-7920

JUL 12 & 26 MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont-Vail Healthcare, will hold a Medicare educational seminar Tuesday, July 12 and 26 at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. For information, call 233-1816, email us info@century-health.com, or sign up at our website, <http://centuryinsuranceagencyks.com> on the Medicare tab. Light snacks and beverages will be provided. TOPEKA

JUL 13 HISTORICAL INTERPRETER: HARRIET TUBMAN

The new face of the U.S. \$20 bill, Harriet Tubman was a dauntless conductor on the Underground Railroad, a Union spy and scout during the Civil War, an abolitionist and a humanitarian. Join us for our annual historical interpreter event as Dr. Daisy Nelson Century explores Tubman's extraordinary life and legacy. Dole Institute of Politics, 2350 Petefish Dr., 7 p.m. Free. LAWRENCE, 785-864-4900

JUL 19 SENIOR SUPPER AND SEMINAR

This month's topic: "Nutrition for the Older Adult." Presented by Barb Hermreck, RD, LD of LMH Nutrition Services. On the 3rd Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus

conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are **required** for the meal due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connectcare@lmh.org. Supper: 5:00 p.m., Educational presentation: 6:00 p.m. LAWRENCE

JUL 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. Taught by LMH Diabetes Education Center staff. Advance enrollment requested. 12-1:30 p.m. LAWRENCE

ENTERTAINMENT

SUNDAYS LAWRENCE IRISH TRADITIONAL SESSION

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

THURSDAYS JUNKYARD JAZZ

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

SATURDAYS JOHN JERVIS, CLASSICAL GUITAR

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

APR 27-JUL 3

BEAU JEST
BEAU JEST by James Sherman. Starring Cindy Williams & Eddie Mekka from *Laverne & Shirley*. Sarah is a nice Jewish girl with a problem: her mother wants her married to a nice Jewish boy. Her mom has never met her boyfriend, a WASP executive named Chris Kringle. She tells her she is dating a Jewish doctor and Mom insists on meeting him. Sarah plans a dinner party and, over the heated protests of Chris, employs an escort service to send her a Jewish date to be Dr. Steinberg. Instead, they send Bob Schroeder, an aspiring actor who agrees to perform the impersonation. Happily, he is extremely convincing in the role... so much so Sarah falls head over heels in love with him! New Theatre Restaurant, 9229 Foster St. Time: Varies by Performance. Fee. OVERLAND PARK, 913-649-7469 www.newtheatre.com

JUL 2 KANSAS

This is a free concert with general admission, festival-style, first-come-first-served seating. Wheat & Greet upgrade packages do not guarantee a premium seat. Downtown Topeka, 7 p.m. TOPEKA, 785-234-9336 www.downtowntopekainc.com

JUL 3, 10 & 14 CARILLON RECITAL

At World War II Memorial Campanile. A few stone benches are available for seating on Campanile Hill. Listeners may prefer to bring additional blankets or lawn chairs. Dr. Berghout will perform on the 53 bronze bells housed in the World War II Memorial Campanile. In the event of inclement weather the recital will be canceled. University of Kansas Campus, Memorial Drive, 7 p.m. Free. LAWRENCE

JUL 7-SEP 18 CHICAGO

CHICAGO by Fred Ebb, Bob Fosse, John Kander, & Maurine Dallas Watkins In roaring twenties Chicago, chorine Roxie Hart murders

a faithless lover and convinces her hapless husband Amos to take the rap...until he finds out he's been duped and turns on Roxie. Convicted and sent to death row, Roxie and another "Merry Murderess" Velma Kelly, vie for the spotlight and the headlines, ultimately joining forces in search of the "American Dream": fame, fortune and acquittal. New Theatre Restaurant, 9229 Foster St. Varies by Performance OVERLAND PARK, 913-649-7469 www.newtheatre.com/home.html

JUL 8-AUG 13 DISNEY'S THE LITTLE MERMAID

In a magical kingdom beneath the sea, the beautiful young mermaid Ariel longs to leave her ocean home to live in the world above. Based on one of Hans Christian Andersen's most beloved stories with music by eight-time Academy Award winner Alan Menken, it's a hauntingly beautiful love story for all ages. Music by Alan Menken. Lyrics by Howard Ashman and Glenn Slater. Book by Doug Wright. Based upon the Disney Motion Picture The Little Mermaid. Produced through special arrangement with Music Theatre International. Wednesday and Thursday performances start at 7 p.m. Friday and Saturday performances start at 8 p.m. Sunday performances start at 2 p.m. The house opens at 6 p.m. Wednesday through Saturday, and at noon on Sunday to accommodate dinner/brunch guests. We encourage all patrons to arrive at least 30 minutes before showtime. Fee. Topeka Civic Theatre and Academy, 3028 SW 8th Ave. TOPEKA, 785-357-5211 www.topekacivictheatre.com

JUL 22-AUG 7 BYE BYE BIRDIE

One of the most captivating musicals of our time. It is a satire crafted with the fondest affection telling the story of a rock 'n' roll singer who is about to be inducted into the army. Topeka Civic Theatre and Academy, 700 SW Zoo Pkwy. Fee. See website for showtimes. TOPEKA, 785-251-5990 www.topekacivictheatre.com

■ CONTINUED ON PAGE 19



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

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

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



prairie wind
senior living inc.

HOME PLUS

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

■ CONTINUED FROM PAGE 18

JUL 29-AUG 13

ANNIE JR.

The lovable musical featuring everyone's favorite orphan. Topeka Civic Theatre and Academy, 3028 SW 8th Ave. Fee. See website for showtimes.

TOPEKA, 785- 357-5211

www.topekacivictheatre.com

EXHIBITS/SHOWS

JUN 1-JUL 24

DENNIS DUNLEAVY ART EXHIBITION

Exhibition of the Dennis Dunleavy collection at Muchnic Art Gallery. Every Sunday, Wednesday, Saturday, 1-5 p.m.

ATCHISON, 913-367-4278

www.AtchisonArt.org

JUL 15, 16 & 17

40TH ANNUAL MERIDEN THRESHING SHOW

Join us July 15,16, and 17 for our 40th summer Threshing and Antique Tractor Show! There will be tractors, threshing, baling, tractor parades, history, antique automobiles, and tractor pulls. Tour Cottonwood Station, our reproduction living history of an early day Kansas town. We will be sawing lumber at the saw mill and grinding grain in the flour mill each day. Our blacksmiths will be hard at work in the Blacksmith Shop. Stop by the General Store for a Sarsaparilla and attend church on Sunday in the Bloomfield Church. Visit our vendors.

Don't miss the antique tractor pull on Saturday and the garden tractor pulls each day. There will also be a children's pedal tractor pull on Saturday afternoon. We will have live music Friday and Saturday nights. We have on-site camping, modern restrooms, and on-site concessions. We are located one mile east of Meriden on K-4 Highway. For more information, visit us on the web at www.meridenthreshers.org or visit us at [facebook/meridenthreshers](https://www.facebook.com/meridenthreshers).

MERIDEN, 785-633-9706

JUL 23

SHOW N' SHINE TRUCK AND CAR SHOW

This annual car show is sponsored by the Genuine Chevy GMC Truck Club of KC. There will be dash plaques & door prizes, Top 60, Best of Show, living history demonstrations, and miniature train rides. Registration 8-11 a.m. Fun for all ages. National Agricultural Center and Hall of Fame, 630 N. 126th St., 9 a.m.-2 p.m. Admission fee.

BONNER SPRINGS, 913-721-1075

www.aghalloffame.com

FAIRS/FESTIVALS

JUL 4

GO FOURTH! FESTIVAL

Look out for a car show, kids game, a stage full of music, great food and great local beer. Follow all that fun with a bigger better and bangier Fireworks show! It's the patriotic upgrade you've been wanting so don't stay at home that day - Go Fourth! There will be lots of parking nearby Burcham Park or you can park downtown and take one of our free shuttles there. Bring your

family and your pets but don't bring a cooler or drinks. We will have all that there for you. Burcham Park, 408 Indiana St., 3-10 p.m. Free. LAWRENCE, 913-634-1711 www.lawrencego4th.com

JUL 4

SPIRIT OF KANSAS BLUES FESTIVAL

This festival is not free to produce, but through community support and donations, the Topeka Blues Society is able to offer free admission to all attendees of the Blues Festival, thereby exposing the blues to a large audience on Independence Day. A donation will allow us to continue to bring quality, nationally recognized Blues bands to this festival, inspire continued growth for the Spirit of Kansas celebration, and generate additional commerce for area businesses. The festival has shown much growth, and it gets bigger and better each year. Lake Shawnee, 3027 SE Beach Terrace., 12-11 p.m. TOPEKA, 785-267-1156 <http://parks.snco.us>

JUL 9

9TH ANNUAL RAILROAD FESTIVAL

Join us for a fun filled day of family friendly activities and entertainment. This year we have exciting new entertainers and many new vendors and activities for the whole family. Advance tickets available at Dillons, HyVee and the Great Overland Station. Great Overland Station, 701 N Kansas Ave., 9:30 a.m. to 4:30 p.m. TOPEKA, 785-232-5533 www.greatoverlandstation.com

JUL 15 & 16

AMELIA EARHART FESTIVAL

The 20th Annual Amelia Earhart Festival is a family friendly event to celebrate Atchison's famous aviatrix daughter. A craft fair, musical entertainment, and a block of fun and education devoted to children happen all day Saturday on Atchison's Commercial Street Mall. Puppet shows, Mad Science and Reptiles Up Close fill the stage while traveling entertainers, petting zoo and pony rides will keep the kids happy! Activities move to the riverfront late afternoon as another stage provides music and a wide variety

of food vendors. An aerobatic show will wow the audience as they settle in for the evening. The grand finale is our fireworks extravaganza, the "Concert in the Sky," a spectacular show set to music. A 2K/8K run is an early morning option. Carnival rides are available from noon until midnight. We honor a Pioneering Achievement Award winner each year who exemplifies the spirit of Amelia Earhart. This year's honoree is Sophia Danenberg, the first black woman to reach the summit of Mt. Everest. She will participate in a Speaker's Symposium at 11 a.m. in the O'Malley McAllister Auditorium at Benedictine College. Admission is free to the public. ATCHISON, 913-367-2427 www.atchisonkansas.net

FARMERS MARKETS

APR 9-NOV 19

SATURDAY FARMERS MARKET

Stroll through the open air market, enjoy the live entertainment and demonstrations while you select fruits, vegetables, soap, baked goods, meat, jams, jellies, wine, pasta sauces, salsa, flowers, honey, fudge and so much more. 824 New Hampshire St., 7-11 a.m.

LAWRENCE, 785-505-0117

www.lawrencefarmersmarket.com

MAY 3-OCT 25

TUESDAY FARMERS MARKET

Stroll through the open air market, enjoy the live entertainment and demonstrations while you select fruits, vegetables, soap, baked goods, meat, jams, jellies, wine, pasta sauces, salsa, flowers, honey, fudge and so much more. Lawrence Public Library Outdoor Plaza, 707 Vermont St., 4-6 p.m.

LAWRENCE, 785-505-0117

www.lawrencefarmersmarket.com

MAY 11-OCT 12

CAPITOL MIDWEEK FARMERS MARKET

The Capitol Midweek Farmers Market is your place to find fresh, locally grown produce, herbs, honey and much more! We are celebrating 10 years of providing a walking destination to healthy, affordable foods in downtown

Topeka throughout the 2016 season. Join us every week for the freshest local foods, special guest vendors and 10th anniversary events. Kansas State Capitol, 900 SW Jackson, 7:30 a.m.-12 p.m.

TOPEKA, 785-296-8060

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

LAWRENCE, 785-832-7920

ONGOING

FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

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

LAWRENCE, 785-832-7920

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

■ CONTINUED ON PAGE 20



Direct Cremation Online Only **\$675***
www.CremationCenterKC.com

*\$675 option available only at time of death; no pre-planning



- Arrangements are made online at our website by simply completing the online forms & selections.
- We are family owned. A licensed funeral director is always available and ready to assist and serve your needs.

913.384.5566 • www.CremationCenterKC.com

■ CONTINUED FROM PAGE 19

necessary.
TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

TUESDAYS

BADMINTON

Players of all skill levels are welcome to join in this friendly game that challenges agility, pace and coordination. Games are played on a drop-in basis so join us when you can. Basic equipment is provided; players are welcome to bring their own racquets. For more information, contact Gayle Sigurdson at 785-832-7920. (Lawrence Parks and Recreation). Location: Sports Pavilion Lawrence, 6-8 p.m. No fee. LAWRENCE, 785-832-7950

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

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

HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

FLEXEXERCISE

This exercise program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance.

Meets from 8:30-9:30 a.m. at East Lawrence Recreation Center, 1245 E. 15th St. Closed. Fee. Enroll at LPRD.org or at East Lawrence Center. LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

ZOSTAVAX (SHINGLES) CLINIC

HealthWise 55 Clinic. 8 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, 785-354-6787

WEDNESDAYS

FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and questions. Appointments are available between 8 a.m. and noon every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments are available between 12:30 and 4:30 p.m. every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

SECOND FRIDAY OF THE MONTH

WELLNESS FRIDAY

Join representatives from LMH the second Friday of each month for discussion on a health or wellness topic of interest. No registration needed; just drop in. Each program lasts about one hour. LMH Performance and Wellness Center, Suite 100, Lawrence Parks and Recreation Sports Pavilion, 100 Rock Chalk Lane, 9:30 a.m. LAWRENCE, 785-749-5800

THIRD THURSDAY OF THE 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 THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

JUL 6

KNOW YOUR NUMBERS - CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Main Campus (west lobby), 325 Maine St., 8-9:30 a.m. LAWRENCE

JUL 6-AUG 24

FITNESS YOGA

Incorporate the benefits of yoga into your fitness routine. This class will combine conditioning work with strength and flexibility poses. Class includes floor work, students should bring a yoga mat. Instructor: Fran Hopkins. Wednesdays, 5:30-6:30 p.m. Fee. Location: TBA. LAWRENCE, 785-832-7920

JUL 7-AUG 21

UKANDOIT 2016 WELLNESS PROGRAM

Join LMH for a fun program to help you stay fit and well this summer, and learn more about our home state. UKANDOIT is a free, six-week wellness challenge program that you do on your own or with a group of your choosing. Each week you will be presented with wellness challenges from the categories of fitness, nutrition and miscellaneous. You may elect to achieve one, two or three challenges each week. At the end of the eight weeks, successful participants will receive a small incentive reward. To register: contact Aynsley Anderson Sosinski at aynsley.anderson@lmh.org, or call (785) 505-3066. Enrollment deadline is noon on Thursday, July 7. Program begins Monday, July 11, and continues through Sunday, August 21. LAWRENCE

JUL 9

KNOW YOUR NUMBERS - CHOLESTEROL

AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Performance and Wellness Center, 8-9:30 a.m. LAWRENCE

JUL 12

HEEL BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick, easy heel screening can indicate if further testing for this potentially debilitating disease is needed. Education provided. Appointment required. To arrange, please call (785) 505-5840 or (785) 505-33066. \$15/person. LMH Performance and Wellness Center, 3:30-6:30 p.m. (by appointment). LAWRENCE

AUG 2-25

ARTHRITIS FOUNDATION

This community based exercise program is designed specifically for people with arthritis and related diseases, but open to anyone. The programs multiple components help reduce pain and stiffness and help maintain or improve mobility, muscle strength and functional ability. The variety of exercises is designed for people of all levels of ability. Instructor is certified by the Arthritis Foundation. Class offered in partnership with Douglas County Senior Services. Tuesdays/Thursdays, 5:30-6:30 p.m. Fee: Location: TBA. LAWRENCE, 785-832-7920

■ CONTINUED ON PAGE 21

Kaw Valley Senior Monthly

accepts

INSERTS!

We can insert your circulars or flyers for just \$50 per 1,000.*
Call 785-841-9417 for more information.

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

■ CONTINUED FROM PAGE 20

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m.
 Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m.
 Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m.
 Arbor Court, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m.
 Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.
 Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.
 Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD THURSDAY OF THE MONTH

Babcock Place, 1700 Massachusetts St., 1 p.m.

Presbyterian Manor, 1429 Kasold Dr., 2:30 p.m.

THIRD FRIDAY OF THE MONTH

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 10 a.m.
 Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH THURSDAY OF THE MONTH

Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

FOURTH FRIDAY OF THE MONTH

Brandon Woods, 1501 Inverness Dr., 10 a.m.

MEETINGS

SUNDAYS

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

OURS dances are held every Sunday evening from 6-9 p.m. at the Eagles Lodge, 1803 W. 6th St. Dances are open to everyone. Admission is \$7 per person. Carry-in meal served at 7:15.
 LAWRENCE

MONDAYS

BREAST CANCER SUPPORT GROUP

Meets at Presbyterian Manor, 1429 Kasold, 5:30 p.m. Call Dena for more information.
 LAWRENCE, 785-979-8362

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30

a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124.

LAWRENCE, 785-838-7885
 www.OrthoKansasPA.com

MONDAYS

GRIEF SUPPORT GROUP

12-week adult group for recent loss. Midland Hospice, Building A, 4-5 p.m. Please call for start dates and information packet.
 TOPEKA, 785-232-2044

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell.
 TOPEKA, 785-271-6500; 785-230-6730 on first Monday between 5:30 and 7:30 p.m.

FIRST & THIRD MONDAY OF THE MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

GRIEF SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH

Chaplain Angela Lowe for more information.
 LAWRENCE MEMORIAL HOSPITAL
 4-5 PM, 785-840-3140

FIRST & THIRD MONDAY OF THE MONTH

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

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

Meets in the library at Pioneer Ridge, 4851 Harvard Rd., at 9:30 a.m. Open to the public.
 LAWRENCE, 785-749-2000

FIRST TUESDAY OF THE MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free.
 TOPEKA, 785-354-6787

FIRST TUESDAY OF THE MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age.

■ CONTINUED ON PAGE 22



QUALITY Service You DESERVE

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

Accepts Medicare, Medicaid and most insurances.

For more information, call

620-364-2117

601 Cross Street • Burlington, Kansas
 lifecarecenterofburlington.com

Fight Fraud in Your Community

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

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

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

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

Kansas SMP
 Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part by grant number 90SMPO087, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.

Kansas
 Department for Aging and Disability Services

PROTECT
 Medicare & Medicaid

PREVENT
 Scams and Errors

FIGHT
 Fraud, Waste & Abuse

■ CONTINUED FROM PAGE 21

Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3 p.m. in Conference E of LMH. LAWRENCE, 785-830-8130

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

Meets at Lawrence Memorial Hospital, 5:30 p.m.
LAWRENCE, 785-393-1256

**FIRST TUESDAY OF THE MONTH
TOPEKA AREA OSTOMY SUPPORT
GROUP**

Our focus is supporting, assisting, and educating individuals with colostomies, ileostomies, urostomies and continent ostomies. Meets at 6 p.m. at St. Francis Health Center, 1700 SW 7th St.
TOPEKA, 785-295-5555

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

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

**FIRST & THIRD TUESDAY 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., 1 p.m.
TOPEKA

**TUESDAYS & THURSDAYS
WATER AEROBICS CLASSES**

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124.
LAWRENCE, 785-838-7885
www.OrthoKansasPA.com

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

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

**FIRST & THIRD WEDNESDAY OF THE MONTH
CANCER SUPPORT GROUP**

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

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

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.
TOPEKA, 785-230-4422

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

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

**FIRST THURSDAY OF THE MONTH
PARKINSON MEETING**

Midland Care, 200 SW Frazier, 5:30-7 p.m.
LAWRENCE, 785-235-1367 or (800) 798-1366

**EVERY OTHER THURSDAY
GRIEF SUPPORT GROUP**

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet.
TOPEKA, 785-232-2044

**EVERY OTHER THURSDAY
GRIEF SUPPORT GROUP**

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet.
TOPEKA, 785-232-2044

SATURDAYS

LAWRENCE BRIDGE CLUB

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

**ONE SATURDAY EACH MONTH
LAWRENCE DEATH CAFE**

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

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

Volunteer service club.
LAWRENCE, 785-331-4575

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

Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m.
TOPEKA, 785-235-1367
www.jhawkaaa.org

**SECOND TUESDAY OF THE MONTH
NATIONAL ASSOCIATION OF RAILROAD
AND VETERAN RAILROAD EMPLOYEES**

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.
TOPEKA, www.narvre.com

**SECOND TUESDAY OF THE MONTH
KAW VALLEY HERBS STUDY GROUP**

An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup.
LAWRENCE

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

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

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

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

**SECOND WEDNESDAY OF THE MONTH
SOROPTIMIST INTERNATIONAL OF
TOPEKA**

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

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

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

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

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

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

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

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

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

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

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

**THIRD TUESDAY OF THE MONTH
STROKE SUPPORT GROUP**

For those recovering from a stroke, and/or their family and friends. Meets at 4-5:30 p.m. For more information call LMH Kreider Rehab Center.
LAWRENCE, 785-505-2712

**THIRD TUESDAY OF THE MONTH
ALZHEIMER'S SUPPORT GROUP**

Alzheimer's support group for families and caregivers. Blessingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling.
TOPEKA, 785-286-2273

**THIRD WEDNESDAY OF THE MONTH
ACTIVE AND RETIRED FEDERAL
EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday OF THE MONTH at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.
LAWRENCE, 785-843-7481

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

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

**THIRD FRIDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.
LAWRENCE, 785-235-1367 or (800) 798-1366

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

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice.
LAWRENCE, 785-841-5300

■ CONTINUED FROM PAGE 22

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December. TOPEKA, 785-233-5762
www.tgstopeka.org

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

MISCELLANEOUS

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can

meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m. TOPEKA, 785-783-8300
www.kansasdiscovery.org

SECOND SUNDAY OF THE MONTH MONTHLY GUIDED HIKE

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Fee. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd, 1 p.m. LAWRENCE, 785-842-8562
ksoutdoors.com/State-Parks/Locations/
Clinton

JUL 2

HAUNTED TROLLEY

Since 1995, families from across the nation have come to Atchison to board the Haunted Trolley. On this one hour narrated ride you'll see the sites and hear the mysteries that make Atchison "The Most Haunted Town In Kansas!" See website for a full schedule of haunted events. 200 South 10th St., 6 p.m. ATCHISON, 800-234-1854
www.VisitAtchison.com

JUL 12-16

83RD ANNUAL FIESTA MEXICANA

Celebrate Topeka's Mexican culture during this annual event that includes a parade downtown and five nights of traditional Mexican food, music and dancing in the Oakland neighborhood every July near Our Lady of Guadalupe Church. 134 NE Lake St. TOPEKA, 785-234-9336
www.olg-parish.org/fiesta

SEP 3

AGED TO PERFECTION

1 mile walk/5K fun run. Walk with your children, grandchildren, or great-grandchildren. Proceeds go to the JAAA Guardian Angel Fund. Washburn University campus in Topeka, 9 a.m. Virtual option available. Every participant gets a t-shirt and "finishers medal." For more information or to register go to www.jhawkaaa.org or call 785-235-1367. Sponsored by Jayhawk Area Agency on Aging and Genesis Health Clubs of Topeka and Lawrence. TOPEKA



Subscribe to Senior Monthly and start saving today.

See seniormonthly.net/savings for more information.

Kaw Valley SeniorMonthly



Have *Kaw Valley Senior Monthly* delivered right to your home. Just **\$8⁵⁰** for 12 issues!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Mail this completed form along with \$8.50* to:

Groenhagen Advertising, L.L.C.

2612 Cranley St.

Lawrence, KS 66046

* Please make out check or money order to "Groenhagen Advertising."



The History of Lawrence, Kansas

by Richard Cordley

Available at the Watkins Museum of
History, 1047 Massachusetts St.,
Downtown Lawrence.

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

ATTENTION SENIORS:

Bruce Osladil

See how much we can save you on your Medicare Supplement. Call Bruce today at (800) 606-6955.

OSLADIL INSURANCE SERVICE

411½ S. Main St. • Ottawa, KS 66067

**Sons of The American Revolution**

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

Charles Robinson Chapter

(Lawrence)

John Saylor (President)

785-841-5756

Thomas Jefferson Chapter

(Topeka)

Brian Vazquez (President)

785-272-7647

Robert W. Ramsdell

J.D. – M.B.A. // Attorney-at-Law

**Wills – Trusts – Estate Planning
Probate Administration**

THOMPSON RAMSDELL

QUALSETH & WARNER, P.A.

333 West 9th Street, Lawrence, Kansas 66044**785-841-4554****www.trqlaw.com****Natural****Medical****Care**

Dr. Farhang R. Khosh, ND

Dr. Mehdi L. Khosh, ND

Member American Association of Naturopathic Physicians

4935 Research Parkway, Lawrence, Kansas 66047

Phone: (785) 749-2255

We're Just Your Style!**21ST & FAIRLAWN***We're Just Your Style!*

Over 50
Unique Shops,
Restaurants
and Stores.

21st & Fairlawn
Topeka, Kansas

**Is Advertising in the
Daily Newspapers
Getting a Bit
Burdensome?**

Check out Senior
Monthly's low
advertising rates. Call
Kevin at 785-841-9417.

**\$ENIOR
\$AVINGS
CARD**Kaw Valley
SeniorMonthly**Introducing
the Senior
Savings Card!**

Kaw Valley Senior Monthly launched its Senior Savings Card program in March 2016, and we would like to invite your business to participate. In order to participate, all a business has to do is provide our subscribers with a discount (which is not currently available to the general public) when they present their Senior Savings Cards. Other than the discount, the program is **FREE** for participating businesses. A full listing of participating businesses and their discounts is available at seniormonthly.net/savings.

**To sign up your business for the Senior Savings Card program,
please visit seniormonthly.net/savings.**

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment



Aldersgate VILLAGE

RETIREMENT COMMUNITY

Independent Living
Assisted Living
Memory Care
Skilled Nursing Care

Rehabilitation Services
Sub-Acute Program
Transportation

Call (785) 478-9440 or visit aldersgatevillage.org
7220 SW Asbury Drive | Topeka, KS 66614

PEAVLER & ASSOCIATES

MEDICARE QUESTIONS?

John McGrath

SENIOR BENEFITS SPECIALIST

785-418-7298

Email: john@pfckc.com Fax: 866-514-2919

LIFE CONNECTIONS, INC.

**Counseling in the comfort of your own home
Dealing with life's challenges and changes**

We accept Medicare and other Insurance

Vicky A. Walters, LSCSW

Certified Aging Specialist

Vicky@LCTopeka.com 785-213-2342

COLDWELL BANKER
GRIFFITH & BLAIR
AMERICAN HOME

June Rockey
REALTOR®

(785) 224-8454 (Mobile)
(785) 267-8600 (Fax)
2222 SW 29th St., Topeka, KS 66611
June@JuneRockey.com

We Improve People's Lives

Home Health, Skilled Nursing, Physical,
Occupational and Speech Therapy
Private Duty Care

Interim

HEALTHCARE INC.

1251 SW Arrowhead Rd., Suite 103 • Topeka
785-272-1616

- Medicare Education & Consultation
- Medicare Supplement Plans
- Medicare Advantage Plans
- Part D Prescription Drug Plans
- Dental, Life, Disability

2951 S.W. Woodside Dr., Topeka, KS 66614

(785) 233-1816 or toll-free (800) 227-0089
www.centuryinsuranceagencyks.com

Our Services Include:

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

**For more SERVICES!
Visit our web site:**
Web: www.gracefulhealthcare.com
Email: grace@gracefulhealthcare.com
[Facebook.com/gracefulhomehealthcare](https://www.facebook.com/gracefulhomehealthcare)

CARE AT HOME
Insured

CALL NOW!
785-424-2785

Affordable Housing at Cedar Square Apartments

**We offer quality housing to persons age 62 or disabled.
One bedroom Apartments and Studios
available NOW.**

**COME SEE FOR YOURSELF WHY CEDAR SQUARE
IS THE PLACE FOR YOU!**

1550 S. Cedar Ottawa KS 66067
Call today to schedule an appointment
(785) 242-8110

Office Hours: Mon Wed Fri 10:00am to 3:00pm
Tues and Thurs 1:00 pm to 6:00pm

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

Medical Equipment with Home Comfort

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

**Medicare
Accredited**

Day Dreaming: Tales from the Fourth Dementia

Larry Day's *Day Dreaming* features humorous short stories, which have disparate plots, topics and characters. This book is divided into the following theme sections: Media Marvels, Weird Rich Folks, Clueless, Alien Encounters, Marital Blitz, Hilarious Higher Ed, Home Town Folks, Fairy Tales Redus, Luv a Guvmint. Available at Amazon.com.

Angels at Sunset

by the author of *Sissy!*
Tom Mach

Nobel Prize Nominated Book!

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

Automotive Analysts Inc.

We test not guess

Brenda Skeffington
Service advisor

1209 E 23rd • Lawrence, KS
785-749-4434

BUSINESS CARD DIRECTORY SPECIAL

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

GROEN ZONE

Thank you for 15 years (and counting)!

By Kevin Groenhagen

The publication of the July 2016 issue of *Kaw Valley Senior Monthly* marks our 15th anniversary.

To be honest, I never thought I'd still be publishing *Senior Monthly* after 15 years. I essentially started the publication out of desperation. During most of the 1990s, I worked for *TeleGraphics* and the *Baldwin Ledger*. Toward the end of that decade, the World Company began acquiring weekly newspapers in the Lawrence area. Since the owner of the *Baldwin Ledger* wasn't interested in selling that publication to the World Company, the World Company launched its own weekly newspaper, the *Baldwin City Signal*, to compete with the *Baldwin Ledger*. Publishing a day earlier in the week, offering full-color photographs, and having the World Company's greater resources, the *Baldwin City Signal* became the dominant weekly newspaper for the town of, at that time, just over 3,000 residents after just a couple of years.

Seeing the handwriting on the wall, I left the *Baldwin Ledger* in early 2001, joined the staff of the *Tornado*, a Lawrence-based alternative publication that blew out of the city as quickly as it blew in, and then, not knowing what else to do, launched *Senior Monthly*.

The first issue of *Senior Monthly* was just 12 pages and had only six paid advertisers. Distribution was limited to Lawrence and the surrounding communities. After distributing that first issue, I soon received a call from the publisher of a Lawrence-area shopper publication. He didn't call to offer congratulations or encouragement. It seems someone had placed a copy of *Senior Monthly* on top of copies of his publication at a fast-food restaurant, and he called to read me the riot act. "I've seen many fly-by-night publications like yours come and go over the years," he said before hanging up.

Now "fly-by-night" is defined as "unreliable or untrustworthy, especially in business or financial matters." I don't believe that adjective accurately describes *Senior Monthly*, and I hope our advertisers and readers have the same belief.

Much has changed since July 2001. The World Company's main publication, the *Lawrence Journal-World*, then had more than 19,000 daily paid subscribers. On June 17, *Editor & Publisher* reported that the newspaper's circulation had dwindled to just 11,000. The World Company ceased publishing *The Eudora News* and *The De Soto Explorer* several years ago. It stopped publishing *The Baldwin City Signal* and *The Chieftain of Bonner Springs and Basehor* last December. Last month the *Lawrence Journal-World* reported that the Simons family, which has owned the *Lawrence Journal-World* for 125 years, is in the process of selling the paper to Ogden Newspapers Inc., a company based in Wheeling, W. Va.

The shopper publication I mentioned above continues to be published. However, with Craigslist and other free or less expensive options available online to sell items that used

to be sold almost exclusively through classified advertising, it's a much smaller publication.

In contrast, *Senior Monthly* has experienced a great deal of growth since July 2001. In July 2003, we added distribution in Topeka. Today, we do distribution in Lawrence, Topeka, and 14 smaller cities. Our page count has grown significantly, as has our advertiser base. Most of our advertisers have placed ads in *Senior Monthly* for five years or longer. One advertiser ran an ad in every issue of *Senior Monthly* from July 2001 to December 2015. She stopped advertising only because her business was bought by an advertiser who has run an ad in every issue since August 2001.

While *Senior Monthly* has bucked the trend of a declining newspaper industry, I will not be complacent. I understand the forces that have weakened the newspaper industry worldwide may eventually catch up to my niche publication. Seniors use the Internet less often than

younger age groups, but the gap shrinks year after year. Every issue of *Senior Monthly* (including the display ads) has been available online since July 2001. It is quite possible that *Senior Monthly* could evolve into an Internet-only publication some time in the future. However, newsprint seems to be in my blood. (My sixth great-grandfather, U.S. Rep. Matthew Lyon, owned a paper mill and was a newspaper publisher in New England nearly a century before the Simons family began publishing in Lawrence.)

My plan is to continue publishing *Senior Monthly* for another 15 years. Therefore, working with our reporters and columnists, I will strive every month to give our readers the best content I can. I will also work to ensure that *Senior Monthly* will continue to provide advertisers with the most cost-effective rates in northeast Kansas. These readers and advertisers make every issue of *Senior Monthly* possible, and I can never thank them enough.



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

INSERTS!

Kaw Valley Senior Monthly can insert your circulars or flyers for as little as \$50 per 1,000.* Call 785-841-9417 for more information.

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

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

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

Each Home Instead Senior Care® franchise office is independently owned and operated. ©2011 Home Instead, Inc.

Call for a free, no-obligation appointment

Lawrence • 856.8181
Topeka • 272.6101

for our digital brochure visit
www.HISC584.digbro.com

homeinstead.com/584

RICK STEVES' EUROPE

Provence through Van Gogh's eyes

By Rick Steves

Tribune Content Agency

Visiting the French city of Arles, it's easy to absorb Vincent van Gogh's story. In February 1888, the Dutch artist left Paris for Provence. Coming from the gray skies and flat lands of the north, he was bowled over by the sun, bright colors, rugged landscape and raw people in southern France. He painted furiously for the next two years, cranking out a masterpiece every few days.

Though the Fondation Van Gogh gallery in Arles regularly displays at least one work on loan from the Van Gogh Museum in Amsterdam, the city owns none of the paintings he created here. But you can walk the same streets he walked and see places he painted, marked by 10 steel-and-concrete "easels" with photos of the paintings alongside the view of that painting's subject. It's a fascinating then-and-now comparison (the tourist information office offers a map to find them). I like to do a north-to-south easel tour through the city's compact core. (Several other easels are less central, but easily located.)

I begin at the "Yellow House" easel on the north side of Place Lamartine, where Van Gogh rented a small house (destroyed in 1944). Freezing Arles was buttoned up tight, so he worked inside, painting still lifes and self-portraits—anything to keep his brush moving.

In late March, spring finally arrived. Donning his straw hat, Van Gogh set up his easel outdoors and painted blossoming fruit trees, peasants sowing and reaping and windblown fields, all lit by a brilliant sun.

A block from Place Lamartine at the

river wall is the "Starry Night Over the Rhone" easel. Van Gogh was the first to paint outside after dark, adapting his straw hat to hold candles (which must have blown the minds of locals). As his paintings progressed, the stars became more animated—like Van Gogh himself. (The more famous "Starry Night" was painted later in St-Remy.)

At the Roman Arena, an easel captures Van Gogh's impressions—with the bull barely visible. He spent more time studying the people than watching the bullfights. He also spent many a sunny day painting the leafy Jardin d'Ete, where you'll find an easel that shows Van Gogh's painting of a tree-lined path.

In October, lonely Van Gogh—who dreamed of making Arles a magnet for fellow artists—persuaded his friend Paul Gauguin to come. He decorated Gauguin's room with several humble canvases of sunflowers (now some of the world's priciest paintings). Their plan was for Gauguin to be the "dean" of a new art school in Arles, and Van Gogh its instructor-in-chief. At first, the two spent days side by side painting, and hitting bars and brothels at night. "Cafe Terrace at Night," shown on an easel at Place du Forum near Cafe la Nuit (now an overpriced tourist trap), captures the glow of an absinthe buzz.

After two months together, the two artists clashed. The night of December 23, they were drinking absinthe at the cafe when Van Gogh suddenly went ballistic. He threw his glass at Gauguin. Gauguin left. Walking through Place Victor Hugo, Gauguin heard footsteps behind him and turned to see Van Gogh coming at him, brandishing a razor. Gauguin quickly fled town. The local paper reported what happened next: "At 11:30 p.m., Vincent Vaugogh (sic),

painter from Holland, appeared at the brothel at no. 1, asked for Rachel, and gave her his cut-off earlobe, saying, 'Treasure this precious object.' Then he vanished." He woke up the next morning at home with his head wrapped in a bloody towel and his earlobe missing. Was Van Gogh emulating a successful matador, whose prize is cutting off the bull's ear?

Van Gogh was admitted into the hospital—today's Espace Van Gogh cultural center. An easel in the courtyard there displays his painting of the garden. Arles' citizens demanded that the mad Dutchman be kept under medical supervision, but he was allowed to leave during the day to paint as therapy.

In spring 1889, Van Gogh admitted himself to the St. Paul Monastery and Hospital in St-Remy-de-Provence. He spent a year there and produced more than 100 paintings. With thick, swirling brushstrokes and surreal colors, he made his placid surroundings throb with restless energy. Today, at the hospital, you can see a replica of his room and studio, plus many scenes he painted in situ—the courtyard, the plane trees,

the view out of the upstairs window of nearby fields and the rugged Alpilles mountains.

In spring 1890, Van Gogh left Provence to be cared for by a sympathetic doctor north of Paris. On July 27, he wandered into a field and shot himself. He died two days later.

His time there was short, but just as Provence influenced Van Gogh's work, Van Gogh made a huge impact on Provence. Walk in Van Gogh's footsteps and watch his paintings come to life.

From May 14 to September 11, the Fondation Van Gogh in Arles will host a special exhibit of 31 Van Gogh paintings, "Van Gogh in Provence: Modernizing Tradition." For more information, see www.fondation-vincentvangogh-arles.org.

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

© 2016 Rick Steves

Distributed By Tribune Content Agency, LLC.



**VISITING
NURSES**
Hospice

Let Our Family Take Care of Your Family



All your homecare needs under one roof:

Home Health | Hospice | Rehabilitation | Help at Home

(785) 843-3738 www.kansasvna.org



**LIKE TO ADVERTISE IN SENIOR
MONTHLY?**

See our rate card at
www.seniormonthly.net/advertise.

HUMOR

Pat and Pete's Patriotic Party

This story began years ago when Pete and Pat were forced to take separate vacations. Patrocina Megamecheldorf Samborvich Jones and Pedro Salazar Remirez Sandoval Montoya y Montoya are known around town, for obvious reasons, simply as Pat and Pete. The two had come to Letongaloosa years before and became a couple after having been business rivals.



Larry Day

Pat had wanted to buy the old Peabody home from the city to house a pre-school. Pete wanted to open a pawn shop. After an intense public debate they opted to join forces and share the facility. Together they created a unique business: Pat and Pete's Pre-school and Pawn Shop. During that process they became a couple. They waited five years then got married.

Both Pat and Pete belonged to organizations related to their professions and they usually accompanied each other to annual professional conferences. One year the two conferences were scheduled at the same time in Seoul, Korea (Pete), and Cartagena, Colombia (Pat). While at those separate conventions Pat and Pete met children they wanted to adopt. They returned to the United States and, with the help of government and nongovernment agencies, were able to adopt four children—two Koreans—Min-jee and his sister Hae-jin; two Colombians—Maria and her brother Hernando. It took a quite awhile, as described

elsewhere, but finally Min-jee and Maria, Hernando and Hae-jin, and Pat and Pete were home, seated together around the dinner table eating *dolsot*, *bimbimbap*, and *chimicangas*.

"*Hananim-eun uliloull chugbog*," (may God bless us) said Min-jee and Hae-jin. "*Que dios nos bendiga*," said Hernando and Maria. "Amen," said Pat and Pete.

We now fast forward a few years. The children are older, but still young enough to be excited about family vacations, and Pete and Pat were prospering financially to the point that taking a six-person family trip was not the "break the bank" enterprise it would have been just a few years earlier. For the kids there was one requirement for a vacation—that it be FUN. For education-minded Pat and Pete, vacation had to be "fruitful" as well as fun.

The ensuing family council was animated. As chair, Pete sometimes exercised authoritative prerogatives not to be found in Robert's Rules of Order. But when the meeting ended there was harmony and excitement all round. The family was going to Washington, D.C. to be present at *A Capitol Fourth*, where thousands of people gather and millions more watch on television to see the greatest display of Fourth of July fireworks anywhere. The event takes place on the West Lawn of the U.S. Capitol.

While these deliberations were going on, the a telephone rang at the White House. The operator told the caller, "One moment please," and hissed a supervisor standing by, "It's Nelida Nacamora, from Kansas." Some readers will recall the story of "Nosey Nelida." As a shop keeper at a Letongaloosa mall, she blew the whistle on a government sting operation that was

aimed at shutting down a major drug ring. To keep the operation secret, the government lauded Nelida for her "vigilance" and gave her an award in a ceremony at the White House. White House staffers remained sensitive to Nelida's curiosity and investigative skills.

"Put Ms. Nacamora through to the chief of staff's office," the supervisor told the White House telephone operator.

"Hello, Mrs. Nacamora. This is Ike Withers, assistant deputy chief of staff. We've spoken before."

"Ike," said Nellie, who never bothered with formalities, "I've got a got news you'll thank me for." Nelida then told Mr. Withers about Pat and Pete and their diverse family. "They're coming Washington to

attend the Capitol Fourth festivities. If you invite them to the White House, and leak their story, the mass media will splash it nationwide. You can promote them as the administration's first annual "Capitol Fourth Family of the Year."

A few days later they were sightseeing on the Washington Mall, Pat and Pete and the kids were approached by two men wearing dark suits with insignias in their button holes. And that, dear readers, is how Pat and Pete, Min-jee and Hae-jin, and Maria and Hernando got to meet the President of the United States.

- 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.

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

100% Employee Owned Company!

MEDICALODGES
Eudora

"Professional Therapy & Nursing Services in Your Hometown!"

KEY REHAB

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



We accept MEDICARE, KANCARE & other major insurances.

Medicalodges Eudora

1415 Maple Street, Eudora Kansas

(785)542-2176

WWW.MEDICALODGES.COM

PET WORLD

How do you handle a pet with diabetes?

By Marc Morrone

Tribune Content Agency

Q: My nine-year-old cat was just diagnosed with diabetes. He was 16 pounds. Recently he lost three pounds. I am not giving him insulin shots. Is it possible to reverse the diabetes with diet alone? I'm giving him special food the vet has recommended. My question is will the diabetes be controlled enough with diet and no insulin? - Vincent Halstead, Hartford, CT

A: This is one of those questions that can cause endless debates among pet owners. If you go online and ask this question of 30 different people you will get 55 different answers.

You had a vet that examined the cat

and has been monitoring the levels, so that is really the person who is best able to answer this for you. I personally have

had two cats and one dog with diabetes. I was going through a "holistic" period in my life when my first pet was diagnosed and I did try myself to manage the situation without insulin but I had no success. I ended up throwing in the towel for the sake of the cat and gave her the insulin every day.

Quite frankly it was not a big deal and she lived another 12 years with the insulin. When my other two pets were diagnosed, I went right to the insulin. So I would just advise you to put your trust in

your vet as I did, and most likely things will work out as well as they did for me.

- Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.

© 2016 Distributed By Tribune Content Agency, LLC.

Winter Meadow Homes Inc.

Is there someone special in your life who needs extra care? A Home Plus Adult Care Home is an alternative solution to a nursing home environment.

We provide an intimate family setting and more "Attentive" attention.

Residents can choose their meals and have family recipes prepared for them. It's easier for the families to be involved. We provide a home setting with group and individual activities available.



You can bring your own personal belongings, including furniture, to make it feel more like home.



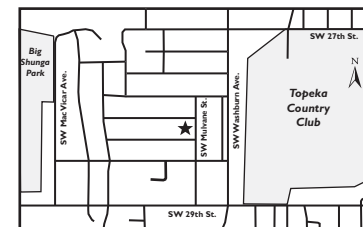
Services Include:

- Personalized Care
- Private & Semi-private bedrooms
- 24 Hour Care by Certified Staff
- Daily supervision by RN and LPN
- Medication Assistance
- Fresh home-cooked meals served at a family table
- Social interaction and activities
- Fire sprinkler and door security
- Personal Laundry Service
- Licensed and inspected by the Kansas Department on Aging
- Medicaid payments accepted

We provide: Long-term Residency, Respite Service, Day Care, Hospice Services Welcomed, Dementia Care, Diabetic Care

We're conveniently located at 2832 SW Mulwane St. in Topeka!

**NOW OPEN!
Winter Meadow
Homes North.**



At our Home Plus in Topeka, Kansas, you can continue to live in a familiar homelike setting while you receive 24 hour a day supportive nursing care. Contact Ben or Darlene for a tour at 785-234-2989, 785-383-4531 or wintermeadowhomes@yahoo.com. Visit our website at www.wintermeadowhomesinc.com for more information.

PETERSON
KRISCHE
VAN HORN DDS

Gentle &
Comfortable Care

•
Cosmetic Dentistry

•
Teeth Whitening

•
Insurance Processed

•
New Patients &
Emergencies Welcomed

Mention you saw this ad in Senior Monthly



(785) 842-0705

530 FOLKS RD • LAWRENCE
www.pkvdds.com

WOLFGANG PUCK'S KITCHEN

A simple pudding recipe will get your kids off the couch and into the kitchen

Summer vacation has arrived for many families across the country. For others, it's just a few days or weeks away. Parents everywhere are facing the challenge of what to do to keep their children interested and happy, not to mention well fed, during those long days.



Wolfgang
Puck

Sure, there's camp to rely on, plus all sorts of sports teams or lessons, family outings, movies, museums, amusement parks and other attractions. But what about that downtime at home, when you want them to do something else other than watch TV or play video games, and they're tired of reading? That's the moment, I say, to turn your kitchen into a home cooking school for kids.

Summer is an ideal time to teach your children about the pleasures of cooking at home. Tell them that you're going to make them something they'd love to eat, and you'll have their complete attention.

That's certainly what my late mother, Maria Puck, used to do when she wanted to get my sisters, my brother and me to settle down. The words "butterscotch pudding" were all she had to speak to get us to behave.

Since her recipe for old-fashioned butterscotch pudding involves cooking a hot caramelized sugar syrup to make the butterscotch, it's definitely not something where you want little helpers to be anywhere near the stove. But even young children can be encouraged to help you measure out the ingredients before the cooking starts, and then sit attentively nearby—but safely far enough from the stove—to watch as you explain what you're doing.

There are many good lessons to

learn through this recipe. You'll be able to show them how butter and brown sugar melt together and gradually turn into a rich caramelized butterscotch, how the tiny seeds from inside a split vanilla bean are the source of delicious vanilla flavor, and how cream turns the mixture into a luscious sauce.

You can show them how egg yolks, "tempered" with some of the sauce so they'll stay smooth and not turn into lumps like scrambled egg, not only enrich the sauce but also, together with some cornstarch, thicken it. You can also give them a quick lesson on how to make real whipped cream from scratch, rather than getting it from an aerosol can.

And your young audience will also learn an important lesson in patience, since the finished pudding needs to chill in the refrigerator for several hours before serving. But what a reward you'll have to offer for their good behavior the rest of the afternoon!

BUTTERSCOTCH PUDDING

Serves 4

- 6 tablespoons unsalted butter
- 1 cup (250 mL) loosely packed golden brown sugar
- 1/4 cup (60 mL) loosely packed dark brown sugar
- 1 vanilla bean, split lengthwise in half, seeds scraped out and reserved
- 1 3/4 cups (435 mL) plus 2 tablespoons heavy cream, divided
- 1 cup (250 mL) plus 2 tablespoons whole milk
- Pinch of fine sea salt
- 1/4 generous cup (65 mL) cornstarch
- 6 large cage-free egg yolks

In a heavy medium saucepan, combine the butter, both the golden brown and dark brown sugars, and seeds you scraped from the vanilla pod. (Reserve the scraped-out pod, if you like, to put in an airtight sugar canister to make vanilla-scented sugar.) Place the pan over high heat and carefully cook, stirring often, until the mixture turns bub-

bling and dark brown, 3 to 5 minutes.

In a measuring cup or bowl, stir together 1 cup (250 mL) plus 2 tablespoons of the cream and all of the milk. Carefully whisk them into the hot sugar mixture and add the sea salt. Bring the mixture back to a boil, whisking until smooth. Remove the pan from the heat. Put the remaining 3/4 cup (185 mL) cream in the refrigerator to chill.

Sift the cornstarch through a fine-meshed sieve into a large heatproof bowl. While whisking continuously, gradually pour the hot cream-sugar mixture into the cornstarch. Return the mixture to the same saucepan and bring to a boil, whisking constantly, about 1 minute. Remove the pan from the heat.

In another bowl, whisk the egg yolks until smooth. Briskly whisk in a little of the hot butterscotch mixture to temper the eggs. Then, whisk the egg mixture into the remaining butterscotch in the saucepan; and, while continuing to whisk constantly, bring the mixture almost to a boil, about 1 minute.

Pour the custard through a wire-meshed sieve set over a large bowl, pressing it through with a rubber spatula. Ladle the custard into four martini glasses or glass serving bowls. Leave the glasses or bowls at room temperature to cool. Then, cover with plastic

wrap and refrigerate until very cold, up to overnight.

Before serving, put the remaining chilled cream in a large bowl. Whisk by hand or with electric beaters until the cream forms soft peaks that droop slightly when the beaters or whisk are lifted out.

Remove the plastic wrap from the chilled puddings. Spoon a dollop of whipped cream on top of each pudding. You can even sprinkle a little brown sugar over the top if you want. Serve immediately.

© 2016 Wolfgang Puck Worldwide, Inc.

Distributed By Tribune Content Agency, LLC.

**Peterson
Acres II**
*Affordable Housing
Based on Income.*
Applications being accepted.

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

Restaurant Guide

<p style="text-align: center;">McFARLAND'S <i>Restaurant</i></p> <p style="text-align: center;">Casual Dining, Private Parties <i>Over 70 years of serving fine food</i></p> <p style="text-align: center;">4133 Gage Center Dr. • Topeka • 785-272-6909</p>	<p style="text-align: center;">Chic-A-Dee CAFÉ</p> <p style="text-align: center;"><i>"Good Home Cooked Food"</i> Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216</p>
<p style="text-align: center;">Serving Topeka Since 1969</p> <p style="text-align: center;"> Open 7 Days A Week 6:00 a.m.-3:00 p.m. 1034 S. Kansas Ave. 785-232-1111</p>	<p style="text-align: center;">Gambino's Pizza</p> <p style="text-align: center;"><i>You're Gonna Love It!</i></p> <p style="text-align: center;">Pizza, Sandwiches, Pasta, Salads Family Dining Carryout</p> <p style="text-align: center;">510 E Front St. • Perry • 785-597-5133</p>
<p style="text-align: center;">Old 56 Family Restaurant</p> <p style="text-align: center;">2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p>	<p style="text-align: center;"> BIEMER'S BBQ</p> <p style="text-align: center;">912 S. Chestnut Olathe, KS 66061 913-390-9905</p>

Voted Best BBQ in Lawrence

University Daily Kansan
Top Of The Hill 2011

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

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

MEMORIES ARE FOREVER

Each month I will write about a memory of a person's life and I hope you will enjoy it. For information you need to submit your own memories, please visit my blog at

www.MemoriesAreForever.net

I would love to hear from you. If you wish to include a nostalgic picture of yourself, please send it as an attachment to your submission email. (The photo below is me as a two-year-old sitting on the steps of my home in Chicago.) - Tom Mach



Tom
Mach

My First Love

By Douglas McLaughlin

I came home after high school football practice, tired and aching. When I looked up, I saw her. I was stunned. She was black, and she was drop-dead gorgeous. My heart pounded, and I froze in disbelief at the sight of her. She was all I ever wanted in my life. I rushed over to her, hoping she would be mine. I never believed in love at first sight, but now I did.

I walked slowly around her, examining every inch of her body. Then I took a few steps back to take in the entire enchantment of this black beauty. I finally found the nerve to touch her, delicately at first, but then I ran my fingers over her entire body. Words cannot describe how I felt about this dream of my life. I wanted her.

With my hand still resting on my beloved I heard a sound. *What is it? A voice. A man's voice. He called out my name. It was my father talking to me.* "Well, Doug, what do you think of it?"

I was speechless and looked at him with an open mouth and eyes of gratitude.

"Well, this is it," he said. "Your car to drive when you turn 16. But not before."

A few days earlier he told me he had a chance to buy a car for \$40. A black as the blackest midnight, three on the floor, no radio, a loud muffler, with the passenger side window missing. It was a two-door, 25-year-old 1936 Plymouth. But I had to wait five months until I turned 16 and got my driver's license.

I told all my friends at school the next day about "my car." They were impressed and wanted to see and ride in it. I told them, "You can see it anytime you want but I've got to get my license before I can drive it." I spent the next week washing, waxing, cleaning, and sitting behind the wheel of my car speed shifting. Driving my car became an obsession, but I knew I couldn't, not 16, no license. The obsession became a reality one week later.

All our football games were played on Friday night and this one was an away game one hour away, and we got creamed. On the bus trip back a couple of bench warmers and me heard about a party down by the river, so we asked the quarterback if we could go.

"Sure," he replied, "but my car's full of girls." A moment later he laughed. "Sophomore boys have to walk." Well, he had nothing to laugh about. He was a terrible quarterback.

We discussed how we could get to the party and came up with a plan as we walked to my house. I carefully crept into the dark house. Everyone was asleep. I got my car keys and escaped unnoticed. My car was parked in front of the house facing a small upgrade but beyond that was a long downgrade where I could pop the clutch to get her started. We pushed the car uphill about 15 feet and then we all jumped in. I was asked, "You do know how to drive, don't you?"

I answered as I popped the clutch, "Do tractors count?" I learned how to drive a car that night. We had a great time. I made it home around midnight,

turned my car off, and coasted the last block. As I wrapped the bed sheets around me before I went to sleep, all I could think about was how well I handled the car.

I borrowed my car a couple of more times during football season. The last trip was the hardest. It was parked in the gravel driveway instead of at the front of the house. The incline was a lot steeper; it took 20 minutes because we kept slipping. After we uttered a few unmentionable four-letter words, we laughed as I parked the car.

My 1936 Plymouth became a fond memory the following Monday. I arrived home after practice but the car wasn't there. I entered my house and saw my dad sitting at the kitchen table. I asked, "Where's the Plymouth?"

He put his cigarette in the ashtray and answered, "I saw you and your friends stealin' the Plymouth. I sold it for 50 bucks. You're buyin' your own next time. You blew it." He picked up his cigarette and walked out of the room.

I lost my first love.

Are You Healthy, Postmenopausal and Between 50 and 80 Years Old?

PRA Health Sciences is seeking:

- Healthy, postmenopausal women
- Ages 50-80
- Available for four stays of two nights each, plus a follow-up visit

Call Today 913-410-2900

Qualified study participants may receive compensation up to \$2,500.

Refer a friend and receive up to \$300.



PRAHEALTHSCIENCES

PRAstudies.com • 9755 Ridge Dr. • Lenexa, KS 66219



Affordable Senior Living



2125 Clinton Parkway
in Lawrence

Rent Subsidized
Apartments for
Qualified Seniors

Applications being accepted
841-1000 www.ldcha.org

Clinton Place Apartments

GOREN ON BRIDGE

The value of an eight

With Bob Jones

Tribune Content Agency

Both vulnerable. South deals.

NORTH

♠-6 4

♥-8 4

♦-A K 10 6 2

♣-Q 7 4 2

WEST

♠-Q 7 5 2

♥-9 7 6 2

♦-J 5 3

♣-A 8

EAST

♠-J 10 9

♥-A 10 5 3

♦-Q 8 7 4

♣-K 6

SOUTH

♠-A K 8 3

♥-K Q J

♦-9

♣-J 10 9 5 3

The bidding:

SOUTH	WEST	NORTH	EAST
1♣	Pass	1♦	Pass
1♠	Pass	3♣*	Pass
3NT	Pass	Pass	Pass

* Invitational

Opening lead: Seven of ♥

South bid aggressively after North's invitation. Just as well he tried three no trump—a five-club contract would have had no chance.

West chose a high heart spot to suggest weakness in the suit. East had a perfect read on the heart suit when declarer's jack fell under his ace at trick one. A heart continuation would build an extra heart trick for the defense, but it would not defeat the contract. East shifted accurately to the jack of spades.

South could not afford to duck this as the defense could revert to hearts, so he won his ace and led the jack of clubs. This ran to East's king, who continued with the 10 of spades. Again, South had to win, and he continued with a second club to West's ace. West could not cash two spade tricks. With no entry back to his hand, he could underlead his queen of spades to partner's nine or cash his queen and set up declarer's eight. Nine tricks for declarer either way.

"I wouldn't have bid it without the eight of spades," said South.

Note that an opening diamond lead would have defeated the contract. This lead was very unlikely on the auction and West cannot be faulted for his choice of a heart.

- Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to tcaeditors@tribune.com.

© 2016 Tribune Content Agency, LLC.

Martin Creek Place

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

Age 62 & older.



4950 SW Huntoon • Topeka 785-273-2944



www.seniormonthly.net



RETIREMENT COMMUNITY
AT ALVAMAR

"building our community one resident at a time."



ENJOY THE LUXURIES OF RETIREMENT!

- 24 Hour Concierge
- Scheduled transportation to physician's appointments, entertainment and shopping
- Free onsite laundry services
- Covered Deck & Patio
- Social activity room
- Pet friendly community
- Daily exercise program
- Private full apartments with full sized appliances
- Maintenance-free living including snow removal and landscaping
- Complimentary housekeeping services
- and so much more!

YOUR LIFE. YOUR STYLE. YOUR HOME.



1510 St Andrews Drive • Lawrence • 785-813-8454

www.arborcourt-lawrence.com

PUZZLES & GAMES

CROSSWORD

Across

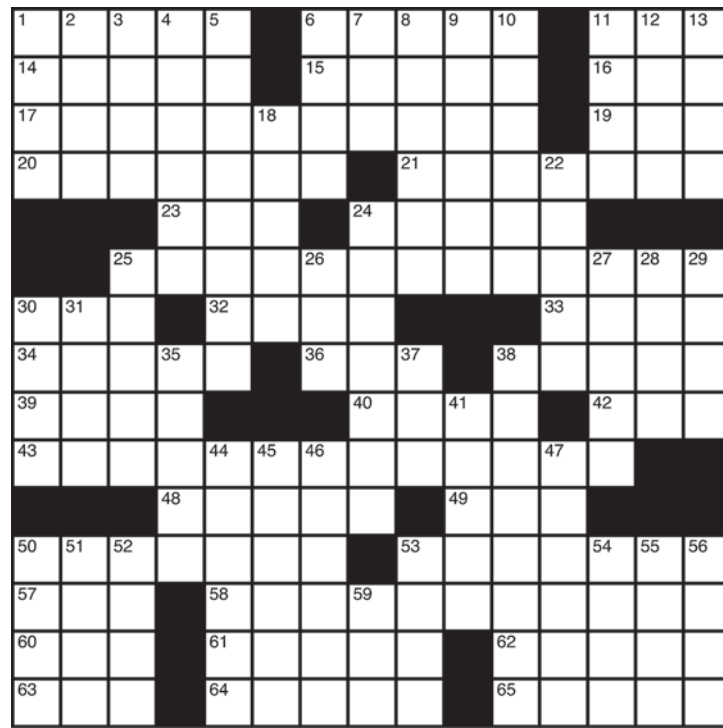
- 1 Works with yarn
- 6 Anheuser-__ Brewery
- 11 Solomon, for one
- 14 Valium drug company
- 15 Snow-block home
- 16 Logger's tool
- 17 Past one's prime
- 19 Doc for a kitty
- 20 Thickness-measuring instrument
- 21 Hiker's tool
- 23 Mauna __
- 24 Actress Zellweger
- 25 Perilous course to go down
- 30 Margarita condiment, in Mazatlán
- 32 Tiny amt. of time
- 33 Ballet skirt
- 34 Vote in
- 36 Tom Collins liquor
- 38 Red giant with a carbon-rich atmosphere
- 39 Say with assurance
- 40 Red-shirted bear

- 42 Prefix with bar
- 43 Achieves one's goal
- 48 Skin openings
- 49 "Saw __": second "Saw" sequel
- 50 Popeye's adoptee
- 53 Lacking a handle?
- 57 Bother a lot
- 58 Interest-paying institution
- 60 Alphabet finale
- 61 Where embryos develop
- 62 Do-or-die poker bet
- 63 Finale
- 64 Heat-resistant glassware
- 65 Writer/director Allen with four Oscars

Down

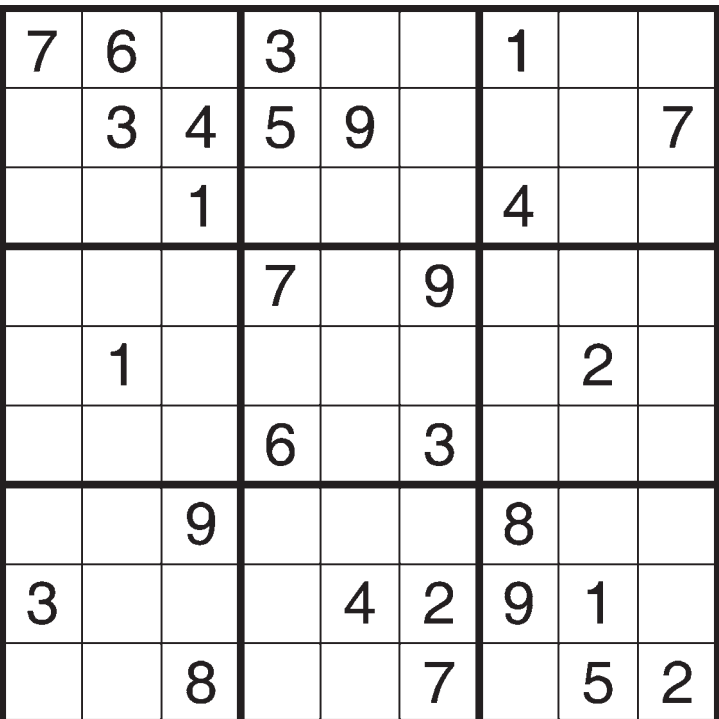
- 1 McDonald's founder Ray
- 2 __ Scotia
- 3 Atlantic republic at the edge of the Arctic Cir.
- 4 Roller-coaster ride

- 5 Climactic tennis match situation
- 6 Oktoberfest quaff
- 7 "That turns my stomach"
- 8 Deli machine
- 9 Ant complex
- 10 Watson's associate
- 11 Perked pot contents
- 12 Couple that's split
- 13 Dampens
- 18 Piles
- 22 Furrier's hides
- 24 Cookbook contents
- 25 Streamlined
- 26 Take down a __: humble
- 27 Navel variety
- 28 School support gps.
- 29 Peseta replacement
- 30 Tailor's line
- 31 Thomas __ Edison
- 35 __ suzette: dessert pancake
- 37 Christmas quaff
- 38 Logger's tool
- 41 Round gasket
- 44 Cleans with a paper towel, as a spill
- 45 War-ending pact
- 46 Shot put competitor,



- e.g.
- 47 Devil, in Durango
- 50 Small or medium
- 51 Small songbird
- 52 __ out a living: barely got by
- 53 Windows alternative
- 54 Bueno's opposite
- 55 City near Tulsa
- 56 Big Apple fashion initials
- 59 Anger

© 2016 Tribune Content Agency, Inc.



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

JUMBLE THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

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

TADPA
□ □ □ □ □ □

ASTUE
□ □ □ □ □ □

LALCOW
□ □ □ □ □ □

ENBOGE
□ □ □ □ □ □

©2010 Tribune Media Services, Inc. All Rights Reserved.

NEW BIBLE Jumble Books Go To: <http://www.lyndale.com/jumble/>

We are offering \$500,000

Not a penny less than a million

WHAT THE DEFENSE LAWYER WANTED THE PLAINTIFF TO DO.

8/20

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

Ans: □ □ □ □ □ □ □ □ " □ □ □ □ □ □ □ □ "

SCRABBLE BRAND

SCRABBLE® is a trademark of Hasbro in the US and Canada. ©2016 Hasbro. Distributed by Tribune Content Agency, LLC All rights reserved.

E1 E1 I1 N1 S1 C3 C3 Triple Word Score RACK 1

I1 O1 O1 T1 B3 F4 G2 RACK 2

A1 A1 Y4 K5 C3 P3 B3 3rd Letter Double RACK 3

E1 E1 I1 N1 N1 T1 Z10 RACK 4

A1 I1 O1 L1 B3 R1 T1 RACK 5

PAR SCORE 275-285
BEST SCORE 345
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

Answers to all puzzles on page 34

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

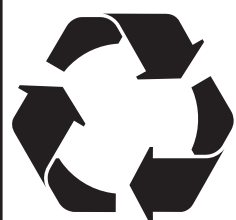
SCRABBLE BRAND GRAMS SOLUTION												
S ₁	C ₃	I ₁	E ₁	N ₁	C ₃	E ₁	RACK 1 =	83				
B ₃	I ₁	G ₂	F ₄	O ₁	O ₁	T ₁	RACK 2 =	63				
P ₃	A ₁	Y ₄	B ₃	A ₁	C ₃	K ₅	RACK 3 =	74				
N ₁	E ₁	T ₁	I ₁	Z ₁₀	E ₁	N ₁	RACK 4 =	66				
O ₁	R ₁	B ₃	I ₁	T ₁	A ₁	L ₁	RACK 5 =	59				
PAR SCORE 275-285								TOTAL	345			
SCRABBLE® is a trademark of Hasbro in the US and Canada. ©2016 Hasbro. Distributed by Tribune Content Agency, LLC All rights reserved.												

JUMBLE ANSWERS

Jumbles: ADAPT SAUTE CALLOW
BEGONE

Answer: What the defense lawyer
wanted the plaintiff to do -- SETTLE
"DOWN"

© 2016 Tribune Content Agency, Inc.



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

ATTENTION ADVERTISERS

Amazing Aging!
For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

FALL 2012

Our Mission
Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- Is a 501(c)(3) non-profit organization
- Is funded by tax-deductible contributions, federal, state and local government grants, and state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability

www.jhawkaaa.org

Enjoying their CHAMPSS meals at Dilons are four friends, clockwise from left, Marcela Kramer, Alice McMurdo, Shirley Eiler and Anita Gerbo.

Dillons offers five more opportunities for CHAMPSS cardholders

Seniors who hold CHAMPSS (Choosing Healthy Appointments) cards have five more options in Topeka to use their cards for lunch and dinner. Hy-Vee, which was the first to partner with Jayhawk Area Agency on Aging in the CHAMPSS program, also allows seniors to choose breakfast in addition to lunch and dinner. Dillons will offer lunch options one day a week (Wednesday). Hy-Vee has that option should they choose to do so.

Kim Beckwith, Dillons District Manager, is enthusiastic about offering the CHAMPSS program and says, "Dillons is both excited and honored to partner with JAAA to welcome CHAMPSS customers to our participating locations in Topeka. For Dillons, the program means so much more."

The Summer 2016 issue of *Amazing Aging!*, the Jayhawk Area Agency of Aging, Inc.'s newsletter, will be included as a pull-out section in the August issue of *Kaw Valley Senior Monthly*, which is distributed throughout the Topeka and Lawrence area.

JAAA advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

When you advertise your services and/or products in *Amazing Aging!* you help JAAA fulfill its mission and reach thousands of seniors in Shawnee, Jefferson, and Douglas counties.

Advertising Deadline is July 15.

Call Kevin at 785-841-9417 today for more information.

INSERT YOUR FLYERS IN SENIOR
MONTHLY FOR AS LITTLE AS \$275.00!*



FULL COLOR

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

*Includes flyer design and printing!



**YOUR LIFE. YOUR STYLE.
YOUR HOME.**



**COME LIVE WHERE THE
PRICE IS RIGHT**

*Call us for
our great
move-in
specials!*



**Amenities included
in your monthly rent:**

- Private Apartments
- Complimentary Housekeeping
- Free On-site Laundry
- Social Activities and Entertainment
- Scheduled Transportation
- Complete Kitchens
- Safety Designed Bathrooms
- Tornado Shelter
- Beauty/Barber Salon
- Daily Exercise Program
- Fine Dining
- Private Party Area
- Outdoor Living Areas
- Pet Friendly
- And Much, Much More!

Call us today at 785-273-6847 for a personal tour!

ARBOR COURT RETIREMENT COMMUNITY AT TOPEKA

4200 SW Drury Lane • Topeka





Discover the strongest you.

Redesigned for privacy, convenience and family involvement, the **Center for Rehabilitation** at Lawrence Memorial Hospital provides a comfortable, healing environment. Our facility includes private rooms, a state-of-the-art therapy gym and even an apartment to help you practice activities of daily living before returning home.

Get back to what you love, safely and comfortably.

No matter where you are in life, Lawrence Memorial Hospital is here to help you be the strongest you can be. Our newly remodeled Center for Rehabilitation is designed to help you achieve optimal independence – from healing properly after an injury or illness to regaining mobility after a stroke. Discover new possibilities for a strong and healthy life:

785-505-3554 • lmh.org/acuterehab



*Stay healthy. Stay close.
Stay for Life.*