Senior Valley **Creeker** Onthey **Onthey**

June 2013

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World War II veteran Robert Paulsen, Baldwin City, recently visited war memorials in Washington, D.C., as part of the Kansas Honor Flight program. - page 10

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Guy Dresser Educating guys about prostate Cancer

See story on page three







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KAW VALLEY SENIOR MONTHLY **Dresser leads Man to Man Prostate Cancer Support Group**

By Kevin Groenhagen

Muy Dresser, Lawrence, knew for Guite some time that he was at risk for prostate cancer. For nearly a decade, his yearly physicals showed that his prostate-specific antigen (PSA) levels hovered around 4.0.

PSA is a substance produced by the prostate gland. According to WebMD, "Elevated PSA levels may indicate prostate cancer, a noncancerous condition such as prostatitis, or an enlarged prostate." Further, "Most men have PSA levels under four (ng/mL) and this has traditionally been used as the cutoff for concern about the risk of prostate cancer."

"My PSA would go up to 4.5, then go down to 3.8, and then go up to 4.9," Dresser said. "All of a sudden it spiked up to 6.0 or 7.0. My urologist started to get worried about it, so he scheduled me for a biopsy. By the time I had the biopsy, I think my PSA was up to 12. PSA is a predictor for prostate cancer, but it's not a very accurate predictor. However, PSA velocity can be a more accurate predictor. Velocity means how fast the PSA is rising.'

Of the 12 biopsy samples taken at



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 130 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 \$7.50 for 12 monthly issues.

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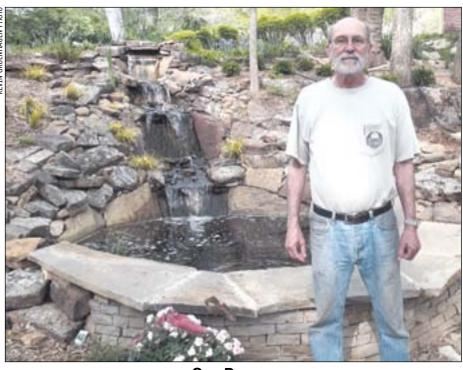


With the strength of over twenty years experience in the senior living industry.

the end of 2009, three confirmed the presence of cancer, one of which had a high Gleason score. A Gleason score is a system of grading prostate cancer tissue based on how it looks under a microscope. According to the National Cancer Institute, "A low Gleason score means the cancer tissue is similar to normal prostate tissue and the tumor is less likely to spread," while "a high Gleason score means the cancer tissue is very different from normal and the tumor is more likely to spread."

Since Dresser had been at risk for prostate cancer for so long, he had an opportunity to do a lot of research on prostate cancer, including the treatment options.

"One of the options is to do nothing," he said. "That used to be called 'watchful waiting.' They now call it 'active surveillance.' You continue to get biopsies every so often until the doctor feels that the cancer is too aggressive. And then there are a number of treatment options you can choose. You can choose radical prostatectomy, which is removal of the prostate. That's probably the most aggressive treatment you



Guy Dresser

can do."

Other treatment options target the cancer cells rather than the whole prostate.

"There is cryotherapy, which entails

freezing prostate tissue to kill cancer cells," Dresser said. "There are some therapies that are not yet available in the United States, one of which is

TOPEKA

CONTINUED ON PAGE FOUR

My husband and I moved to Drury Place over 7 years ago, and I have chosen to stay on since his death. It's home! Having lived in a rural area before coming here, I particularly enjoy the spaciousness and beauty of the surrounding area. Being a smaller complex also has its advartages. It's so easy to become acquainted with the other residents. The design of the building makes you feel at home. They provide many things we want and need, such as transportation, activities in which to participate, and light housekeeping. Affordable Retirement Apartments June Pine Call for more details Lawrence LAWRENCE 785.841-6845 785.273.6847 SANDY NELSON ANDREA GRAHAM druryplacetopeka.com Director Director druryplacealvamar.com

Guy Dresser CONTINUED FROM PAGE THREE

ultrasound.'

There are also radiation options, including external-beam radiation therapy, in which X-rays kill cancer cells and damage the DNA in cancer cells to keep them from replicating. Another treatment, brachytherapy, entails planting radiation seeds in the prostate. Proton beam therapy is a newer-and more costly-radiation option.

"I didn't have widespread cancer, cancer was high on the Gleason scale, which is why I thought I needed to do something rather than just watchful waiting," Dresser said. "Prostate cancer can spread to other parts of the body. If it spreads, it tends to spread to the lymph nodes around the prostate. It also tends to go to the bones. It's still prostate cancer, but it's in your bones. They call that metastatic prostate cancer. Once it spreads to your bones and

throughout your body, surgery won't help you. Radiation won't help you At that point, they mainly put people on hormone therapy."

After considering his options, Dresser chose external-beam radiation.

"I didn't want to do the surgery because there is a fairly high incidence of incontinence and impotence," he explained. "The side effects are much less with radiation. According to Dr. Darren Klish, my oncologist at Lawrence Memorial Hospital, the five- to eight-year outcomes are similar for surgery and radiation."

According to Dresser, he experienced but one of the probes that did have almost no side effects from the radiation therapy. Radiation therapy often causes fatigue. However, Dresser, a self-described "exercise nut." continued running five miles on the treadmill and lifting weights at the gym even during the last week of therapy.

Dr. Klish noticed that Dresser, who is not in the medical field (he had retired as the vice president of Allen Press in 2008 after being with the company for nearly four decades), was extremely informed about prostate

cancer. During the spring of 2010, he asked Dresser to consider starting a Man to Man Prostate Cancer Support Group in Lawrence. Man to Man is an American Cancer Society program that "helps men cope with prostate cancer by offering community-based education and support for patients and their family members." Dresser agreed to do SO.

"One month we have an informational program, which can include a doctor's presentation or videos about prostate cancer," he said. "The next month we have a roundtable discussion. I go around the room and ask everybody to bring us up to date on anything that has happened in their experiences with prostate cancer since the meeting two months ago."

One thing Dresser doesn't do is advocate regarding the various treatment options.

"I've asked the other guys to do the same thing," he said. "I try very hard to be impartial. We all have to make our own choices and there are advantages and disadvantages with each choice we make. None of us at the meetings is a

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

doctor unless we have a doctor there **Guy** as part of the program. So we're not **Guy** giving medical advice to each other. CONTINUED FROM PAGE FOUR We talk about our own experiences.

what choices we made, why we made 25,000 to 30,000 men a year die from those choices, and, hopefully, we'll prostate cancer."

help someone who has been recently According to Dresser, he has 35 to diagnosed to at least know what all the 40 men on his mailing list for the Man to Man group in Lawrence, of which options are."

Dresser said that if he had to get 15 to 17, although not always the same cancer, he is glad that it was prostate 15 to 17, attend the monthly meetcancer, which, after skin cancer, is the ings. Some men attend every meeting, most common type of cancer amongst There is even one member from Scotland, who frequently visits Lawrence. men.

"Prostate cancer is an interesting Dresser is working to build the group's disease because most forms of pros- membership.

tate cancer are not lethal," he said. "Men tend to not want things like "I've heard from doctors that if you support groups," he said. "Men are autopsy 80-year-old men and do a macho, they want to do it on their own. biopsy of their prostates, you'll find You say 'support group' to a man and that most of them have some form of he kind of turns up his nose and says tests? prostate cancer that they didn't know he doesn't want any part of that. I need they had. It tends to be a very slow to get more doctors to refer more guys growing cancer so, in many cases, you to us. In particular, I would like to get would die with it rather than die of it. guys to come before they are diag-However, you can die from prostate nosed or shortly after they are diagcancer. About 225,000 men a year are nosed. Those are the ones we can help diagnosed with prostate cancer. About the most because they are the ones who ■ CONTINUED ON PAGE FIVE will have to make those potentially

life-changing decisions about what therapies to do.'

In addition to decisions that must be nade after being diagnosed, Dresser noted that there are decisions to be made before being diagnosed. That even includes the decision to have PSA

"Some doctors strongly believe in of having prostate cancer rises rapidly

Dresser

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doing the PSA tests," he said. "Some strongly believe that PSAs shouldn't be done. If a man believes he might have prostate cancer because of the PSA test, he could go for a biopsy and find out that he does have cancer. If he doesn't do his research to find out that he could do watchful waiting, he could go right away to have his prostate removed. A fairly high percentage of men who have their prostates removed have incontinence problems, at least for awhile, and problems with impotency."

The U.S. Preventive Services Task Force in 2011 also recommended that men not get screened for prostate cancer. The same medical group had earlier told women in their 40s that they don't need mammograms.

What does Dresser think of the PSA

"My view is you should have the PSA test," he answered. "PSA tests may not save lives statistically, but I believe they may have save my life because I did have the higher Gleason score. If I hadn't had the tests, I might be here 15 years from now at 85 years old talking to you and never knew I had prostate cancer. On the hand, people die from it. I could have died last year if it was the aggressive form of prostate cancer."

According to the American Cancer Society, the risk factors for prostate cancer include the following:

Age: Prostate cancer is very rare in men younger than 40, but the chance

Wheels

after age 50.

Race/ethnicity: Prostate cancer occurs more often in African-American men than in men of other races.

Nationality: Prostate cancer is most common in North America, northwestern Europe, Australia, and on Caribbean islands. It is less common in Asia, Africa, Central America, and South America.

Family history: Prostate cancer seems to run in some families, which suggests that in some cases there may be an inherited or genetic factor.

Diet: Men who eat a lot of red meat or high-fat dairy products appear to have a slightly higher chance of getting prostate cancer.

Dresser wonders about another possible risk factor. As an Army artillery officer during the Vietnam War, he may have had some exposure to Agent Orange when he went out to the fire bases. According to a May 13 UPI article about a recent study involving a group of 2,720 U.S. veterans, "U.S. vices/mantoman.

researchers say they found a link between the herbicide Agent Orange used heavily during the Vietnam War and aggressive prostate cancer." The study found that exposure to the herbicide was linked with a 75% increase in risk of the aggressive prostate cancer.

Man to Man meets at Lawrence Memorial Hospital at 5:30 p.m. on the first Tuesday of every month. For more information, please call Guy Dresser at (785) 393-1256 or email him at guy.dresser@gmail.com. There is also a Man to Man group that meets in Topeka at the St. Francis Health Center's Cancer Center, 1700 S.W. 7th Street, at 7 p.m. on the first Thursday of every month. For more information about that group, please call Max Williams at (785) 230-4422. In addition, the American Cancer Society publishes an online Man to Man newsletter, which is available at www.cancer. org/treatment/supportprogramsser-



homeinstead.com/584

By Billie David

Megan Poindexter believes that she could not have chosen a

more exhilarating time to serve in her

new capacity as executive director of

Trinity In-Home Care because of all

the changes that are currently taking

"It's been a whirlwind of excite-

ment," said Poindexter, who started

her new job on February 18. "There are

lots of changes on the federal and state

For example, there are changes that

will result from the Affordable Care

Act on the national level, and on the

state level there's the privatization

of healthcare. But the change that is engaging much of Poindexter's atten-

tion right now is AuthentiCare, which

is a new, specialized program that is

having an impact on home-based care

That's because AuthentiCare

requires workers to clock in and out

by calling in over a phone rather than

using the old timesheets to record

client visits. It is designed to monitor

services, ensure transparency, reduce

costs and improve the quality of care by detecting late or missed services.

The challenge for Poindexter is

that it does not take human error into

"It is pushing everyone into a spe-

cialized technology," Poindexter

But when the numbers are entered

into the phone's keypad, they are

sometimes entered incorrectly. For

example, two numbers may be trans-

posed, impacting Trinity In-Home

Care's ability to track hours, with the

ultimate consequence that clients may

"It's exciting because there's a lot

of opportunity for improvement," she

said, adding that with new technology-

based problems, there can also be found

technology-based solutions such as

streamlining and direct transfer of data.

not get the help they need.

Care.

account.

has to be entered."

level, and there is a lot to learn."

place in the healthcare arena.

Trinity In-Home Care

CONTINUED FROM PAGE SIX

taken to match the caregiver with the client.

"There is trust and a strong bond between them, which means better care and satisfaction," she said. "The end result is a high quality of life for people."

As for Trinity In-Home Care's care- said. givers, "they are extremely hard-working employees who go out every day. They are the unsung heroes," Poindexter said.

Trinity's in-home services include she explained. companionship and social contact. help with mobility issues, laundry services, light housekeeping, caregiver relief, help with bathing and grooming.

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developing changes that Poindexter is particularly looking forward to is working with other Douglas County healthcare organizations to meet the resulting challenges.

To that end she has been meeting with representatives of the other Douglas County United Way recipients, such as Independence, Inc. and Visiting Nurses, "to think outside the box, to interact and strategize in order to get the most care to the most people."

"We have always worked well together," Poindexter said. "This is an opportunity to communicate and find ways to improve."

Poindexter did not originally set out to work in the field of senior healthcare. She started her career in the social services arena. When she was about organizations like Trinity In-Home one-third of the way through getting a master's degree in social work, however, she decided that she was more interested in the big picture and how she could have the most impact on the system, and that the best way to achieve that was through administrative and non-profit management, part of which involved understanding fundraising.

"To learn that, I took a job at the Lied Center and became a fundraiser for the arts," Poindexter said, adding that she enjoyed her work there. "It was an amazing few years, but my heart was explained. "There's lots of data that always in social services, so when this position opened up, I felt like it was the right time for them and for me.'

is that they are local.

"We work very hard to be a personal are not a national chain. We are based are based on the needs of Lawrence and Douglas County.'

"With a little squeak, it gets a little more grease," she said.

Trinity In-Home Care has

new executive director

Another aspect of keeping on top of

Trinity In-Home Care strives to help seniors and people with disabilities remain at home, and one of the aspects Poindexter likes about the organization

and local organization." she said. "We in the community, which makes us a little bit different because our decisions

CONTINUED ON PAGE SEVEN

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grocery shopping and errands, meal preparation, childcare, medication remainders, overnight support, local Another aspect she likes is the care transportation, toileting and incontinence care, and end-of-life care.

> Poindexter grew up in Manhattan Kansas, and credits her mother with being her inspiration to pursue social work. Her mother is very community oriented and generous with volunteering her time to help others, Poindexter

Her father was employed by a statewide nonprofit organization as well. "So between the two of them, there was just a sort of a natural comfort level."

Poindexter was living in Kansas City when she met her husband, who lived in Baldwin City at the time. They decided to meet in the middle and

to Poindexter's family. They have two activities like going to the park and preschool girls with whom they like to coloring.

moved to Lawrence, which is closer spend their free time doing children's



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KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

8 • June 2013 **Kiwanis name Gene Meyer '2013 Substantial Citizen'** Mary Rowson: On May 23, the Lawrence Kiwanis Rotary Club and a past board chairman of the Top Performers on Key Quality and making LMH one of the smallest **An extraordinary**

Lawrence Memorial Hospital (LMH), by naming him the club's 2013 Substantial Citizen.

of LMH in May 1997. He previously served as senior executive officer for Saint Luke's South, senior executive officer for Saint Luke's-Shawnee Mission Medical Group, and senior associate director for Saint Luke's Hospital. He began his health care career at Spelman Memorial Hospital in Kansas City as director of personnel in 1980. He became CEO of Spelman Health System in Smithville in 1984 and was involved in many key initiatives during his 12 years there.

Meyer is active in many professional, civic and community organizations. He served on the American Hospital Association Regional Policy Board and was the 2011 recipient of the AHA Grassroots Champion Award. He is a past president of the Lawrence Noon

Club bestowed its highest honor on of the Kansas Hospital Association, Gene Meyer, president and CEO of Lawrence Chamber of Commerce, and the Kansas Award for Excellence Foundation. Lawrence Junior Achievement inducted Meyer into the 2011 Business Meyer became president and CEO Hall of Fame. In 2002, Baker University honored Meyer with its Lawrence Business Person of the Year Award. He Commerce Bank.

> state and national recognitions, including the Kansas Excellence Award. VHA Clinical Excellence Awards, and HealthGrades Outstanding Patient Experience Award. Other LMH accomplishments under Meyer's leadership include the following:

In 2013 LMH was recognized nationally as one of the 100 Top Hospitals® by Truven Health Analytics. LMH was the only hospital named to the prestigious list from Kansas or Missouri.

In 2012 The Joint Commission, the nation's leading accreditor of health care organizations, named LMH one Measures for performance data in heart attack, pneumonia and surgical care in 2011.

Ingram's magazine in Kansas City recognized LMH as one of the region's Best Companies to Work For in 2012.

In 2012 LMH was honored with an "A" Hospital Safety Score by The also serves on the board of directors for Leapfrog Group, an independent national organization run by employ-Meyer has led LMH to numerous ers and other large purchasers of health benefits. Using publicly available data on patient injuries, medical and medication errors, and infections, U.S. hospitals were assigned grades for their safety. Only five hospitals in Kansas earned an "A" score.

Hospitals and Health Networks magazine named LMH one of Health Care's Most Wired Hospitals in 2011 and 2012.

In 2012 Moody's Investors Service, one of the country's top credit rating agencies, upgraded LMH's long-term credit rating to A1 level, validating the hospital's strong financial performance

net revenue hospitals in the country to achieve this rating.

LMH has ranked in the top five percent nationally among all hospitals for By Rev. Dr. Ed Farris heart attack care.

The LMH Regional Oncology When a person is on hospice Center offers patients access to more Ware, their life expectancy is than 150 clinical trials, placing LMH six months or less. Many times our among the top hospitals in the state and hospice staff is surprised at life and region for cancer research. death. Sometimes a person will sud-

Through his leadership, LMH has denly die who we thought would live expanded services to a freestanding much longer and others who are at outpatient facility-LMH South-death's door will live much longer and added interventional cardiology, than anticipated.

acute rehabilitation, a wound healing One lady in a nursing facility took a center, and oncology services. Meyer sudden turn for the worse. Heartland has overseen a \$55 million expansion Volunteers were called and responded of the LMH campus that includes new immediately. Mary Rowson is one emergency and surgical facilities and such volunteer. Even though she expansion of the critical care, surgical, owns and manages Awesome Advenmedical and maternity nursing units. In tures Travel Agency, she went to the addition, LMH has expanded its pres- bedside of the dying patient. ence regionally with family care clinics in Eudora, Baldwin City, Tonganoxie hand, rubbed her arms and ran her and McLouth, as well as having primary fingers through her hair to help com-

volunteer

Mary sang to the patient, held her fort the patient. Mary stayed with the patient for 10 hours.

With such a heart for caring expressed by Mary to this patient, I informed the CEO of Heartland Hospice in Toledo, Ohio, of her extraordinary service. He immediately wrote Mary a lovely letter expressing his gratitude for her going the extra mile to care for one of our patients.

Mary certainly has a heart for volunteering and has been a hospice volunteer since 1998. She said when her husband died suddenly she learned how hard it is to go through losing a loved one and wanted to walk with others as they go through the grieving process.

Everyone is busy. There are always things to do, but to find 10 hours to sit with a dying patient shows a mountain of care. We are grateful for Mary and her dedication to Heartland Hospice Care in our goal to meet the patient's needs.

- Rev. Dr. Ed Farris is the Chaplain/Volunteer Coordinator with Heartland Hospice, Topeka. He can be reached at 785-271-6500.

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SIMPLE WAYS TO REDUCE SODIUM

Baldwin City resident tours Washington D.C. with Kansas Honor Flight Lawrence Presbyterian Manor announces 'Art is Ageless' winners

By Scott Schultz

Robert Paulsen, a resident of Com-fortCare Homes of Baldwin City participated in the Kansas Honor Flight along with his son Bob Paulsen (Olathe, Kan.) May 15 to 17.

is to send Kansas war veterans to visit the War Memorials in Washington D.C. Paulsen, 87, is a World War II Army Infantry veteran and Purple Heart recipient.

Each veteran is accompanied on the trip by a "guardian" and in this case Paulsen was pleased to share the expearrangements

the war memorials and witnessed the changing of the guard at the Tomb of the Unknown Soldier in Arlington National Cemetery. They were greeted by former Kansas Senator Bob Dole, also a WWII veteran, who has met veterans from some 170 Honor Flights from across the nation. Senator Jerry Moran from Kansas also greeted the Honor Flight participants on this trip.

A walking tour of Ft. McHenry was one of the highlights. The Smithsonian National Air and Space museum was a favorite for the Paulsens as they viewed the WWII era Enola Gay aircraft and other exhibits.

Bob Paulsen commented that schoolchildren on field trips regularly came up to his father, shook his hand, and thanked him for his service. "It was like a reception line with school teachers explaining to their students that the men in red T-shirts are WWII veter-The mission of Kansas Honor Flight ans." Bob also remarked that several middle school-age girls asked to have a photo taken with Robert.

Honor Flight participants were recognized at a banquet, and were honored with letters from family and friends writing to thank them for their service, a regular event on the flights known as "mail call." The veterans had assistance rience with his son, Bob, who made the from Honor Flight volunteers at the airports and were able to pass quickly Participants had a two-hour tour of through security checkpoint lines. Each participant received a quilted pillow case created by one of the guardians that carried the theme of the veteran's service branch.

Bob Paulsen commented that the trip was well organized by Kansas Honor Flight, and that he plans to commemorate the trip with a hard-cover photo album using Shutterfly.

With a few days' rest from the event, Robert Paulsen is glad he went on the flight, stating that "we did a lot of sitting in cars and buses, but you never know when it might be your last trip."

Those who know Paulsen suspect that other adventures lie in store for this honorable and remarkable man.



Robert and Bob Paulsen

If you are interested in sending a loved war veteran to his or her national fortCare Homes of Baldwin City, pio- ard Lind memorial, visit to www.KansasHonor-Flight.org.

- Scott Schultz is President of Comneers in resident-based Alzheimer's care.

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Lawrence Presbyterian Manor featured on Lawrence Presbyterian recently held a reception for the winning artists in the annual Art is Ageless[®] juried competition.

"We think the competition gets harder for the judges every year," said Maclyn Pettengill, marketing director, 'The diversity of entries is exciting and the talent represented in the exhibit is different every year."

Winners in the Lawrence Presbyterian Manor Art is Ageless juried competition are:

Best of Show: Ardis Comfort Christmas: Effie Simmons Drawing: Cecil E. Mashburn Fiber Arts: Nita Grier Mixed Media/Crafts: Donna P. Koepp

Needlework: Mary Ryoti Painting: Carole Peteres and Rich-

Photography: Richard E. Nelson **Quilting:** Mary Burchill Sculpture/3-D: Carole Peters and Local competition winners will be

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Manor's website, LawrencePresbyterianManor.org, and will join winners from 17 other Presbyterian Manors of Mid-America (PMMA) communities in June to be judged at the system-wide level. Winning entries at the systemwide level may be selected for publication in PMMA's annual Art is Ageless calendar and note cards.

marked program of Presbyterian Manors of Mid- America. For the competition, works must have been completed in the past five years. Artists not interested in competition were invited to enter the Art is Ageless exhibit only.

Presbyterian Manors of Mid-America's Art is Ageless program encourages Art is Ageless, open exclusively to Lawrence Presbyterian Manor resi-

people age 65 and older, is a trade- dents and other area seniors to express their creativity through its annual competition, as well as art classes, musical and dramatic events, educational opportunities and current events discussions throughout the year.

Art is Ageless is an extension of Presbyterian Manors of Mid- America's wellness programs, which focus on mental, physical, social and spiritual health.



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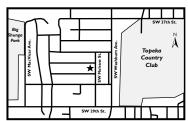
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Strong families survive, and Social Security helps

By Kristine Warren

Social Security District Manager in Topeka, Kansas

In June we celebrate National Family Month, which is a great time to reflect on your family and how to make it stronger. As the U.S. Department of Health and Human Services reminds us, strong families share many valuable qualities: trust, commitment, communication, growth, affection, fun, and love.

Strong families are more likely to grow through a crisis, allowing the difficult experience to bring them even closer together.

In the unfortunate event of a family member's death, we want you to know that Social Security is here to help. In addition to the emotional difficulty family members experience, there is often a financial burden as well, especially if the family's main wage earner

dies. In such cases, Social Security survivors benefits will help.

Did you know that nearly every child in America could get Social Security survivors benefits if a working parent dies? And Social Security pays more benefits to children than any other federal program. Although many people think Social Security is just a retirement program, you should know that Social Security also provides survivors insurance benefits for workers and their families. If you're like most people, the value of the survivors insurance you have under Social Security is probably more than the value of any individual life insurance you may own. And you don't even need to sign up for a separate policy; by working and paying Social Security tax, you are most likely already insured without even knowing it.

Family members who may be able to receive survivors benefits based on vour

work record include a widow or widower, unmarried children up to age 19 and still in high school, and under certain circumstances, stepchildren, grandchildren, stepgrandchildren, adopted children, and dependent parents.

If you'd like to learn more about survivors benefits, and how to apply, you

should read our publication, Survivors Benefits, available at www.socialsecurity.gov/pubs.

You can find additional useful information, such as our survivors planner and information about how to apply for survivors benefits, at www.socialsecurity.gov/pgm/survivors.htm.



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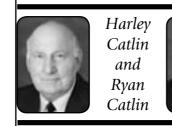
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Interest rates are at historic lows. But they will rise eventually. If you invest in fixed-income vehicles, such as bonds, what might higher rates mean for you?

As is almost always the case in the nvestment world, there's no simple answer. First, it's important to distin-



guish between short-term and longterm interest rates. The Federal Reserve is determined to keep short-term rates low until unemployment improves, but, in the meantime, longer-term rates may well rise.

Depending on your situation, a rise in long-term rates can present both









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opportunity and concern. The opportunity: Rising rates can mean greater income if you invest in newly issued bonds. The concern: If you already own longer-term bonds, and rates rise, the value of your bonds will fall. That's because other investors won't want to pay full price for your bonds when they can get new ones at higher rates.

Even if the value of your long-term bonds falls, isn't it worthwhile to hold on to them? After all, as long as your bond doesn't default - and if the bond is considered "investment grade," a default is unlikely — you will get a steady source of income and you'll receive the full value of your bond back at maturity. Aren't these valuable benefits?

They are indeed — but they may be more relevant for short-term bonds. Longer-term bonds — those of 10-year duration or longer - are more subject to inflation risk than shorter-term bonds. Of course, we've experienced low inflation for a number of years,

but, over time, even mild inflation can add up. When this happens, and you own a long-term bond whose rate doesn't change, you could face a potential loss of purchasing power. One of the reasons that long-term bonds pay higher interest rates than short-term bonds is because the issuers of longerterm instruments are rewarding you for taking on this additional inflation risk.

Consequently, simply holding on to long-term bonds — especially very long-term ones, such as those that mature in 30 years — may not be the best strategy. If you review your fixed-income holdings and find that they skew strongly toward longerterm bonds, you may want to consider reducing your exposure in this area. If you did sell some of these bonds, you could use the proceeds to help build a "bond ladder" — which may be one of the best ways to invest in bonds.

To create this ladder, you need to invest in bonds of varying maturities. When market rates are low, you'll still have your longer-term bonds earning higher nterest rates, thereby paying you more ncome. And when market rates rise, you can reinvest your maturing shortterm bonds at the higher rates. You must evaluate whether the bonds held within the bond ladder are consistent with your investment objectives, risk tolerance and financial circumstances.

If you own bonds, you do need to be aware of where interest rates are - and where they may be headed. Nonetheless, as we have seen, you don't have to be at the mercy of rate movements. By keeping yourself informed and choosing the right strategies, you can benefit from owning bonds and other fixed-income vehicles in all interestrate environments.

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

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



785 594 2603 or visit comfortcarebaldwin.com

HEALTH & FITNESS Calm your restless legs

Tor years, people with Restless Legs Syndrome (RLS) have relied on medications for relief. But now, another promising treatment is available, without side effects.

Do you have RLS? If your legs move involuntarily in the night and wake you up, forcing you to walk around for relief, you might have RLS. Since the symptoms can vary from person to



person, you need to consult your doctor for a diagnosis. If he or she decides that you do have RLS, you will probably be prescribed medications. This can help a lot, but many people also experience unpleasant side effects from drugs, including dizziness and nausea.

Luckily, a non-drug treatment has the potential to reduce discomfort without unpleasant side effects: Infrared Light Therapy. About this, more in a moment. But first, here's a bit more about RLS. Long Nights

People with RLS often say their legs ache, burn, cramp, tingle, or feel as if they're being pulled. Their legs tend to thrash around, causing them trouble sleeping. And they usually feel the need to move their limbs to relieve discomfort.

The International RLS Study Group identifies four main symptoms:

1. You feel impelled to move your legs, usually with a sensation of discomfort.

2. You get partial or total relief by moving around—by walking or stretching.

3. Your symptoms are worst when you're inactive (say, sitting or lying down).

the evening or at night.

your doctor rules out other possibilities.

Don't Be Shy: Tell Your Doctor

If you suffer any of these telltale symptoms, it's important for you to visit your doctor. Don't diagnose yourself or jump to the conclusion that your symptoms don't matter. Let your doctor figure out what's happening. You may or may not have clinical RLS, either alone or together with other problems that require your doctor's medical expertise (such as peripheral neuropathy, diabetes or Vitamin B deficiency). You need to know for sure. So don't hesitate-ask your doctor now.

Why Me? Why My Leg?

RLS appears to be caused by misfiring nerves. If your sensory nerves misfire, you can have burning or creepy-crawly sensations called paresthesias. If your motor nerves misfire, vour legs can feel restless. So RLS is a "sensorimotor" problem.

The underlying cause is unknown. There is no test to show what causes the odd feelings. And the symptoms vary from one person to the next. You may feel the symptoms more acutely during the day than at night, but your daughter may feel nothing until bedtime. Either way, you should seek help. Walking is a good start, since many people get relief that way. But other treatments are needed as well.

Since RLS drugs typically reduce perceptions of discomfort, but do not solve the underlying problem-namely, that your nerves misfire-other options are worth pursuing as well. So, besides medications, you should consider light therapy Let There Be...Therapy

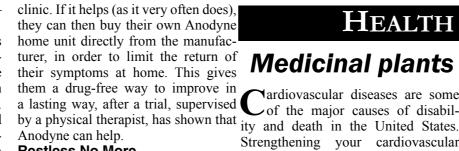
Infrared light therapy has been offered in U.S. hospitals and clinics for over a decade now but it remains little known. Its effectiveness has been shown in over a dozen "double-blind" scientific studies, in which groups treated with infrared light therapy are compared to control groups, and neither the test subjects nor the administrators knows who belongs to which group. 4. Your symptoms are most acute in The Anodyne brand of infrared light therapy, which is FDA-approved, has These symptoms may indicate RLS, if been shown to effectively treat carpal tunnel, tendinitis, peripheral neuropa-

thy, diabetic peripheral neuropathy and restless leg symptoms.

In the latter experiment, two groups of RLS patients completed questionnaires about their symptoms before they received treatment, and then weekly during four weeks of treatment. The Anodyne group—which received light therapy three times a week, halfan-hour at a time-improved much more than the control group, which received only a placebo. And then, once the treatment concluded, the RLS symptoms tended to worsen again. Sustained Progress

I was particularly struck by this study because it so closely matches my own experience. For years now I've applied infrared light therapy to patients with problems in their limbs and extremities, often with outstanding success. This includes many patients with peripheral neuropathy, who suffer foot numbness and pain - that is, until they receive Anodyne treatment, which often helps them dramatically. Now it appears that people with RLS may benefit in the same way.

The ideal solution for many of my patients has been to try Anodyne in the



KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

Restless No More

I've known for years that many people with leg problems can benefit from Anodyne treatment. Now we have scientific reason to believe that, like other patients ancient times, medicinal plants have with nerve pain problems, people with been a part of human civilization for RLS can also benefit from light therapy Anodyne can help them sleep better and live fuller, more active lives.

- Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs both Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Law rence 66049, 785-842-0656) and Baldwin Therapy Services LLC (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see www.LawrenceTherapyServices.com.



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HEALTH & FITNESS

Medicinal plants for a healthy heart

Ardiovascular diseases are some of the major causes of disabil-Strengthening your cardiovascular system through diet, exercise, supplements, and medicinal plants are good ways to improve your health and increase your longevity. Since



heir culinary and medicinal properties. There is a long list of medicinal plants being used for cardiovascular health. Some of the current cardiovascular drugs use medicinal plants. These include digoxin (Digitalis purpurea), reserpine (Rauwolfia serpentina) and aspirin (willow Salix). There are many other medicinal plants used to improve cardiovascular health. including Hawthorn, Garlic, Coleus, Ginseng, Alfalfa, Motherwort and Butchers Broom.

Hawthorn, or Crataegus, has been used to treat heart disease for centuries. By the early 1800s, American doctors were using it to treat circulatory disorders. It is considered by many nerbalists to be the superior cardiac tonic. Traditionally, the berries were used to treat heart problems ranging from irregular heartbeat, high blood pressure, chest pain, hardening of the arteries, and heart failure. Hawthorn is used to help protect against heart disease and help control high blood pressure and high cholesterol. Both animal and human studies suggest hawthorn increases coronary artery blood flow. improve circulation, and lowers blood pressure. It is believed to help regulate and balance the whole cardiovascular system.

Garlic, or Allium sativum, is Medical Care in Lawrence. He can be another common medicinal plant that

sure

provider.

has been used since ancient times to treat many conditions. It is used as an antibacterial, antifungal, antiparasite, and as an antifungal. Garlic works as an anticoagulant to inhibit blood clotting and to lower blood pressure. It is believed that Garlic may also facilitate less cholesterol being released into the blood. Multiple studies in humans have reported reductions in total blood cholesterol and "bad" or LDL cholesterol with garlic supplementation.

Coleus, or Coleus Forskohlii, has been traditionally used to help treat high blood pressure and improve contraction of the heart muscle. Other uses of this medicinal plant include weight loss, improving digestion, and strengthening the immune system.

Asian ginseng, or *Panax ginseng*, appears to have antioxidant proprieties. Antioxidants help rid the body of free radicals or substances that cause damage to DNA and may contribute to heart disease. Some studies suggest Asian ginseng may improve the symptoms of heart disease in humans. It also may decrease the "bad" LDL cholesterol levels and raise "good" HDL cholesterol. However, its effect on blood pressure is more complicated. Some studies have found it can lower blood pressure, while others found it can cause a rise in blood pres-

Other medicinal plants to consider are Alfalfa, or Medicago sativa, which has been shown to reduce blood levels of total cholesterol and "bad" LDL cholesterol. Motherwort, or Leonurus cardiaca, and Butchers Broom, or Ruscus aculeatus, assist with circulation disorders of the heart. Even though medicinal plants have been used for centuries to treat cardiovascular conditions, it is always advisable before taking any medicinal plant always check with your health care

- Dr. Farhang Khosh, N.D., is a Naturopathic Doctor practicing at Natural reached at 785-749-2255.

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According to the Center for Economic

and Policy Research, the switch to

chained CPI could reduce benefits fo

the average worker who retires at age

65 by about \$650 per year by age 75,

and by over \$1,100 per year by age 85.

So, while some combination of these

proposed changes could be made to

bolster Social Security over the long

term, many of them will shrink the

already meager benefits of most retir-

ees. Like it or not, this appears to be the

new reality of retirement. We should

- Jill Schlesinger, CFP, is the Emmy-

nominated, Senior Business Analyst

for CBS News. A former options trader

and CIO of an investment advisory

firm, Jill covers the economy. mar-

kets, investing and anything else with

a dollar sign on TV, radio (including

her nationally syndicated radio show),

She welcomes comments and questions

the web and her blog, "Jill on Money.

at askjill@jillonmoney.com.

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all pay attention and plan accordingly.

MAYO CLINIC

Social anxiety disorder goes beyond occasional nervousness

DEAR MAYO CLINIC: I'm often nervous around people and sometimes avoid social situations. How can I tell if I'm just shy or if what I'm experiencing is actually social anxiety disorder?

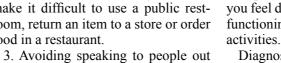
ANSWER: It's natural to feel some nervousness in certain social situations, such as talking in front of others. confronting a problem with someone or being among strangers. But social anxiety disorder goes beyond this, causing an excessive anxiety or fear of activities and situations in which you believe that others are watching you or judging you. In addition, you may fear that you'll embarrass or humiliate yourself. This may lead to:

1. Intense fears of being in situations in which you don't know people. This can make it hard to interact with strangers or initiate a conversation.

2. Anxiety to the level that it interferes with day-to-day living. This can make it difficult to use a public restroom, return an item to a store or order food in a restaurant

of fear of embarrassment.

night be the center of attention.



4. Avoiding situations where you

5. Worry about reacting in ways that





Retire Smart

What do proposed Social Security changes mean to me?

There's nothing like proposed L changes to Social Security limits to get readers of this column going. After President Obama released his fiscal 2014 budget, a number of you wrote in asking, "What will this mean to me?"



Well, let's start with a quick refresher on the current system. To qualify for Social Security retirement benefits, you need to have worked and paid payroll taxes for at least 10 years. You can check your online benefits statement at www.socialsecurity.gov/mystatement/ to determine where you currently stand.

Full retirement age varies from 65 to 67 depending on the year of your birth. The general rule is that if you can afford to do so and are in good health, it pays to wait to retire until your full retirement age (FRA) before you claim benefits (and it's even better if you can delay until age 70). While you can choose to tap into the system as early as age 62, your benefit will be permanently lower—for some as much as 25 percent less, which also could affect a non-working spouse, who also will claim based on your work history. Unfortunately, many Americans can't afford to delay-they need the income as soon as possible.

There is one more part of the equation. The government adjusts the amount of your retirement benefit annually to account for rising prices. In 2013, the cost of living adjustment or "COLA," was an increase of 1.7 percent

But let's hit the pause button here. Social Security is not going broke any time soon. Yes, there are fewer workers paying into the system today than in the past, and indeed, more and more

baby boomers retire every day. The Social Security 2012 trustee report projected that in 20 years (after 2033), payroll tax income would pay only about three-quarters of scheduled benefits through 2086.

But the trustees' report also offered a different way to think about Social Security-as a share of Gross Domestic Product, or the economy as a whole. Social Security costs equaled 4.2 percent of GDP in 2007, and the trustees project that these costs will increase gradually to 6.4 percent of GDP in 2035 before declining and remaining at about 6.1 percent of GDP from 2055 through 2086.

Many argue that 6 to 6.5 percent of GDP is a small price to pay to fund a program that provides about 37 percent of all income for Americans 65 and older, and a whopping 85 percent for those in the bottom 20 percent of incomes. That's why legislators and pundits have been floating so many ideas for enhancing the current system, which include increasing full retirement age, raising the Social Security wage base from the current level of \$113,700 of earned income, increasing the Social Security payroll tax for high earners, means-testing Social Security benefits for retirees who have incomes above a certain threshold and/or changing the cost-of-living adjustment.



The president's budget focuses on that last option by tinkering with the COLA calculation as a means to slow down the cost of the Social Security over the next decade. The proposal would replace the current measure of inflation (a consumer price index for wage earners, or CPI-W) with one called "chained CPI," which the government has only been calculating since 2002. Advocates claim that chained CPI is a more accurate measure because it takes into account the fact that consumers respond to the rise in the price of one good by shifting to cheaper alternatives.

Chained CPI has shown an average rate of inflation that's 0.3 percent lower than the government's current measure, according to the AARP Public Policy Institute. The Obama administration says that this change in calculation would shave \$110 billion from the budget over 10 years.

However, what would be the net effect of this change on retirees?



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you know are out of proportion to the situation, or being afraid that others will notice that you look anxious.

The anxiety you feel may cause physical signs and symptoms of nervousness and fear. These may include blushing, sweating, trembling, nausea, stomach upset, confusion, heart palpitations, diarrhea and cold, clammy hands.

When interacting with other people affects you in this way, over time it may hurt your social skills, or lead to extreme sensitivity to criticism and low self-esteem.

Symptoms of social anxiety disorder tend to persist over time, but they can change. Symptoms may flare up if you're facing a lot of stress or demands. You may have fewer problems if you can avoid situations that would make vou anxious.

Talk to your doctor if your symptoms disrupt your life, such as by making you feel distressed, affecting your daily functioning or causing you to avoid

Diagnosis of social anxiety disorder typically involves having a detailed discussion with your doctor or mental health care provider and often filling out psychological questionnaires

or self-assessments. If a diagnosis of social anxiety disorder is reached, initial therapies-which are often used in combination-include cognitive behavioral therapy and certain antidepressant medications.

Cognitive behavioral therapy improves symptoms in up to 75 percent of people with social anxiety disorder. It's based on the idea that social situations generally won't change or go away. However, you can decrease your anxiety by changing your patterns of thinking and acting.

In therapy, you may learn to recognize and change negative thoughts about yourself. You may also practice exposure therapy, which involves gradually working up to facing situations that you fear. Social skills training, role-playing, relaxation training and stress management techniques may be part of your treatment plan.

First line choices of anti-depressant medications include citalopram (Celexa), escitalopram (Lexapro), fluvoxamine (Luvox CR), fluoxetine (Prozac), paroxetine (Paxil), sertraline (Zoloft), and venlafaxine (Effexor). Be patient with these medications. It may take some trial and error to find the best medication for you, and it may take up to three months of therapy for symptoms to noticeably improve.

Additional short-term medications that may be recommended include anti-anxiety drugs and a class of drugs called beta blockers that can help calm your cardiovascular system.

Living with social anxiety disorder can be challenging. In addition to appropriate treatment, consider coping methods, such as:

1. Reaching out to people with whom vou feel comfortable.

2. Working to maintain connections and build relationships.

3. Joining a support group

4. Engaging in healthy, pleasurable activities when you feel anxious

5. Getting adequate sleep, including physical activity in your daily routine and eating a healthy diet.

6. Avoiding excessive alcohol or other substances that may be used to counteract intense anxiety.

Although social anxiety disorder tends to persist over a lifetime. expert medical or psychological help can make it easier for you to learn to manage your anxiety and become more comfortable and relaxed in social settings. - Stephen Whiteside, Ph.D. Psychology, Mayo Clinic, Rochester, Minn.

- Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu, or write: Medical Edge from Mayo Clinic, c/o TMS, 2010 Westridge Drive, Irving, TX 75038. For more information. visit www.mavoclinic.org.

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SENIOR CALENDAR

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

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

ART/ENTERTAINMENT

JUN 7-23

RAGTIME

This award winning musical is a powerful portrait of life in turn-of-the-century America with relevance for today. The musical intertwines the stories of three extraordinary families as they confront timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair, and what it means to live in America. Musical styles range from the ragtime rhythms of Harlem and Tin Pan Alley to the klezmer of the Lower East Side, from bold brass band marches to delicate waltzes, from up-tempo banjo tunes to period parlor songs and expansive anthems. Lawrence Community Theatre, 1501 New Hampshire. LAWRENCE

JUN 8

THE ART OF MURDER: ZOODUNIT?

Murder mystery event will be held at the Topeka Zoo in Gage Park. The event will feature actors from the Topeka Civic Theatre performing an exciting murder mystery set on five stages as guests enjoy the best food and beverages from restaurants and drink vendors from around the city. (A rain date is set for June 22.) The event is a fundraiser for Topeka Civic Theatre & Academy TOPEKA, (785) 357-5213

www.TopekaCivicTheatre.com

JUN 9 THE SENIOR CLASS

A great offshoot from TCT's widely successful company, Laughing Matters, The Senior Class is another zany troupe of comedians. Only this time, it's the company is made up entirely of over 55-year-old actors in our community. This group defines life in the golden years as a terrifically fun-filled trip. Admission fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. Doors open at 1 p.m. Show begins at 2 p.m.

TOPEKA, (785) 357-5211 www.topekacivictheatre.com

JUN 15 WHEATSTOCK 9

Old Prairie Town is proud to host the 9th Annual Wheatstock Concert featuring acoustic and bluegrass music. Bring your own lawnchair and enjoy the beautiful Old Prairie Town setting, while listening to some great music!

Food vendors will be selling food. Enter at 1st & Clay gate. This is a family friendly event and children are welcome! Admission is Free but donations are welcome! TOPFKA

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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., 7 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

EDUCATION

ONCE A MONTH **AARP'S 55 ALIVE SAFE DRIVING** COURSE

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

FIRST & THIRD FRIDAYS OF EACH MONTH **HEALTHWISE AFTER 55** Television program offers interviews on health topics of interest to seniors as well as a

20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV. Channel 13. TOPEKA, (785) 354-6787

SECOND & FOURTH FRIDAYS OF EACH MONTH FOR FAMILY CAREGIVERS

Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13

TOPEKA, (785) 354-6787

EXHIBITS/SHOWS

JUN 1-30 SENIOR CELEBRATION ART SHOW

Everyone is invited to view the impressive variety of art offered in our gallery from Lawrence senior artists 55 and better. We are showing a number of pieces including sculpture, fabric, painting and modern art. Come in our front door and take the elevator down to our gallery. An Artists' Reception for the Senior Celebration Art Show will be held on Saturday, June 22, from 3 to 4:30 p.m. Everyone is welcome to attend, enjoy refreshments, and meet the artists. Please feel free to contact the artist if you would like to make a purchase. Drury Place at Alvamar, 1510 Saint Andrews Drive, 9 a.m. to 7 p.m. daily. No admission fee.

LAWRENCE, (785) 841-6845

FAIRS/FESTIVALS

JUN 19-23 **JOHN BROWN JAMBOREE & MUSIC** FESTIVAL

This annual event includes a carnival open Wednesday through Saturday evenings, a parade on Thursday night, a Car and Bike show on Saturday, Arts and Craft Vendors on Saturday, a Cutest Baby Contest (ages 1-24 mos) on Saturday, a 3 on 3 Basketball Tournament Saturday morning in an indoor air conditioned facility, a Bicycle Ride on Saturday, special tours of the John Brown Cabin and State Historic Site, food vendors, helicopter rides, a Miss Osawatomie Pageant open to local young ladies on Friday night, and musical entertainment both Friday and Saturday evenings in the park! Lots of family friendly fun all in one place! John Brown Memorial Park. OSAWATOMIE, (913) 755-4114

JUN 22 TERRITORIAL DAYS

Historic Lecompton's annual festival celebrating the town's role as the capital city of territorial Kansas. Activities include carnival rides, arts & crafts booths, food booths, pioneer skills demonstrators, living history reenactments, kids games and a special re-dedication of the newly-reconstructed 1892 Lecompton City Jail building. 319 Elmore St. LECOMPTON, (785) 887-6520

JUL 4

SPIRIT OF KANSAS BLUES FESTIVAL

Featuring local vendors, arts & crafts, car show, and water skiing show. Presented by Shawnee County Parks and Recreation and Topeka Blues Society. Lake Shawnee Reynold's Lodge, 3315

SE Tinman Circle. Noon until 9 p.m. Bring chairs and coolers. TOPEKA, (785) 234-4317

FARMERS MARKET

THURSDAYS THROUGH OCTOBER 31 **COTTIN'S HARDWARE & RENTAL** FARMERS MARKET

Vendors, live music, Free State beer, public chess tables. Located in the parking lot behind Cottin's Hardware & Rental, 1832 Massachusetts St., 4-6:30 p.m. LAWRENCE

www.cottinshardware.com/farmersmarket

APR 13-NOV 23 SATURDAY MARKET - LAWRENCE

The Saturday Downtown Lawrence Farmers Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets. 7-11 a.m. through Sept. 28. 8-11 a.m. Oct. 5-Nov. 23. LAWRENCE, (785) 331-4445 www.lawrencefarmersmarket.com

APR 13-NOV

DOWNTOWN TOPEKA FARMERS MARKET 12th and Harrison, South of the Judicial Building. 7:30 a.m.-Noon

TOPEKA, (785) 249-4704 www.topekafarmersmarket.com

MAY 7-0CT 29

TUESDAY MARKET - LAWRENCE The Tuesday Market is located in the public parking lot on the 800 block of Rhode Island Street. 4-6 p.m. LAWRENCE, (785) 331-4445 www.lawrencefarmersmarket.com

JUN-SEP

BALDWIN CITY FARMERS MARKET

Saturdays, 8-Noon. Downtown Baldwin City. BALDWIN CITY, (785) 594-3200 www.baldwincitychamber.com

HEALTH & FITNESS

MONDAYS THROUGH FRIDAYS FIT FOR LIFE

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

LMH KREIDER REHABILITATION SERVICES LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10 a.m.-1 p.m. Health-FOURTH THURSDAY OF EACH MONTH Wise 55 Resource Center, 2252 S.W. 10th Ave. BLOOD PRESSURE CLINIC Free

CONTINUED ON PAGE 19

TOPEKA, (785) 354-6787

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

CONTINUED FROM PAGE 18 TUESDAYS, WEDNESDAYS & THURSDAYS JAZZERCISE LITE

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

LAWRENCE, (785) 331-4333

TUESDAYS AND THURSDAYS

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

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free. TOPEKA, (785) 354-6787

FRIDAYS **BLOOD PRESSURE CHECKS**

Drury Place, 1510 St. Andrews, 8:30 a.m. Open to the public LAWRENCE, (785) 841-6845

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland

Community Center, 801 N.E. Poplar. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC

FOURTH THURSDAY OF EACH MONTH

Call for an appointment. Healthwise 55

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

Resource Center, 2252 S.W. 10th Ave.

NUTRITION CLINIC

TOPEKA, (785) 354-6787

YMCA, 1936 N. Tyler St. Free.

TOPEKA, (785) 354-6787

HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free. TOPEKA, (785) 354-6787

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CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$7/ test. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, (785) 749-5800

JUL 5 CHOLESTEROL SCREENING

See June 5 description. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, (785) 749-5800

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

JUN 5

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. Drury Place, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m. Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS

2 p.m.

1 p.m.

1 p.m.

Clinton Place, 215 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 TUESDAY OF EACH MONTH Midland Adult Day Care, 319 Perry St., 10 a.m. Cottonwood Retirement 1029 New Hampshire,

Babcock Place, 1700 Massachusetts St., 3 p.m.

THIRD WEDNESDAY OF EACH MONTH Brandon Woods, 1501 Inverness Dr., 10:30 a.m. Prairie Commons, 5121 Congressional Circle,

FOURTH WEDNESDAY OF EACH MONTH Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m Presbyterian Manor-Asst. Living, 1429 Kasold Dr., 11 a.m.

Pioneer Ridge-Asst. Living, 4851 Harvard Rd.

Drury Place, 1510 St. Andrews Dr., 2:30 p.m.

MEETINGS

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

FIRST MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

Facilitated by Heartland Hospice and open to those who have lost loved ones. Held at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6 p.m. Call Terry Frizzell for more information

TOPEKA, (785) 271-6500

FIRST & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP LAWRENCE SENIOR CENTER 2:15-3:45 PM, (785) 842-0543

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

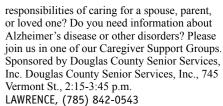
Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital LAWRENCE, (785) 505-3140

FIRST & THIRD MONDAY OF EACH 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 EACH MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the



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

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

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

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

FIRST TUESDAY OF EACH 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

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SERVICES AVAILABLE:

- ♦ Sitting Services
- ♦ 24-Hour Care Available
- ♦ Grooming & Dressing Guidance
- ♦ Meal Preparation
- ♦ Transportation

- ♦ In-Home Companionship ♦ Laundry & Linen Washing
 - ♦ Light Housekeeping
 - ♦ Errand Services
 - ♦ Grocery Shopping
 - ♦ Periodic Review With Family
 - ♦ Flexible Schedules

For a FREE in-home consultation, call:

267-8200

Our caregivers are screened, bonded and fully insured. www.comfortkeepers.com

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FIRST & THIRD TUESDAY OF EACH 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 EACH MONTH **GRIEF SUPPORT GROUP**

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

TOPEKA

FIRST & THIRD TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

TUESDAYS GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3-4

TOPEKA, (785) 232-2044

TUESDAYS **GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle. 5:30-6:30 p.m

TOPEKA, (785) 232-2044

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 EACH MONTH HEALING AFTER LOSS BY SUICIDE (HEALS)

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

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

Meetings are held at the United Way building, 2518 Ridge Ct.. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson. LAWRENCE, (785) 832-1692

FIRST & THIRD WEDNESDAY OF EACH 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 e-mail to liv.frost@ lmh.org. LAWRENCE

WEDNESDAYS & SUNDAYS OLDSTERS UNITED FOR RESPONSIBLE SERVICE (0.U.R.S.)

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

THURSDAYS

GRIEF & LOSS SUPPORT GROUP Midland Hospice, 200 SW Frazier Circle. 3-4 p.m.

TOPEKA, (785) 232-2044

FIRST THURSDAY OF THE MONTH MAN TO MAN PROSTRATE 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 EACH MONTH LAWRENCE AREA PARTNERS IN AGING Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend

(includes lunch). 11:30 a.m.-1 p.m.

FIRST THURSDAY OF EACH MONTH PARKINSON MEETING

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

FIRST & THIRD THURSDAY OF EACH MONTH

TRANSITIONS SUPPORT GROUP

Cosponsored by Brewster Place and Heartland Hospice as a group to help people move from confusion to confidence no matter their loss or life changes and challenges. Meets at 3 p.m. in the main chapel at Brewster Place, 1209 SW 29th St. Call Terry Frizzell of Heartland Hospice of Topeka for more information. TOPEKA, (785) 271-6500

FIRST FRIDAY OF EACH MONTH STROKE SUPPORT AND RECOVERY GROUP

Providing an opportunity for learning and shar ing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library.

TOPEKA, (785) 232-7765

SECOND MONDAY, SEPT-MAY LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS Volunteer service club. LAWRENCE, (785) 331-4575

SECOND MONDAY OF EACH MONTH **GRIEF AND ENCOURAGEMENT GROUP** For those who have lost loved ones. Sponsored by Hospice Care of Kansas. Meets at Brookwood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Nancy Cook.

TOPEKA, (913) 599-1125

SECOND TUESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Independence, Inc. 2001 Haskell Ave., 1-2 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

SECOND TUESDAY OF EACH 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 EACH 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 TUESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

3 Sisters Inn, 1035 Ames St., 3:30-4:30 p.m. BALDWIN CITY, (785) 235-1367 or (800) 798-1366

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

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

LAWRENCE, (785) 832-9900

SECOND WEDNESDAY OF EACH 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 EACH 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 EACH MONTH CAREGIVERS SUPPORT GROUP

Learn more about caregiving, share your caregiving ideas and learn new ones. Find out about living options for your loved one and share comfort among others who are going through

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

the same things. Refreshments are provided Meets at The Windsor of Lawrence, 3220 Peterson Rd., 4 p.m. Call to RSVP.

LAWRENCE, (785) 272-9400

SECOND THURSDAY OF EACH MONTH

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

SECOND & FOURTH FRIDAY OF EACH 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 EACH MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP Oskaloosa Public Library, 315 Jefferson St., 2-3 p.m. OSKALOOSA, (785) 235-1367 or (800) 798-1366

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT 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. Pioneer Ridge Assisted Living Library, 4851 TOPEKA, (785) 286-2329 or (785) 231-0763 Harvard, 6:30 p.m.

THIRD TUESDAY OF EACH MONTH STROKE SUPPORT GROUP

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

LAWRENCE, (785) 505-2712

THIRD WEDNESDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

CONTINUED ON PAGE 2

CONTINUED FROM PAGE 20 attend. For more information, please call Betty Scribner, membership chairman. LAWRENCE, (785) 843-7481

THIRD THURSDAY OF EACH 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 THURSDAY OF EACH MONTH

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

THIRD FRIDAY OF EACH MONTH

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

THIRD SATURDAY OF EACH MONTH

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

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

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

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

LAWRENCE, (785) 344-1106

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

Countryside United Methodist Church, 3221 SW Burlingame Rd, 1-2 p.m. TOPEKA, (785) 235-1367 or (800) 798-1366

FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

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

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

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

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

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

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

LAWRENCE, (785) 478-0651

Don't Know Much About Lawrence's History?

Read Richard Cordley's A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion (1895)

Now available at The Watkins Community Museum of History

1047 Massachusetts Street • Lawrence • 785-841-4109 Hours: Tuesday, Wednesday, Friday and Saturday, 10 a.m.-4 p.m.; Thursday, 10 a.m.-8 p.m.; Closed Sunday, Monday and Holidays

MISCELLANEOUS

SUNDAYS

CHURCH SERVICES

Drury Place, 1510 St. Andrews, 4 p.m. Open to the public LAWRENCE, (785) 841-6845

MONDAYS

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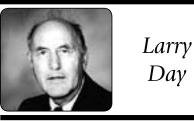
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KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

HUMOR

Pat and Pete Adopt

Tt began when Pete and Pat took separate vacations. Patrocina Megamecheldorf Samborvich Jones and Pedro Salazar Remirez Sandoval Montova v Montova are known around town, for obvious reasons, simply as Pat and Pete. The two came to Letongaloosa years ago and became a couple after having been rivals.



Pat wanted to buy the old Peabody home from the city to house a preschool. 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.

Pat and Pete took separate vacations because the business associations to which they belonged had scheduled annual conventions at the very same time, but on different continents. Pete belongs to the International Asso-

ciation of Amalgamated Pawn Shop Owners. That group held its convention in Seoul, South Korea. Pat's organization, Tiny Tot Teachers of the World, met in Cartagena, Colombia. Pete and Maria." Pat kissed each other at the airport and went their separate ways. When they returned from abroad, their flights arrived within an hour of each other and they drove home together.

That night Pete and Pat ate out at Cafe Mi Ranchito Zlata Praha, a Czech-Mex place just off Main Street. Pat ordered the fritatas de camaron and Pete had the vaparova pecene. They shared a flan con dulce de leche for dessert. After the waiter had cleared the table. Pat said, "Pete, I..." At the same time, Pete said, "Pat, I...'

"You go first," said Pete.

"No, you go first," said Pat.

"Okay, we'll say it together on three," said Pat. "One two three."

"I want to adopt a child," they said at the same time.

"From Colombia," said Pat.

"From South Korea," said Pete.

"Wow!" they said.

"Tell me what happened in Cartagena," said Pete.

"I wanted to have lunch at a Czech restaurant," said Pat. "The taxi driver dropped me off at an orphanage and

drove away. I went into the orphanage to use a phone to call another cab. This little boy was standing by the front door. It was love at first sight. His name is Hernando. He's eight years old. I want to adopt him.'

"Great," said Pete. I love him already. Let's do it."

- "There's a complication," said Pat. "What is it?"
- "He has a five-year-old Sister,
- "We'll adopt them both."
- "Really?"
- "Of course."
- "Miluji te," said Pat
- "Yo te quiero," said Pete.
- "Your turn," said Pat

"A guy I met in Seoul took me to a monastery where they care for dualethnicity children. There was an eightyear-old Eurasian girl named Min-jee. I want to adopt her."

"Great," said Pat. "I love her already. Let's do it."

- "There's a complication," said Pete. "What is it?"
- "She has a six-year-old brother, Hae-
- "We'll adopt them both."
- "Really?"
- "Of course."
- "Miluji te," said Pat.
- "Yo te quiero," said Pete.

"Wow! "We just went from zero to four in 60 seconds," said Pete.

"Is that a problem?" "Not for me," said Pete. "Not for me," said Pat.

"Then we'll do it," they said together. The logistics of a four-child, twocountry adoption process were daunt- **Q:** Do I sleep with my dog, or does explanation for your dog's demeanor. ing, but Pat and Pete kept their cool my dog sleep with me? - C.J., Cyberand just ploughed ahead. They got help pace

from unexpected sources. A Congress- A: Now I know what philosophy person helped smooth the way with majors do with their degrees; they ask the U.S. State Department. A Korean questions like this!

American businessman helped with More dog owners than ever, 44 the government in Seoul. Two adop-percent, share their beds with their tion attorneys took the case pro bono.

The Amalgamated Pawn Brokers Association and the Tiny Tots Teachers organization paid transportation costs for all the trips Pat and Pete had to make. A national hotel group gave them free meals and lodging in Cartagena and Seoul.

It took a long time. But finally Miniee and Maria, Hernando and Hae-jin, canine friends, according to American Pat and Pete, were seated together Pet Products Association. Here's my around the dinner table eating *dolsot* take on the issue. Ultimately, these are bimbimbap and chimichangas.

"Hananim-eun uliloull chugbog," share (or in some cases, the dogs insist (may God bless us), said Min-jee and on sharing). Rarely do I hear about Hae-jin. "Que dios nos bendiga," said people who sleep in their dog's beds. Hernando and Maria.

"Amen." said Pat and Pete.

- Larry Day, B.A., M.A., Ph.D., is a **Q:** I had to have my 7-year-old Great former foreign correspondent, newspa- Dane put down, and now her sister per reporter and journalism professor. seems to be grieving; she's very needy He has written humorous fiction- and seems sad. Is there anything I can sometimes intentionally-all his life. do for her? - B.M., Bullhead City, AZ



Steve Dale

our beds, which we allow our dogs to

Therefore, I'd I say my dog sleeps with me.

A: I'm so sorry for your loss. As a be. fellow Great Dane owner, Dr. Brian Holub, of Boston, MA, points out, "Great Danes are particularly sensitive dogs. I'm not surprised (that your remaining dog is grieving). Dogs or cats need what people often need to help them grieve: patience from friends and time. We sometimes feel badly (for a dog like yours), so we reward the pet with attention, which could backfire by rewarding the sad behavior. Certainly, be understanding, but also be careful not to give your dog too much attention when she seems despondent."

> By Great Dane standards, your 7-year-old is getting up there, but if your dog is willing, play is a great antidote. If your dog enjoys a walk in the park, the myriad of sniffs might prove distracting. Also, consider a visit to the veterinarian to rule out a physical



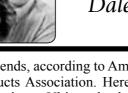
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O: We're going to be traveling from West Florida to East Florida regularly. Our cat doesn't travel well, and has had accidents in his carrier. He howls in the carrier, too, but seems OK if we let him roam the car. We've tried to quiet him with a product called Quiet Moments, but that didn't work. We also tried catnip, but he just rolled around and then howled. Any ideas? - R.L., Homosassa, FL

A: Try spaying Feliway into the carrier about 20 minutes before you depart. Feliway is a knock-off of the calming pheromone cats deposit when they rub their cheek pads against a table leg or your leg. If this doesn't help, another possibility is Rescue Remedy (drops are added to your cat's water). Both products are available at pet stores and online.

You're right to feel it's unsafe for your cat to roam freely in the car However, you might try using a leash and harness, since there's a passenger in the car who could hold the leash. Perhaps, your cat would be more content in the passenger's lap. This is not an ideal situation, but better than being as anxious as your cat seems to

Dr. Nancy Kay, of Greenville, S.C., might have a better idea. "Don't take the cat with you," she suggests. "Have a pet sitter, trusted friend or neighbor look in on your cat while you're away. Your cat may be happier.' If you do travel with your cat, make sure he's microchipped and that you've provided up-to-date registration information to the chip provider.

Q: My Sheltie has been shaking her head and scratching her ears. I've cleaned out here ears, but the shaking continues. Any advice? - C.B.,

PET WORLD

Chubby kitty needs a diet plan

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

Cyberspace

A: "All dogs occasionally scratch their ears or shake their heads," suggests Dr. Mike Cavanaugh, executive director of the American Animal Hospital Association. "Most dogs have a nice pale pink color inside their ears. If you see red, moist skin around the ear canal opening and on the pinnae or flap of the ear, there may be an infection which veterinarians typically call otitis externa.

"Another clue: There may be an infection if there's a strong, foul odor emanating from the ears. In veterinary school, we take microbiology to learn about the various bacteria and veast organisms that can cause such infections. There's a book called 'Bergey's Manual of Determinative Bacteriology' that lists all of these organisms. I remember a professor telling us, 'Ear canals are the perfect place for these bugs to grow....dark, warm and moist. Heck, you could grow 'Bergey's Manual of Determinative Bacteriology' in there!"

Since you've already cleaned your

dog's ears and that hasn't solved the problem, it seems pretty clear that it won't. Cavanaugh strongly suggests seeing your veterinarian to pinpoint what's going on. The most common problem, overall, is allergies. Cavanaugh adds that once the problem is rectified, "the veterinary team may also discuss ongoing maintenance for the ears, including how to keep them clean and dry, and that's the best (form of) prevention for recurring or chronic infections.'

By the way, it's important to know that shaking and scratching may be associated with mild discomfort, but is just as likely to be associated with significant pain.

- Steve Dale welcomes questions/ comments from readers. Although he can't answer all of them individually. he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to PET-WORLD@STEVE DALE.TV. Include your name, city and state.

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WOLFGANG PUCK'S KITCHEN

What's all this talk about **butterscotch budino?**

read the newspaper every day, **L** catching up on everything that's happening around the world and in my community. Of course, I also read all the articles about what's happening in the world of food, to learn about the latest trends and what people are buzzing about.

again of an Italian dessert called budino. Writers wax poetic describ-



ing its smooth, creamy texture and sweet, mellow flavor. Reviewers proclaim it the dessert you must have on the menus of upscale Italian trattorias. Readers write in begging for the recipe, especially for deep amber-colored butterscotch budino, so they can make it home.

And I scratch my head and smile. After all, budino simply means pudding, and the two words are so similar that you don't even really need to speak Italian to come up with the translation. And pudding is something almost everyone I know in America grew up eating.

Even this Austrian-born American citizen has had a love of that particular dessert since childhood. My mother, Maria, used to make butterscotch pudding on Sunday mornings, putting it in the refrigerator to chill as a special lunchtime treat for my sisters, brother, and me. (We lived in southern Austria, only about 30 miles from the Italian border, but I never heard her call it budino!) I first revived her recipe to serve in one of my restaurants more than 20 years ago, and it was a huge hit. I've continued to make it from time

to time ever since.

There's nothing especially mysterious or difficult about the recipe. It's basically an egg yolk custard that gains extra smooth, creamy thickness from cornstarch. The mixture takes only about half an hour to prepare, and then a few hours to chill—the perfect recipe So I've been surprised in recent to work into a weekend routine to serve years to see mention over and over as a family lunchtime treat, or for a special casual dinner party.

Even the butterscotch itself, a cooked mixture of brown sugar and butter, is fairly simple to make. All it requires is that you pay attention during the few minutes it cooks so the mixture doesn't turn too dark and burn.

The only other steps requiring some care involve incorporating the cornstarch and the egg yolks so they don't form lumps. Dissolving the starch first in some of the hot milk helps to ensure smoothness; so does tempering the egg yolks by whisking some of the hot milk mixture into them first. And straining the completed pudding mixture before chilling it further eliminates any stray lumps.

That's it: A few easy steps to make a dessert that everyone you know will be buzzing about. And, if you like, you can even call it budino!

MY MOTHER'S BUTTERSCOTCH PUDDING

Serves 12

6 ounces unsalted butter, cut into small pieces

- 2-1/2 cups packed dark brown sugar 1 vanilla bean
- 4-1/2 cups milk
- 2 cups heavy cream
- 1/2 cup plus 2 tablespoons cornstarch
- 1/2 teaspoon salt 6 large cage-free egg yolks
- 1 tablespoon pure vanilla extract
- Whipped cream, for serving (optional)
- Put the butter and brown sugar in a

large, heavy saucepan. On a cutting board, use a small, sharp knife to cut the vanilla bean in half lengthwise. Use the back of the blade to scrape the tiny, pulpy seeds from inside both halves of the bean, and put the seeds and the scraped beans in the pan. Cook over medium heat, stirring occasion, until the butter has melted, the ingredients are well combined and bubbling, and the mixture begins to smell like butterscotch, 3 to 5 minutes.

In a medium saucepan, combine the milk and cream. Bring them to a boil over medium-high heat. While whisking the hot milk mixture briskly, slowly pour in the butter mixture. The mixture may separate at this point, but if it does, simply remove the pan from the heat and continue whisking until it becomes smooth again.

In a small mixing bowl, stir together the cornstarch and salt. Whisk in a ladleful of the hot milk mixture to dissolve the cornstarch. Then, whisk the dissolved mixture back into the pan of milk and butterscotch. Bring to a boil over medium-high heat.

In a medium mixing bowl, whisk the egg yolks until smooth. While whisking them continuously, slowly pour in a generous ladleful of the hot mixture to temper the egg volks.

PANCAKI

Ottawa, KS 66067

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Then, while whisking the pan of hot liquid continuously, gradually pour in the egg yolk mixture. While whisking continuously, continue to cook for about 30 seconds. Stir in the vanilla extract.

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

Pour the mixture through a finemeshed strainer into a clean mixing bowl. Ladle the mixture into 12 rame- Months after her car rental, Diane kins or heatproof dessert bowls, each measuring at least 3/4 cup. Leave at the ramekins with plastic wrap and *a translation, the car rental company* chill in the refrigerator for at least 2 Now what? hours or overnight.

Before serving, uncover the ramekins and, if you like, spoon or pipe some whipped cream into each. © 2013 Wolfgang Puck Worldwide, Inc. Distributed By Tribune Media Services, Inc.

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

> > Top Of The Hill 2011

TRAVEL TROUBLESHOOTER Dinged for invisible damage on my rental car

Mikulis gets a bill for damages she doesn't recognize. When she asks for



O: My husband and I rented a car from Hertz in Munich last summer. The rental process was incredibly time-consuming and after 45 minutes at the rental desk, a five-minute walk to the garage and then another 30-minute wait in the garage, we finally received our vehicle.

It was parked in the travel lane, so tions. we hurried to load our luggage and ourselves into it and get out of the way. We were not offered the opportunity to examine the car. It was also dark in the garage and the car was black.

When we returned the car an attendant took a flashlight and examined the underside of the car, bending down so her eyes were about six inches off the ground. She stated that there were Md 'scratches." She also pointed out a depression near the right side of the



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It looked like a design feature to us, not a dent since no paint was scratched or cracked. To see that it didn't belong there, you had to walk back and forth to the other side of the car to see that the two sides were slightly different We were asked if we had been in an accident or any incident. We said no and wrote that on the sheet they presented us. We asked what the next step was and were told that we "may hear' from Hertz.

back window.

Months went by and we heard nothing, so we assumed there was no problem. Almost three months after we returned the car, we received an email from Hertz in Ireland stating that we owe nearly 1,200 euros for the damage. Photos and an itemized bill in German were attached. They suggested we contact them with any ques-

I replied stating that we had not caused the damage, and asking for an English translation of the bill and an explanation as to why the company waited more than 80 days to contact us. I received no response. Since then, we've heard from a collection agency. We didn't damage the car. Can you

help us? - Diane Mikulis, Ellicott City,

A: Well, you had me with the employee and the flashlight. That's too



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much. Unless part of the undercarriage somehow came loose and was dragging on the floor—and after reading the bill, I can tell you it wasn't—then this would have made my scam alert go off. Big time.

But let's pan back a little from this damage claim. You picked up a black car in a dark garage without inspecting it or taking photographs. Come on. When you're renting a car, you have to take "before" and "after" photos because if they find damage, you're guilty until proven innocent.

So much about the Hertz side of this case was wrong that it made you look almost blameless. The confusion when you picked up the car, the dark garage, the employee examining the underside of your rental, the long wait and then. instead of answering your questions about the bill, sending the matter to a collection agency. It just didn't look right to me.

representative responded to you, insisting that the bill was correct, but offering to reduce the bill by 25 percent. The © 2013 Christopher Elliott company continued to refuse to provide

you with a translation of the bill, so it's unclear to me how someone at Hertz in the United States could be so sure the bill was right.

That didn't seem right to me. Either vou damaged the car or you didn't. I asked if Hertz was absolutely certain that the charge was correct. A representative contacted you and said it would drop its claim.

- Christopher Elliott is the author of "Scammed: How to Save Your Money and Find Better Service in a World of Schemes, Swindles, and Shady Deals' (Wiley). He's also the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a nonprofit organization that advocates for travelers. Read more tips on his blog, elliott. org or e-mail him at chris@elliott.org Christopher Elliott receives a great deal of reader mail, and though he answers them as quickly as possible, I contacted Hertz on your behalf. A your story may not be published for several months because of a backlog of cases.

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MAKING MEDICARE MAKE SENSE Answers to some of the most commonly asked Medicare questions By Phong Nguyen

Q: My spouse needs to go to a care of \$148 per day in 2013. After 100 may publish its own information. for it? Can Medicare help me select a nursing home that will provide high quality care?

short-term stays in a nursing home, if it is needed after an inpatient hospital stay of at least three days. This usually means skilled nursing home services are required for rehabilitation after an injury, disability, or illness. If this is the case, and the person needing the skilled nursing care has Medicare Part A; has a doctor's order for skilled nursing services; they require the skilled care on a daily basis and the services, as a practical matter, can only be provided in a Skilled Nursing Facility on an inpatient basis, then the first 20 days in the nursing home are paid completely by Medicare. The next 80 days in the nursing home requires a payment by the person with Medi-

nursing home. Will Medicare pay days, Medicare will no longer pay any portion of the stay.

Medicare *does not* pay for long-term nursing home care. And Medicare A: Medicare Part A pays for won't pay for any skilled short-term care unless it *immediately* follows, and is directly related to an inpatient hospital stay

> Medicare provides a great deal of information for you about nursing homes, to help vou select one that will provide quality care. Simply go to www.medicare.gov and click on "Find a Nursing Home" on the home page. You can search by name, or by location.

> Medicare's Nursing Home Compare listings show quality of care information on every Medicare and Medicaid-certified nursing home in the country-over 15,000 facilities. Note that facilities not certified to participate in Medicare or Medicaid are not listed. but are regulated by your state, which

On www.medicare.gov, and on the Nursing Home link, you can see information about recent health inspections, staffing information, and summaries of recent deficiencies. You can also see how an individual facility rates on the CMS Five-Star Quality Rating. In a few cases, you also see a facility marked with an "SFF" icon. SFF stands for "Special Focus Facility." This means the nursing home has a recent history of poor quality and will be surveyed (inspected) twice as often as nursing homes without this designation. However, it's worth noting that many facilities in the SFF program significantly improve their performance, which is the goal.

Information on Nursing Home Compare is something you should consider

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Social Security Operations Supervisor carefully, but not alone. Talk to your in Lawrence, Kansas doctor or other health care provider about this information. In many cases, retirement was some categories of performance may Uthought of as a time to take it easy matter to you more than others. CMS _ a time of rocking on porch chairs does not endorse any nursing home, and reminiscing about the good old even the ones with good star ratings, days. But that's not the case with the and you shouldn't rely only on the rat- current generation of retirees. In fact, ings to make this important decision. many older people today continue to The most important thing you can do is rock on. Just look at some of the superto visit the facilities you are consider- stars touring and performing concerts ing, to get a first-hand feel for how they this year who are old enough to collect operate. Talk to the staff, and to people Social Security retirement payments. who live there. If you can't visit, have They're still rocking, but not in chairs. someone you trust do that for you. Bob Dylan is on tour, as he usually

As always, for more information is during summer months. Dylan is 71 about any Medicare question, please years old. But with a recent album and call 1-800-Medicare, which is 1-800- new tour dates, you'd never know he 633-4227. Customer Service Repre-was of retirement age. sentatives are available, 24 hours a Neil Young is touring with Crazy day, 7 days a week.

Horse to support their new album The "godfather of grunge" is 67 years young. He's become the "Old Man" he sang about in his Harvest days sang about in his Harvest days.

Paul McCartney's current "Out There" tour may more appropriately be called his "Up There" tour. The former Beatle is now age 70.

Willie Nelson is "On the Road Again." The music icon is 79 years old and seems to be on nonstop tour.

Aretha Franklin is 71. Carlos Santana is 65. Carly Simon is 67. Mick Jagger and Keith Richards are both 69. as is Joni Mitchell. Leonard Cohen is 78. B.B. King is 87. They're all still performing their music.

Of course, some of these wellknown musicians may not be eligible to receive Social Security benefits. But all of them are of retirement age. So where are their rocking chairs and knit-

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June 2013• 29 Superstars keep on rocking, but not in their chairs

ting needles?

It's hard to believe, looking at all of these mature stars, that retirement used to be associated with bridge and shuffleboard. It's not just musicians. In fact, many people decide to put off applying for retirement benefits. And even after they do begin collecting benefits, many "retirees" prefer to keep working - or at least moving and shaking.

Most people know that you can begin collecting early Social Security benefits at age 62, with a reduction in the monthly amount. The full retirement age is gradually going up from 66 for people born between 1943 and 1954, to 67 for people born in 1960 and later. You can delay retirement even further and receive a higher payment when you retire, up until you reach age 70. And another thing that has changed since the past generation: you can continue to work and still receive retirement benefits.

Learn more about Social Security retirement benefits by reading our publication on the subject at www.socialse-

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ground. Begin the process with our curity.gov/retirement. Crank up the tunes, and start planning before you head out to your next concert.



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Five tips for lighter, brighter summer eating Healthy summer skin: Tips for every age

(BPT) - Simple, fresh and delicious—that's summertime eating at its best. Less time in the kitchen means more time to enjoy the bright delicious flavors of just-picked berries, peaches, greens and other vegetables.

"It makes sense to eat lighter in the summer," says Chef William Tillinghast, culinary academic director at The Art Institute of Philadelphia. "Hot weather slows down the digestion and heavy foods are harder to digest."

Chef Tillinghast got together with Chef Jeffrey Floyd, culinary academic director at The Art Institute of Virginia Beach, a branch of The Art Institute of Atlanta, to offer these five tips for enjoying summer's gastronomic delights.

grow it yourself

Summer brings locally grown specialties—berries of all types, melons, lettuce, tomatoes, peppers, cucumbers, sweet onions and more. Visit farmers' markets and ask what's in season. Consider

Agriculture) program to explore eating seasonally. And nothing tastes better than tomatoes from your own garden.

Process produce as little as possible

The fresher the produce, the less preparation needed. "The longer the time between preparation and consumption, the more flavor is lost," says Chef Tillinghast. Try cutting up peaches and a honeydew melon, add fresh blueberries and a squeeze of lemon or lime. Serve immediately for an instant refreshing dessert

Cook veggies quickly by stir frying. Cut vegetables small. Cook briefly with olive oil in a wok or large saute pan over medium-high heat (or put the • Buy local and seasonal - or wok on your grill). Add a little coarse salt and freshly ground pepper-it's the perfect side dish for a simple roast chicken, grilled steak or swordfish.

Keep flavors simple

Allow the flavor of fresh summer produce to shine. Chef Floyd loves this

joining a CSA (Community Supported summer salad, adapted from "American Regional Cuisine," by The Art Institutes system of schools. Cut zucchini into matchstick strips. Combine with wedges of ripe tomato, finely sliced fresh basil, thin slices of sweet or green onion. Add a splash of red wine vinegar and olive oil. Season with salt and pepper and serve on a bed of lettuce, spinach or other greens. Add feta or bleu cheese crumbles if you like.

• Use that grill

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Grill eggplant, zucchini, onions and peppers. Brush with olive or walnut oil if you like. Put veggies directly on the grill, use a griddle or wrap in a single layer in foil. Grilled peach halves and pineapple rings are also delicious.

• Soup is for summer, too

soise, avocado and cucumber, or vari- to get into a skincare routine that fits ous fruits, are refreshing," says Chef your lifestyle. Extended time in the sun Tillinghast. For a delicious cold soup, can result in unwanted wrinkles, blempeel and chop pears and apricots (or ishes and sagging skin, not to mention hull and cut up strawberries). Add a more serious consequences-melanosprinkling of sugar and perhaps a little mas, scarring and skin cancer. cinnamon or cardamom. Mash lightly Current estimates show that one in with a fork and add sour cream or five Americans will be diagnosed with yogurt, half and half or milk-even skin cancer in their lifetime. Fortunately, champagne.

more time for summertime fun.

Institutes schools, visit www.artinsti- ferd L. Kusch provides the following tutes.edu.

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(BPT) - As people show more skin "Cold soups like gazpacho, vichys- with the summer season, it is important

it only requires simple steps along-Beat the heat with lighter, simpler side a protective mindset to prevent meals-you'll feel better and have skin damage at every stage of life. To maintain a healthy exterior this season. For more information about The Art board-certified dermatologist Dr. Stantips for strong, glowing skin at any age: If you're in your 20s

Though you may not be worrying about wrinkles vet, your skin may start to show warning signs of damage. Now is the time to focus on prevention.

• Stay hydrated: Drinking water helps delay the appearance of wrinkles.



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• **Quit smoking:** Smoking strips your skin of elastin and collagen, leaving you at the risk of severely premature facial wrinkling.

• Eat smart: Foods that are high in vitamin C and antioxidants help prevent wrinkles by reflecting UV radiation from the sun.

If you're in your 30s

This decade is the first time many see distinct signs of aging and skin damage, and it becomes necessary to build a more aggressive damage control and prevention regimen.

• Assess the damage: Take advantage of free health screenings at your local pharmacies or retailers.

• Maintain reduced stress levels. Ask your pharmacist or clinician about the effects of cortisol and stress on your skin.

• Get acquainted with retinoids: Retinoid creams contain compounds found in vitamin A and are used to treat wrinkles, sun damage and acne. Retinoid creams are available in both prescription and over-the-counter treatments.

• Make sunscreen a habit: Use (and reapply) sunscreen throughout the day whenever you go outside.

If you're in your 40s

Years of sun exposure can leave your skin with noticeable lines, blotchiness or dryness.

• Limit exposure: Decreasing sun exposure is the best way to prevent skin cancer

• Moisturize regularly: While moisturizers won't slow down the aging process, they can help soothe increasingly raw or irritated skin and can help strengthen collagen.

• Add a little pep: Skin creams with peptides (small chains of protein molecules) can stimulate collagen and plump sagging skin.

If you're 50-plus

For people age 50 and older, it's critical to be aware of changes in your skin that may reflect the status of its health.

• Self check: Monitor changes in

vour skin and look out for persistent pink, scaly patches and red or black pearly spots or bumps-these can sometimes be indicators of skin cancer.

• See a dermatologist: By age 50. everyone should have a total body skin check to screen for skin cancer.

· Continue good habits: Sunscreen is still an absolute must for this age range, and moisturizers and hydration are even more important than ever

No matter what your age, everyone feels most confident when their skin is its healthiest. Visit your doctor or take advantage of free counsel from pharmacists and local health screenings. For example, Sam's Club hosts health screenings every month which are free and available to the public. For a full schedule of Sam's Club screenings through October, visit SamsClub.com/ healthyliving. This season, take action to prevent and minimize skin damage, so your skin is nourished, protected and healthy for many summers to come.

PUZZLES & GAMES

CROSSWORD

Across

- Party leader
- Sea. off Siberia
- Short-necked European fruit
- 14 Neutralizer of a sort
- 16 Theater name
- 46 Gives a thumbs-up

letters

perhaps

49 Burden

head

- 17 Ben Franklin, e.g. 47 Antiquity, quaintly
- 18 City on the Aar 19 Solutions for unfair situations?
- 20 Not so tough
- 21 Modern address
- 22 "1-2-3" singer Barry
- 23 Tracker or Canyon
- 24 Fifth-century date
- 25 Haberdashery item
- 27 Brand for which Garfield was once spokescat
- 28 Patricia Neal's Oscar film
- 29 Fountain output
- 30 They fall in war films
- 9 3 6 4
 - 2 8 3 5 4 7 2 5 7 3 9 6
 - 2 4 SUDOKU: Fill in the grid so that every row, every column and
 - every 3x3 box contains the digits 1 through 9 with no repeats.

PUZZLES & GAMES Tommy Turns Up Trumps

By Tannah Hirsch

Tribune Media Services

North-South vulnerable. South deals.

NOR ▲-10 ♥-K							
♦-10	6						
♣ -A (Q J 7 2						
WEST	EAST						
▲- 632	▲- J 9 8 7						
♥-Void	♥- Q J 7 2						
♦- K 9 8 7 2	♦- Q 5						
♣- K9654	* -10 8 3						
SOUT	ГН						
▲- A I	K Q 4						
♥ -A 9 6 5 4							
◆ -AJ43							
♣ -Vo	id						

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	2NT	4♥	Pass
6♥	Pass	Pass	Pass

Opening lead: Two of **A**

Since no one in the club trusted Tommy's defense, he declared more weird contracts than anything else. This often was to his advantage, since he also encountered more bad trump divisions than anyone else. This deal is typical.

Only a North player who had something against making money, or had Tommy for a partner, would not double West's unusual no trump, which asked for minors. East-West might scramble

Santa Fe Place

Senior

Apartments

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three or four tricks in three clubs, but North-South would still be 3-to-1 favorites to win the rubber. As it was, however, six hearts was quite a reasonable slam and no one could blame Tommy for bidding it. Only the 4-0 trump split was a problem but, with the master at the helm, 12 tricks rolled in quickly.

The spade lead was covered by the ten and jack and taken with the queen. When West discarded a diamond on the lead of a low heart to the king, Tommy beamed from ear to ear and went to work with a sure hand

The ace and king of spades were cashed for a diamond discard from dummy, followed by ace of diamonds and a diamond ruff. After discarding a diamond on the ace of clubs, declarer ruffed a club a hand, a spade on the table and another club in hand, then led his remaining diamond and ruffed with the ten of trumps.

East could do no better than overruff with the jack, but the defender's last two cards were Q 7 of hearts while Tommy sat poised over the defender's holding with A 9. On the forced trump return, Tommy scored both trumps to land the slam

Another routine example of Tommy's style.

- Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2010 Westridge Drive, Irving, TX 75038. E-mail responses may be sent to gorenbridge@aol.com.

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- 33 One may go over your
- 35 Space-saving display
- 38 Brothers 42 Lucy of "Kill Bill"
- 43 Body protector
- 44 Worn out
- 48 Old televangelism
- 50 Adjust at the garage,
- 52 Composer for whom an
 - annual violin
 - competition is named
- 54 Nonreactive
- 55 Deadpan features
- 56 Suit material
- 57 Woman in a tree?
- 58 Suit material
- 59 Give away
- 60 Tablets from docs

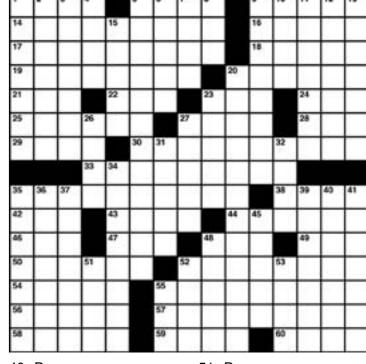
Down

4

5

6

- Shows nerve 2
- London's setting
- Conked out
- One of the Jacksons Carnegie Deli offering
- Dismissive sorts?
- Narrow inlets 8 "Barbara":
- Beach Boys hit 9 White meat source
- 10 Rejections
- 11 Bible's City of Palm Trees
- 12 Confessed
- 13 They get you in
- 15 Magnetic induction unit
- 20 Hockey game clincher
- 23 Driving problem
- 26 Currency with King Mongkut on the fifty
- 27 "As You Like It" forest
- 31 Secret rival
- 32 "O Fortuna" compose
- 34 Agreed
- 35 Wedding arranger?
- 36 Perfectly restored
- 37 Stark
- 39 Attendants



- 40 Done
- 41 Many Suffragette opponents
- 45 Half a legendary bluegrass duo
- 48 Advisory group

51 Press

- 52 Minute opening
- 53 First name in linguistics
- 55 Co. heads

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SUDOKU SOLUTION

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

CROSSWORD SOLUTION

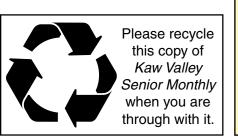
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G	А	L	0	s	н	Ε	s		Е	А	s	1	Ε	R
υ	R	L		L	Е	Ν		G	м	С		С	D	1
т	1	Е	в	А	R		Α	L	Ρ	0		н	U	D
s	0	D	А		Ρ	Α	R	А	т	R	0	0	Ρ	s
			н	Α	1	R	D	R	Υ	Ε	R			
F	L	А	т	s	С	R	Е	Ε	Ν		F	R	А	s
L	1	U		s	к	1	Ν		Е	F	F	Ε	Т	Ε
0	к	s		Ε	L	D		Ρ	т	L		т	А	х
R	Е	т	U	Ν	Е		Ρ	А	G	А	Ν	1	Ν	1
1	Ν	Е	R	Т		М	0	Ν	0	Т	0	Ν	Ε	s
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SCRAPHEE BRAND GRAMS SOLUTION									
B ₃ A ₁	Τ1	H4	Mo	A1	T۱	RACK 1 =	64		
H ₄ A ₂	Τ,	Bo	A,	N.	D2	RACK 2 =	65		
F4 E1	U1	D ₂	h	S1	T 1	RACK 3 =	72		
P3 A1	Y4	Aı	B	L1	E١	RACK 4 =	64		
St At	Ve	A:	Nı	N1	A:	RACK 5 =	60		
PAR SCORE 265-275 TOTAL 325									
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JUMBLE ANSWERS

Jumbles: TRILL ELOPE NETHER SEXTON

Answer: Another name for a witch A "HFX-PFRT







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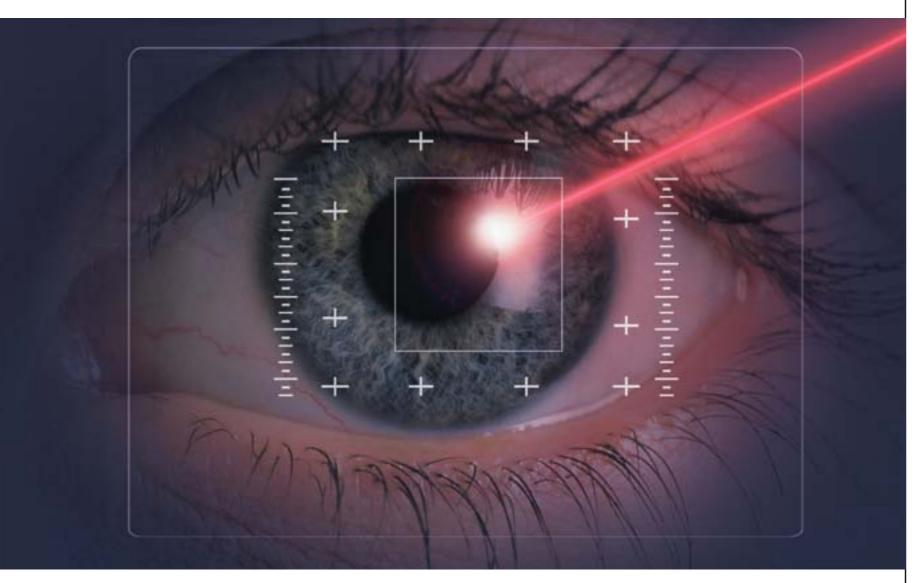
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