

Kaw Valley Senior Monthly

FREE!
Take One Home With You

June 2014

Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 13, No. 12

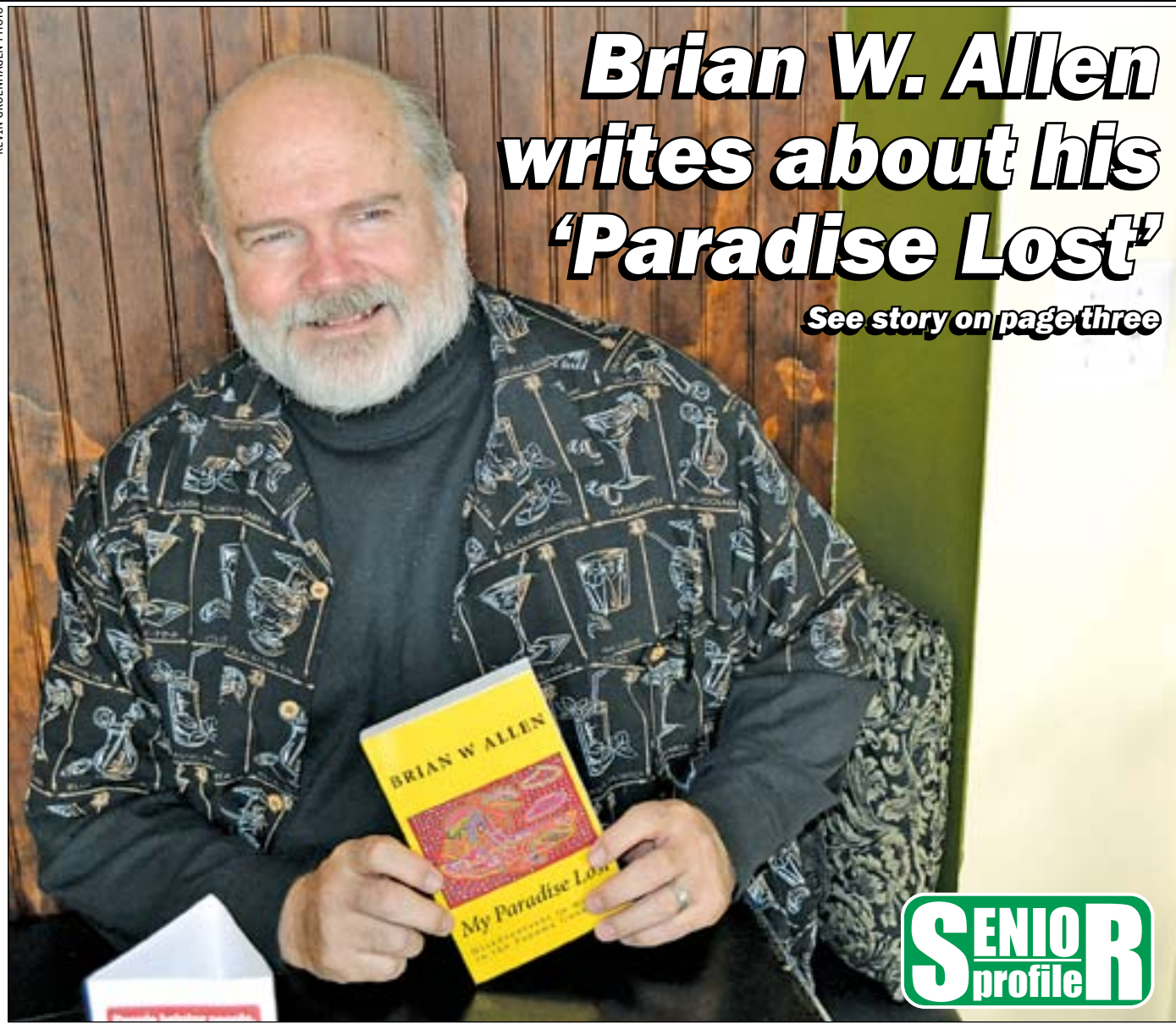
INSIDE



KEVIN GROENHAGEN PHOTO

Wolfgang Puck's Spiced Caramel Flan is a variation on classic French creme caramel. Everyone will be beguiled by its combination of sweet spices, reminiscent of those in a pumpkin pie. - page 6

- A Look at Books.....26
- Business Card Directory... 24, 25
- Calendar.....18
- Estate Planning 12
- Goren on Bridge.....32
- Health & Fitness 16, 17
- Humor.....28
- Jill on Money.....14
- Mayo Clinic15
- Personal Finance.....13
- Pet World29
- Puzzles and Games.....33
- Travel Troubleshooter27
- Wolfgang Puck's Kitchen.....30



Brian W. Allen
writes about his
'Paradise Lost'

See story on page three

SENIOR
profile **R**

www.seniormonthly.net

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

NOW accepting
55 and over!

National Church Residences
CEDAR SQUARE

Affordable Apartments for
Seniors age 62+



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

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

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

Two red pills at 1pm or one white pill at 2pm?

Medications can be confusing for your loved one. You're doing your best, but do you worry about what happens when you're not there? Assisted Living at Legend at Capital Ridge and The Windsor of Lawrence may be the answer.

Our experienced associates provide the level of care seniors need, whenever they need it. We encourage independence, wellness, vitality and social interaction in a safe, comfortable, homelike setting.

Call today to learn more about this worry-free lifestyle!

A Mission to Serve. A Passion for Care.
Legend Senior Living Residences www.legendseniorliving.com



LEGEND

ASSISTED LIVING & MEMORY CARE
at Capital Ridge

1931 SW Arvonla Pl
Topeka, KS 66615

(785) 272-9400

The Windsor of Lawrence

ASSISTED LIVING & MEMORY CARE

3220 Peterson Rd
Lawrence, KS 66049

(785) 832-9900

Allen writes about life in the Panama Canal Zone

By Kevin Groenhagen

“Imagine a place that has 100 percent employment,” Brian W. Allen, Topeka, said. “Think of all the social ills that that solves. Think of a place that has equal housing for everybody. A doctor lives right next door to a blue-collar worker.”

Such a place was Allen’s reality for two decades. It was also his paradise. Where exactly was this paradise? The Panama Canal Zone, which was a protectorate of the United States from 1903 to 1979. Those who lived in the Canal Zone worked for the Panama Canal Company. According to Allen, that company was the government in the Canal Zone.

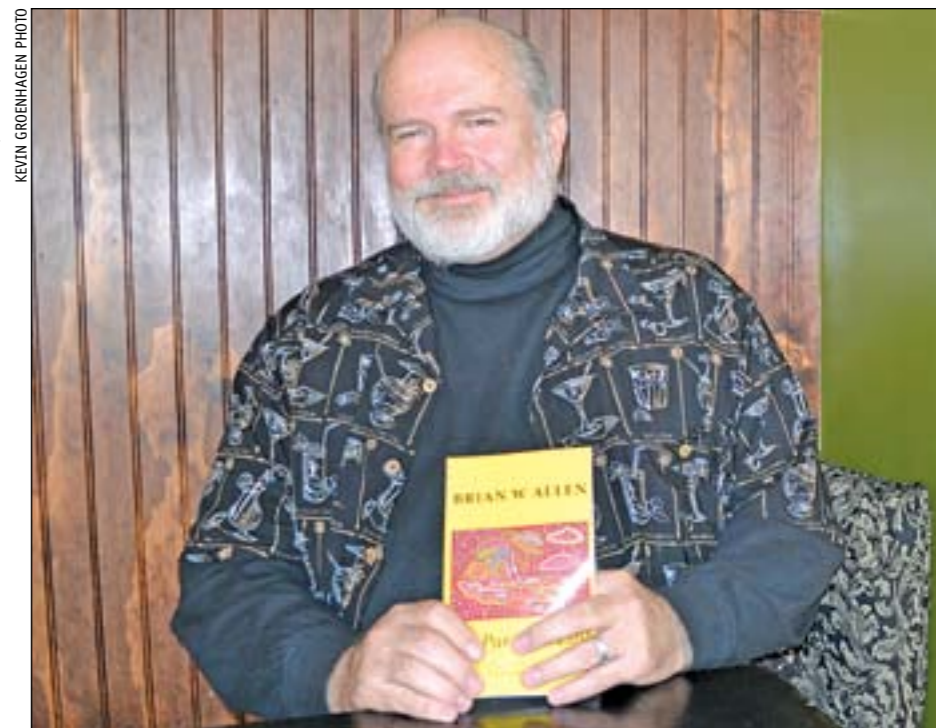
“The company hired you,” Allen said. “You lived in company housing. You shopped at the company commissary. There was no free enterprise. It was American socialism at its very finest. Since you were essentially renters of the company, the company took care of your housing. They painted the houses, mowed the yards, and trimmed the hedges. The company took care of you, and you worked at the leisure of the company.”

Allen also noted that the Canal Zone had the lowest death rate in the world because they had no elderly people.

“Once you retired, you were exiled,” Allen explained. “When you no longer worked for the company, you left the company town. Most went back to the States.”

Allen was born in Kansas City, where his father trained to become a locomotive operator. However, since there were no railroad jobs available in the Kansas City area after he finished his training, Allen’s father had to find another way to support his family, which included a wife and two young sons.

“Somehow he heard about construction going on in the Panama Canal,” Allen said. “Now the Canal was finished, but they were doing post-construction work to widen the Canal and stabilize the cut through the mountains. My dad helped widen the cut through the Canal. And then he took a job as a guard with the Mira Flores Locks. After that he took a job as a locomotive operator on the Canal. The ships are stabilized by locomotives that run



Brian W. Allen

on rails on either side of the Canal. He did that for a few years, and then my grandpa invited him up for a venture at a telephone co-op up in Montana. After

two years of the Montana winters, he brought us back to Panama, where we kids stayed until we left for college.”

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

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.

Contact us:

MAIL
2612 Cranley St.
Lawrence, KS 66046

PHONE / TEXT
785-841-9417

E-MAIL
kevin@seniormonthly.net

COME LIVE WHERE THE \$ PRICE IS RIGHT \$ DRURY PLACE RETIREMENT APARTMENTS

STARTING AS LOW AS \$1500 FOR A ONE BEDROOM APARTMENT
SPACIOUS FLOOR PLAN

COMPLETE KITCHENS SAFETY DESIGNED BATHROOMS
LOTS OF STORAGE
MANY AMENITIES

CALL TO SCHEDULE A NO OBLIGATION TOUR.
785-273-6847

DRURY PLACE RETIREMENT APARTMENTS
4200 SW DRURY LANE TOPEKA, KS.
ANDREA GRAHAM, DIRECTOR



Brian W. Allen

■ CONTINUED FROM PAGE FIVE

Last year, Allen published *My Paradise Lost: Misadventures to manhood in the Panama Canal Zone*, which is a 358-page book that chronicles his life in the Canal Zone. The book is a coming-of-age story that also includes a good amount of Panama Canal history. In addition, Allen shares a few recipes, including one for “Smothered Iguana.” According to Allen, the locals called iguanas *pollo de palo*, which means “chicken of the tree.”

Born in 1953, Allen was just a toddler when the family arrived at Coco Solo, a former U.S. Navy submarine base on the Atlantic Ocean side of the Canal Zone, in 1954. With the exception of the two years in Montana, he lived there until he returned to the States at the age of 20.

The Allen family, which would eventually include six children, lived comfortably in converted military barracks. Where one lived had more to do with seniority in the Canal Zone rather

than occupation.

“We had one or two houses that were converted officers’ quarters,” Allen said. “They were stand-alone cottages. The nicest one in town was occupied by a teacher because of his years of service.”

After returning from Montana, Allen’s father worked as a locks guard and a locomotive operator again, and then he worked at the water purification plant for awhile. Then, at 36, he signed up to apprentice to become a tugboat master. He remained a tugboat captain with the Panama Canal Company until his retirement.

“The company was pretty benevolent, so there was a strong loyalty towards the company,” Allen said. “Everyone was there for one reason, and that was to put ships through the Panama Canal. So there was also a sense of purpose for the entire community. And it was a worthy purpose. We were helping international commerce. The Canal Zone’s motto was ‘The Land Divided, The World United.’ It was a matter of pride to keep the Canal running 24 hours a day, seven days a

week, come hell or high water. So you add these things up, and you get a very safe and strong community.”

Allen’s mother also worked full-time as a secretary at Cristobal High School. Like other American employees in the Canal Zone, she was classified as a federal employee. As federal employees, Americans working in the Zone earned American dollars, and, thus, could afford to hire help at home.

“Everyone had a maid,” Allen said. “Twenty dollars a week would get you a full-time maid.” These maids were, as Allen noted in his book, “jack-of-all-trades nannies, laundresses, and housekeepers.”

Allen writes fondly of his family’s maid, Ruby, in *My Paradise Lost*. Ruby, a Panamanian, lived in nearby Colón, a city that had grown from a population of just 3,000 in 1900 to, thanks to the construction of the Panama Canal, over 31,000 by 1920. In 2000, it had a population of more than 200,000.

According to Allen, Ruby was trusted without question, and his little sisters would go home with her for sleepovers. They would then “return

with wide-eyed stories of rats running across their blankets.” “As soon as you stepped over the border, you were in a Third World, poverty-stricken, dictator-run country,” Allen said.

Allen’s father didn’t want his children to speak Spanish. However, they used it when their father wasn’t around. “While other kids in the neighborhood were growing fluent, we only spoke enough Spanish to get the childish satisfaction of breaking Pop’s rule,” Allen wrote.

Allen’s paradise also included a backyard with a coconut tree, a mango tree, a papaya tree, and banana trees. Fruits that were relatively rare in the U.S. during the 1950s and 1960s could be picked for free in Coco Solo. And then there was the swimming pool, which was free, any time you

wanted.” When they got older, Allen and his friends began swimming in the ocean, which added both more adventure and more danger. While Allen and other “Zonies” lived in a tropical paradise in the middle of Panama and far from the States, they considered themselves all-American. “For the most part, we embraced Americana,” he said. “We tried to cling to all things American. Football was pretty eminent—none of this soccer stuff. We had an Atlantic versus Pacific rivalry. The Atlantic side was more rural with a smaller population. They also had one high school, but it was four times larger than ours. Since two teams don’t make much of a league, we also had a junior college that would play against the high school. It was a very small junior college, so it wasn’t like they physically dominated. We had just a three-team

Brian W. Allen

■ CONTINUED FROM PAGE FOUR

league, which sounds small, but it was everything. When we went to an away game, we went on a special train that took the team along with supporters and family members. Football was the most pure piece of Americana to remind us of home.”

The Allen family did get to go “home” from time to time. “Every two years we would take a two-month vacation up in the States,” Allen said. “We would visit all the relatives and go on these road trips with eight of us packed in the station wagon. We never went to anywhere fun.”

Allen had much more fun in the Canal Zone, which, thanks to his nationality (the Panamanians and other non-Americans experienced a good deal of discrimination) and timing, he considered a paradise. For others, the Canal Zone was much more of a nightmare than a paradise.

As Allen notes in *My Paradise Lost*, the Panama Railroad, the 1855 American business venture, lost 12,000 men to tropical disease. The French’s 1882 attempt to construct a Canal “was brought to its knees with a body count

of 22,000.” When the Americans took over the dig in 1904, work was put on hold while Dr. William Gorgas, a U.S. Army physician, waged war on the mosquitoes that transmitted yellow fever and malaria. Nevertheless, some 5,609 workers, including 4,500 West Indian workers and 350 white Americans, died of diseases and accidents during the U.S. construction period of the Canal, which officially opened on August 15, 1914. With the use of DDT and screening, the mosquitoes were no longer much of a threat while Allen was there. However, a new threat in the form of Panamanian nationalism would ultimately bring an end to his paradise.

“The original treaty said that the U.S. had sovereignty over the Canal Zone in perpetuity,” Allen said. “But let’s flash back to the real world. If you’re a Panamanian, how long can you have a foreign power—even a benevolent foreign power that helped you establish your country—occupy the middle of your country and be in charge of your

country’s greatest economic engine?”

As a nod to Panamanian nationalism, President John F. Kennedy in 1963 agreed to fly Panama’s flag alongside the American flag at all non-military sites in the Canal Zone. “The rule was that wherever an American flag would be flown next to it,” Allen said. “Well, there was a mechanical problem since there was just one flagpole at the post office, the police station, and the schools. So the governor of the Canal Zone said that where there is just one flagpole, we would not fly a flag. So, in effect, that meant taking down the American flag. Here you have high school kids, who are as patriotic as can be, and you’re taking down their flag. So the high school kids marched out and raised the American flag. The authorities came and they took the flag down. So the high school kids marched out again and raised the flag again. They secured it and sur-

■ CONTINUED ON PAGE SIX



Personalized in-home care for Douglas County residents

- Light housekeeping
- Meal preparation
- Companionship • Caregiver relief
- Accepts HCBS, VA and more
- Private pay as low as \$13/hour

842-3159 • www.tihc.org




Santa Fe Place Senior Apartments



Santa Fe Place Is Just Right For Adults 55+ With Care-Free Living!

- Efficiency, 1 And 2 Bedroom Apartments
- Appliances • Laundry Facilities on Each Floor
- Community Room • Planned Social Activities!

785-234-3386 • 600 SE Madison • Topeka
santafeapartments@cohenesrey.com



MEDICALODGES, INC.
Eudora

Quality Care with a Hometown Feel!

Stop in for a tour. We are conveniently located off K-10 highway between Kansas City and Lawrence.

Creating Home for More than 50 Years

- Medicare certified
- Flexible Adult Day Care options
- In-patient/Outpatient physical, occupational, and speech therapy
- Chiropractic services specializing in relaxation techniques, soft issue massage, and therapeutic touch
- Diabetic shoe fitting for qualified individuals
- On staff facility chaplain and spiritual services
- Hair stylist, dental consultation, and podiatrist available on-site

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

For more information, please call 785-542-2176 or e-mail arcooper@medicalodges.com
1415 Maple Street, Eudora, KS 66025



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

Hill Crest

Experience a peaceful lifestyle with a hometown feeling.

- Washer and Dryer Hookups
- One and Two Bedroom Apartment Homes
- Club House • Picnic Area
- A Short Distance from Lawrence and Kansas City, KS
- We are an active 55+ or disabled adult community



785-542-1755 • 703 West 8th Street, Eudora
HillCrest@CohenEsrey.com • www.CohenEsrey.com

LIFE CONNECTIONS, INC.

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

We accept Medicare and other Insurance

Vicky A. Walters, LSCSW
 Certified Aging Specialist

Vicky@LCTopeka.com 785-213-2342

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

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

Call for a free, no-obligation appointment

Lawrence • 856.8181
Topeka • 272.6101

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

homeinstead.com/584

Brian W. Allen

■ CONTINUED FROM PAGE FOUR

rounded it. The Panamanian kids got wind of this, and they came to raise the Panamanian flag. Well, raising the Panamanian flag meant taking down the American flag. That wasn't going to happen. So they got into a scuffle, and the Panamanian flag got torn."

During the riots that followed this scuffle on January 9, 1964, about 21 Panamanians and four U.S. soldiers were killed. Panamanians now commemorate January 9 as "Martyrs' Day."

"Diplomatic relations broke down and the Organization of American States had to mediate," Allen wrote. "In the short run, twin flag poles were erected in front of the Canal Zone schools and both flags would be displayed. In the long run, Panama had served notice that they were serious about gaining sovereignty over the Zone."

Several years after the 1964 riots, Allen found himself in a situation that had the potential of turning into a major diplomatic incident.

"It was the greatest time of my life," he said. "I was a freshman in the junior college, our team won the local football game, and I was on top of the world. But while driving home the next day, a little Panamanian girl runs out and I hit her with my car. I would have to go to Panamanian court. Because of the political situation, the chance of an American gringo getting fair treatment from a Panamanian court was a thing of concern. My dad and the Canal Zone police said they could help me escape by getting me on a ship passing through. In my confused grief and mourning, I turned them down. I knew in my head that it wasn't my fault. It was an accident. But in Panama law you're guilty until proven innocent. In the end, I did go to court. It turned out to be a pretty straight investigation and judgment, and they released me."

However, Allen's paradise would never be the same again. Just months after Panamanian authorities released Allen, Secretary of State Henry Kissinger let it be known that the U.S. would turn the Canal over to the Panamanians. "I knew the golden days of the American Canal Zone were over,"

Allen wrote. With his paradise lost, he returned to the States.

"My next-door neighbors in the Canal Zone had relatives in Topeka," he said. "In fact, their uncle was the dean of admissions at Washburn University. When it was time for me to consider a stateside college, I decided to go someplace where I knew somebody. My best friend invited me to come up and join him at Washburn University."

In September 1977, President Jimmy Carter and the commander of Panama's National Guard, General Omar Torrijos, signed the Torrijos-Carter Treaties, which guaranteed that Panama would gain control of the Panama Canal after 1999. Allen's parents continued to work in the Canal Zone until they retired in 1985.

"I went back down there while they were still working and it was terribly depressing," Allen said. "The thing that most identified the Canal Zone, that feeling of community, safety, purpose, and interdependency, was lost. The Americans knew that their jobs would be phased out as Panamanians took them over. When the police force went from American to Panamanian, people began returning to the U.S. since the Panamanian police force was corrupt. You could be stopped and shaken down for a bribe at any time. My town, Coco Solo, became a ghost town because, as Americans began returning to the States, they started to consolidate the American population. My folks had relocated to another town."

The 100th anniversary of the Panama Canal's official opening is this August. However, even if Allen wanted to return to Coco Solo to celebrate this milestone, he would not be able to. His childhood home and other buildings there were bulldozed to create a parking lot for shipping containers at the Manzanillo International Terminal, the largest container transshipment terminal in Latin America. "Now, in the words of Joni Mitchell, 'They paved paradise and put up a parking lot,'" Allen wrote.

My Paradise Lost is available online at Amazon.com and locally at the Washburn University Bookstore. For those who want inscribed copies, please contact Allen directly at prairiefire451@hotmail.com.



Conveniently located halfway between Lawrence and the Kansas City metro area, Hillside Village sits in a quiet residential neighborhood in De Soto. We offer 38 assisted living (AL) apartments and 49 skilled nursing beds – all of which are Medicare Part A certified. Our onsite therapy team from Genesis Rehab Services offers an extensive program of physical, occupational, and speech therapy with advance wound care. With an attached skilled nursing building, our AL residents like Anna do not have to worry about moving to another facility if they are hospitalized and require therapy services. Anna simply moved to another wing of the building and then back to her AL apartment as soon as she completed her therapy program. Our therapists even performed some of her therapy in her AL apartment to facilitate a safe transition back. During her time in our skilled nursing community, her friends from AL were able to easily walk over to visit her.



Stop by for a tour and to meet our staff and therapy team. We are locally owned with the owner onsite daily.

Stop by for a tour and to meet our staff and therapy team. We are locally owned with the owner onsite daily.

**Call
913-583-1260
ext. 116 today
to schedule a
tour!**



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



Making Medicare make sense: Answers to commonly asked Medicare questions

Q: I need a surgical procedure, and want to find the best hospital to have it done. Can Medicare help me and my doctor in this search process?

A: Yes, Medicare has lots of information available to help you. Of course, if you need emergency treatment, go to the hospital closest to you without delay. But if you need treatment that isn't an emergency, you should take time to do some "homework" in advance.

First, talk to your doctor or health care provider, to find out which hospital(s) they work with. Ask him or her which hospitals will provide the best care for your needs—things like enough staffing, coordination of care, and patient safety.

Next, check your insurance coverage. Does the hospital participate in Medicare? Most do, but if you have a Medicare Advantage plan, be sure to check with the plan, as not all hospitals may be within the plan's network.

By now, you may be considering just a few possible locations for your procedure, and this is where Medicare's Hospital Compare tool can be a huge help for people with Original Medicare.

This easy-to-use part of the Medicare website can provide information about which hospitals have extensive experience in the procedure you are considering; which hospitals give recommended treatments for certain common conditions like heart failure, pneumonia, and surgery; and which hospitals have scored well in recent surveys of discharged patients. This means those who have actually been in that hospital rate how well the doctors and nurses communicate with them, and how well they manage the patient's plan of care.

To use this tool, go to www.medicare.gov/hospitalcompare/search.aspx. Click on "Find and Compare Hospitals." From there, you can enter a specific hospital name, or a location. For example, if you want to consider going to a hospital far from home, but near family members, you can compare hospitals in the distant city easily. You can do a general search, a search based on your medical condition, or a search based on a specific

surgical procedure. You can compare up to three hospitals, side by side, to get a good look at their performance.

There may be other sources of information about hospital quality for you to

use, as well. Some states require hospitals to report and post their results online, and these may differ from those on the Medicare website (for example, they may cover a different time period).

Together, these tools can help you learn about and understand the differences among the hospitals you may be considering, and help you make an informed decision about your health care.

FREE Hearing Screenings set for the Lawrence & Topeka area: Age 65+

Free Hearing Screenings will be given from 6/1 - 6/30 at the selected locations in the Kansas area

Screenings have been arranged for anyone who suspects they are losing their hearing. Such persons generally say they can hear, but cannot understand words. Testing with the latest computerized equipment will indicate if you can be helped.

Everyone, especially adults over 65, should have a hearing screening at least once a year. If there is a hearing problem, complete hearing tests may reveal that newly developed methods of correction will help, even for those who have been told in the past that a hearing aid would not help.

IF you suspect you have a hearing loss, call for a FREE hearing screening appointment. Our licensed practitioners are trained in the latest auditory testing methods, and will be the first ones to tell you if you don't need a hearing aid. If you do have a hearing loss, we will explain your results and provide you with a list of options.

FREE Hearing Screenings available only at the locations listed below.

Lawrence
3109 W. 6th
Lawrence, KS 66049

Topeka
2919 SW Wanamaker Rd. Ste K
Topeka, KS 66614

Olathe • Overland Park • Gladstone • Independence • Liberty • Lees Summit

1-800-410-5094
MidwestBeltone.com



Community Village Lawrence promotes aging in place

By Billie David

While Community Village Lawrence is not entirely up and running yet, local seniors can now get a taste of what is to come by filling out a Sample Service Member application and checking out what is available right now.

“Currently we have two programs, the Telephone Reassurance Program and the Home Safety and Fire Program,” said AmeriCorps VISTA volunteer Kristopher Roberts. “We are a work in progress.”

In fact, it is a lot of progress, having evolved from the original version of what was then known as Eastside Village Lawrence, which was supposed to cover Lawrence citizens who lived east of Massachusetts Street including North Lawrence.

“In September of 2013 the board

decided to expand to cover the whole city of Lawrence,” Roberts said, “so now we serve the entire city.”

Community Village Lawrence is based on the Village to Village concept of neighbors helping neighbors so that seniors can remain in their own homes as long as possible. Introduced locally by Lawrence resident Bonnie Uffman after she read an article about the concept in AARP Magazine, the program’s goal is to make aging in place more financially possible for both the individual and the community. It fosters a sense of interdependence, benefitting the volunteers by providing opportunities to get to know their neighbors better, strengthening the Lawrence community by building strong and supportive neighborhoods, and giving seniors access to the resources they need for remaining in their own homes and helping them avoid the social iso-

lation that can accompany aging by providing opportunities to volunteer and meet other seniors through various social programs.

While the Sample Service Member application is free, when fully up and running Community Village Lawrence will be a subscription service where members pay monthly dues for access to services like assistance with household chores, yard work, transportation, vetted service providers who may offer discounts for household and home health needs, and support for social and educational activities.

As for the two Sample Service programs now in existence, the Telephone Reassurance Program involves volunteers who will call at an agreed-upon time to make sure the person on the other end (who can be someone who is over 60 or has a disability, is recovering from a recent injury affecting

mobility, or is homebound) is okay and who will notify the appropriate contact if nobody answers the phone or if they say they need help. The calls also provide a social outlet because it is an opportunity for the homebound to touch base with another person.

The Home Safety and Fire Program is offered in partnership with the Lawrence-Douglas County Fire & Medical Department and provides home safety and fire safety services, including installing and testing smoke detectors and making presentations to groups about fire and fall prevention.

“We are planning to launch a broader spectrum of services over the summer,” Roberts said. “We did a survey to see what services community members would like to see provided, and transportation and in-home care are high priorities for us. For trans-

■ CONTINUED ON PAGE NINE

Community Village

■ CONTINUED FROM PAGE EIGHT

portation, we are looking to see what’s available in the city and see if there are any gaps we can fill. We are a hub to provide information and serve as a link between services, and we do plan to have volunteers provide rides. That’s in the list of priorities.

“In-home care resources and referrals are another high priority for us,” he continued, “and we are collecting a list of service providers for housekeeping and home repair so we can prepare a contact list to refer members to. It involves a lot of background work so we can get something ready for the public to see.”

As an AmeriCorps VISTA volunteer, Roberts job involves doing the background work for the organization. “I also keep the website updated and make sure it’s current,” he said.

Roberts came on board as an AmeriCorps VISTA volunteer after majoring in art and had to readjust his learning experience to focus on “selling” an organization instead of selling art. He has been working with the program since November 2013.

“It’s a 12-month cycle, so I will be here until November 2014,” he said.

ASSISTED LIVING • SKILLED NURSING • INDEPENDENT LIVING




Nestled in a beautiful landscape, Lexington Park is both serene and convenient with shopping, medical facilities, banking and Gage Park nearby. Enjoy your independence with the benefits of quality care and personalized assistance, as needed. Independent Living, Skilled Nursing, And Assisted Living suites are available.

1021 SW Fleming Court • Topeka, Kansas 66604
440.0400 • www.lexingtonparkcommunity.com

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

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

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

“It definitely has made me grow as a person.”

As for the program itself, Roberts said, “I think it’s a great concept, and it’s a growing concept. Nationwide, there are currently 100 programs up and running and 120 still in development. I think that’s impressive and increasingly necessary as the baby boomers are making us look at aging differently.”

To apply for the Sample Services, for more information or to watch for upcoming events (there aren’t any scheduled at this time, but there will be town hall meetings coming up in the future) or to ask questions or provide input, people can call Roberts at (785)

505-0187, visit the website at www.communityvillagelawrence.org, or send a Facebook message.

“To volunteer, people can contact me and I will put them in touch with the chair of the committee,” Roberts said.

Bonnie Uffman, PhD
licensed clinical psychotherapist
785 760 0057
bonuff@gmail.com
Lawrence, KS

counseling in the comfort of home
exploring challenges – creating opportunities
flexible rates

Bringing back porch sitting and lemonade drinking.



Personalized memory care in a real home.

Coming Fall 2014

ComfortCare Homes of Baldwin City
comfortcarebaldwin.com
785 594 2603  

ComfortCare Homes of Ottawa
comfortcareottawa.com
785 242 1809  

McCrite Plaza named 'Capital City Business of Distinction'

Three local businesses and one non-profit organization were recognized as winners in their category at the 2014 Small Businesses Awards Luncheon held on May 13 in the Washburn Memorial Union. The Small Business Awards event is presented annually by GO Topeka Economic Partnership's Entrepreneurial and Minority Business Development (EMBD) and by the Greater Topeka Chamber of Commerce.

McCrite Plaza, 1608-1610 SW 37th Street, Topeka, was honored as the Capital City Business of Distinction.

Pat McCrite was born and raised in North Kansas City, Missouri. He moved to Topeka to attend Washburn University in 1968. He played college football and graduated with a degree in Fine Arts. His mother, June McCrite, was the first generation of

senior caregivers in the family. From this experience, Pat was familiar with the business and became the administrator of McCrite Care Home under her tutelage. At age 21 he was the youngest licensed administrator in Kansas.

After he married Judy Smith, they began to build their own Senior Living Communities. In 1977 they broke ground for the McCrite Plaza Health Care Center. Pat's philosophy was that any community that bore the McCrite name would meet the highest standards of care and would be aesthetically exceptional. Over the next 30 years, the McCrites continued to expand their Topeka community to include independent and assisted living. In 2011 they broke ground for a new community in the Briarcliff area of Kansas City, Missouri. It opened in December of 2013.



Experience the latest in hearing aid technology!

Oticon's unique combination of advanced audiological features, including Binaural Synchronization and the Inium feedback shield, enable hearing care professionals to provide a more satisfying listening experience shaped to each user's personal sound preferences.



Oticon's Inium feedback system, which is available in all models from entry-level to premium, uses smart frequency shifting and phase inversion technologies to suppress feedback while still maintaining a high level of audibility. Users experience the best possible signal fidelity through quiet operation and clearer distinctiveness of sounds.

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



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

LIVING LIFE WITH Grace

At GRACE HOSPICE, our focus is on the quality of life. Working as a team, we plan and coordinate care that centers on the physical, social, spiritual and emotional needs of our patients and their loved ones.

Grace Hospice is a locally owned business that serves several counties in Kansas and Missouri.




www.gracehospicellc.com

| | |
|--|--|
| <p>– TOPEKA –</p> <p>3715 SW 29th St., Ste. 100 • Topeka, KS 66614 (785) 228-0400 Fax (785) 228-9049</p> | <p>– LAWRENCE –</p> <p>1420 Wakarusa, Ste. 202 • Lawrence, KS 66049 (785) 841-5300 Fax (785) 841-5310</p> |
| <p>– KANSAS CITY –</p> <p>9233 Ward Parkway Ste. 201 • Kansas City, MO 64114 (816) 444-4611 Fax (816) 444-9480</p> | <p>– LEAWOOD –</p> <p>8900 Scenic Lane Rd., Ste. 439 • Leawood, KS 66206 (913) 948-9473 Fax (913) 948-9477</p> |

Toll Free: 800-396-7778

Toll Free: 866-878-4611

YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.

Fathers, men's health, and Social Security

By Rob Boudreau
Social Security Management Support Specialist in Lawrence, Kansas

This year, we observe National Men's Health Week from June 9 to 15. Each year we observe Men's Health Week the week prior to Father's Day, focusing on awareness, prevention, education and family.

And, June 8 is Best Friends Day, so if your dad happens to be your best friend too, all the more reason to celebrate.

Social Security encourages you to support fathers and friends everywhere in their efforts to stay healthy. The right balance of diet, exercise, regular visits to doctors and health care providers, and overall healthy living can go a long way to help everyone remain a part of your daily life for years to come.

Avoiding stress helps folks stay healthy. That's why we'd like to suggest that you advise the men in your life (and everyone for that matter) to avoid scams and phishers. Fathers and best friends may like to go fishing, but make sure they aren't the catch of the day when a criminal offers alluring bait.

For example, Social Security will not call or email you for your personal information such as your Social Security number or banking information. If someone claiming to be from Social Security contacts you and asks for this information, do not give out your personal information without calling us to verify the validity of the request. The caller may be an identity thief phishing for your personal information. Just call the local Social Security office or Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778).

If you receive a suspicious call, please report it to our Fraud Hotline. You also can report such calls online at <http://oig.ssa.gov/report> or by telephone at 1-800-269-0271 from 10:00 a.m. to 4:00 p.m. Eastern Standard Time. If possible, please include the following details:

- The alleged suspect(s) and victim(s) names, addresses, phone

numbers, dates of birth, and Social Security numbers, if known;

- Description of the fraud and the location where the fraud took place;
- When and how the fraud was committed;
- Why the person committed the fraud (if known); and
- Who else has knowledge of the

potential violation.

Identity theft is one of the fastest-growing crimes in America. If you or anyone you know has been the victim of an identity thief, the place to contact is the Federal Trade Commission (FTC) at www.idtheft.gov. Or, call 1-877-IDTHEFT (1-877-438-4338); TTY 1-866-653-4261.

Whether you go fishing, play some ball, or take a hike, we encourage you to enjoy some healthy time with your father and with your best friend. But make sure no one falls victim to the wrong kind of phishing. Learn more by reading our publication, Identity Theft And Your Social Security Number available at www.socialsecurity.gov/pubs.

Winter Meadow Homes Inc.

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

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

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





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

Services Include:

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

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

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



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

ESTATE PLANNING

Portability or Bypass Trust?

Portability began in 2011. This allows the unused exclusion amount of the first-to-die spouse (called the deceased spousal unused exclusion amount or DSUEA) to be used by the surviving spouse (in addition to their own exclusion) at their death. A key requirement is that an estate tax return must be filed to compute and elect the DSUEA even if not otherwise needed.



Bob
Ramsdell

For example, Frank and Kathy were married. Kathy died in 2014, having previously given \$1M to each of their three children. At her death, Kathy's estate had a value of \$4M, exceeding her unused exclusion of \$2.34M (\$5.34M minus \$3M used for gifts), but she left everything to Frank (a U.S. citizen) such that it is covered by the unlimited marital deduction and no estate tax is due. If the executor files a timely estate tax return that computes and elects the DSUEA, when Frank dies his estate can use the \$2.34M DSUEA plus his own exclusion in effect during the year of his death.

The availability of portability may lessen the need for a Bypass Trust (also called a Credit Shelter Trust) for some couples. However, unlike leaving assets outright to a surviving spouse, a Bypass Trust provides asset protection should the surviving spouse remarry, then divorce, and may allow the first-to-die spouse to control the ultimate distribution of the trust's assets upon the death of the surviving spouse.

Although often used for a surviving spouse, anyone can be the beneficiary of a Bypass Trust (unlike portability, which is limited to married couples). The value of the assets used to fund the Trust is counted against the decedent's exclusion amount. The beneficiary may then be given extensive rights without the assets of the Trust

being included in the beneficiary's taxable estate. These rights may include:

- Income from the Trust for life.
- To have an independent trustee invade the Trust's principal for the beneficiary's benefit.
- To withdraw the greater of \$5,000 or 5% of the Trust's principal per year.
- To withdraw principal from the Trust in accordance with an ascertainable standard relating to health, education, maintenance or support.
- A limited power of appointment, exercisable during life or on death, to appoint the Trust's remaining principal to any person or entity other than the beneficiary, their estate, their creditors, or the creditors of their estate.

Looking back, once Kathy left the \$4M outright to Frank, it was his. He can leave it to their children, or not. If he remarries and dies before his new spouse, Rachel, he can leave it all to

her. If he and Rachel divorce, absent a premarital agreement, that property is on the table for the divorce settlement. However, if Kathy had left \$1.66M outright to Frank while placing \$2.34M in a Bypass Trust of which he was the lifetime beneficiary with her children the remainder beneficiaries, then at least the remaining balance of the Bypass Trust would go to Kathy's children regardless of what Frank does after her death.

A word of warning: If you have an older Will or Living Trust that includes a Bypass Trust, you should have its terms reviewed as many Bypass Trusts are funded – prior to anything going outright to the surviving spouse or anyone else – by a formula such as “in an amount equal to the amount of the applicable exclusion amount available by reason of my unused Unified Tax Credit under the Internal Revenue Code.” Since future amounts of the exclusion are unknown when a Will or Living Trust is drafted, the purpose of such a formula is to maximize the estate tax savings by funding the Bypass Trust with the decedent's assets up to the full exclusion amount in effect during the year of their death.

However, this can leave little to others if your assets have not grown as fast as the exclusion. For example, say you had a gross estate of \$2M and died in 2001 when the exclusion amount was \$1M. The above formula would have placed \$1M in your Bypass Trust with the other \$1M passing to whoever you designated. Now it's 2014. You've done well in the past decade or so, with your \$2M more than doubling to \$5M. But if you die this year, with a \$5.34M exclusion, the formula will fund the Bypass Trust with the entire \$5M, leaving nothing to pass outright to your spouse or whoever else you designated.

Next month's column will examine some of the factors to consider in choosing a trustee.

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

PERSONAL FINANCE

What can vacations teach you about investing?

Summer is almost here — which means it's officially vacation season. You may be looking forward to “getting away from it all,” but, as you know, vacations actually require a fair amount of planning. And it might surprise you to learn that some of the efforts required for successful vaca-

tions can impart some valuable lessons in other areas of your life — such as investing.

Here are some vacation-related moves that you may want to transfer to the investment and financial arenas:

- **Secure your home.** If you're going on vacation for a week or so, you may need to take some steps to safeguard your home: stopping your mail and newspaper, putting on a timer to turn on lights, alerting your neighbors that you'll be out of town, and so on. But while it's important to secure your home today, you will also want to help ensure it will be there for your family in the future, should anything happen to you. That's why you'll want to maintain adequate life and disability insurance.

- **Know your route.** If you are driving to your vacation destination, you will want to plan your route beforehand, so that you can avoid time-consuming delays and detours. And to reach your financial goals, such as a comfortable retirement, you will also want to chart your course — by creating an investment strategy that is designed to help you work towards those goals based on your specific risk tolerance, investment preferences and time horizon.

- **Keep enough gas in the tank.** As you set out on a road trip, you need a

full tank of gas in your car, and you'll have to keep refueling along the way. And to “go the distance” in pursuing your financial goals, you will need to have sufficient “fuel” in the form of investments with reasonable growth potential. Without a reasonable amount of growth-oriented vehicles in your portfolio, you could lose ground to inflation and potentially fall short of your objectives — so, over time, you may need to “refuel” by reviewing your portfolio and rebalancing if necessary.

- **Protect yourself from getting burned.** If your vacation plans include a stay at the beach, you'll need to protect yourself and your family from the hot sun — so make sure you're all using sunscreen. When you invest, you can also get “burned” if you are not careful — especially if you are inclined to chase after “hot” investments. By the time you hear about these so-called sizzlers, they may already be cooling off, and, even more importantly, they just might not be appropriate for your goals and risk tolerance. Instead of becoming a “heat-seeking” investor, focus your efforts on building a diversified array of quality investments appropriate for your needs. If you only own one type of financial asset, and a downturn hits that asset class, your portfolio could take a big hit. But by diversifying your holdings, you can help reduce the effects of volatility. Keep in mind, though, that diversification, by itself, can't guarantee profits or protect against loss.

As we've seen, some of the same principles that apply to creating a vacation may also be applicable to your investing habits. So, put these principles to work to enjoy a pleasant vacation — and a potentially rewarding investment experience.

- Harley Catlin and Ryan Catlin are with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262. This article was written by Edward Jones for use by your local Edward Jones Financial Advisors.



Harley
Catlin
and
Ryan
Catlin



Whatever the Season, Whatever the Reason!



Make Vintage Park Your First Choice For Assisted Living

From Short-term Respite Stays to Making Vintage Park Your Home....
We will be there for you!

- All Inclusive Pricing
- Affordable payment options like Long Term Care Insurance or Veterans Benefits
- No Community Fee

Call Vintage Park today!



BALDWIN CITY
Vintage Park at Baldwin City
321 Crimson Ave.
Baldwin City, KS 66006
785-594-4255
www.vintageparkbaldwin.com

OTTAWA
Vintage Park at Ottawa
2250 S. Elm
Ottawa, KS 66067
785-242-3715
www.vintageparkottawa.com

TONGANOXIE
Vintage Park at Tonganoxie
Tonganoxie, KS 66086
120 W. 8th St.
913-845-2204
www.vintageparktonganoxie.com



NEUVANT HOUSE
OF LAWRENCE

Person Centered Care



Our person centered care allows each resident to live comfortably and thrive in a place that feels like home while providing the most advanced methods of care.

One campus, two specialties of care.

WEST HOUSE

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

EAST HOUSE

Designed to care for individuals living with advanced physical needs.

KEY FEATURES

- Beautiful campus with a secure environment
- Private suites and bathrooms
- Open kitchen design
- Nutritious home-cooked meals
- Personalized care and schedules
- Engaging programs and activities
- 24 hours staff and assistance

Learn more about Neuvant House

Matt Stephens
785-856-7900
admin@neuvanthouse.com



Take a video tour at
www.NeuvantHouse.com

1216 Biltmore Drive, Lawrence, KS 66049

JILL ON MONEY

Your financial questions answered

Question: My mother recently passed away and instead of naming me and my siblings as individual beneficiaries of her IRA account, she named "The Estate of ..." Was this a big mistake? - John, Baltimore

Answer: I am loath to tell you that it's a big mistake, because there is nothing you can do about it now, but yes, it was a mistake. New York City-based trust and estate attorney Juliet Kalib says, "Designating an estate as the beneficiary of any retirement account may create administrative complications, because the account must now go through the probate court system. It also could result in greater tax liability for the heirs."



Jill Schlesinger

The reason for that increased liability has to do with the rules about how beneficiaries can withdraw money from inherited IRAs. When non-spouse beneficiaries inherit a traditional IRA, they can choose between two options: Either liquidate and pay taxes on those assets within five years of the owner's death, or stretch out their required minimum distributions over their lifetimes. By naming the estate, it limits the beneficiaries' ability to extend the

withdrawals and therefore could create a larger tax liability after the owner's death.

As Kalib notes, "Beneficiaries of retirement accounts who fail to consider all of the financial, estate and tax implications may suffer from unintended negative consequences on all fronts."

Question: My daughter has been admitted to three different colleges. Two of them are offering similar financial aid packages, but the third—the one she really wants to attend—is offering much less money. Is it worth it to contact the school to see if they can match the other two offers? - Joan, Sacramento

Answer: There are two types of appeals to college aid package: those based on a change in the family's financial circumstances and those that are seeking a "match" from another school's offer. The former has a better chance of an increased package, but that doesn't mean that you shouldn't try. I suggest that your daughter make the appeal directly - the colleges like when the student herself advocates for her case.

Question: I would like to pay for my granddaughter's college tuition, but the total cost is much more than the IRS limit for annual gifting. Is there any way to avoid paying a gift tax on the amount over \$14,000? - Rita, St. Louis

Answer: You are correct that the annual gift tax exclusion for 2014 is \$14,000. However, under current IRS rules, a payment made directly to an

educational institution to pay for the tuition of a student does not count as a gift to the student for gift tax purposes. Just know that by writing that big check, you could be limiting her eligibility for financial aid.

Question: A lot of stocks that were soaring last year are now more reasonably priced—is it a good time to jump in to the tech sector? - Mark, Houston

Answer: Since reaching their peaks in late February and early March, the once high-flying stocks are down significantly. As of this writing, the NASDAQ Biotech index (NBI) is down 21 percent from its February 25th closing high; the Global X Social Media ETF (SOCL) has dropped 21.5 percent from the March 6th closing level; and the NASDAQ Internet index (QNET) is down nearly 17 percent. But does that mean that you should buy?

I am not a fan of trying to time the market, so my general answer is "NO WAY!" But, if you have been sitting on cash and you seek to add a small percentage (5 percent) of your total portfolio to wildly volatile and risky holdings, which could drop even fur-

ther in the future, nibbling right now would not seem like an awful idea. I would stick to an index mutual or exchange traded fund, like those mentioned above, rather than attempt to select individual stocks.

- Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@moneywatch.com. Check her website at www.jillonmoney.com.

© 2014 Tribune Content Agency, LLC

WORDS OF WISDOM

"When I was 18, I thought my father was pretty dumb. After a while when I got to be 21, I was amazed to find out how much he'd learned in three years."

- Frank Butler

MAYO CLINIC

Ayurvedic medicine seeks to assess and correct energy imbalance

MAYO CLINIC: Is ayurvedic medicine a safe approach to managing health?

ANSWER: Ayurvedic medicine is a holistic approach to health care that is considered a form of alternative medicine in the United States. It includes a variety of practices that may be beneficial. However, at this time, there's limited scientific evidence that shows ayurvedic medicine to be a safe and effective way to manage one's health overall.

At its core, ayurvedic medicine seeks to assess and correct energy imbalance. The assessment is done using questions that address an individual's symptoms, predispositions, environment and physical state. It also includes checking a person's pulse, examining the tongue and making several other physical evaluations. Based on the assessment, the practitioner determines an individual's state of energy imbalance.

This approach is somewhat different than the methods of medical diagnosis used in Western medicine. It's a very holistic way of looking at a person. The assumption is that everything in your life has an impact on your health. That includes lifestyle choices like diet and exercise. But it also involves factors such as your day-to-day surroundings and environment, as well as your job, friends, family and emotions.

For example, from an ayurvedic medicine perspective, a person who has asthma may be experiencing that condition because he is too hot. A patient with a chronic cough and cold may be congested because she's predisposed to thick secretions. Someone with heartburn may have high metabolism.

To treat these problems, an ayurvedic practitioner attempts to correct the energy imbalance. That could involve eliminating or adding a variety of elements to a person's life, including certain foods, dietary supplements, exercise or meditation. In some cases, a person may be encouraged to change their environment.

Two different medical diagnoses may have the same core energy imbalance. Someone who has anxiety, for example, and someone who has peptic ulcer disease may get exactly the same ayurvedic treatment because their basic energy imbalance is the same.

Millions of people around the world use ayurvedic medicine. But the research on it right now is very limited. Small studies have looked at ayurvedic dietary supplements and botanicals for conditions like diabetes and osteoarthritis. Early results have shown some efficacy. But larger clinical trials are needed to confirm those results.

Finding the correct products can be a problem, too. In the United States, most ayurvedic therapeutic products

KANSAS ELDER CARE

Lawrence-Owned & Operated since 2006

Local, Compassionate Home Care Services

| COMPANION CARE | PERSONAL CARE |
|--|---|
| <ul style="list-style-type: none"> • medication reminders • meal preparation • grocery shopping • driving to appointments • companionship | <ul style="list-style-type: none"> • incontinence care • bathing • feeding • toileting and transfers • dressing • oral hygiene |

Our services can be provided in private homes, assisted living facilities, nursing homes, and hospitals.

Call for a Free In-Home Consultation
(785) 856-5555

www.kseldercare.com • info@kseldercare.com

VALLEY SPRINGS SENIOR APARTMENTS

Country Living at its Best.

One-bedroom apartment is just \$500 a month with a \$99 security deposit. Water and trash paid.

Opening doors to a beautiful lifestyle for over forty years!

785-220-7320 • 1300 Hanover Rd • Auburn, KS 66402

are imported and are more easily available in large metropolitan areas. Safety also is a concern. One study that examined ayurvedic dietary supplements and botanicals imported from India and China found that up to one third were contaminated, including contamination with heavy metals.

In addition, no formal credentialing system exists in the U.S. for ayurvedic medicine practitioners. That means there is no guarantee that someone who claims to be an ayurvedic doctor actually has credible qualifications or specific training.

With all of these limitations, it is difficult to recommend ayurvedic medicine as an overall approach to health care at this point. That said, it clearly contains some beneficial aspects. For example, yoga, deep breathing and meditation are common components of ayurvedic medicine. All have been shown to be useful for many health conditions. Some ayurvedic dietary approaches may also be helpful.

If you are interested in ayurvedic medicine, find an experienced and knowledgeable practitioner. Although certification is not available in this country, other countries do certify ayurvedic practitioners, and some are now practicing in the U.S. Ideally, you should seek out one of these individuals for more information about ayurvedic medicine.

Before you move forward with any recommended treatment, though, talk to your primary health care provider to make sure it fits your situation and is safe for you. - Amit Sood, M.D., General Internal Medicine, 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. For more information, visit www.mayoclinic.org.

© 2014 Mayo Foundation For Medical Education And Research. Distributed By Tribune Content Agency, LLC. All Rights Reserved.

Babcock Place Apartments

Affordable Independent Senior Living

Applications Being Accepted

Secure, age-restricted high rise apartment complex adjacent to downtown and grocery shopping at 1700 Massachusetts in Lawrence. Many amenities and conveniences provided including transportation and meals programs. Rent based on income. Utilities included. Call 842-8358 for information or visit our web site at www.lccha.org.

THE FIRST APARTMENTS

"Home without the hassles"

Independent Community Living for 62 and older, 55-62 non-elderly disabled.

| | |
|--|--|
| <ul style="list-style-type: none"> • Affordable Studio and 1 Bedroom Apartments • Rent assistance available • All electricity, water, trash, lawn care paid • 24 hour On-Call staff • Restricted entrance • Lighted parking lot • On city bus route | <ul style="list-style-type: none"> • Beauty salon • First Floor Laundry Room • Exercise equipment & seated exercise class • Meals on Wheels Congregate meal site • Maintenance Director on site • Library Red Carpet Services • Health Department Nail Clinics • Walking distance of several churches and Ray's Apple Market |
|--|--|

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

Luther Place APARTMENT HOMES

Topeka's Premier Retirement Community

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

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

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

5000 & 4900 SW Huntoon • 785-273-2944

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

HEALTH & FITNESS

Sleep pain-free

Sleeping badly is a pain in the neck. And neck pain, in turn, is one of the main causes of poor sleep. Sore and aching joints—pain in your neck, shoulder, hip, knee, and back—can leave you tossing and turning. So what can you do to sleep pain-free? Are there alternatives to pain medications?



Laura Bennetts

What If Pain Wakes You?

Joint pain is often worst in the night and can keep you awake. If you nap in your chair the next day, your joints will feel stiff and you still won't feel refreshed. And since sleeplessness prevents your joints from getting the rest they need, you will feel even achier. So you need a solution for the pains that disrupt your sleep.

Pain medications, prescribed by your doctor, can help. But meds can have adverse side effects, and some major pain and anti-inflammatory meds have been shown to increase the risk of stroke and heart attack. As a result, many people are now wary of using pain medications daily.

That's wise. To avoid possible long-term side effects, it's sensible to rely on pain medications only in moderation. And medications alone rarely get to the root of pain, or solve the many lasting functional problems that chronic pain

can cause. Early treatment by a physical therapist is a good alternative (or, if you already take meds, a supplement). Physical therapy is a path to pain-freeedom without drugs—a proven way to strengthen muscles, calm inflamed tendons, regain the use of your limbs, and reduce or outright eliminate the pain that keeps you awake at night.

Try Something New

There are many techniques for managing joint pain, headache pain and other chronic pain problems that are effective alternatives or supplements to pain medication. These include: deep breathing, yoga, tai chi, massage of all types, strengthening exercises, water exercise, deep heat, ice, healthy diets, herbs, acupuncture, and hands on joint treatments, stress reduction, and counseling.

Some techniques, like acupressure and acupuncture, originated in other cultures long ago. Others, like putting ice on a painful joint, have been passed down from our own grandparents. These techniques are often your best first treatment or best supplement to keep pain medication dosage to minimum.

Recent research on exercise, relaxation, diet, and vitamins highlights the many health benefits from old-school health practices. This is not news to people over 65 or 70. The older generations grew up with few viable medications for chronic pain. The best news about going back to some of these techniques for pain relief is that you can do many of them for yourself and not just treat a symptom, but improve your overall health and strength.

In therapy practice, we have been

able to incorporate many of the hands-on and exercise treatments to reduce pain and enhance your health. We are here to help you learn to use these techniques to help yourself.

Sleep Pain-Free and Drug-Free

Physical and occupational therapists work closely with your doctor to help you find alternatives to resolve your pain so you can be active and sleep better. We evaluate the stresses that cause you pain and help you limit them. Here's a typical example:

A patient complained of right hip pain after climbing a long staircase three months before I saw her. Her doctor diagnosed mild arthritis in both hips. She used pain meds daily, but still had severe pain in her hip when walking and sleeping. My therapy evaluation found that her inner thigh muscles were tight, her hip muscles were weak and her hip pain was severe. Her physical therapy treatment included:

1. Anodyne infrared light therapy (to reduce muscle spasms and decrease inflammation).
2. Gentle application of myofascial massage to the leg, hip, and back.

3. Gentle stretching and strengthening exercises
4. Instruction in a home-exercise plan.

Within two treatments her pain was reduced to minimal and she stopped her pain medication. Within two weeks her pain was gone and she was able to do advanced leg exercises, sleep and walk without pain. She wished she had tried therapy sooner!

Refresh Yourself

Don't let pain catch you napping—or rather, keep you up. Get help for the pain that prevents you from sleeping. Talk to your doctor and ask for a physical therapy referral. Medicare and many other forms of insurance cover physical therapy. You'll sleep better and feel better.

- Laura Bennetts, PT, has practiced physical therapy professionally since 1982, when she earned a master's degree in physical therapy from the University of Southern California. She owns Lawrence Therapy Services LLC (785-842-0656) & Baldwin Therapy Services LLC (785-594-3162). If you have questions, please write to laura-bennetts@hotmail.com.

HEALTH & FITNESS

Protect your skin from sun exposure

The long winter is over with and now it is time to get out for the summer. Due to the increased time outside, we will be exposed to more sunshine. Sun exposure is necessary because we all need to have Vitamin D, and sun exposure is a primary source of Vitamin D.



Dr. Farhang Khosh

Vitamin D is an essential nutrient for the body because it helps us absorb calcium for stronger and healthier bones.

Vitamin D also plays a role in other parts in the human body. Vitamin D is a fat-soluble hormone that is essential for supporting a strong immune system that helps protect us against certain diseases, including cancer and supporting the cardiovascular system.

Sunlight contains three types of ultraviolet rays: UVA, UVB, and UVC. UVA rays cause skin aging and contribute to skin cancer, such as melanoma. UVA rays pass effortlessly through the ozone layer and make up the majority of our sun exposure.

UVB rays also can be dangerous, by causing sunburns and skin cancer. Melanoma, the most dangerous form of skin cancer, is thought to be associated with severe UVB sunburns that occur before the age of 20. Most UVB rays are absorbed by the ozone layer, but enough of these rays can pass through to cause serious damage to the skin.

UVC rays are the most dangerous. These rays are blocked by the ozone layer and don't reach the earth. Also, not all sunlight is "equal" in UV concentration. The intensity of the sun's rays depends upon the time of year, as well as the altitude and latitude of your location. UV rays are strongest during summer. Extra protection is required near the equator, where the sun is strongest, and at high altitudes, where the air and cloud cover are thinner, allowing more damaging UV rays to get through the atmosphere.

UV rays react with a chemical called melanin, which is found in skin. Melanin is the first defense against the sun because it absorbs dangerous UV rays before they can cause serious skin damage. Melanin is found in different concentrations in the skin, which results in different skin colors. The lighter the skin color, the less melanin in the skin. As the melanin increases in

response to sun exposure, the skin tans. Sunburn develops when the amount of UV exposure is greater than what can be protected by melanin in the skin.

There are a number of ways to prevent sunburn:

1. Avoid the sunrays when they are the strongest, which is usually between 10 a.m. to 4 p.m. If you must be in the sun between these hours, be sure to apply and reapply sunscreen.
2. Apply sunscreen even on the cloudy, cool, overcast days. UV rays can travel through the clouds and reflect off sand, water, and concrete. Often, people are unaware that they have sunburn on a cooler day because the temperature outside keeps the skin feeling cool.

3. Another way to protect you from UV rays is to cover up. Clothes, umbrellas, sunglasses, or other sun protective gear can screen out harmful UV rays.

Sunscreen is essential if people are going to be outdoors. What matters most in a sunscreen is the degree of protection from UV rays it provides or the SPF (sun protection factor) numbers on the labels. Select an SPF of 30

or higher and apply sunscreen about 15 to 30 minutes before going outside. Reapply sunscreen often, approximately every two hours. Reapply after sweating or swimming.

Some medications increase the skin's sensitivity to UV rays. Ask your doctor or pharmacist if any prescription (especially antibiotics and acne medications) and over-the-counter medications can increase sun sensitivity. So enjoy summer and remember to protect your skin.

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

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

YOU RIGHTFULLY EARNED IT. NOW RIGHTFULLY KEEP IT.

Looking to keep more of your income and cut your taxes? Then tax-free municipal bonds* may be for you.

* Bonds may be subject to state, local or the alternative minimum tax.

Call or visit your local financial advisor today.



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



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

www.edwardjones.com
Member SIPC
Edward Jones
MAKING SENSE OF INVESTING

BATE'S FURNITURE

In Business Over 40 Years

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

Moving? Downsizing? We also buy furniture!

Karl Behring, Manager

We offer lay-away and delivery.

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

SERVICES AVAILABLE:

- ◆ In-Home Companionship
- ◆ Laundry & Linen Washing
- ◆ Sitting Services
- ◆ Light Housekeeping
- ◆ 24-Hour Care Available
- ◆ Errand Services
- ◆ Grooming & Dressing Guidance
- ◆ Grocery Shopping
- ◆ Meal Preparation
- ◆ Periodic Review With Family
- ◆ Transportation
- ◆ Flexible Schedules

For a FREE in-home consultation, call:

267-8200

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

Our Family... Serving Your Family

Lawrence 843-1120 • Eudora 542-3030
www.warrenmcelwain.com

SENIOR CALENDAR

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

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

ARTS/CRAFTS

LAST FRIDAY OF EACH MONTH FINAL FRIDAYS

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

MAY 16-JUL 5 M(I)(A)CRO: A CONTEMPORARY DRAWING EXHIBITION

Participating artists: David Mazure, Greg Fuqua, Basil El Halwagy, Doug Russell, Sara Schneckloth. This exhibition features five art-

ists working to capture the unknown through abstracted natural forms in the medium of drawing. The group's work questions the roots of perception and the observable universe, attempting to unravel reality through the act of drawing. While their processes range from obsessively analytical to the purely expressive, these five artists oscillate between clarity and chaos, using the medium of drawing as a source of inquiry into matter, consciousness, and energy.
LAWRENCE, (785) 856-2787
lawrenceartscenter.org/upcoming-exhibitions

MAY 23-JUN 22
NOT COMPATIBLE: NEW WORKS BY JOHN PAUL MCCAUGHEY
Influenced by James Bridle's definition of the "New Aesthetic," Lawrence Arts Center's print-making artist in residence, John McCaughey's work explores the intersection where the digital world merges with the actual environment. Finding beauty in the discarded, juxtaposing old with the new, and blurring lines between organic and manmade, this exhibition spotlights the aesthetic place where physical and digital meet.
LAWRENCE, (785) 856-2787
lawrenceartscenter.org/upcoming-exhibitions

JUN 2-JUL 27
CONSTRUCTION
Construction® hosts exhibitions showcasing colossal structures made entirely out of full

cans of food. After the structures are built, the creations go on display to the public as a giant art exhibition. At the end of the event, all food is donated to local hunger relief organizations. Mulvane Art Museum, 1700 SW College Avenue. TOPEKA, (785) 670-1124

JUN 7 & 8
MULVANE ART FAIR
Now in its 23rd year, the annual Mulvane Art Fair will be held on the beautiful campus of Washburn University. The fair is open from 10-5 on Saturday and from 10-4 on Sunday. Proceeds from the Mulvane Art Fair support the programs and mission of the Mulvane Art Museum. The Mulvane Art Fair is a juried art fair that features nearly 100 artists of various media from across the state, region and country. The event also features a live music stage and exciting food options. Mulvane Art Museum, 1700 SW Jewell St. Fee. TOPEKA, (785) 670-1010
www.mulvaneartfair.org

JUN 20-22
SWAN ART FESTIVAL
Be prepared for three days of fine arts, live music, children's activities, delicious food, art demonstrations, vendors, and so much more. Ottawa City Park, 515 S Main St. Free admission. OTTAWA, (785) 418-5838
www.swanartsfestival.com

JUN 23-JUL 25
WAGGLE DANCE: AN EXHIBITION BY KYLA STRID 2013-2014 CERAMICS ARTIST IN RESIDENCE
Borrowed from the bees and inspired by daily

experiences in a life of travel, Strid's work features the places, people, plants, books, conversations, foods, or insects encountered in her changing environments. Translating quiet moments and backyard treasures into the forms and surfaces of pots, her work parallels the waggle dance of bees, translating and communicating sources found along a wandering path of life. Lawrence Arts Center, 940 New Hampshire St. Free. LAWRENCE, (785) 856-2787
lawrenceartscenter.org/upcoming-exhibitions

JUN 25-29
FREE STATE FESTIVAL
Plan to enjoy entertaining new independent films, innovative new outdoor art installations and performance events, live music, and thought-provoking discussions about art, film, and ideas throughout downtown and along the 9th Street corridor in the Lawrence Cultural District for the Lawrence Arts Center's Free State Festival this summer. Lawrence Arts Center, 940 New Hampshire St. LAWRENCE, (785) 843-2787
lawrenceartscenter.org/free-state-festival

JUN 27
ART OF MURDER: "HOEDOWN-IT?"
Topeka Civic Theatre has announced the date and location for this year's Art of Murder Event. The fundraiser will be held 6:30-9 p.m. with a VIP party to follow. The party will be held at Old Prairie Town, 124 NW Fillmore, with a theme of "Hoedown-It?" Patrons will be treated to food, beverages, and "The Case of the

■ CONTINUED ON PAGE 19

■ CONTINUED FROM PAGE 18
Will U. B. Mine" written by Artistic Director Shannon J. Reilly. TOPEKA

BINGO

SUNDAYS & TUESDAYS
AMERICAN LEGION POST NO. 1
3800 SE Michigan Ave, 6:30 p.m. TOPEKA, (785) 267-1923

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

MONDAYS
REBEKAH LODGE
Minis at 12:30 p.m., regular games at 1:00 p.m. 745 NE Chester Avenue. TOPEKA

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

TUESDAYS
INDEPENDENT ORDER OF ODD FELLOWS
1 p.m. 745 NE Chester Avenue. TOPEKA

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. Aired 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. Aired from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, (785) 354-6787

ENTERTAINMENT

THURSDAYS
JUNKYARD JAZZ
Put on your dancing shoes and dance to the sounds of The Junkyard Jazz. American Legion, ■ CONTINUED ON PAGE 20

There is no rule that you have to do it all on your own.



The physical and emotional burdens of caring for the aging and frail elderly can take its toll on a patient and their family and friends. Midland Care is here for you, offering a full spectrum of caring solutions, from Adult Day Care to Hospice. Call today or visit our website to learn more.



200 SW Frazier Circle • Topeka, KS 66606
785-232-2044
319 Perry St. • Lawrence, KS 66044
785-842-3627
www.midlandcareconnection.org

NOW OPEN APARTMENTS AVAILABLE!



2 Bedroom Villas
Designed Exclusively for Seniors 55 and Better!

NOW TAKING APPLICATIONS
Call NOW for our MOVE-IN SPECIAL!
913-585-9998
913-206-2943



31605 W. 83rd Circle
De Soto, Kansas 66018

- 2 Bedroom Garden Apartment Homes
- Private Entry on Ground Level
- Front Door Parking w/Garden Patios
- Total Electric Central Heat and Air
- Spacious Bathroom & Closets
- Washer & Dryer Connection in Apartment
- Frost Free Refrigerator
- Microwave, Dishwasher, Garbage Disposal
- Community Room with Fitness Center
- Computer Lab w/Internet, Library, Organ
- Planned Social Activities/Potlucks
- Outdoor Picnic Area with BBQ
- Pet Friendly
- On-Site Laundry Facility
- Carports Available

*Some income & eligibility requirements may apply

Didier Morissonneau presents
FROM NEW YORK
THE WORLD FAMOUS
GLENN MILLER ORCHESTRA
THEIR GREATEST HITS SHOW!
JUNE 26, 2014 8 pm
TOPEKA PERFORMING ARTS CENTER - 214 SE 8th Ave
1 800 745-3000 • ticketmaster.com

PETERSON KRISCHE VAN HORN D.D.S.

Gentle & Comfortable Care

- Cosmetic Dentistry
- Teeth Whitening
- Insurance Processed
- New Patients & Emergencies Welcomed

Mention you saw this ad in Senior Monthly

(785) 842-0705
530 FOLKS RD • LAWRENCE
www.pkvdds.com

Meals on Wheels
of Shawnee and Jefferson Counties, Inc.

Your affordable option for hot, healthy and delicious meals
Call today: (785) 295-3980

Meals on Wheels and good nutrition can help you:

- Remain independent in your home
- Avoid hospitalizations
- Assist with management of chronic illness

RURAL DELIVERY AVAILABLE
Please contact us, if you'd like to become a meal delivery volunteer!
www.meals-on-wheels-inc.org

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

CHS
CRITICARE
Home Health Services, Inc.

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

Medical Equipment with Home Comfort

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

Medicare Accredited

LAWRENCE THERAPY SERVICES

- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Massage Therapy

Services available in the clinic or in-home.

842-0656 | 594-3162
2200 Harvard Rd, Ste 101 | 814 High St., Suite A
Lawrence | Baldwin City
www.lawrencetherapyservices.com

PRN

PRN Home Health & Hospice
888-776-7744
www.prnhomehealthhospice.com

Affordable Housing at Cedar Square Apartments

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

COME SEE FOR YOURSELF WHY CEDAR SQUARE IS THE PLACE FOR YOU!
1550 S. Cedar Ottawa KS 66067
Call today to schedule an appointment
(785) 242-8110

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

Graceful Home Healthcare
Matthew 5:14, 16

Our Services Include:

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

Yes, you CAN! Stay at HOME! Our qualified nurses and certified staff will provide the care you need at HOME.

For more SERVICES! Visit our web site:
Web: www.gracefulhealthcare.com
Email: grace@gracefulhealthcare.com
Facebook.com/gracefulhomehealthcare

CALL NOW! 785-424-2785

CARE AT HOME Insured

Companion
Homemaker
Personal Care
Transportation

GREAT NEWS! You CAN stay at HOME!
Blassingame Home Care can Help.
785.286.CARE

We're Just Your Style!

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

Over 50 Unique Shops, Restaurants and Stores.

21st & Fairlawn
Topeka, Kansas

Natural Medical Care

Dr. Farhang R. Khosh, ND
Dr. Mehdi L. Khosh, ND

Member American Association of Naturopathic Physicians

4935 Research Parkway, Lawrence, Kansas 66047
Phone: (785) 749-2255

Is Advertising in the Daily Newspapers Getting a Bit Burdensome?

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

With an Auction you can sell and close your property on the day you choose.

THE Auctioneers
800-887-6929
www.billfair.com

An Alternative to Nursing Home Care

State of Kansas Licensed & Inspected

Tammy
The Home Pro Plus

Call Us Today!
785-383-7094

www.tammytheprohomeplus.com

Value Your Health Plan Needs

Joye is a senior health expert here to help you choose the right plan.

STEPHENS INSURANCE
Call Joye at 785-841-9538.
2711 W. 6th St. • Suite A
Lawrence, KS 66049

CHAPTER 19

Defeating the Socialist Coalition and Restoring Our Constitutional Republic

KEVIN GROENHAGEN

Now available at Amazon.com in paperback and eBook versions.

DAY DREAMING: TALES FROM THE FOURTH DEMENTIA
BY LARRY DAY

Need a Great Gift Idea?
Larry Day's new book, *Day Dreaming: Tales from the Fourth Dementia*, is now available! To order, please visit www.lulu.com and search for "Larry Day." You may also call Larry Day at (785) 830-0277.

ATTENTION SENIORS:

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

OSLADIL INSURANCE SERVICE
411½ S. Main St. • Ottawa, KS 66067

Robert W. Ramsdell
J.D. – M.B.A. // Attorney-at-Law

Wills – Trusts – Estate Planning
Probate Administration

THOMPSON RAMSDELL & QUALSETH, P.A.
333 West 9th Street, Lawrence, Kansas 66044

785-841-4554 http://trqlaw.com

Aldersgate VILLAGE
RETIREMENT COMMUNITY

Independent Living
Assisted Living
Memory Care
Skilled Nursing Care

Rehabilitation Services
Sub-Acute Program
Transportation

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

Add full color to your Business Card Ad for just another \$5 per month.
Call Kevin at 785-841-9417 for details.

BUSINESS CARD DIRECTORY SPECIAL
Six months for \$85.00 when paid in advance. That's like getting one month for free!

A LOOK AT BOOKS

If you have a book that was published from 2012 to the present, you may send it in for a possible review in *Kaw Valley Senior Monthly*. No poetry collections please. Send a copy of your book to: Tom Mach, c/o A Look At Books, PO Box 486, Lawrence, KS 66044. Send the image of your book cover to: kevin@seniormonthly.net



Tom Mach

Between Heaven & Earth by Esther Luttrell (The Wild Rose Press ISBN 978-1-62830-226-4)

When Esther Luttrell's son, Dean, died she was mortified, even though she believed he was in a better place. However, knowing that Dean was on the Other Side did little to ease her pain. In her book, Luttrell, a successful screenwriter, tells how she found it extremely difficult to correct scripts from other writers after that. But she found that as she opened one door leading to a higher spiritual plane, another opened

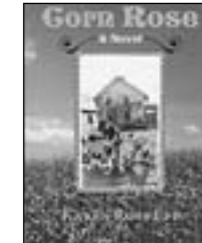
and it allowed her to understand how the Other Side, as she calls it, is just another step in life. She shows how

she kept running into people who showed her how they had a difficult time coping with grief over a loved one. Many unusual things happened to her since Dean's death, and one day it all came together for her. She also tells us that there is only one true prayer, and that would be the prayer of thanksgiving. This is an uplifting book, a book of hope, and I heartily recommend it.

Corn Rose by Karen Ross Epp (Author House ISBN 978-1-4817-3629-3)

What happens when a woman named Rose working in an aircraft plant in 1945 in California marries a former soldier named Jack from rural Iowa? In the case of Rose, the protagonist in this novel, it required an enormous adjustment, since Jack and her are polar opposites.

It is obvious her mother-in-law does not like her and the lack of electricity and no indoor plumbing makes life difficult for her. After a few months Rose is homesick and things get rocky when she has to tell Jack she is pregnant. She is surprised to learn from Rose's sister that Jack had been married before. When she returns to California to attend her mother's funeral she is faced with the decision as to whether she should return to Iowa, given that an old flame of hers makes her rethink the situation. The dialogue is realistic and the description of her world to which



she had to adjust is wonderful. Readers will enjoy this one.

Green Town U.S.A. by Thomas J. Fox (Hatherleigh Press ISBN 978-1-57826-312-7)

After Greensburg's devastating tornado in May, 2007, the citizens who survived had to reconstruct their lives after their town, which had existed for 120 years, had been almost decimated.



But this tragedy gave birth to building itself back up, and it did so by embracing both green technologies. It included building specifications which relied on both wind and solar energy. Green

Town will take the reader through the entire reconstruction process, which not only relies on the most current advancements made in green materials and technology, but also the importance of teambuilding in making these advancements possible. Green Town, according to the author, can represent a prototype of other cities and towns that can be transformed into environmentally friendly places to live, such as a big city such as Portland, Oregon, and a medium city such as Springfield, Illinois, and a smaller community such as Nashua, New Hampshire. The book also suggests 11 steps toward making American cities and towns more green-

friendly.

The Dates by Bill Reamer (AuthorHouse: ISBN 978-1438910475)

After learning that his Cleveland flight bound for Pittsburgh would be delayed indefinitely, Willy decides to rent the only vehicle available, a large van. He then picks up four strangers stranded at the airport—Gretchen, Benny, Logan, and Jack. Down the road, Willy almost collides with a mysterious tall and expressionless man named Eran and Willy reluctantly agrees to include him with the others in the van. This stranger



eventually reveals to them that he is an angel and tells Gretchen, Benny, Logan, and Jack what day and year they will die. Willy doesn't yet want to know his date, so he asks Eran to write it down on a slip of paper. The angel vanishes and Willy decides not to look at it, placing that slip of paper in a desk drawer. When Willy learns the date of his demise it is too late, or is it? The author includes dialogue which has no direct bearing on the plot and could have been deleted. However, this is a timeless story which offers readers some important Biblical truths. The ending was certainly a surprise to me. I enjoyed reading *The Dates*.

TRAVEL TROUBLESHOOTER

An empty vacation package from Expedia

Gladys Martin's Expedia vacation package is missing two key components. Should she have to pay for its mistake?



Christopher Elliott

Q: I'm writing you about our problems with a vacation package we booked on Expedia to Tamarindo, Costa Rica.

A few weeks before our departure, we confirmed our accommodations and rental car with Expedia. But when

we arrived, both the Dollar car rental location and our hotel, the Hostel Tamarindo Backpackers, emphatically denied doing business with Expedia. Both businesses claimed Expedia is notorious for overbooking reservations.

We ended up paying out-of-pocket for a week's worth of hotel (\$620) and car rental insurance. Per the Dollar Rental person, the government of Costa Rica requires that the tourists buy the car rental insurance in the country and they will not honor car rental insurance from abroad.

We reached Expedia from Costa Rica and when we returned home. After hours on the telephone, numerous hang-ups, and even finally getting a fax number where supposedly we should send our receipts and an explanation

of what happened so that an Expedia supervisor could resolve the issue (we are requesting a full refund of our hotel), the only response from Expedia was to issue a \$164 refund, which Expedia claims should account for the entire portion of the money we paid in advance for our room and \$99 for the rental car insurance.

Could you please put some pressure on Expedia to reimburse us for the total cost we paid for the room, which comes to \$455? - Gladys Martin, Berea, OH

A: Obviously, Expedia got its wires crossed with both the Hostel Tamarindo Backpackers and Dollar. In a big way.

Expedia should have made sure that you had a confirmed reservation with the hotel and not just a rental car, but also a rental car at the rate it promised you.

Expedia should have fixed this problem while you were still in Costa Rica, finding you a room and a rental car. I'm disappointed that it didn't. By the way, you did the right thing by phoning Expedia. You needed a real-time resolution, but unfortunately you didn't get it. After that, corresponding with Expe-

dia by fax and email worked better, because you had a much-needed paper trail.

In the future, you might want to contact the hotel and car rental company directly, even if you have a confirmation from your online travel agent. Just to be safe.

Fortunately, this type of glitch appears to be very rare. I contacted Expedia on your behalf, and it reviewed your case again. Its records show that a refund of \$455 was already in process. I'm happy that Expedia eventually did the right thing without having to be asked.

- Christopher Elliott is the author of "How to Be the World's Smartest Traveler (and Save Time, Money and Hassle)" (National Geographic). 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.

© 2014 Christopher Elliott

Distributed By Tribune Content Agency, LLC.

Martin Creek Place

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

Age 62 & older.

4950 SW Huntoon • Topeka 785-273-2944

Hancuff Place

-Senior Living Offering the Best of Both Worlds-
A Peaceful Country-like setting, At Rates That Can't Be Beat!
1 BR starts at \$325 • 2 BR starts at \$350
(Ask about our medical expense credits & rental assistance program!)

We rent to Seniors and Disabled Persons.

Call (785) 594-6996 for more info.
1016 Orchard Lane & 1119 Jersey • Baldwin City

www.seniormonthly.net

Every Therapy Every Day since 2000

Physical Therapy • Occupational Therapy
Speech Therapy • Massage Therapy

Get expert help to:

- Stop your pain
- Regain your strength
- Avoid surgery
- Sleep better
- Avoid falls
- Improve your breathing
- Heal your injury
- Be safe at home
- Become active again
- Walk better
- Rely less on pain medications
- Increase your endurance

Move Better, Feel Better, Live Better!

Call for More Information
About Receiving Therapy in Your Own Home

Lawrence: 2200 Harvard Road • 842-0656
Baldwin: 814 High Street • 594-3162
www.LawrenceTherapyServices.com

ADVANCED HOMECARE

MEDICAL EQUIPMENT RENTAL AND SALES

- Home Oxygen; CPAPS; BIPAPS
- Power Scooters, Wheelchairs, Walkers, Canes
- Seat Lift Chairs, Hospital Beds
- Free Delivery & In-Home Setup
- Mastectomy Products & Many Daily Living Needs
- We Bill: Medicare, Medicaid & Private Insurance

Always Improving the Quality of Your Life!

2851 Iowa St • Lawrence
785-841-2200
www.advancedhomecarekansas.com

24 Hour Emergency Service 1-800-827-9406

HUMOR

The Pop Fly

There was ease in Madie's manner as she crouched behind the plate.

La Mancha is the posh section of town where the streets are winding and the house numbers are hand painted on Spanish tile. The La Mancha girl softball team—the Amazons—had worked their way to the final game of a double elimination regional tournament. The Amazons' catcher, Madison



Larry Day

“Madie” Sommerset, was a prototypical example of a self-absorbed La Mancha teenager. She imagined the adulation she would get when the Amazons won. Photographers would run onto the field. She saw herself yanking off her brand new \$140 catcher's mask as news photographers crowded around her.

The Amazons had won their first game against the Fairfield Fusions, but to everyone's surprise, had lost the

second game. In a powerful effort to put the Fusions away, the Amazons scored four runs in the first inning. Then their bats went cold, but they led 4 to 1 in the top of the final inning of the tournament.

Before the last inning, officials called a five-minute time-out to re-chalk the batter's boxes and check the infield. Madie slipped away and ran to her car. Open cosmetic containers were spread across the front seat. Madie grabbed a hand mirror and applied a thick coat of a New Air Foam foundation to her face. Advertisers said the air foam foundation make-up would give her face a “perfect matte surface.” She sprayed the foundation on thick, smoothed it quickly, jammed on her catcher's mask, and dashed back to the dugout.

“Play ball,” the umpire shouted. The bottom of the Fusion batting order was coming to the plate. It was time to send the Fusions home with a runners-up cup. The Amazon pitcher wasted two inside pitches trying to intimidate the first Fusion batter, but the batter refused to back up. The next pitch zinged in waist high and right over the plate. “Crack!” The batter slashed a sharp line drive between first and second into right field. It went

all the way to the fence. The Amazon shortstop cut off the throw as the batter slid into second. The next batter got a single, and the runner held at third. The Amazon pitcher walked the third batter purposely to load the bases and get at the last batter in the Fusion line-up. She was a scrawny substitute who had come into the game after a Fusion player was hurt in a collision with Madie at the plate. The first two pitches came in straight, fast, and right over the plate.

“Strike one. Strike two,” said the umpire.

Then the Amazon pitcher's fingers slipped and the pitch came dawdling toward the plate looking as big as a volley ball. Scrawny Arms closed her eyes and swung. When the dust had settled the Fusions had three runs in and the batter was hugging third.

Fusion's lead-off batter stepped to the plate. The pitch. “Crack!” It was a broken bat pop fly. The ball sailed high, looked foul, then drifted fair between home and third.

“I got it,” yelled Madie. The other Amazon players held up. They had learned long ago what it meant when

Madie yelled, “I got it.” It meant “Get out of the way or get clobbered.”

Madie yanked at her new catcher's mask with one hand as she raced toward the fly ball. The mask wouldn't budge. Somehow the foundation make-up that Madie had just put on had bonded—like glue—with the inside of the face mask.

The ball fell into fair territory two feet from Madie and rolled toward the pitcher's mound. The runner broke for home and crossed the plate standing up.

The Fusion team picked up the scrawny sub and marched her around the field on their shoulders. Photographers had a field day.

Madie was able to wrench the mask off just as three photographers reached her. A three column by eight-inch photo close-up of Madie's face ran on the sports page the next day. The padded mask had left inch-wide tracks in the thick make-up down both of her cheeks. She looked like a raccoon.

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

PET WORLD

Ferret out the cause of cat's aggressive behavior ASAP

Q: It saddens me that the best, most beautiful cat I've ever had is a stalker. That was the opinion of the pet therapist. She said I should consider having the cat euthanized. This cat attacked



Steve Dale

my mom when she visited. Soki lunges at anyone she sees, and bites and scratches. My 8-year-old son is afraid of her, and I don't want him to be traumatized. What should I do? - B.C., Cyberspace

A: Who was it who advised you to euthanize your cat? The pet therapist? What you need to do is contact a certified cat behavior consultant (www.iaabc.org), veterinary behaviorist (www.dacvb.org), or veterinarian with a special interest in behavior (www.avsonline.org). A veterinarian might be the best good place to start to rule out any contributing physical explanation.

A more detailed description is necessary to pinpoint the cause of Soki's aggressive behavior. One possibility may be what's referred to as re-directed aggression, or perhaps this cat

just isn't otherwise engaged in chasing or pouncing.

“Absolutely, use an interactive or laser light toy to play with your cat,” says Becky Robinson, president/founder of Alley Cat Allies, a non-profit national advocacy organization dedicated to the protection and humane treatment of cats. “Perhaps, weaned too young, this cat doesn't understand bite inhibition (not to bite down too hard) and perhaps your responses are perceived as a game from the cat's perspective, unknowingly encouraging the behavior.”

For now, don't give Soki an opportunity to practice the aggressive behavior, even if this means confining her in a room with the door closed when guests arrive. Members of the household could carry little toys in their pockets. Then, when Soki is in a doorway ready to pounce, they could toss a toy one way, and walk in another direction. Ultimately, though, you may need hands-on help from a professional.

Q: My friends have a 2-year-old Coton de Tulear and a terrier-mix the same age. When these dogs visit my house, within seconds each goes its special “spot” and pees. Both dogs are housebroken, so that's not the issue. Is this territorial behavior? Should I ban the dogs from my home? - H.D., Woodbury, MN

A: “That's right, lock the door and

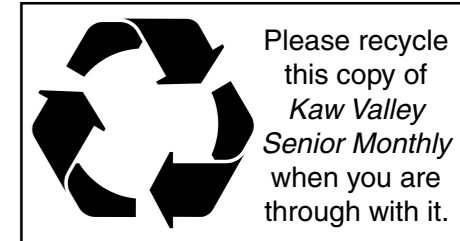
throw away the keys!” jokes pet writer Sandy Robbins, of Irvine, CA.

Certified animal behavior consultant Darlene Arden, of Framingham, MA, has another idea: “Let the dogs in the house on leash, so your friends can control them. Immediately give them something to chew on, something else to do.”

Arden, author of “Small Dogs, Big Hearts: A Guide to Caring for Your Little Dog” (Howell Book House, New York, NY, 2006; \$25.99), says the behavior may be territorial.

“Cover up the places where they typically have accidents with an upside down (nubby side up) plastic rug runner or plastic shower curtain liner (to make it uncomfortable “to go” there again),” Arden suggests.

Also make sure any previous accidents are thoroughly cleaned up with



Your loved one never leaves our care.
Douglas County's only locally owned crematory

Rumsey-Uost FUNERAL HOME & Crematory

Our family serving your family since 1920
6th & Indiana • 843-5111

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

It's time to meet **Bridge Haven**
Assisted Living & Memory Care

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

Visiting Nurses

your local not-for-profit provider since 1969

Home Health

Rehabilitation

Hospice

Private Duty

| | |
|---|---|
| <p>Visiting Nurses — LAWRENCE — Home Health - Rehabilitation Hospice - Private Duty 200 Maine, Suite C • Lawrence, KS 785-843-3738</p> | <p>Visiting Nurses — TOPEKA — Home Health - Rehabilitation 1800 SE 21st Street • Topeka, KS 785-234-2700</p> |
|---|---|

MISSION TOWERS

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

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

Call Manager Karol Freeman
(785) 266-5656 • 2929 SE Minnesota • Topeka

First Wednesday of the Month is **Wellness Wednesday at The Merc!**

Everyone Saves 5% on
Vitamins Bulk Herbs
Supplements Bulk Spices
Body Care Bulk Teas

The Merc Co-op
Community Market & Deli
901 IOWA - LAWRENCE - KANSAS 66044
785 843 8544 - WWW.THEMERC.COOP

WOLFGANG PUCK'S KITCHEN

Make a special home-style spiced caramel flan

Back when I was working as a chef in restaurants in Provence, Paris and Monaco in the late 1960s and early 1970s, I often heard a phrase referring to the cooking of *une bonne femme*. Those words, which can be translated as “a good woman” or “a good wife,” summed up what people in the English-speaking world might call “real home cooking” or possibly “comfort food”—the kinds of honest dishes



Wolfgang Puck

people either genuinely grew up eating or wish they had.

My own mother, the late Maria Puck, was definitely a good woman and a good cook. She not only worked sometimes as a pastry chef in Austrian restaurant kitchens, but also prepared wonderful, delicious, nourishing meals every day for my sisters, my brother and me, and our father. Her smart, creative, down-to-earth approach to cooking was my first big inspiration to become a chef. I cherish her memory and I aim to honor it in everything I do, including donating a portion of the proceeds from sales of my Wolfgang Puck wines to research into Alzheimer's disease, against which she bravely fought in the last years of her life. Every time I cook good home-style food, I think of my mother.

My Spiced Caramel Flan is my variation on classic French creme caramel. It's a very easy recipe to make, and everyone will be beguiled by its combination of sweet spices, reminiscent of those in a pumpkin pie.

Be sure to start making the flan a day ahead of when you plan to serve it, so it has time to chill in the refrigerator. During that time, the caramel mixture that lines the cake pan in which the

custard bakes will liquefy, becoming a luscious sauce that bathes the flan when you unmold it. The result is a fine example of a good woman's cooking.

SPICED CARAMEL FLAN

Serves 6 to 8

CARAMEL SAUCE:

- 1/2 cup granulated sugar
- 1/4 cup light corn syrup
- 5 drops fresh lemon juice

FLAN:

- 17 ounces evaporated milk
- 14 ounces sweetened condensed milk
- 7 large cage-free eggs
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- Grated zest of 1 orange

GARNISHES:

- Whipped cream (optional)
- Fresh seasonal berries (optional)

Preheat the oven to 325 degrees F. Meanwhile, first prepare the Caramel Sauce: Put the sugar, corn syrup and lemon juice in a 2- or 4-cup heatproof-glass measuring cup. Stir until all of the sugar is moistened.

Put the measuring cup in a microwave oven and cook at full power, watching carefully, until you see bubbles on the surface of the mixture begin to pile up on top of each other, about 3 minutes on average, although the time will vary depending on the power of the microwave.

Continue microwaving, watching carefully and checking frequently, until the mixture has turned a light amber color. Carefully remove the cup and leave it to sit for up to 30 seconds, watching until it has continued to darken to a medium amber color. Then immediately, and still very carefully, pour the hot caramel into an 8-inch round cake pan. Using pot holders, lift

the pan and carefully tilt and swirl it to evenly coat the bottom with the caramel.

Immediately make the Flan: Put the evaporated and condensed milks, eggs, vanilla, cinnamon, ginger, cloves and orange zest in a blender or a food processor fitted with the stainless-steel blade. Blend or process until smooth.

Place a fine-meshed sieve inside a mixing bowl. Pour the mixture through the sieve, pressing it through with a rubber spatula as necessary. Throw out any solids remaining in the sieve.

Pour the flan mixture over the caramel in the pan. Place the pan inside a larger cake pan. Slide out a rack from inside the preheated oven and place the nested pans on the rack. Fill a clean large measuring cup with hot tap water and pour the water into the outer pan to come 1 inch up the side of the pan containing the flan. Carefully slide the rack into the oven, taking care not to slosh the water, and close the oven door.

Bake the flan until it looks fully set and a small, sharp knife inserted into its center comes out clean, 50 to 60 minutes. Carefully remove the pans from the oven and carefully lift out the inner pan containing the flan. Place it on a rack to cool to room temperature.

Cover the cooled pan and refrigerate

it for at least 1 day or up to 3 days.

To serve, run a thin-bladed knife all around the inside rim of the pan to loosen the flan. Invert a platter large enough to hold the flan, and with a raised rim to contain the liquefied caramel, over the pan. Firmly hold the platter and pan together with both hands and invert them. Carefully lift off the cake pan.

To serve, cut the flan into wedges and transfer them to individual chilled serving plates, spooning some of the liquid caramel over each portion. Garnish with whipped cream or fresh berries, if desired.

© 2014 Wolfgang Puck Worldwide, Inc.

Distributed By Tribune Content Agency, LLC.

Retired & Senior Volunteer Program (RSVP) of Shawnee & Douglas Counties

Put your lifetime of experience to work serving critical community needs.

Call 785.228.5124 or e-mail rsvp@unitedwaytopeka.com.

Different benefits for your family's different situations

By Norm Franker

Social Security District Manager in Lawrence, Kansas

National Family Month takes place each year from Mother's Day in May to Father's Day in June, and coincides with the end of the school year when families are able to spend even more time together. It is the perfect time to spend more time focusing on each member of your family.

Social Security has your entire family in mind when it comes to coverage and benefits. We're here to help everyone in the family—during every stage of life.

Most people think of retirement benefits when they think about Social Security, and that certainly is a big part of what we do. In fact, most of the benefits we pay go to retirees and their families—about 41 million people. But Social Security is more than retirement. Just read on.

If you work and pay Social Security taxes during your lifetime, you can look forward to a strong foundation of income in retirement from Social Security. Of course, Social Security was never intended to be your sole source of retirement income. It is a foundation upon which you build with pensions, savings, and other income.

But what if you become disabled before you retire and you are unable to continue working to support your

family? Social Security has you covered with disability benefits. If you have a disability that is expected to last a year or longer, or result in death, you should apply for disability benefits.

Your work and taxes cover not only you, but your entire family, too. Family benefits can include retirement, disability and, in the event of your death, survivors benefits. This coverage includes everyone in your family who depends on you for support, such as your minor children who are under age 18, or age 19 if still in secondary school, as well as your spouse. It also can include older children who have severe disabilities that began before age 22. In some cases, parents and grandchildren can qualify for family benefits if they depend on your income and you are their only means of support.

If you want to learn more about how Social Security benefits the younger members of your family, visit www.socialsecurity.gov/youngpeople. This page has information for you even if you don't have children and are a young worker yourself.

So whether through survivors, disability, or retirement benefits, Social Security is here to help you and your entire family when the need arises.

And the best way to apply for benefits is online at www.socialsecurity.gov. Perhaps another popular family



Jayhawk Area Agency on Aging, Advanced Homecare, Home Instead Senior Care, and other organizations and businesses participated in a Community Health Fair at The Windsor of Lawrence on May 21. The event was open to the public.

member—the family pet—can best explain why applying online is the best option for you. Check out our creative videos on our YouTube channel for sound advice from the four-legged members of the family. Just visit www.socialsecurity.gov and select the YouTube button at the bottom of the page.

Want to learn more? Read or listen to the publication, Understanding the Benefits, at www.socialsecurity.gov/pubs.

Restaurant Guide

| | |
|--|--|
| <p>McFARLAND'S <i>Restaurant</i></p> <p>Casual Dining, Private Parties Over 70 years of serving fine food</p> <p>4133 Gage Center Dr. • Topeka • 785-272-6909</p> | <p>Chic-A-Dee CAFÉ</p> <p>"Good Home Cooked Food" Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216</p> |
| <p>Serving Topeka Since 1969</p> <p>HANOVER PANCAKE HOUSE</p> <p>Open 7 Days A Week 6:00 a.m.-3:00 p.m. 1034 S. Kansas Ave. 785-232-1111</p> | <p>GOAN PIZZA CO.</p> <p>Pizza, Sandwiches, Pasta, Salad Bar Family Dining Carryout 500 E Front St. • Perry • 785-597-5133</p> |
| <p>Old 56 Family Restaurant</p> <p>2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p> <p>912 S. Chestnut Olathe, KS 66061 913-390-9905</p> | <p>BIEMER'S BBQ</p> <p>Voted Best BBQ in Lawrence University Daily Kansan Top Of The Hill 2011 2120 W. 9th St. • Lawrence • 785-842-0800</p> |

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

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

Brewster at Home is a single source for help with many of life's demands.

Services include:

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

Brewster at Home is all about making your life — in your home and around the town — easier, healthier, and more satisfying.

CALL 785-274-3303 TODAY!
www.BrewsterAtHome.org

BREWSTER AT HOME

GOREN ON BRIDGE

Waste Not; Want Not

By Tannah Hirsch
Tribune Media Services

Both vulnerable. South deals.

NORTH
 ♠-9 7 2
 ♥-K 2
 ♦-K 9 7 6
 ♣-Q 7 6 2

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

SOUTH
 ♠-A K Q J 5
 ♥-A 10 8 4 3
 ♦-A 3
 ♣-5

The bidding:
 SOUTH WEST NORTH EAST
 1♠ Pass 2♠ Pass
 4♠ Pass Pass Pass

Opening lead: Jack of ♣

Walking on air can be exhilarating. Ruffing on air can be deflating, as this deal proves.

When North raises one spade to two, there is no point for South to introduce

hearts. Even if North does have four-card support, the strength of the spades makes it unlikely that hearts will be a better contract.

West led the jack of clubs and continued with another club after declarer ducked in dummy. Declarer ruffed, crossed to the king of hearts and led dummy's remaining heart. Delighted to score a low trump, East ruffed and declarer followed low. Declarer won the diamond shift with the king. He drew trumps in two rounds, ending in hand, and led another heart, ruffing with the nine. Declarer eventually conceded a heart but took five trumps in hand, two diamonds, two hearts and a heart ruff for 10 tricks.

Suppose that, instead of ruffing the heart at the first opportunity, East discards a diamond. Now declarer can win with the ace but still has three heart losers. Each time he ruffs on the table, East can overruff and the contract must go down.

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

© 2014 Tribune Content Agency, LLC.



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

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

prairie wind
 senior living inc. HOME PLUS
 5227 SE 77th St., Berryton, KS 66409
 785.862.5318 • prairiewindhome@gmail.com



PUZZLES & GAMES

CROSSWORD

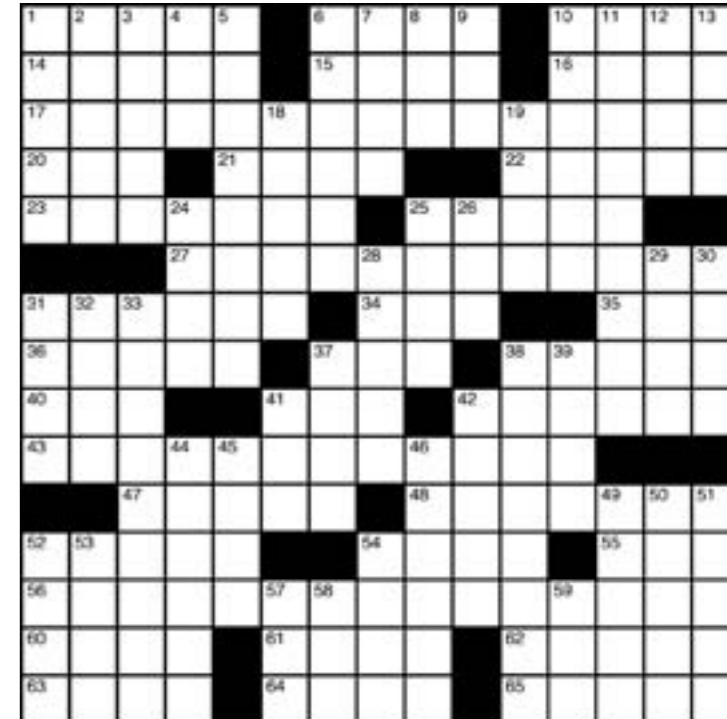
Across

- 1 Like bars in noir films
- 6 Brouhaha
- 10 Workout woe
- 14 Salsa singer Cruz
- 15 BMW competitor
- 16 Invalidate
- 17 See 49-Down
- 20 Platte River settler
- 21 Spoil, with "on"
- 22 "Cagney & Lacey" Emmy winner
- 23 Scripture section
- 25 "I am just ___ boy, though my story's seldom told": "The Boxer"
- 27 See 49-Down
- 31 '60s-'70s "Fearsome Foursome" NFL team
- 34 Reported for the first time
- 35 Payable now
- 36 Is after
- 37 Oyster's spot

Down

- 38 Peak in a Treverian title
- 40 Capri crowd?
- 41 "The Birdcage" wrap
- 42 Emerges from the wings
- 43 See 49-Down
- 47 Cosmetician Elizabeth
- 48 Governor who opened the Erie Canal
- 52 Jazz pianist Ahmad ___
- 54 Moscow news acronym
- 55 Court
- 56 See 49-Down
- 60 1-Down holder
- 61 Exxon forerunner
- 62 Hosiery thread
- 63 Bottom of the sea?
- 64 Hardly a sophisticate
- 65 Really worry

- 5 Sail supports
- 6 Get together
- 7 Rapper ___ Fiasco
- 8 Gator chaser?
- 9 Paparazzo's prize, briefly
- 10 Land of Arthurian legend
- 11 "Kubla Khan" poet
- 12 Pop radio fodder
- 13 "Grand" ice cream brand
- 18 Hindu mystics
- 19 Operatic prince
- 24 Mont. neighbor
- 25 Elderly
- 26 Claw holder
- 28 Massage
- 29 Plaintiff
- 30 Bierce defines it as "His"
- 31 WWII carriers
- 32 Gaseous: Pref.
- 33 Go over more carefully
- 37 Deck department supervisor, briefly
- 38 Surround
- 39 Santa Monica-to-Jacksonville hwy.
- 41 Scripps competition
- 42 Zhou ___
- 44 Retirees often do it



- 45 Between jobs
- 46 Represent officially
- 49 Diving rotation, and the clue for four puzzle answers
- 50 Alley Oop's girl
- 51 Large jazz combo
- 52 Prom king, often
- 53 Sunburn soother
- 54 In that case
- 57 Lee follower
- 58 Granada bear
- 59 ___ Maria: liqueur

© 2014 Tribune Content Agency, Inc.

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

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

JUMBLE THAT SCRAMBLED WORD GAME
 by Mike Argrison and Jeff Khurek

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

SHACO
 WIHSS
 YARREL
 YAXTIL

THE GOLDDIGGER LOVED THE TYCOON FOR _____

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

A: _____

SCRIBBLE BRAND

SCRIBBLE® is a trademark of Hasbro in the US and Canada. ©2014 Hasbro. Distributed by Tribune Content Agency, LLC. All rights reserved.

1st Letter Double

2nd Letter Double

3rd Letter Double

4th Letter Double

5th Letter Double

6th Letter Double

7th Letter Double

8th Letter Double

9th Letter Double

10th Letter Double

11th Letter Double

12th Letter Double

13th Letter Double

14th Letter Double

15th Letter Double

16th Letter Double

17th Letter Double

18th Letter Double

19th Letter Double

20th Letter Double

21st Letter Double

22nd Letter Double

23rd Letter Double

24th Letter Double

25th Letter Double

26th Letter Double

27th Letter Double

28th Letter Double

29th Letter Double

30th Letter Double

31st Letter Double

32nd Letter Double

33rd Letter Double

34th Letter Double

35th Letter Double

36th Letter Double

37th Letter Double

38th Letter Double

39th Letter Double

40th Letter Double

41st Letter Double

42nd Letter Double

43rd Letter Double

44th Letter Double

45th Letter Double

46th Letter Double

47th Letter Double

48th Letter Double

49th Letter Double

50th Letter Double

51st Letter Double

52nd Letter Double

53rd Letter Double

54th Letter Double

55th Letter Double

56th Letter Double

57th Letter Double

58th Letter Double

59th Letter Double

60th Letter Double

61st Letter Double

62nd Letter Double

63rd Letter Double

64th Letter Double

65th Letter Double

66th Letter Double

67th Letter Double

68th Letter Double

69th Letter Double

70th Letter Double

71st Letter Double

72nd Letter Double

73rd Letter Double

74th Letter Double

75th Letter Double

76th Letter Double

77th Letter Double

78th Letter Double

79th Letter Double

80th Letter Double

81st Letter Double

82nd Letter Double

83rd Letter Double

84th Letter Double

85th Letter Double

86th Letter Double

87th Letter Double

88th Letter Double

89th Letter Double

90th Letter Double

91st Letter Double

92nd Letter Double

93rd Letter Double

94th Letter Double

95th Letter Double

96th Letter Double

97th Letter Double

98th Letter Double

99th Letter Double

100th Letter Double

FAR SCORE 280-290
 BEST SCORE 396

FIVE RACK TOTAL
 TIME LIMIT: 25 MIN

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

For more information on tournament and clubs, email WSPR - North American SCRIBBLE® Player Association info@scrabbleplayers.org. Visit our website: www.scribbleplayers.org. For public inquiries contact scrabble@gmail.com.

Answers to all puzzles on page 34

www.seniormonthly.net

Affordable Senior Living

Clinton Place Apartments

2125 Clinton Parkway in Lawrence
 Completely Renovated
 Rent Subsidized Apartments for
 Qualified Seniors
 Applications being accepted
 Call 841-1000 for information or visit our
 web site at www.ldcha.org

OPINION

Do we spend enough on public education?

Imagine that you are back in 1970 and listening to the U.S. Secretary of Education (that position did not exist in 1970—the word “education” does not appear at all in the U.S. Constitution) speak about the amount of money invested in education. “This country will commit to doubling the total expenditure per pupil in public elementary and secondary schools by the year 2010,” she says. “And when I say double, I mean in dollars adjusted for inflation.”

If you heard that, what would you think? The secretary set an unattainable goal? If such a goal were reached, there would more than enough money for public schools? Even if that goal were reached, it would not be enough money?

Fortunately, the National Center for Education Statistics, which is located within the U.S. Department of Education and the Institute of Education Sciences, keeps records on education spending, so we can check out the real figures concerning our fictitious Secretary of Education’s goal. During the 1970-71 school year, the total expenditure per pupil in public elementary and secondary schools was \$1,049. If we adjust for inflation, that \$1,049 was the equivalent of \$5,823 in 2010. If we were to make the Secretary of Education’s goal for the 2010-11 school year, the total expenditure per pupil in public elementary and secondary schools for that year would have to have been \$11,646. Did we make it? Not quite, but we were very close. The actual total expenditure per pupil in 2010-11 was \$11,153.

After nearly doubling the total expenditure per pupil since 1970, it would be reasonable to expect that our students are now performing at a higher level than their counterparts during the early 1970s. Unfortunately,

that is not the case. “The long-term trend data for the National Assessment of Educational Progress was released today and the news is not good for students in high school,” *Education Week* reported on April 28, 2009. “Average scores have remained flat for 17-year-olds both in reading and math since the early 1970s, when the assessments were first given.”

| MATH AND SCIENCE TEST SCORES (600 POSSIBLE) | | |
|--|------|---------|
| | MATH | SCIENCE |
| Australia | 520 | 527 |
| Brazil | 370 | 390 |
| Canada | 527 | 534 |
| Finland | 548 | 563 |
| France | 496 | 495 |
| Germany | 504 | 516 |
| Japan | 523 | 531 |
| Mexico | 406 | 410 |
| Russia | 476 | 479 |
| South Korea | 547 | 522 |
| United Kingdom | 495 | 515 |
| United States | 474 | 489 |

Source: http://www.geographic.org/country_ranks/educational_score_performance_country_ranks_2009_oecd.html

In other words, we have nearly doubled our spending on education since 1970, yet we have received absolutely no gain from that significant increase in investment.

I was thinking of this situation after Randi Weingarten, president of the American Federation of Teachers, members of the Kansas National Education Association, and Democratic gubernatorial candidate Paul Davis showed up for a protest in Topeka on May 17. “We must fund our public schools, and we must give children the ladder of education and economic opportunity,” said Weingarten. Last year, CBS News quoted Weingarten as

saying, “When people talk about other countries out-educating the United States, it needs to be remembered that those other nations are out-investing us in education as well.”

As you can see from the chart on this page, it is true that students in other countries are outperforming our students. However, is it true that those countries are investing more in education than we are? According to the Rossier School of Education at the University of Southern California, which compared the U.S. to 11 other nations, “The U.S. is the clear leader in total annual spending, but ranks 9th in Science performance and 10th in Math.” The U.S. spends more than twice as per school-aged child as Japan and South Korea, and more than four times as much as Russia.

In a 2009 speech promoting the Affordable Care Act (ACA), President Barack Obama said, “We spend one and a half times more per person on health care than any other country, but we aren’t any healthier for it.” That was the Democrats’ rationale for healthcare reform, which, ostensibly, would lower the cost of healthcare per person and make us healthier. Yet when we spend twice as much per student on education as other countries, but our students aren’t any smarter for it, Weingarten, the KNEA, and Davis do not suggest that we need educational reform to lower the costs and improve student performance. Instead, they say that we need to spend even *more* on education. They largely ignore the performance part of the equation.

Obviously, education will be a major issue in Kansas this year. This issue deserves a reasoned and intelligent discussion amongst candidates for federal and state offices. If Davis and other politicians are going to argue that we need to spend even more on education, it seems to me that they should first assure us that the taxpayers’ money is currently being spent as wisely and effectively as possible.

- Kevin Groenhagen is the author of Chapter 19: Defeating the Socialist Coalition and Restoring Our Constitutional Republic, which is available for free at www.chapter19.us.

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

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

SCRIBBLE BRAND GRAMS SOLUTION

| | | | | | | | | | |
|-------------------|---|---|---|---|---|---|--|----------|-----|
| F | O | P | P | I | S | H | | RACK 1 = | 71 |
| S | C | H | L | U | M | P | | RACK 2 = | 66 |
| C | A | G | E | F | U | L | | RACK 3 = | 63 |
| A | C | Q | U | I | R | E | | RACK 4 = | 68 |
| Z | O | M | B | I | F | Y | | RACK 5 = | 128 |
| PAR SCORE 280-290 | | | | | | | | TOTAL | 396 |

SCRIBBLE® is a trademark of Hasbro in the U.S. and Canada. ©2014 Hasbro. Distributed by Hasbro Consumer Products, U.S. All rights reserved.

JUMBLE ANSWERS

Jumbles: CHAOS SWISH RARELY LAXITY

Answer: The golddigger loved the tycoon for -- ALL HE’S WORTH

© 2014 Tribune Content Agency, LLC.

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

Introducing The Made for iPhone® Hearing Aid.



Personalize and control your day-to-day hearing experience with the click of a button.



www.nusoundhearing.com



Topeka
5950 SW 28th Ste. A
Topeka, KS 66614
785.783.8121



Kansas City
6700 W 121st Ste. 300A
Overland Park, KS 66209
913.232.7754

Please visit Us Online at www.seniormonthly.net



Day 69 – Chemo
education class...check.

Wig party with my
besties...check. Come on
chemo, let's do this.

Megan's Journal

A personal journey through breast
cancer treatment and triumph

www.lmh.org/megansjournal

LAWRENCE MEMORIAL HOSPITAL 

TRUVEN HEALTH ANALYTICS
**100 TOP
HOSPITALS**
2014

From diagnostic testing to treatment and care, at LMH, **we know cancer.**