

# Kaw Valley Senior Monthly

**FREE!**  
Take One Home With You

June 2018

Serving Active Seniors in Northeast Kansas since 2001

Vol. 17, No. 12

## INSIDE

COURTESY PHOTO



**Grandfather, grandson see game in every Major League Baseball city.**

See story on page three

**SENIOR**  
profile



The story of Dunn's Vista began when the Dunn family contacted Morningstar Care Homes' Scott Schultz concerning memory care for Raymond Dunn who, with his wife Sally, lived on 90-acre farm overlooking the nearby Vinland Valley. - page 10

Business Card Directory...	26, 27
Calendar .....	20
Financial Focus .....	19
Goren on Bridge .....	36
Health & Wellness.....	16, 17
Humor.....	33
Jay's Musical Memories.....	31
Mayo Clinic .....	18
Memories Are Forever .....	35
My Answer .....	38
My Pet World .....	34
Puzzles and Games.....	37
Rick Steves' Europe .....	30
Wolfgang Puck's Kitchen.....	32

[www.seniormonthly.net](http://www.seniormonthly.net)

**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](http://www.nationalchurchresidences.org/cedarsquare)

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

# THE Art OF Living

Find inspiration in your everyday life.



## MAGICAL Living

Meet Beth

Award-Winning Painter • Former Ringling Brothers Circus Artist • Retired Art Instructor

Our robust life enrichment programs help you pursue your favorite interests or discover new ones together with friends.

**LEGEND**<sup>™</sup>  
ASSISTED LIVING & MEMORY CARE  
at *Capital Ridge*

1931 SW Arvonía Pl  
Topeka, KS 66615  
**(785) 272-9400**

*The*  
**Windsor**  
of Lawrence  
ASSISTED LIVING & MEMORY CARE

3220 Peterson Rd  
Lawrence, KS 66049  
**(785) 832-9900**

Find us on Facebook!



Legend Senior Living



Residences of Legend Senior Living<sup>™</sup> [www.legendseiorliving.com](http://www.legendseiorliving.com)





# Grandfather, grandson share love of baseball

By Kevin Groenhagen

According to Dave Pomeroy of Topeka, he got his love for baseball from his grandfather.

“He lived in Arkansas City and he would take me to minor league games there,” Dave said. “This is when many towns that size had professional baseball. He was a St. Louis Cardinals fan and he listened to their games on the radio. He worked for Missouri Pacific Railroad. He didn’t make a lot of money and wouldn’t have been able to go to St. Louis for a game. He could ride the train for free, but he couldn’t afford a hotel. My grandmother said he got ‘sick’ every summer and they would send him to the hospital in St. Louis. He would then walk out of the hospital and go to see the Cardinals play.”

As a teenager living near Kansas City, Dave would often see the Kansas City Athletics play.

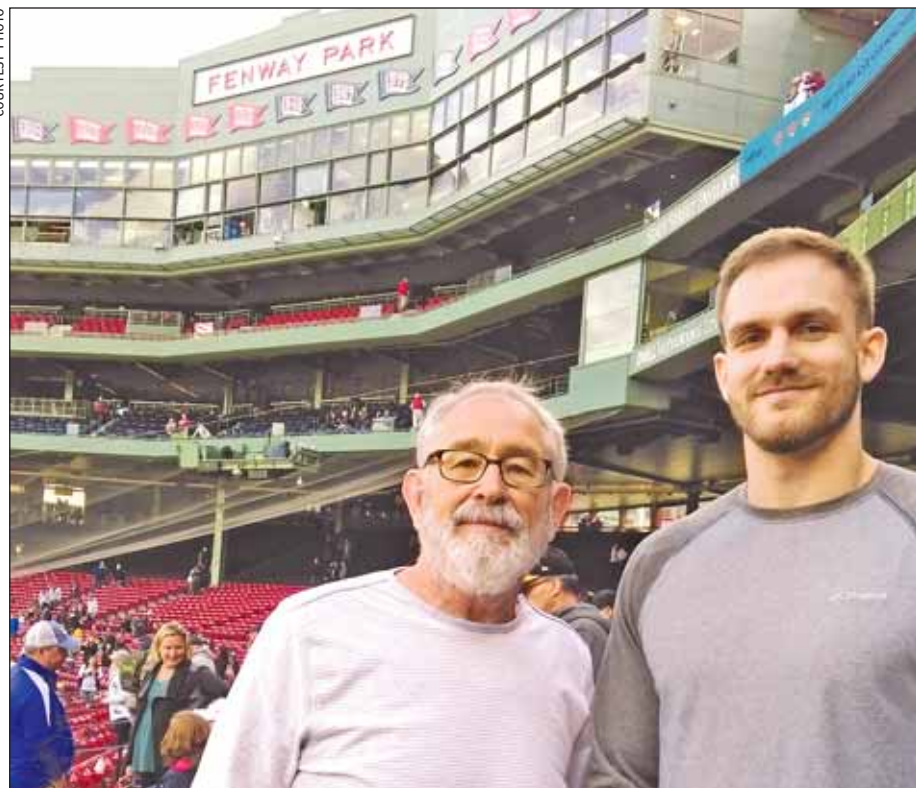
“My mother would drop us off in Waldo, friends and I would get on the streetcar, and then we’d take the Ath-

letics Express trolley bus to the ball park,” Dave said. “I think I paid 25 or 50 cents for a child’s ticket to see the game. Occasionally, we would get a Coke or snack. It was so much simpler at that time.”

After graduating from high school, Dave went to Lawrence to attend the University of Kansas (KU). While there, he helped pay his way through college by selling antennas to professors who wanted to watch the public television station in Kansas City, Mo.

While he was still at KU, Dave, as well as thousands of other Athletics fans, got some bad news. In October 1967, the American League owners gave Charles “Charlie” O. Finley, who had controlling interest in the A’s, permission to move the team to Oakland for the 1968 season. Major League Baseball returned to Kansas City on April 8, 1969, when the Kansas City Royals played their inaugural game against the Minnesota Twins.

■ CONTINUED ON PAGE FOUR



Dave Pomeroy and Alex Laughlin at Fenway Park

**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 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$8.50 for 12 monthly issues.

**Contact us:**

**MAIL**

2612 Cranley St.  
Lawrence, KS 66046

**PHONE / TEXT**

785-841-9417

**E-MAIL**

kevin@seniormonthly.net

**Senior Monthly is locally owned and operated.**

## Hear Better for Less!

Finally... Affordable Hearing Aids!

We are so confident you will not find better pricing in the local market... If you do, we will beat their price by 10% - **GUARANTEED!**

We honor all manufacturer warranties!



**NEXT GEN HEARING LLC**  
HEAR BETTER FOR LESS

www.nextgenhearing.net

545 Columbia Dr., Ste. 1004  
Lawrence, KS 66049

**Father's Day Month Special!**  
SPECIAL EVENT Now through June 30<sup>th</sup>

No Money Down & Financing Available

**\$22/Mo.** OR **\$750 Ea.**



**100% Digital Hearing Instruments**

Fits up to a 40 dB loss.

Up to **60% off** LiNX models



Casey Penfold, HIS  
President/Owner

Call today to schedule your appointment!

**785-551-7525**



# Baseball

■ CONTINUED FROM PAGE THREE

After graduating from KU and living briefly in Lexington, Kentucky, Dave went to work at KCSD (Channel 19) in Kansas City. KCSD was an educational station operated by the Kansas City school district. In 1971, as the Public Broadcasting Service (PBS) came into existence, the school district sold the license to a collection of Kansas Citians calling themselves "Public TV 19, Inc." KCPT picked up PBS in January 1972.

Dave later spent more than 30 years as the program director for KTWU, Topeka's PBS station, which is owned by Washburn University. As the years went by, his family grew to include three daughters and several grandchildren, including Alex Laughlin.

When Alex was 10 years old, he joined his grandfather and other family members on a trip to Cincinnati to see the Reds play. Neither one of them

realized at the time that that trip would be the beginning of a 15-year mission to see a game in every city that hosts a Major League Baseball team.

Major League Baseball is divided into an American League and a National League. Each league has 15 teams. Chicago, Los Angeles, and New York each host two teams, so Dave and Alex's goal would require them to see games in 27 different cities.

"Starting with Cincinnati was appropriate because that's where Alex's mother saw her first Major League Baseball game at the old Crosley Field," Dave said.

By the time Alex saw the Reds play in Cincinnati, the team had built two other stadiums, Riverfront Stadium (Cinergy Field) and Great American Ball Park.

The next city they visited together was Atlanta, where they saw the Braves play. They would usually fly to the different cities to see baseball games, but they would occasionally drive to their destinations.

"We drove to Chicago and saw the White Sox and the Cubs," Dave said.

"We saw the White Sox one day and then the Cubs the next day."

"We drove to Milwaukee from there," Alex added.

"We then went to Minneapolis," Dave said.

"Our longest driving trip was to Oakland," Dave continued. "On the way, we drove to Denver to see the Rockies play. We then went to Oakland and saw three games. We saw another game in San Francisco. We then drove south to Los Angeles to see the Dodgers and Angels. We saw the Padres in San Diego. Alex had to fly home from there, so I finished up on my own. I saw a game in Phoenix."

Some of their trips took place before technology made it easier to travel from place to place.

"Before smartphones were available, we got lost using maps a few times," Alex said. "We got lost somewhere near Buffalo, New York, for quite a while when we were driving to Toronto."

The grandfather and grandson have also witnessed something few baseball

fans have seen in person.

"We saw a perfect game in Chicago," Alex said. "That's a rare occurrence."

"We picked a perfect day for that," Dave added. "You don't expect to see that."

That was in 2009, when Mark Buehrle of the Chicago White Sox pitched a perfect game against the Tampa Bay Rays. A perfect game is a complete game pitched without a runner reaching base either by hit, base-on-balls, or error. During the modern era of Major League Baseball (1900-present), there have been just 21 perfect games.

During the years, Dave and Alex also saw a few minor league games together. In fact, one of Dave's fondest memories occurred during such a game.

"We saw a minor league game in Memphis," Dave said. "Alex was fairly young. Most kids are up running around the stadium and not paying attention to the game. We were on the front row of left field. At one point, an usher came over and gave Alex a

■ CONTINUED ON PAGE FIVE

## Babcock Place

**Affordable Independent  
Senior Living**  
Applications Being Accepted

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

www.ldcha.org  842-8358



## 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

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.



## Fight Fraud in Your Community

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

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

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

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



**Kansas  
SMP**  
Empowering Seniors To  
Prevent Healthcare Fraud

This project was supported, in part by grant number 90MPP0087, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.

**Kansas**  
Department for Aging  
and Disability Services

**PROTECT**  
Medicare & Medicaid

**PREVENT**  
Scams and Errors

**FIGHT**  
Fraud, Waste & Abuse



# Baseball

■ CONTINUED FROM PAGE FOUR

baseball. There had been a home run in left field and he had retrieved it. He had noticed how intently Alex was watching the game and how well-behaved he was.”

On May 1 of this year, Dave and Alex completed their goal when they saw the Red Sox play the Royals at Fenway Park in Boston. During the past 15 years, they traveled thousands of miles together, saw a great deal of the country together, and even shared a few beers together (after Alex turned 21, of course). However, their favorite

team is still close to home.

“I’ve been a fan of the Royals since I was a kid,” Alex said, who now works at Midwest Health in Topeka as a purchasing analyst. “There were some tough years, but 2014 and 2015 made up for it.”

“When I was a kid, I was a fan of the Kansas City Athletics,” Dave added. “They had 13 years in Kansas City and they were all bad.”

Dave and Alex also have their favorite stadiums and have sat in just about every part of a ball park, including the press box.

“I like Wrigley and Fenway because they’re in the city,” Dave said. “When you

go out, there’s bars and souvenir shops. The fans are still there. The game con-

tinues. Denver is also a little like that. Other stadiums are kind of removed from the city. I went to the 1985 World Series when the Royals and Cardinals played and, after the games, everyone got in their cars. There wasn’t any of that camaraderie you see outside a stadium in a city.”

Fenway Park and Wrigley Field were built in 1912 and 1914, respectively. In more recent times, cities have built

multipurpose “cookie-cutter” parks to save money. However, some cities are replacing those parks with “retro parks” that are used only for baseball.

“Stadiums transitioned from where they had the old ballparks kind of like Fenway and Wrigley, and they put up these round coliseums, which, to me, are kind of boring,” Dave said. “Now they have torn down some of those col-

■ CONTINUED ON PAGE SIX

COURTESY PHOTO



**A younger Alex in Atlanta**



## The greatest breakthrough in senior care? Mom's cozy cottage.

We help aging parents stay at home, whether they're dealing with Alzheimer's, arthritis or anything in between.

PERSONAL CARE | 24-HOUR CARE | MEMORY CARE | HOSPICE SUPPORT | MEALS AND NUTRITION



J.D. Power President's Award  
Recipient for **“Excellence  
in Customer  
Satisfaction”**

The J.D. Power President's Award is a discretionary recognition given to companies that demonstrate dedication, commitment and sustained improvement in serving customers. Your experiences may vary. For more information visit [jdpower.com](http://jdpower.com)

**Home  
Instead**  
SENIOR CARE®

*to us, it's personal.*

Lawrence...785.856.8181

Topeka...785.272.6101

[HomeInstead.com/584](http://HomeInstead.com/584)

Each Home Instead Senior Care franchise is independently owned and operated. © 2018 Home Instead, Inc.



## Where Families Come Together

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

**All Inclusive Pricing  
Restaurant Style Dining**

**Call Vintage Park today!**

**BALDWIN CITY**

Vintage Park at Baldwin City  
321 Crimson Ave.

**785-594-4255**

**OTTAWA**

Vintage Park at Ottawa  
2250 S. Elm

**785-242-3715**

**TONGANOXIE**

Vintage Park at Tonganoxie  
120 W. 8th St.

**913-845-2204**

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



# Baseball

■ CONTINUED FROM PAGE FIVE

iseum and are trying to get the look of the old ballparks again with new stadiums. This has happened in Pittsburgh, Cincinnati, Baltimore, and St. Louis. It's nice to have the feeling of an old ballpark instead of feeling like you're watching baseball in a football stadium."

"One thing I also like is no two stadiums are alike," Dave continued. "Baseball has some quirky stadiums, maybe with Fenway being the quirkiest."

"It has a short left field with the huge, Green Monster out there," Alex added.

The Green Monster is a popular nickname for the left field wall, which is 37.2 feet tall.

Alex's love for baseball has gone beyond being merely a fan. He was a pitcher for two years at Johnson County Community College and one year at Washburn University.

"I tried to play baseball, but I wasn't that good," Dave said. "I loved watching Alex play. I played softball for many years and did better at that."

Today, Dave is an avid bicyclist.

"I cycled 75 miles on one day last summer to celebrate my 75<sup>th</sup> birthday," he said. "I've had some surgery and health problems, but I'm back on my bicycle again. I'm up to 35 miles and need to be able to do 76 miles by the end of June or early July for my 76<sup>th</sup> birthday on June 28."

Dave also did some cycling last summer for a couple of weeks in the Netherlands. That wasn't his first trip abroad. In fact, he has visited about 150 countries, including England, where he and other family members have visited the "old family castle." The Berry Pomeroy Castle is a Tudor mansion built by the Pomeroy family during the 15<sup>th</sup> century. Located in South Devon, the castle was owned by the Pomeroy family until 1547.

"Alex is the only one of our biological grandkids who has not been to the castle," Dave said. "We've been too busy going to baseball games."

Dave also visited North Korea in 2009.

"Bob Beatty is a political science professor at Washburn," Dave said.

"I've gone on trips with him to Cuba, Albania, and Cambodia. He called one day and asked me if I'd like to go to North Korea. I just said, 'Sure. Why not?' I could think of a lot of reasons why not, but he knew I would go. I went with him and two other college professors who were in our group."

Beatty recently screened "North Korea: Inside the Hermit Kingdom," a documentary about that visit.

For several years, Dave has been working on his own documentary. No one should be surprised that it is about baseball, more specifically the Kansas City Athletics. Working on that documentary has resulted in some preferential treatment from the

Oakland A's.

"The Oakland A's were really nice and gave us press passes," Dave said. "We were out on the field before the game and in the press box during the game. I used to hate the A's when they moved to Oakland, and I never thought I'd be able to say anything nice about them after that"

Dave wasn't the only person working on a film during that trip.

"We were in Oakland during the filming of the movie *Moneyball*," Alex said. "Grandpa saw Brad Pitt and Jonah Hill."

Dave also got press passes for three games when he was in Oakland last year. While there, he conducted several interviews concerning Don Free, man-

ager of Radio Network Operations for the Royals. Free, who worked his final Royals game on October 1, retired after 32 years as a Royals employee. Dave wrote an article about Free, which was published in the March 2018 issue of *Kaw Valley Senior Monthly* ([senior-monthly.net/backissues](http://senior-monthly.net/backissues)).

Now that Dave and Alex have accomplished their goal of seeing a game in every city that hosts a Major League Baseball team, have the grandfather and grandson set a new goal?

"Well, they have baseball over in Japan," Alex said. "I'd love to see a game over there."

"So would I," Dave added with a smile.



Arbor Court Retirement  
Community at Alvamar

Lawrence, Kansas



1510 ST ANDREWS DRIVE  
LAWRENCE, KS 66047

785-841-6845

[www.arborcourt-lawrence.com](http://www.arborcourt-lawrence.com)



LIKE US ON FACEBOOK at  
Arbor Court - Retirement  
Community at Alvamar

**Arbor  
Court**  
Start enjoying  
your retirement!

Studios start at  
\$1525 per month  
including  
breakfast,  
lunch, utilities,  
housekeeping,  
transportation,  
and so much  
more!

Call us for our  
move-in  
specials and a  
complimentary  
tour and lunch!

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

# REAL PEOPLE. REAL FUN.

We invite you to become a part of something special – a sense of family, friendship, and fun. We'll take care of the cooking, housekeeping, and transportation, leaving you time to enjoy your retirement with new friends and family. Whether you have visited us before or are hearing about us for the first time, we would love to have you join in the fun! We think you'll agree this is the lifestyle you've been looking for.

## IT'S ALL INCLUDED:

- Three chef-prepared meals served daily
- Caring live-in managers available 24/7
- Scheduled local transportation
- Planned activities, outings, & special events
- Weekly housekeeping & linen service
- All utilities except telephone
- Monthly rent - no buy-in fees or leases
- And so much more

Call today to arrange your complimentary chef-prepared meal and personal tour!

## 785-842-2400

**Meadowlark Estates**  
Gracious Retirement Living

4430 Bauer Farm Drive, Lawrence, KS 66049





# Three common ways your Social Security payment can grow after retirement

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

You made the choice and now you are happily retired. You filed online for your Social Security benefits. They arrive each month in the correct amount exactly as expected. But, did you ever wonder if your Social Security check could increase?

Once you begin receiving benefits, there are three common ways benefit checks can increase: a cost of living adjustment (COLA); additional work; or an adjustment at full retirement age if you received reduced benefits and exceeded the earnings limit.

The COLA is the most commonly known increase for Social Security payments. We annually announce a COLA, and there's usually an increase in the Social Security and Supplemental Security Income (SSI) benefit amount people receive each month. By law, federal benefit rates increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). More than 66 million Americans saw a 2.0 percent increase in their Social Security and SSI benefits in 2018. For more information on the 2018 COLA, visit [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).

Social Security uses your highest 35 years of earnings to figure your benefit amount when you sign up for benefits.

If you work after you begin receiving benefits, your additional earnings may increase your payment. If you had fewer than 35 years of earnings when we figured your benefit, you will replace a zero earnings year with new earnings. If you had 35 years or more, we will check to see if your new year of earnings is higher than the lowest of the 35 years (after considering indexing). We check additional earnings each

year you work while receiving Social Security. If an increase is due, we send a notice and pay a one-time check for the increase and your continuing payment will be higher.

Maybe you chose to receive reduced Social Security retirement benefits while continuing to work. You made the choice to take benefits early, but at a reduced rate. If you exceeded the allowable earnings limit and had some

of your benefits withheld, we will adjust your benefit once you reach full retirement age. We will refigure your payment to credit you for any months you did not receive payments. Your monthly benefit will increase based on the crediting months you receive. You can find additional information about working and your benefit at [www.socialsecurity.gov/pubs/EN-05-10077.pdf](http://www.socialsecurity.gov/pubs/EN-05-10077.pdf).

# Prairie Commons

*Celebrating 20 years of providing seniors a place to call home.*

## Features...

- 1 & 2 Bedroom Apts.
- Transportation to Dillons & Walmart
- Washer & Dryer Connections
- Beautiful Landscaping
- 24 hour Emergency Maintenance
- Gated Entry with Controlled Access
- Resident Activities
- Detached Garages



## INSERTS!

Kaw Valley Senior Monthly can insert your circulars or flyers for as little as \$50 per 1,000.\*

Call 785-841-9417 for more information.

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

Please contact us for a personal tour and more information.

(785) 843-1700

5121 Congressional Circle  
Lawrence, Kansas



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





# Social Security helps you care for seniors

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

World Elder Abuse Awareness Day is June 15. This is an opportunity for everyone, all over the world, to voice their opposition to abuses inflicted on some of the most vulnerable members of our society. For more than 80 years, Social Security has provided for the elderly as part of our everyday mission.

Sometimes a family member is incapable of representing themselves due to health reasons. Generally, we look for family or friends to serve as representative payees. Social Security's Representative Payment Program helps our beneficiaries who are incapable of managing their Social Security and Supplemental Security Income (SSI) payments. You can read more about the program at [www.socialsecurity.gov/payee](http://www.socialsecurity.gov/payee).

Family members and caregivers can

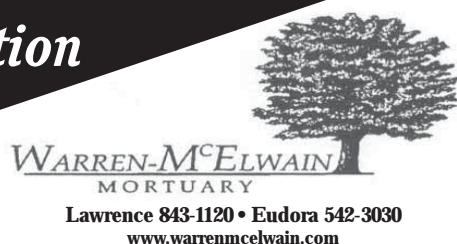
protect the older people they love with help from the Representative Payee Interdisciplinary Training series. The training was developed in partnership with the Administration on Aging within the Administration for Community Living and the Consumer Financial Protection Bureau.

It educates people and organizations about the roles and responsibilities of serving as a representative payee, elder abuse and financial exploitation, and effective ways to monitor and safely conduct business with the banking community. It also teaches ways to recognize the changes in an adult or senior's ability to make sound financial decisions.

You can view our series of videos about this training at [www.socialsecurity.gov/payee](http://www.socialsecurity.gov/payee).

Protecting the ones you love is part of securing today and tomorrow. And we're here for you. You can always access our website and online services at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## Douglas County's Center for Cremation Services



## THE FIRST APARTMENTS

"Home without the hassles"

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

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour On-Call staff
- Restricted entrance
- Lit parking lot with surveillance
- On city bus route
- Beauty salon
- First Floor Laundry Room
- Multiple resident activities
- Meals on Wheels Congregate meal site
- On site maintenance
- Library Red Carpet Services
- Service Coordinator
- Walking distance to multiple churches, grocery store and pharmacy

Call 272-6700 to schedule a tour and pick up an application.  
3805 SW 18th St. • Topeka • [www.thefirstapartments.org](http://www.thefirstapartments.org)



# MORE WAYS TO PLAY



Only minutes north of Topeka you'll find more than 1,200 slot machines, a 400-seat bingo hall, the Longhouse Buffet, the elegant Three Fires Steakhouse and *Golfweek's* Best Golf Course in Kansas. Plan your day trip or an overnight stay at Prairie Band Casino and you'll discover even more ways to play.



**PRAIRIE BAND**  
CASINO & RESORT

15 minutes north of Topeka

1-888-PBP-4WIN | [prairieband.com](http://prairieband.com)  
12305 150th Road | Mayetta, KS 66509

Must be 21 years of age or older to gamble. Minimum age to play Bingo is 18. Owned by the Prairie Band Potawatomi Nation. Getting help is your best bet. Call the confidential toll-free Problem Gambling Helpline at 1-800-522-4700.



# Morningstar Care Homes to open Dunn's Vista on June 4

By Billie David

When Morningstar Care Homes in Baldwin City celebrates its open house for Dunn's Vista on June 2 with a ribbon cutting, food, and games, it will also be celebrating the story of how its president and a local family came together to share a vision of providing cutting-edge treatment for dementia care.

"I don't know of any other memory care home in the United States that provides the amenities that Dunn's Vista has," said Morningstar president Scott Schultz.

The story of Dunn's Vista began when the Dunn family contacted Schultz concerning memory care for Raymond Dunn, who, with his wife Sally, lived on 90-acre farm overlooking the nearby Vinland Valley.

"They liked our concept so well that they told me, 'If you are going to expand, build next to our farm,'" Schultz said.

The plan was that Raymond would stay at the new memory care home, where he could enjoy the familiar beauty of the Vinland Valley view, and where his wife, who lived nearby, could visit him often.

Unfortunately, Raymond died in the other Baldwin City Morningstar Care Home in 2016, before the new building was finished, but the vision of those who were involved are evident in the new home, which opens on June 4.

Schultz envisioned a Home Plus care home concept that would provide care for residents in a rural setting rather than in an institution. Raymond's daughter, Corey Dunn, dreamed of using her parents' land to provide for the needs of her father. Raymond's wife, Sally Dunn, also wanted to give back to her community.

Not only did the Duns sell two acres adjacent to their farm for the new care home, but they also actively took part

COURTESY PHOTO



According to Scott Schultz, president of Morningstar Care Homes, Dunn's Vista will appeal to people in the early stages of dementia, when they will be able to participate in the amenities provided there.

in developing its concept.

"Corey Dunn, who has a passion for volunteering and comes to the other home to do activities, has done a lot of research and understands the disease

process really well," Schultz said.

"With her cousin Rick Dunn, she has participated in the process, and the family is still passionately involved

■ CONTINUED ON PAGE 12



**LawrenceHits.com**

Website and APP  
Streaming Oldies Radio  
HITS of the 60s - 90s  
Pop - Rock - Soul  
News  
Weather  
Sports

Locally Owned & Operated  
Douglas County Kansas  
Online and APP Radio Stations  
Now In Our 5th Year



# ManorCare of Topeka

*We are the Trusted and Proven  
Leaders in Skilled Nursing Care*



- Post-Acute Skilled Nursing Services
- Multiple Chronic Disease Management
- Wound Care, including Wound Vac
- IV Therapy
- Diabetic Management
- Respiratory Management
- Restorative Programs
- End-of-Life Care

**OUR NURSE MANAGEMENT TEAM.** Left to right: Jacqueline Larson-Freeman, RN (Assistant Director of Nursing); Kristy Michael, RN (Assistant Director of Nursing); Kathy Nelson, RN (MDS Coordinator); and Desirée Johnson, RN (Director of Nursing).

**We accept Medicare, Medicaid,  
Commercial Insurance and  
Medicare Replacement (Coventry).**

**Let Us Answer All Your  
Skilled Nursing Questions.**

***Call for a tour today!***



**NURSING STAFF.** Left to right: Destiny Simpson, CNA; Regie Roberts, CNA; Vicky Ribordy, LPN; Suzy Moore, LPN; Scott Burke, LPN; and Grace Wamahiu, LPN.

2515 SW Wanamaker  
Topeka, KS 66615

(785) 271-6808, (785) 554-2685

**ManorCare**   
Health Services



# Dunn's Vista

■ CONTINUED FROM PAGE 10

in the project. They are providing a tremendous amount of vision and planning.”

The new home provides a tranquil setting where residents can walk in nature, watch cattle grazing, ride a golf cart, and even go fishing with their families.

“Dunn's Vista will appeal to people in the early stages of dementia, when they will be able to participate in the amenities provided there,” Schultz said.

The calm setting and peaceful quality of life that residents experience at Dunn's Vista will result in less medication and fewer unwanted behaviors, he added.

Referring to a second Morningstar Care Home in Baldwin City, Schultz explained, “The other home is more of an alternative to a nursing home facility, where lower-functioning people with dementia can get the full spectrum of care through the end of life, and where people with different stages of dementia can be with their peers.”

One reason Dunn's Vista will appeal to people in the Baldwin City area is because it provides the ease of familiarity so essential to dementia care.

“Many people in the rural areas of Douglas, Franklin and Miami counties have lived a rural lifestyle,” Schultz explained. “They have kids in 4-H. The fact that the farm is leased to people who graze cattle in the summer gives people who grew up in rural areas that familiar setting.”

Located as it is on two acres also means that residents will have the opportunity to be involved with familiar tasks such as flower and vegetable gardening.

“We may also have some smaller farm animals like chickens and goats, which we couldn't do inside the city limits,” Schultz said.

Corey's involvement in the home's design is also evident. For example, her research on dementia care has resulted in selecting furnishings designed specifically for the needs of the residents.

Her research also inspired her to dedicate rooms in the home to well-known people who have suffered from dementia, including Ronald Reagan, Glenn Campbell, Rosa Parks and Gale

Sayers. She has decorated the rooms with items connected to those people to honor them.

Corey has also studied the concepts put forward by Jolene Brackey, author of *Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers*. Brackey encourages people with dementia and their families to focus on the positive rather than on the negative aspects of dementia and advocates the idea of trying to look at things from the point of view of the person with dementia in order to help them more effectively.

From researching Brackey's suggestions, Corey was able to obtain a donation from Heritage Tractor of Baldwin City consisting of various tractor parts that residents can handle, sort and assemble.

“It adds meaning to the lives of residents who have worked with equipment in rural settings,” Schultz explained. “It stimulates their memories of the past and provides the comfort of things that have always been part of their lives.”

■ CONTINUED ON PAGE 13

COURTESY PHOTO



The late Raymond Dunn



IS YOUR GRANDCHILD READY TO START DRIVING?

BuckleUp School is family-owned and provides personal and affordable behind-the-wheel training in the northeast Kansas area.

Call 785-727-9990 or register online at [buckleupschool.com](http://buckleupschool.com).



2920 Haskell Ave. #100 • Lawrence  
[buckleupschool@gmail.com](mailto:buckleupschool@gmail.com)



## 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

VOTE FOR US TODAY!

- ✓ Best Retirement Community
- ✓ Best Apartment Complex

[www.cjonline.com/BestofTopeka](http://www.cjonline.com/BestofTopeka)



1608-1610 SW 37th St. | Topeka, KS 66611 | [McCronePlaza.com](http://McCronePlaza.com) | 785-267-2960



# Dunn's Vista

■ CONTINUED FROM PAGE 12

The building itself, located at 424 Washington Street, is a large ranch home with 10 bedrooms, 13 bathrooms and a capacity of 12. It includes two suites for couples so that people don't have to separate even though only one may have Alzheimer's.

The open floor plan includes an adjoining living and dining room area, a vaulted ceiling, and windows looking out onto the farm. It also includes a fireplace and kitchen bar with bar stools.

"The purpose of that setting is to put a fireplace in the middle of a common living space," Schultz said, referring to the Hearth and Home concept where the stimulating smell of food, a fireplace, the farm outside and a central living space can evoke the feeling of home and the comfort that it provides.

Schultz has been in the business of providing memory care for seven years. Originally called Comfort

Care, Schultz switched the name to Morningstar Care after acquiring two Vintage Park homes, one in Fredonia and the other in Neodesha, and needing to bring all the homes under one name.

"Dunn's Vista is our fifth home," Schultz said.

He and his wife, Linda, decided to go into dementia care after both of their grandparents needed to move into a conventional nursing facility, which they found less than satisfactory.

Their research led them to the Home Plus concept, which matched their own ideas of what dementia care should be, and they decided that it was a good business plan for them.

"The concept has grown like wildfire," Schultz said. "When we started, there were about 90 homes, and now there are 150 homes in Kansas. It's a model that everyone wants, because it is a home, a residential house in a neighborhood setting."

For more information about Morningstar Care Homes, please visit [morningstarcarehomes.com](http://morningstarcarehomes.com) or call (785) 594-2603.



## QUALITY Service You DESERVE

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

*Accepts Medicare, Medicaid and most insurances.*

For more information, call

**620-364-2117**

601 Cross Street • Burlington, Kansas  
[lifecarecenterofburlington.com](http://lifecarecenterofburlington.com)



## NEUVANT HOUSE

OF LAWRENCE

*Person Centered Care*



Considering nursing home care? *Check out Neuvant House of Lawrence!*



### *One Campus, two specialties of care!*

#### WEST HOUSE

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

#### EAST HOUSE

Designed to care for individuals with physical needs.

#### KEY FEATURES

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

*Learn more about Neuvant House!*

785-856-7900

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

[admin@neuvanthouse.com](mailto:admin@neuvanthouse.com)

Take a video tour at [www.NeuvantHouse.com](http://www.NeuvantHouse.com)

1216 Biltmore Drive, Lawrence, KS 66049

# Owner of The Windsor of Lawrence elected chairman of national senior living association

Legend Senior Living, owner and operator of The Windsor of Lawrence in Lawrence, Kansas, has announced that Tim Buchanan, President and CEO of Legend Senior Living, was elected Chairman of the Argentum Board of Directors during May 14's meeting. Argentum is the premier national association representing senior living operators, residents and their families.

"Individual choice, respect, and dignity always remain at the heart of the experience of seniors and will always remain at the heart of Argentum's work," Buchanan said. "Argentum's strong leadership continues to influence the future of senior living. Argentum promotes operational excellence, industry standards and innovations to lead the industry in providing the best quality of care for seniors and their families."

Buchanan pioneered the assisted living concept across the nation nearly 30 years ago. His passion for creating dignified residential living options for seniors to receive health care services helped foster great change on behalf of seniors. Buchanan's extensive experience, leadership, and broad exposure in the assisted living industry provides many valuable resources to Argentum. Buchanan is excited to bring his vision of service and innovation as he leads the board of directors.

#### About Legend Senior Living:

Legend Senior Living's award-

winning therapies and programming for residents are personalized and delivered discreetly so that individual choice, respect, and dignity always remain at the heart of the experience. Legend was founded on values of compassion, character and integrity. Its operating strategies, management methods, values and principles are guided by ethical standards of integrity and honesty supported by



**Buchanan**

Legend believes its mission is to serve more than the physical person. It serves the whole person, physically, mentally, and spiritually.

Legend Senior Living is a privately held senior housing and services company based in Wichita, Kansas. Legend owns and operates 40 residences — spanning independent living, assisted living, memory care, and personal care — in Texas, Pennsylvania,

Florida, Colorado, Kansas, and Oklahoma. Connect with Legend Senior Living on the website, Facebook or LinkedIn.

#### About Argentum:

Argentum is a national association dedicated to supporting professionally managed, resident-centered senior living communities, as well as the families and older adults they serve. Member companies operate senior living communities offering assisted living, independent living, continuing care, and memory care services, and advocate for choice, independence, dignity, and quality of life for all older adults. Connect with Argentum on the website, Facebook or LinkedIn.



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

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

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



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



## Hearing Loss Affects One In Three American Adults

How is hearing loss affecting you? Learn more [lawoto.com/hearing](http://lawoto.com/hearing)

Audiologists

Misti M. Ranck MS CCC-A

Meryl R. Lockling, AuD

Serving the Lawrence area for over 30 years

Lawrence • Ottawa • Topeka

785-841-1107



LAWRENCE  
OTOLARYNGOLOGY  
ASSOCIATES, LLC

Ear, Nose and Throat Specialists





# Bridge Haven

**We Never Forget  
The Individual Within.**

**Learn about our Alzheimers and Dementia Care Homes:  
[www.mybridgehaven.com](http://www.mybridgehaven.com) or call us at 785.371.1106**

## HEALTH &amp; WELLNESS

# Marshmallow root is healthy for you

**M**aca, *Lepidium meyenii*, is a medicinal plant from the High Andes of Peru. It has been grown, harvested, and included in the diet of the Peruvians for centuries. The history of Maca as a medicinal plant dates back to the Incas who lived in the mountainous region of Peru, where the plant was once found in abundance. Maca thrives in extreme weather conditions, such as powerful winds and the bitter cold. In

been described similar to butterscotch. Maca can be eaten as a food and prepared in soups, fermented drinks and teas, boiled, roasted, and made into breakfast food similar to cooked oatmeal. The root of the Maca plant has been used medicinally to treat a variety of conditions.

Current medical research has shown that Maca root does not contain any hormones, but it can increase hormone production in the body. It also balances the existing hormones, making them more stable.

Maca has been used for a variety of conditions, including menopausal symptoms, especially hot flashes, night sweats, depression, anxiety, mood swings, and hormonal imbalance. In addition to other medicinal treatments, this plant has been used in chronic fatigue syndrome, to boost energy levels athletic performance, and memory, to treat male infertility, to increase libido, to build muscles, to improve bone strength, to stabilize blood sugar levels, to reduce hunger between meals, and to reduce inflammation.

Since Maca can provide an increase in energy levels, it is better to take it in the morning or at lunch. If taken to late in the day, it can interfere with sleep, causing insomnia. If you are considering taking Maca or any supplement or medicinal plant, it is always advisable to check with your healthcare practitioner to see if it is safe for you.

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



*Dr.  
Farhang  
Khosh*

ancient times, the warriors consumed Maca root to boost their stamina and strength before battle.

There are three different main kinds of Maca roots that grow in Peru. Each of them can be identified by its color. The first one is yellow. The yellow Maca is the most common type of Maca root that is grown. It is known for its effects on overall health and as a flavorful addition to any meal. It is also been shown to help protect the skin from UV radiation when applied topically.

The second type of Maca root is called red, but it typically has a purple or pink color. It is used for bone structure weakness.

Black Maca root is the last type and is the hardest to find. The black Maca is also described as gray. It is highly sought after to improve brain function, such as memory and cognition. In men, it has been used to reduce inflammation in an enlarged prostate.

The Maca plant belongs to the brassica (mustard) family and, like broccoli or cauliflower, is a cruciferous vegetable. The plant resembles a turnip or a radish, and its smell has



**CAA STEPHENS CHAPIN  
INSURANCE**

# Turning 65?

We offer all **MEDICARE**  
Supplement and  
Advantage plans



- **All original Medicare Supplement Plans**
- **All Advantage Plans**
- **Competitive Drug Plans**

**Call Bill Woody or Chris Chapin  
785-841-9538**

**CAA STEPHENS CHAPIN INSURANCE**  
**2711 West 6th St., Ste. A**  
**Lawrence, KS 66049**  
**www.sciagency.com**



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



## HEALTH &amp; WELLNESS

# Help, I'm dizzy!

By Roseanne Smith PT

Martha woke up in bed one morning, sat up, and became so dizzy she almost fell. She sat on the edge of her bed, hanging on for dear life, until her room stopped spinning. She finally was able to stand up and begin her day. Off and on for the rest of the day she felt dizzy, nauseated, or both. She discovered that if she moved much she had vertigo, so spent most of her day



sitting still in her chair. What should Martha have done?

**Sort it Out: Causes for Dizziness**

Unfortunately, there are many causes for dizziness or vertigo. If you are so dizzy you are unable to get up, you should dial 911 and go to the ER. Otherwise, a good place to begin looking for help is your doctor's office. Your physician can look at your medications to see if that is the cause, or he or she can examine you for the possibility of significant medical problems such as stroke or tumor that could cause vertigo. In lieu of these major problems, dizziness can also be due to blood pressure changes, an inner ear problem, or a

variety of other medical issues.

**Common Cause: BPPV**

The most common cause of intermittent dizziness is called Benign Paroxysmal Positional Vertigo, or BPPV. According to research, it accounts for 5-40% of dizziness caused by inner ear problems. In this case, you move and become dizzy, but usually for less than a minute. The dizziness is usually associated with head movement. People do become nauseated and throw up, particularly in the first few days. Some people have this problem once in their lives. Some people have this problem once every three days. It usually lasts for about one to two weeks, but is quite variable from one person to another.

**Inner Ear: Vestibular Labyrinth**

BPPV is sort of a mechanical problem. The inner ear contains the Vestibular Labyrinth, which is how you orient yourself to gravity and motion. There are a couple of areas in your inner ear that contain calcium carbonate crystals that are attached, or should be, to tiny hair cells. The weight of the crystals pulls on the hair cells, which sends a signal to your brain and causes you to orient your head to gravity. If you shed too many crystals, or fall and hit your head and knock a whole lot off at once, you are more likely to have BPPV. The crystals can then roll into the semicircular canals—usually at night when you are sleeping on your side. Once in the canals they create havoc with your

normal perception of how fast or how far you have moved your head.

**Treat BPPV for Better Balance**

Part of the concern about BPPV is that it can also affect balance. When you have BPPV, usually the labyrinth for one ear is affected, and basically sending bogus information to your brain. The brain coordinates information from your Vestibular system, vision, and sensation from your body to keep you oriented well in space. If one of these systems is malfunctioning it can affect your balance and lead to falls. Recent statistics show that about 10% of people over 65 who are having difficulty with balance have BPPV. If the BPPV is treated, their balance also improves.

**Team of Providers**

So, who treats BPPV? If you see an otolaryngologist, they will often have someone in their office who will treat you by performing an Epley maneuver. Otherwise, in Lawrence, we have several physical therapists who can perform a detailed evaluation and treat the BPPV with the positioning maneuver. If you have had BPPV for some time, it is likely that some of your visual

reflexes have also been affected, and the PT will give you exercises for that. Physical therapists are well trained in evaluating balance and gait problems and help you improve those also.

**Finally, what was up with Martha?**

First of all, Martha is a fictional person, but I have heard her story repeatedly from my patients. It is likely that Martha slept on her side, and while sleeping some loose crystals rolled into the semicircular canals, giving her BPPV. When she sat up, that change in position caused the crystals to move, and gave her the illusion that the world was spinning. And every time she moved her head it happened again. So, I would tell Martha to see her Doctor, then come see me or one of the other professionals in town who are used to working with people with BPPV. We can help her get better and get back to doing whatever she normally likes to do. She has more important things to do than sit still in her chair at home.

- Roseanne Smith PT, is a physical therapist at LMH Therapy Services. She can be reached at Roseanne.Smith@lmh.org.

You may already have a remote control for your next hearing aids!



Starkey, Oticon, Widex and GN ReSound can now use either iPhone or Android smartphones to control their newest hearing aids. The remote control sends audio signals from a phone in the wearer's pocket directly into the hearing aids

The remote control features include volume control, program control and battery condition. The newest Widex circuits allow real-time fine tune adjustments for difficult listening environments.

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

**NOW OPEN!**

Douglas County  
MONUMENT WORKS  
*For a Life Lived*

547 Indiana St. • Lawrence • 785-856-2370

# MAYO CLINIC

## Patient with chest pain despite normal stress test results should seek further evaluation

**DEAR MAYO CLINIC:** What could cause chest discomfort or shortness of breath during exercise or other physical activity in women who have had a “normal” stress test?

**ANSWER:** Chest pain or shortness of breath that happens with exertion could be symptoms of a number of medical conditions—even when the results of a stress test appear normal.

The two most common stress tests are echocardiogram (or echo) stress tests and nuclear stress tests.

An echocardiogram uses sound waves to make up images of the heart beating and pumping blood. For an echo stress, you walk on a treadmill to increase your heart rate, or you may be given medication that increases your heart rate. As your heart rate rises, the health care team monitors you to see if the heart muscle is pumping as strongly as it should.

If there is significant blockage in a blood vessel that leads to the heart—a coronary artery—the part of the heart muscle supplied by that vessel won't pump as vigorously as the other parts of the heart muscle around it. The stress echo images look at how the heart is pumping at rest compared to after the stress portion of the test. If the heart function is normal at rest but doesn't pump as strongly after the stress por-

tion, this can also be a sign of underlying coronary artery disease.

Echo images done at rest show how strong the heart is pumping and if there is evidence of a previous heart attack. Additionally, echo images can provide information about the heart valves, the lining around the heart, and if there is high blood pressure in the lungs, a condition called pulmonary hypertension. The echo can also show how efficient your heart is pumping blood around the body (the ejection fraction). Some individuals have symptoms of shortness of breath due to congestive heart failure. An echo will show if the heart function is impaired due to a weakened pump (heart failure with reduced ejection fraction) or a stiffened pump (heart failure with preserved ejection fraction).

If your doctor suspects you have coronary artery disease, the other common type of stress test is called a nuclear stress test. Nuclear stress tests also can be done either while on a treadmill or with medication to stimulate the heart. The test looks at the blood flow to the heart and overall heart function. If there was a significant blockage in a blood vessel to the heart, blood wouldn't be able to travel as well downstream to the heart muscle, and on the nuclear images we would see the affected part of the

heart muscle shows reduced blood flow compared to neighboring parts.

Nuclear stress tests provide information about the blood flow to the heart. If there is an area in the heart that shows reduced blood flow compared to the surrounding heart muscle, it's usually a sign of a critical blockage in a coronary artery. The nuclear stress test also provides information about overall heart function, however doesn't provide information about the heart valves or lining around the heart (pericardium) the way an echo does.

An echo or nuclear stress test may not reveal certain conditions, such as microvascular angina. That happens when cholesterol builds up in the smallest blood vessels that supply the heart. Nuclear and echo stress tests don't assess for changes in those tiny vessels. Some women may have coronary artery vasospasm—a muscle spasm affecting the thin muscular layer of the coronary arteries. This condition can cause chest discomfort with a normal stress test result.

A normal stress test result only shows that there is not a significant coronary artery blockage. A smaller blockage could be present that isn't picked up by the stress test. Being attentive to risk factors for heart disease (such as high cholesterol, family history, diabetes, tobacco use and high blood pressure) is still important even when a stress test is normal.

It's possible, too, that the cause of chest pain or shortness of breath isn't related to the heart. It could be a lung disorder, such as a blood clot to the lungs, known as a pulmonary embolism. Additionally, other causes of chest discomfort include spasm of

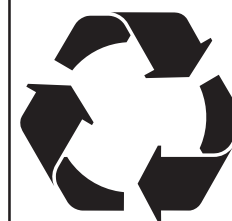
the esophagus, diseases of the aorta, gastroesophageal reflux disease, musculoskeletal pain, fast heart rhythm abnormalities and costochondritis. Other causes of shortness of breath include underlying lung disease such as COPD, asthma and deconditioning.

Finally, no test is 100 percent accurate. A stress test can be wrong for a variety of reasons. For example, a nuclear stress test may be inaccurate if someone has severe blockages in all three main coronary arteries. The test looks for differences in blood flow between areas of the heart. If the entire heart has reduced blood flow, no one area of the heart will look abnormal compared to the rest.

If you're having chest pain or shortness of breath following a normal stress test, continue to seek medical evaluation. Work with your doctor to keep investigating until the source of the symptoms is identified. - Amy Pollak, M.D., Cardiovascular Diseases, Mayo Clinic, Jacksonville, Fla.

- *Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to [MayoClinicQ&A@mayo.edu](mailto:MayoClinicQ&A@mayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).*

© 2018 Mayo Foundation For Medical Education And Research. Distributed By Tribune Content Agency, LLC. All Rights Reserved.



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



**VIEVE Life**  
VIEVE LIFE | EXPLORE LIFE

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

**785-813-1851**  
[www.vievehealth.com](http://www.vievehealth.com)



**928 Massachusetts  
Lawrence KS  
785-843-0611  
[www.theetcshop.com](http://www.theetcshop.com)**

- Custom KU Jewelry (Exclusively at The Etc. Shop)
- Leather Goods for Men & Women
- Handbags, Wallets, Briefcases
- Huge Selections of Sterling Silver
- Antique Native American Jewelry

*Brighton* *Scully* *HOBBS*

Drop in for big city selection in a small town!  
Conveniently open 7 days a week!



**Affordable Senior Living**

  
2125 Clinton Parkway  
in Lawrence  
**Rent Subsidized  
Apartments for  
Qualified Seniors**  
Applications being accepted  
841-1000 [www.ldcha.org](http://www.ldcha.org)

**Clinton Place Apartments**



## FINANCIAL FOCUS

# Saving for college? Consider a 529 plan

**D**o you know about 529 savings plans? If not, you are not alone – although these plans have been around since 1996, many people are still unaware of them. And that's unfortunate, because a 529 plan can be a valuable tool for anyone who wants



Derek  
Osborn

to help a child, grandchild, friend or other family member save for education expenses.

Here are some of the key benefits of a 529 plan:

**Potential tax advantages** – A 529 plan's earnings are not subject to federal income taxes, as long as withdrawals are used for qualified education expenses (tuition, room and board, etc.) of the designated beneficiary, such as your child or grandchild. (You will be subject to ordinary income taxes,

plus a 10 percent federal penalty, on the earnings portion of withdrawals not used for qualified education expenses.)

**High contribution limits** – Contribution limits are generally quite high for most states' 529 plans. However, you could possibly incur gift tax consequences if your contributions, plus any other gifts, to a particular beneficiary exceed \$15,000 during a single year.

**Ability to switch beneficiaries** – As the old song goes, "The future is not ours to see." You might name a particular child or grandchild as a beneficiary of a 529 savings plan, only to see him or her decide not to go to college after all. But as the owner of the plan, you generally may be able to switch beneficiaries whenever you like, right

up to the point when they start taking withdrawals. (To make this switch non-taxable and penalty-free, you must designate a new beneficiary who is a member of the same family as the original beneficiary.)

**Freedom to invest in any state's plan** – You can invest in the 529 plan offered by any state, regardless of where you live. But if you invest in your own state's plan, you might receive some type of state tax benefit, such as a deduction or credit. Additional benefits also may be available.

**Flexibility in changing investments** – You can switch investment options in your 529 plan up to twice a year. Or, if you'd rather take a more hands-off approach, you could select an automatic age-based option that starts out with a heavier emphasis on growth-oriented investments and shifts toward less risky, fixed-income vehicles as the beneficiary approaches college age.

While a 529 plan clearly offers some benefits, it also raises some issues about which you should be aware. For example, when colleges compute financial aid packages, they may count assets in

a 529 plan as parental assets, assuming the parents are the plan owners. To clarify the impact of 529 plans on potential financial aid awards, you might want to consult with a college's financial aid officer.

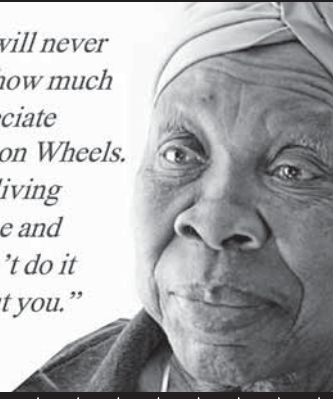
One final note: In previous years, 529 plans were limited to eligible colleges, universities and trade schools, but starting in 2018, you can also use up to \$10,000 per year, per beneficiary, from a 529 plan to pay for tuition expenses at public, private or religious elementary and secondary schools. (Not all states recognize K-12 expenses as qualifying for 529 plan benefits, so consult your local tax advisor before investing.)

Education is a great investment in a child's future. And to make that education more affordable, you might want to make your own investment in a 529 plan.

- Derek Osborn is with Edward Jones, 4106 W. 6th St., Ste. A, Lawrence. He can be reached at 785-841-0382 or Derek.Osborn@edwardjones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

## Meals on Wheels

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



Serving Shawnee and Jefferson Counties

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

(785) 295-3980

www.mowks.org



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

Call TODAY for your COMPLIMENTARY Tax Review!

TOPEKA

785-232-6923

LAWRENCE

785-838-4380

LENEXA

913-764-1127

www.MidwestTF.com

Delivering simple solutions in a complex world



PETERSON  
KRISCHE  
VAN HORN DDS

Gentle & Comfortable Care

•  
Cosmetic Dentistry

•  
Teeth Whitening

•  
Insurance Processed

•  
New Patients & Emergencies Welcomed

Mention you saw this ad in Senior Monthly



(785) 842-0705

530 FOLKS RD • LAWRENCE  
www.pkvdds.com

## INSERTS!

Kaw Valley Senior Monthly can insert your circulars or flyers for as little as \$50 per 1,000.\*

Call 785-841-9417 for more information.

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



# 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 or email kevin@seniormonthly.net. You may also add events on the Kaw Valley Senior Monthly Facebook page.

## ARTS/CRAFTS

TUESDAYS

### THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

### FIRST FRIDAY ARTWALK

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

LAST FRIDAY OF THE MONTH

### FINAL FRIDAYS

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

finalfridayslawrence.wordpress.com

JUN 29

### ART WALK

Lexington Park, 1011 SW Cottonwood Ct., 4-7 p.m.  
TOPEKA, 785-273-4545

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

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

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m.  
TOPEKA, 785-296-9400

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS

### LEXINGTON PARK

1011 SW Cottonwood Ct, 2 p.m.  
TOPEKA, 785-273-4545

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

### LEGIONACRES

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

FRIDAYS

### EAGLES LODGE

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

FRIDAYS

### ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

### VETERANS OF FOREIGN WARS

2806 North 155th, 7 p.m.  
BASEHOR, 913-526-0080

## DAY TRIPS/TOURS

THURSDAYS

### BEHIND THE BRICKS: WATKINS MUSEUM TOURS

Every Thursday, Watkins volunteer Michele Montour introduces visitors to the amazing architecture of the Watkins Building and some of our fascinating exhibits. This tour is a short, free, and fun way to spend time Thursday afternoons soaking up some local history! Watkins Museum of History, 1047 Massachusetts St., 2-2:30 p.m. Free.  
LAWRENCE, 785-841-4109  
watkinsmuseum.org

FIRST SATURDAY OF THE MONTH

### DISCOVER WITH DOLE

Drop by the Dole Institute on the first Saturday of each month for an interactive, kid-friendly visit to discover uniquely themed items in the museum and archives. Activities include crafts, puzzles, coloring, and museum gallery activities. Families with young children encouraged! All programs and events at the Dole Institute are free and open to the public. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.-12 p.m.  
LAWRENCE, 785-864-4900, doleinstitute.org

SECOND SATURDAY OF THE MONTH

### FREE SATE EAST SIDE BREWERY TOUR

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

JUN 2

### CHAMPION TREES OF LEAVENWORTH COUNTY

Large trees are beautiful, historically significant and have a mystique that draws our gaze upwards. Trees in Kansas serve as guideposts on the prairie, once guiding pioneers to their destinations and now marking historic locations. The Kansas Champion Tree program works to identify these trees so they can be preserved and enjoyed by all. The historic Leavenworth area is home to many Kansas State Champion trees. On this trip we will have a full day to learn about the Champion Tree program, view some of these beautiful, giant trees and hear stories about “hunting for the big ones!” Tour Guide: Jon Standing. You may register for this trip at any Lawrence recreation center, or on-line at www.lprd.org. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer. Class Code: 327867-A. Fee. Registration Deadline: May 16.  
LAWRENCE, 785-832-7909

## EDUCATION

ONGOING

### COOKING CLASSES

The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website.  
LAWRENCE, 785-843-8544  
themerc.coop/classes

ONGOING

### FREE INSURANCE COUNSELING

Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug Program. Stormont Vail Health HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.  
TOPEKA, (785) 354-6787

SECOND AND FOURTH MONDAYS

### LEXINGTON LUNCHES

Lecture and lunch. Lexington Park, 1011 SW Cottonwood Ct.  
TOPEKA, 785-273-4545

FRIDAYS

### HEALTHWISE TV

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

THIRD WEDNESDAY OF THE MONTH

### LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the third Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.  
LAWRENCE, 785-505-2807

JUN 1

### SENIOR CAR FIT CHECK LANES

Free, interactive and educational program that teaches participants how to make their personal vehicles “fit” them to increase safety and mobility on the road. Checkups take about 20 minutes. Register online at <https://stormontvail.asapconnected.com/> or please call. 9 a.m. to noon at Hummer Sports Park, S.W. 6th and Oakley.  
TOPEKA, 785-354-5225

JUN 4

### MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-3 p.m.  
TOPEKA, 785-580-4400

JUN 6-20

### INTRODUCTION TO SKYGAZING

Enjoying the outdoors includes looking up! Join us as we explore the sky and learn general astronomy of both night and day skies. Evening classes will look at what there is to see in the Cosmic Zoo using the naked eye, binoculars and telescopes. Instruction will include use of planispheres, star charts, and apps. Instructor is Rick Heschmeyer, president of the Astronomy Associates of Lawrence, a NASA/JPL Solar System Ambassador, and Master Outreach Award winner from The Astronomical League. Registration fee includes planisphere, astronomy flashlight, solar viewing glasses and education materials. Class Code: 327450-A, Fee. Registration is required. You may register for the class at any Lawrence recreation center, or online at [www.lprd.org](http://www.lprd.org). Baker Wetlands, Discovery Center, Wednesdays, 7:30-9 p.m. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer.  
LAWRENCE, 785-832-7909

JUN 11

### HEALTHWISE SENIOR SUPPER

Cotton O'Neil cardiac electrophysiologist Alap Shah, M.D., will share “Reducing Strokes from Atrial Fibrillation: Thinking Outside of the Pillbox” at the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. \$5 per person for the meal. Reservations required by Wednesday, June 6. Register online at <https://stormontvail.asapconnected.com/> or please call.  
TOPEKA, 785-354-5225

■ CONTINUED FROM PAGE 20

JUN 12

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, June 12, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For information call 785-270-4593, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided.

TOPEKA

JUN 12

### SENIOR SUPPER AND SEMINAR

This month's topic: "Cataracts" Presented by Curtis Brown, MD. On the second Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to [connectcare@lmh.org](mailto:connectcare@lmh.org).

LAWRENCE, 785-505-5800, [lmh.org](http://lmh.org)

JUN 14

### RETIREMENT & MEDICARE

Learn about Medicare from Senior Health Insurance Counseling for Kansas. They will answer questions, give unbiased counsel and help you determine how Medicare will best work for you. Topeka & Shawnee County Public Library, Anton Room 202, 1515 SW 10th Ave., 6:30-8:30 p.m.

TOPEKA, 785-580-4400

JUN 18

### PRE-PLANNING FUNERALS WELL IN ADVANCE

Experts will teach you how planning ahead and putting your wishes in writing can provide peace of mind. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 12:30-2 p.m.

TOPEKA, 785-580-4400

JUN 25

### DOWN SIZING WITH EASE

Carol Ronnebaum, senior real estate specialist, sets you up for downsizing success. She'll help you figure out where to begin, what to do with your stuff, who you can call for help, and whether or not you're ready for a senior living community or smaller home. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 12:30-2 p.m.

TOPEKA, 785-580-4400

JUN 26

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, June 26, at 2 p.m. Learn the basics of Medicare and all its

options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For information call 785-270-4593, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided.

TOPEKA

## ENTERTAINMENT

SUNDAYS

### LAWRENCE IRISH TRADITIONAL SESSION

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

LAWRENCE, [lawrencecesession.com](http://lawrencecesession.com)

THURSDAYS

### JUNKYARD JAZZ

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

LAWRENCE, 785-842-3415

SATURDAYS

### JOHN JERVIS, CLASSICAL GUITAR

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

LAWRENCE

SATURDAYS

### COMMUNITY JAM

Totally free and open to the public, the AMA Saturday Jam has become a tradition in the Lawrence music community. All styles and levels welcome, acoustic instruments only. Americana Music Academy, 1419 Massachusetts St., 3-5 p.m.

LAWRENCE, 785-830-9640

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

JUN 8-24

### CAMELOT

Based on The Once and Future King by T. H. White Book and Lyrics by Alan Jay Lerner and Music by Frederick Loewe. Return to the magic and "shining moment" that is Camelot! Young King Arthur hopes to create an idyllic kingdom guided by honor and righteousness, embodied by his Knights of the Round Table. But Arthur's perfect world is an illusion filled with enchantment, pageantry, and glorious melodies including "If Ever I Would Leave You," "The Simple Joys of Maidenhood," "The Lusty Month of May." Theatre Lawrence, 4660 Bauer Farm Dr. See website for dates and times.

LAWRENCE, 785-843-SHOW

[wp.theatrelawrence.com](http://wp.theatrelawrence.com)

JUN 14

### MOVIE NIGHT AT MEMORIAL STADIUM

Grab your pillows and blankets, the fourth-annual Movie Night at David Booth Kansas

Memorial Stadium is set for June 14. This year we are watching The Lion King. The event is free and open to all. 11th & Maine, 5-9 p.m.

LAWRENCE

[facebook.com/events/1600737810038809](https://facebook.com/events/1600737810038809)

## EXHIBITS/SHOWS

JUN 9

### PAOLA HEARTLAND CAR SHOW

Classic car show. Paola Chamber of Commerce, 6 W. Peoria, 11 a.m.-5:30 p.m. Free and open to the public.

PAOLA, 913-294-4335, [paolachamber.org](http://paolachamber.org)

■ CONTINUED ON PAGE 22



Is the cost of advertising in the daily newspapers getting to be burdensome?

Call Kevin at 785-841-9417 to find out how your advertising can reach seniors in Lawrence and Topeka for rates that are not out of this world.

*Kaw Valley*  
**Senior Monthly**



■ CONTINUED FROM PAGE 21

# FAIRS/FESTIVALS

## MAY 31-JUN 3 OLD SHAWNEE DAYS

Join friends and neighbors for a weekend of fun and entertainment the whole family can enjoy with music, a carnival, contests, games, parade (on Saturday), crafts, shopping, food and so much more. Shawnee Town 1929, 11600 Johnson Drive, 6-10 p.m. Free. SHAWNEE, 913-631-6545 oldshawneedays.org

## JUN 2 & 3 GERMANFEST

In addition to great music, the festival will have food like kraustrudels, sauerbraten, German sausage and sage balls and noodles. See website for schedule. Sacred Heart – St Joseph Parish, 312 NE Freeman Ave. TOPEKA, 785-234-3338 sacredheartstjosephcatholic.org

## JUN 2 CAPITOL CITY FAMILY & FOOD TRUCK FESTIVAL

Food trucks, vendors and more will be positioned in an L shape around the Capitol—from SW 10th Ave. between Harrison and Jackson and from Jackson from 10th to 9th, 11 a.m.-5 p.m. Admission to Festival is FREE. Food trucks will charge. TOPEKA, 785-296-3966 visittopeka.com/foodtruck

## JUN 22 & 23 ST. JOHN'S 38TH ANNUAL MEXICAN FIESTA

John's Fiesta raises money for the Spanish language program at St. John School and scholarships for post-secondary education for students of Mexican descent in the Lawrence Catholic community. Authentic Mexican food, live entertainment, fun for the whole family. 1234 Kentucky St., 6-11:30 p.m. LAWRENCE, 785-843-0109 stjohnsfiesta.com

# FARMERS' MARKETS

## APR 14-NOV 17 LAWRENCE FARMERS' MARKET - SATURDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. 824 New Hampshire St. April 14–August 25, 7-11 a.m., September 1–November 17, 8 a.m.-noon. LAWRENCE, lawrencefarmersmarket.org

## APR 14-NOV TOPEKA FARMERS' MARKET

Saturdays. 12th and Harrison, South of the Judicial Building, 7:30 a.m.-noon. TOPEKA, 785-249-4704 downtowntopekafarmersmarket.com

## APR 21-OCT 27 LENEXA FARMERS' MARKET

Visit the new Lenexa Farmers Market for a

wide selection of fresh products including vegetables, fruit, meat, eggs, baked goods, flowers and more from over 20 locally based vendors. Saturdays. Lenexa Civic Campus, 17201 W. 87th Street Parkway, 8 a.m.-12 p.m. LENEXA, lenexa.com/farmersmarket

## MAY 8-OCT 23 LAWRENCE FARMERS' MARKET - TUESDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. Parking Garage by Lawrence Public Library, 707 Vermont St., 4-6 p.m. LAWRENCE, lawrencefarmersmarket.org

# HEALTH & FITNESS

## ONGOING PERSONAL TRAINING

Need help reaching your fitness goals? Lawrence Parks and Recreation has certified personal trainers to help you make your workouts safe, productive and successful. Training and registration are available at all recreation centers. For more information, contact Gayle Sigurdson. LAWRENCE, 785-832-7920

## ONGOING HEALTHY STEPS MALL WALKING

Walk in a safe, climate-controlled setting at West Ridge Mall, Topeka, 1801 S.W. Wana-maker. Mall walking hours are Monday-Saturday 7 a.m. to 9 p.m. and Sundays 11 a.m. to 6 p.m. Log your visits – at the kiosk in the northwest corner of the lower level - to be eligible for prizes from sponsors West Ridge Mall and Stormont Vail Health. Free. TOPEKA

## ONGOING FREE MEMORY SCREENING CLINIC

Schedule a free, confidential memory screening at the Cotton O'Neil Clinical Research Center. The screening takes about 20 minutes. You will receive a copy of your results and they can be made available to your physician. By appointment Monday-Friday, 9 a.m.-3 p.m. TOPEKA, 785-368-0744

## ONGOING WELLNESS COACHING

Are you trying to make lasting lifestyle changes related to healthier eating, weight loss exercise, smoking cessation or improving your blood pressure, cholesterol or glucose numbers? Consider meeting with a certified wellness coach. LMH offers this service for a fee. To learn more, contact Aynsley Anderson Sosinski, RN at (785) 505-3066 or aynsley.anderson@lmh.org. LAWRENCE

## ONGOING FIT FOR LIFE

Exercise in a safe, supervised and non-threatening environment. Physician's medical clearance required. 12 sessions. Fee. LMH Therapy Services. LAWRENCE, 785-505-2712

## ONGOING

### ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three class different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity 127102 at www.lprd.org. LAWRENCE, 785-832-7920

## DAILY EXERCISE CLASS

Lexington Park, 1011 SW Cottonwood Ct, 10 a.m. TOPEKA, 785-273-4545

## FIRST MONDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9:30-11 a.m. at the Downtown YMCA, 421 S.W. Van Buren. Free. No appointment necessary. TOPEKA, 785-354-6787

## MONDAYS THROUGH FRIDAYS A.M. WALKING CLUB

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

## MONDAYS THROUGH FRIDAYS PICKLEBALL - OPEN PLAY

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

## MONDAYS, WEDNESDAYS, & FRIDAYS SENIOR EXERCISES

Seaman Community Church, 2036 NW Taylor. 9:30-10:15 a.m. TOPEKA, 785-357-8777 or 785-213-6016

## FIRST TUESDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

## TUESDAYS FREE BLOOD PRESSURE CLINIC

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

## TUESDAYS, WEDNESDAYS & THURSDAYS JAZZERCISE LITE

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

## TUESDAYS AND THURSDAYS

### HEALTHWISE EXERCISE CLASS

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

## TUESDAYS AND THURSDAYS FLEXERCISE

This exercise program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. Meets from 8:30-9:30 a.m. at East Lawrence Recreation Center, 1245 E. 15th St. Closed. Fee. Enroll at LPRD.org or at East Lawrence Center. LAWRENCE, 785-856-6030

## TUESDAYS AND THURSDAYS FREE BLOOD PRESSURE CLINIC

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

## TUESDAYS AND THURSDAYS VACCINE CLINICS

Shingrix (shingles), Tdap (tetanus, diphtheria and pertussis (whooping cough)) and Td (tetanus and diphtheria) vaccines are available by appointment and with a Cotton O'Neil physician's prescription. HealthWise Clinic, 2252 S.W. 10th Ave. Call for information. TOPEKA, 785-354-6787

## WEDNESDAYS OPEN BOCCIE BALL

Interested in playing bocce ball? There are two public courts at Holcom Park. Equipment can be checked out from the Holcom Park Recreation Center. Beginners are invited to join experienced players for open play on Wednesday nights from 6-8 p.m. Call 832-7940 for information or to make court reservations within 24 hours of playing time. LAWRENCE

## WEDNESDAYS FREE NUTRITION CLINIC

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

## WEDNESDAYS FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments available by phone or at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

■ CONTINUED FROM PAGE 22

### FIRST WEDNESDAY OF THE MONTH FREE HEARING CONSULTATIONS

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

### THURSDAYS WELLNESS CLINIC

Blood pressure checks, weights. Lexington Park, 1011 SW Cottonwood Ct, 12:30 p.m.  
TOPEKA, 785-273-4545

### FRIDAYS BLOOD PRESSURE CHECKS

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

### SECOND THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

### THIRD THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

### THIRD THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

### FOURTH THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

### JUN 5 HEALTHY STEPS CELEBRATION

Join us at the monthly Healthy Steps Celebration at West Ridge Mall, 1801 S.W. Wanamaker. 9 to 10 a.m. at the lower level center court. Free blood pressure screenings, snacks and goodies, and prize drawings are included. Come hear Susan Bullock, executive director of Homestead Assisted Living, discuss aging issues. Free and open to all.  
TOPEKA

### JUN 6 KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short

wait depending on how many others are ahead of you. LMH Main Campus (West Lobby), 325 Maine St., 8-9:30 a.m.  
LAWRENCE, 785-505-5800, lmh.org

### JUL 2 UKANDOIT 2018 WELLNESS CHALLENGE PROGRAM

Join LMH for a fun program to help you stay fit and well this summer, and learn more about our home state. UKANDOIT is a free, six-week wellness challenge program that you do on your own or with a group of your choosing. Each week you will be presented with wellness challenges from the categories of fitness, nutrition and miscellaneous. You may elect to achieve one, two or three challenges each week. At the end of the six weeks, successful participants will receive a small incentive reward. To register: enroll at lmh.org; e-mail Aynsley at aynsley.anderson@lmh.org; or call (785) 505-3066. Enrollment deadline is Friday June 29. Program begins Monday, July 2, and continues through Sunday, August 12.  
LAWRENCE

## JULY 4 EVENTS

### JUL 4 SPIRIT OF KANSAS

Start your Fourth of July celebration with a classic car show followed by the Blues Festival with food trucks and vendors, watch the Water Ski Show in the early evening and then enjoy the Capitol Federal Fireworks Display at Lake Shawnee. Lake Shawnee, 3137 SE 29th, 9 a.m.-10:30 p.m. Free.  
TOPEKA, 785-251-6800, parks.snco.us

### JUL 4 OVERLAND PARK STAR SPANGLED SPECTACULAR

Join the City of Overland Park for an Independence Day celebration! Live musical performances will include the Overland Park Civic Band and The Elders, a local Celtic rock band. Food trucks will be on hand all evening, leading up to a fireworks performance once the sun goes down. Corporate Woods Founders' Park 9711 W. 109th St., 5-10 p.m. Free admittance.  
OVERLAND PARK, 913-344-8656

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

### MONDAYS

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

### WEDNESDAYS

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

### FRIDAYS

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

## MEETINGS

### SUNDAYS

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

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

### MONDAYS

#### BREAST CANCER SUPPORT GROUP

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

### MONDAYS, WEDNESDAYS & FRIDAYS

#### WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124.  
LAWRENCE, 785-838-7885  
OrthoKansasPA.com

### FIRST MONDAY OF THE MONTH

#### INDIVIDUAL BEREAVEMENT SUPPORT

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

### FIRST & THIRD MONDAY OF THE MONTH BEREAVEMENT SUPPORT GROUP

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

### FIRST & THIRD MONDAY OF THE MONTH GRIEF SUPPORT GROUP

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

### FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

### FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by the Senior Resource Center for

■ CONTINUED ON PAGE 24

# Kaw Valley Senior Monthly



Have *Kaw Valley Senior Monthly* delivered right to your home. Just **\$8.50** for 12 issues!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

**Groenhagen Advertising, L.L.C.**

**2612 Cranley St.**

**Lawrence, KS 66046**

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



■ CONTINUED FROM PAGE 23

Douglas County, 2920 Haskell Ave., 2:15-3:45 p.m.

LAWRENCE, 785-842-0543

**EVERY TUESDAY THROUGH FRIDAY  
MEN'S COFFEE**

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

**TUESDAYS**

**GRIEF SUPPORT GROUP**

Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m. For more information, please contact Elizabeth.

TOPEKA, 785-430-2194

**TUESDAYS**

**INTERGENERATIONAL CHOIR**

Sing with KU students. Led by music therapy students from KU. The Intergenerational Choir will rehearse and perform once or twice a semester. Contact Deanna Hanson Abromeit at dhansonabromeit@ku.edu. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m.

LAWRENCE

**FIRST TUESDAY OF THE MONTH**

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

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

LAWRENCE, 785-830-8130

**FIRST TUESDAY OF THE MONTH**

**MAN TO MAN PROSTATE CANCER  
SUPPORT GROUP - LAWRENCE**

Meets at Lawrence Memorial Hospital, 5:30 p.m.

LAWRENCE, 785-393-1256

**FIRST TUESDAY OF THE MONTH**

**TOPEKA AREA OSTOMY SUPPORT  
GROUP**

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

TOPEKA, 785-295-5555

**TUESDAYS & THURSDAYS**

**WATER AEROBICS CLASSES**

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

LAWRENCE, 785-838-7885

OrthoKansasPA.com

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

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging

families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 SW 8th St.

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

**WEDNESDAYS**

**GRIEF SUPPORT GROUP**

Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m. For more information, please contact Elizabeth.

TOPEKA, 785-430-2194

**FIRST THURSDAY OF THE MONTH**

**MAN TO MAN PROSTATE CANCER  
SUPPORT GROUP - TOPEKA**

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.

TOPEKA, 785-230-4422

**FIRST THURSDAY OF THE MONTH**

**LAWRENCE AREA PARTNERS IN AGING**

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

**FIRST THURSDAY OF THE MONTH**

**PARKINSON MEETING**

Midland Care, 200 SW Frazier, 5:30-7 p.m.

LAWRENCE, 785-235-1367 or (800) 798-1366

**EVERY OTHER THURSDAY**

**GRIEF SUPPORT GROUP**

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

TOPEKA, 785-232-2044

**EVERY OTHER THURSDAY**

**GRIEF SUPPORT GROUP**

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

TOPEKA, 785-232-2044

**FIRST FRIDAY OF THE MONTH**

**STROKE SUPPORT GROUP**

Meet other stroke survivors, their families, and hear guest speakers discuss topics related to recovery. Please contact Randy Williams or Lisa Rundell for more information. Kansas Rehabilitation Hospital, 1504 SW 8th Ave.

TOPEKA, 785-235-6600

**SATURDAYS**

**LAWRENCE BRIDGE CLUB**

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

LAWRENCE, 785-760-4195

**ONE SATURDAY EACH MONTH**

**LAWRENCE DEATH CAFE**

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

LAWRENCE

**SECOND MONDAY, SEP-MAY**

**LAWRENCE CLASSICS, GENERAL  
FEDERATION OF WOMEN'S CLUBS**

Volunteer service club.

LAWRENCE, 785-331-4575

**SECOND MONDAY OF THE MONTH**

**CAREGIVER SUPPORT GROUP**

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.

TOPEKA, 785-580-4662

**SECOND MONDAY OF THE MONTH**

**LMH HEART BEATS**

A Cardiac Support Group facilitated by Lawrence Memorial Hospital Cardiac Rehab. Typically meets on the second Monday of the month in Room A on the lower level of LMH from 4:30-5:30 p.m. For more information, call 785-505-2850.

LAWRENCE

**SECOND TUESDAY OF THE MONTH**

**LAWRENCE ACTION CIVITAN CLUB**

Civitan's have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other Civitan project updates, please visit the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan or call Jason.

LAWRENCE, 785-691-8520

**SECOND WEDNESDAY OF THE MONTH**

**MEMORY SUPPORT GROUP**

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

LAWRENCE, 785-832-9900

**SECOND WEDNESDAY OF THE MONTH**

**DIABETES EDUCATION GROUP**

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

LAWRENCE, 785-505-3062

**SECOND WEDNESDAY OF THE MONTH**

**SOROPTIMIST INTERNATIONAL OF  
TOPEKA**

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

TOPEKA, 785-221-0501

soroptimisttopeka.org

**SECOND THURSDAY OF THE MONTH**

**DEMENTIA SUPPORT GROUP**

Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 2920 Haskell Ave., 11 a.m.-noon. Call for questions or to RSVP.

LAWRENCE, 785-218-4083

**SECOND THURSDAY OF THE MONTH**

**NAACP MEETING-LAWRENCE CHAPTER**

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.

LAWRENCE, 785-841-0030, 785-979-4692

**SECOND & FOURTH FRIDAY OF THE MONTH**

**ALZHEIMER'S/CAREGIVER SUPPORT  
GROUP**

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

LAWRENCE, 913-831-3888

**SECOND SATURDAY OF THE MONTH**

**HAPPY TIME SQUARES SQUARE DANCE  
CLUB**

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

LAWRENCE, 785-843-2584

happytimesquares.com

**THIRD TUESDAY OF THE MONTH**

**LAWRENCE PARKINSON'S SUPPORT  
GROUP**

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

**THIRD TUESDAY OF THE MONTH**

**GRANDPARENT AND CAREGIVER  
SUPPORT GROUP**

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

TOPEKA, 785-286-2329 or 785-231-0763

**THIRD TUESDAY OF THE MONTH**

**PARENTS OF ESTRANGED ADULT  
CHILDREN SUPPORT GROUP**

Meets at the Topeka & Shawnee County Public Library, Anton Room 202, 6:45 to 8:15 p.m. For more information. Please contact Jeff Landers.

TOPEKA, 785 224 5946.

**THIRD TUESDAY OF THE MONTH**

**STROKE SUPPORT GROUP**

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

LAWRENCE, 785-505-2712

**THIRD WEDNESDAY OF THE MONTH**

**CANCER SUPPORT GROUP**

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

LAWRENCE

**THIRD WEDNESDAY OF THE MONTH**

**NATIONAL ACTIVE AND RETIRED  
FEDERAL EMPLOYEES**

The Lawrence chapter of the National Active

■ CONTINUED ON PAGE 25

■ CONTINUED FROM PAGE 24

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

LAWRENCE, 785-843-7481

### THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

TOPEKA, 785-271-6500

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.

LAWRENCE, 785-235-1367 or (800) 798-1366

### THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

The purpose of Jayhawk Model Masters is to promote the building and safe operation of radio controlled (RC) model aircraft. In addition, we strive to fulfill our civic responsibility to the community, and support worthwhile projects. Our club meetings are open to the public and are held on the third Saturday of each month. Breakfast starts at 8 a.m. and the meeting at 9 a.m. We meet in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Fee for breakfast.

LAWRENCE, 785-312-4840

jayhawkmodelmasters.com

### FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367, EXT. 130

### FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

TOPEKA, 785-233-5762

tgstopeka.org

### FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

TOPEKA

### FOURTH FRIDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday OF THE MONTH (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, contact Jim Miller at 785-478-0651 or Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting.

TOPEKA

## MISCELLANEOUS

### MONDAYS

#### SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. Clinton Place, 2125 Clinton Pkwy., 1-4 p.m. For more information call or text 785-505-0893.

LAWRENCE

### WEDNESDAYS

#### WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m.

TOPEKA, 785-783-8300

kansasdiscovery.org

### JUN 23

#### HEARTS OF GOLD BALL

Hearts of Gold is a bi-annual fundraising event hosted by the Lawrence Memorial Hospital Endowment Association to kick off a major renovation or expansion project. This black-tie preferred evening features a sit-down meal, full bar, entertainment and a vibrant live auction with one of a kind experiences. All proceeds benefit Lawrence Memorial Hospital. Jayhawk Club, 1809 Birdie Way, 5:30-10 p.m. Fee.

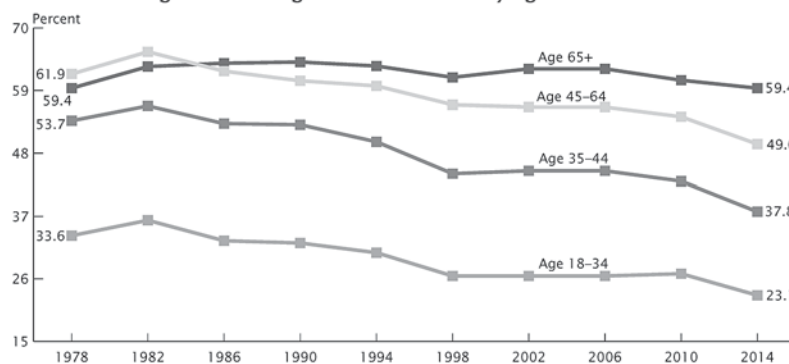
LAWRENCE, 785-505-3318

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

# 2018 M I D T E R M ELECTION

For decades, seniors have consistently voted at higher levels than all other age groups in midterm elections. If you are a candidate or someone running a campaign in Northeast Kansas, please consider running display ads and/or flyers in Kaw Valley Senior Monthly to reach these voters with your message.

Figure 4.  
Historical Voting Rates in Congressional Elections by Age: 1978 to 2014



Source: U.S. Census Bureau, Current Population Survey, November 1978-2014.

*For more information, call  
Kevin at 785-841-9417.*



**Kaw Valley Senior Monthly**



\$17.00 per month\*

**BUSINESS CARD DIRECTORY**

\* With 6-month commitment




**Just Call June!**

**COLDWELL BANKER**  
GRIFFITH & BLAIR  
AMERICAN HOME

(785) 224-8454 (Mobile)  
(785) 267-8600 (Fax)  
2222 SW 29th Street  
Topeka, KS 66611

**June Rockey**  
REALTOR®  
Senior Specialist

June@JuneRockey.com



*Aldersgate*  
VILLAGE

LIFE PLAN COMMUNITY

Independent Living      Rehabilitation Services  
Assisted Living      Sub-Acute Program  
Memory Care      Transportation  
Skilled Nursing Care

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



**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](http://www.criticarehhs.com)

**Medicare Accredited**

**ATTENTION SENIORS:**



See how much we can save you on your Medicare Supplement. Call Bruce today at (785) 242-6955.

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

**Holstin Law llc**



**Justin K. Holstin**  
Attorney #20382    Real Estate #SP00237964  
Communication • Understanding • Compassion  
Topeka & Northeast Kansas  
785-221-6173

Wills • Trusts • General Law • Family law  
*You are not just another face in the crowd.*  
*An attorney WHO makes house calls too*


**Irving A. Cohen, MD, MPH, FACPM**  
*is a Medical Doctor who is Board-Certified in Preventive Medicine*

Learn how YOU can reverse or prevent diabetes, lose weight and reduce chronic conditions.

We will evaluate, teach, and supervise your progress.  
*We Will Not sell you food, supplements, or diet pills.*

1919 SW 10th Ave      Topeka  
call now for an appointment    (785) 783-7779  
[www.PreventionDoctor.com](http://www.PreventionDoctor.com)  
*most insurance is accepted*

**Day Dreaming: Tales from the Fourth Dementia**



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

*We're Just Your Style!*



Over 50 Unique Shops, Restaurants and Stores.

21st & Fairlawn  
Topeka, Kansas

*We're Just Your Style!*

Questions about  
**MEDICARE OR SOCIAL SECURITY**



Call **Bill Woody, Jr.**  
for answers.  
**785-841-9538**

**STEPHENS CHAPIN INSURANCE**  
2711 W. 6th St. • Suite A • Lawrence, KS

**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 (color extra) when paid in advance. That's like getting one month for free.

\$17.00 per month\*

**BUSINESS CARD DIRECTORY**

\* With 6-month commitment



**Graceful Home Healthcare**  
Matthew 5:14, 16

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

**CALL NOW!**  
**785-424-2785**

**Our Services Include:**

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

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

**CARE AT HOME**  
Insured

**Bath Innovations**  
**WALK-IN BATHTUBS & REMODELING**



**CALL TODAY for a FREE "no high pressure" estimate.**  
**913-912-1750**

**I HELP YOU WIN DISABILITY**



Disabled and no longer able to work? I'll help you through the Social Security disability maze. Free consult. No fee unless you win.

**785-331-6452**  
[montemacedisability.com](http://montemacedisability.com)

**Moving? Downsizing? Need Storage?**



**PROFESSIONAL Moving & Storage**

**3620 Thomas Court • Lawrence, KS 66046**  
**785-842-1115**

**Cedar Square Senior Apartments**  
We offer affordable quality housing  
For persons 62 and over  
Now accepting 55 and over!  
**One Bedroom & Studio Floor Plans**  
We are renovating come take a Look!  
1550 S. Cedar Ottawa KS 66067  
Call today to schedule an appointment  
**Phone: 785-242-8110**  
**TDD: 614-442-4390**  
Office Hours Monday—Friday 8:30am to 4:00pm




**Selling Your Home?**  
I want to help you each step of the way.

\*Real and Honest \*Frequent Communication  
\*Dedicated Representation \*Detailed  
\*Respectful \*Above and Beyond Service



**Kat Hall**  
REALTOR®  
(785) 371-4255

**KatHall@kw.com**  
**kw INTEGRITY**  
KELLER WILLIAMS

**We Improve People's Lives**  
Home Health, Skilled Nursing, Physical, Occupational and Speech Therapy  
Private Duty Care

**Int-rim HEALTHCARE INC.**  
1251 SW Arrowhead Rd., Suite 103 • Topeka  
**785-272-1616**

**RIVER CITY PAINTING & REPAIRS**

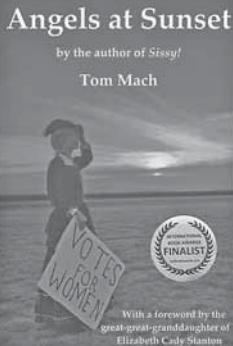


**785-856-4660**

**PEAVLER & ASSOCIATES**

**MEDICARE QUESTIONS?**  
**John McGrath**  
SENIOR BENEFITS SPECIALIST  
**785-418-7298**  
Email: [john@pfckc.com](mailto:john@pfckc.com) Fax: 866-514-2919


**Angels at Sunset**  
by the author of *Sissy!*  
Tom Mach



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

With a foreword by the great-great-granddaughter of Elizabeth Cady Stanton

**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

**Sons of The American Revolution**

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

**Charles Robinson Chapter** (Lawrence)  
John Saylor (President)  
785-841-5756

**Thomas Jefferson Chapter** (Topeka)  
Brian Vazquez (President)  
785-272-7647

**BUSINESS CARD DIRECTORY SPECIAL**

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



# How the Social Security work rules work for you

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Retirement doesn't have the same meaning for everyone. Some people plan to retire and never work again. Some people plan for second careers in occupations that wouldn't have adequately supported their families, but they do the work for pure enjoyment. Some people, whether by design or desire, choose to work part-time or seasonally to supplement their retirement income.

Retirees (or survivors) who choose to receive Social Security benefits before they reach full retirement age (FRA) and continue to work have an earnings limit. In 2017, the annual earnings limit was \$16,920 for those under FRA the entire calendar year. In 2018, it is \$17,040. If you earn over the limit, we deduct \$1 from your Social Security monthly benefit payment for every \$2 you earn above the annual limit.

In the calendar year you reach FRA, which you can check out at [www.socialsecurity.gov/planners/retire/ageincrease.html](http://www.socialsecurity.gov/planners/retire/ageincrease.html), you have a higher earnings limit. Additionally, we will only count earnings for the months prior to FRA. In 2017, the limit was \$44,880. In 2018, it is \$45,360. In the year of FRA attainment, Social Security deducts \$1 in benefits for every \$3 you earn above the limit.

There is a special rule that usually only applies in your first year of receiving retirement benefits. If you earn more than the annual earnings limit, you may still receive a full Social Security payment for each month you earn less than a monthly limit. In 2018, the monthly limit is \$1,420 for those who are below FRA the entire calendar year. The 2018 monthly limit increases to \$3,780 in the year of FRA attainment.

Once you reach FRA, you no longer have an earnings limit, and we may recalculate your benefit to credit you for any months we withheld your benefits due to excess earnings. This is because your monthly benefit amount is calculated based on a reduction for each month you receive it before your FRA. So, if you originally filed for

benefits 12 months before your FRA, but earned over the limit and had two months of Social Security benefits withheld, we will adjust your ongoing monthly benefit amount to reflect that

you received 10 months of benefits before your FRA, and not 12.

Most people understand that if they work while receiving benefits before FRA, their benefit may be reduced.

Understanding both the earnings limit and the possible recalculation of your ongoing Social Security benefits will provide an additional perspective on retirement for you to consider.

**Seniors  
55 & Over**

## Madison Street

SENIOR APARTMENTS

**NEWLY REMODELED**

**2 BEDROOM APARTMENTS**

- **HUGE Club room for resident events & entertaining**
- **Game room with Billiards, game tables & large TV**
- **Fitness Room, Business Room and Library**
- **Laundry on each floor & much more!**

Please call or stop by for your private tour of Madison Street Apartments!  
785-234-3386

## REDUCED RENT!

**ALL UTILITIES PAID!**

Free Basic cable for 1 year on select Apts.

Income Restrictions Apply

**2 Bedrooms**

**Rent starts at \$670**

**Madison Street Senior Apartments**

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

**Tel: 785-234-3386**

Expiration Date: 7/31/18

**CALL NOW!**





# WHERE WAS I GOING ?

Do you or someone you know have mild Alzheimer's disease? Then you may be interested in the DAYBREAK-ALZ clinical research study. We're looking for volunteers to help us find out whether an investigational medication will slow the rate of cognition and functional decline.

To learn more please visit [www.daybreak-alzstudy.com](http://www.daybreak-alzstudy.com) or contact your local study team at Cotton O'Neil Clinical Research Center (785) 368-0744

[www.ClinicalTrials.gov](http://www.ClinicalTrials.gov)  
NCT - NCT02783573  
EudraCT - 2015-005625-39

DAYBREAK-ALZ

Mild Alzheimer's disease Clinical Research Study

DAYBREAK-ALZ Print Advert\_V2\_USA[EN]\_20 June 2016

AstraZeneca  | 



# RICK STEVES' EUROPE

## Europe's emigration museums: Remembering the long goodbye

By Rick Steves

Tribune Content Agency

Every year millions of Americans visit Ellis Island, where their ancestors may have arrived from “the old country.” But Europe has many excellent “Ellis Islands in reverse”—museums at the places where millions said goodbye to the land of their birth.

Is there anything more poignant than a person willing to sacrifice everything in pursuit of a better life? That's the story of many hard-scrabble Europeans heading off to dreamed-of opportunities in far-off America. Others, who faced persecution or even starvation, really had no choice—it was leave or die. Museums in Ireland, Belgium, Germany and Sweden—many just recently opened—tell some of these compelling stories.

On my most recent trip to Ireland, I checked out Dublin's new interactive exhibit called Epic: The Irish Emigration Museum. With so much anxiety surrounding immigration in the United States today, it was thought-provoking to learn how many Americans were just as worried about Irish immigrants 160 years ago.

I had never fully appreciated the Irish diaspora until my recent visit. The Irish Emigration Museum celebrates how this little island has had an oversized impact on the world (an

estimated 70 million people worldwide claim Irish heritage). The museum uses a high-tech approach to explain the forces that scattered so many Irish around the globe. Historic photos of filthy tenements and early films of bustling urban scenes round out the plight of the common Irish emigrant.

The building is not far from the Jeanie Johnston Tall Ship and Famine Museum. This floating exhibit is housed in a replica of a real ship that made 16 eight-week transatlantic crossings, carrying about 200 per voyage to their new lives after the Great Potato Famine of the 1840s.

On the continent, there are more places to learn about the plight of European emigrants, particularly the cutting edge Red Star Line Museum, in Antwerp, Belgium. In late-19th-century Europe, the Industrial Revolution and a tremendous population boom led to political instability and economic difficulties. During the great migration between 1873 and 1935, the Red Star shipping line brought some two million emigrants from Antwerp to New York City.

This was the exit point for people from all over Europe—especially Germany and Eastern Europe. Jews fleeing pogroms in Tsarist Russia and later Nazi persecution in Germany—among them Irving Berlin, Golda Meir and Albert Einstein—accounted for at least a quarter of the company's passengers

PHOTO COURTESY OF RICK STEVES



**In Dublin, the Jeanie Johnston Tall Ship** recreates the harsh conditions the Irish faced escaping the potato famine. On a famine ship, entire families often shared one six-foot-square berth.

taken across the Atlantic. The 10-day steamer journey transported cargo, luxury travelers and “steerage-class” peasants alike. Before boarding, emigrants underwent humiliating health exams and nervously waited while clerks processed their paperwork.

The Red Star Line Museum fills the hall that processed many who passed through Antwerp on their way to a new life. The museum combines personal stories with high-tech presentations to detail the “other end” of the Ellis Island experience. One powerful exhibit—using wraparound video screens—drives home the point that immigration remains as common today as it was in the heyday of Ellis Island. Displays profile immigrants throughout history—from the first humans who left Africa in 40,000 B.C. to migrant workers of today.

In Hamburg, Germany, the engaging BallinStadt Emigration Museum tells the story of those from Germany and beyond who went first to Hamburg, by train or even on foot, before boarding a ship to cross the ocean. Creative themed exhibits give a look at the origins of the 5 million German emigrants who passed through here, the reasons they chose to leave (from poverty to persecution), their experiences on the transatlantic ships and their challenges forging a new life in the new land. It offers a dynamic and kid-friendly look at a powerful topic.

Finally, the House of Emigrants in Vaxjo, Sweden, is a fascinating stop for anyone with Swedish ancestors. The inspiring “Dream of America” exhibit captures the experiences of the 1.3 million Swedes who sought a better life in the American Promised Land in the late 19th and early 20th centuries. Economic woes (and, much like in Ireland, a potato famine) wracked Sweden from the 1850s to the 1920s. Roughly 20 percent of the men and 15 percent of the women who were born in Sweden during the last half of the 19th century left the country. Rounding out the exhibit, homage is paid to prominent Swedish-Americans, including aviator Charles Lindbergh, union organizer Joe Hill and the second man on the moon, Buzz Aldrin.

With so many of us owing our lives to ancestors who risked their emigrating to the U.S., it's important to learn about their epic journey. Adding a visit to an emigration museum in Europe can also give us greater understanding toward those currently seeking refuge on our own soil.

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

© 2018 Rick Steves

Distributed By Tribune Content Agency, LLC.

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



Call  
today for  
a tour!

**785-338-2979**

5015 SW 28th St.

Topeka, Kansas 66614

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





## JAY'S MUSICAL MEMORIES

# Me and My Dad

By Jay Wachs

I am not ashamed to admit listening to and liking Barry Manilow.

He was one of the few artists upon whom we could all agree as a family and, during the 70s, his albums took center stage on our turntable.

My favorite song of his was the 1979 gem "Ships," and it always makes me think of my late father.

The opening lyrics are:

*We walked to the sea, just my father and me*

*And the dogs played around on the sand*

*Winter cold cut the air, hangin' still everywhere*

*Dressed in gray, did he say, "Hold my hand"*

*I said, "Love's easier when it's far away"*

*We sat and watched a distant light*

*We're two ships that pass in the night*

*We both smile and we say, "It's alright"*

*We're still here, it's just that we're out of sight*

*Like those ships that pass in the night*

My Dad was the consummate salesman and was always working on a business deal up to and including the year of his death at the age of 85 in 2012.

We were those ships that passed in the night, but we had a good understanding and a good relationship and he is sorely missed.

It is hard to think of a June without him around for both Father's Day and his birthday.

This year, he would have been 91.

My father's music was the cocktail lounge list from the late 40s to the early 60s.

Las Vegas was his place!

Frank Sinatra, Dean Martin, Rosemary Clooney, and Sammy Davis Jr. were among his go-to staples.

But his all-time favorite was Louis Prima, especially the songs that included Keely Smith.

One year for Father's Day, I made him a two-hour cassette (yes, I said cassette) tape of his favorite songs.

When he passed away, we found that worn-out, barely playable piece of history prominently in the top drawer of

his desk along with several pictures of me, my late mother, and some school awards and a few old business cards of mine from radio stations gone by.

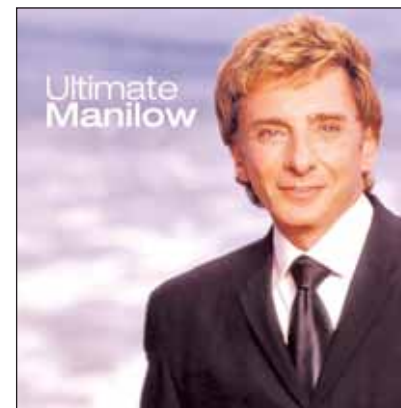
This Father's Day take a moment to celebrate Dad by listening to his music with him (if he is still with you) or in memory of him as a tribute.

Music connects us to our past but also gives us insight into the lives of others as well.

Happy Father's Day and enjoy the beginning of summer.

- Jay Wachs is

the founder and general manager of LawrenceHits.com, an app-based and online oldies radio station serving Lawrence and Douglas County.



## 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

For more information, call Dee

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



## Personalized in-home care for Douglas County residents

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

842-3159 • www.tihc.org



## Compare Our CD Rates

Bank-issued, FDIC-insured

6-month 2.00 % APY\* Minimum deposit \$1,000

1-year 2.25 % APY\* Minimum deposit \$1,000

3-year 3.00 % APY\* Minimum deposit \$1,000

\* Annual Percentage Yield (APY) effective 05/22/2018. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit [www.fdic.gov](http://www.fdic.gov) or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

Call or visit your local financial advisor today.



### Derek Osborn

Financial Advisor  
4106 West 6th Street, Suite A  
Lawrence, KS 66049

785-841-0382

Derek.Osborn@edwardjones.com

[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING



# WOLFGANG PUCK'S KITCHEN

## Toss up: Revamp one of my classic main-dish salads for an even healthier meal

"I think I'd like a salad for lunch." That's something I've heard from so many guests in my restaurants ever since I started cooking in Los Angeles back in the mid-1970s. The request reflected the belief that if you sat down to a big plate or bowl filled mostly with fresh greens, you were eating healthfully.

Of course, today most of us know it's not that simple. Add an oil-rich or creamy dressing to that salad, as lots



Wolfgang Puck

of people do, along with meats and cheeses and lots of crunchy croutons and nuts, and you wind up taking in as many calories and as much fat and carbohydrates as you might if you sat down to a heaping serving of meat and potatoes.

As my own knowledge of nutrition and healthy eating has grown over the years, I've begun to rethink my approach to certain dishes, including those considered some of my classics. And that includes a recipe I first developed back in 1983 when I opened Chinois in Santa Monica, Calif. It played an instrumental role in defining what came to be known as the Asian fusion movement, combining classic preparations from China and other Asian kitchens with the lighter, fresher approach of California cuisine.

Among the first of the many dishes that gained the restaurant a devoted following that continues today in its 25th anniversary year is its Chinois chicken salad, my version of the popular Chinese chicken salad. It was always a fairly light dish, featuring a medley of fresh vegetables and skinless roast chicken meat. But the dressing was

and still is fairly rich with sesame oil and peanut oil, along with an egg yolk that emulsified the mixture to a rich, creamy consistency.

So in recent years, when I make the salad for myself, I've been lightening it up a bit. I eliminate the egg yolk, including instead some honey that combines with Chinese mustard powder to help give the dressing plenty of creamy body and a lively sweet-hot taste that makes a big impact on every bite. I've also added more vegetables to the salad mixture, increasing the amount of snow peas and adding shredded raw carrot for its beautiful color and crunch. (You should also feel free to include or swap out other fresh, raw vegetables you like, such as strips of bell pepper or matchsticks of jicama.)

The result is a version of my Chinois chicken salad in which just a little more than 30 percent of the calories come from fat. It's well within most guidelines for healthy eating, with all the bright, appealing flavor, texture and color of the original. I hope you'll enjoy it all for lunch, or dinner, all through springtime and well into summer and beyond.

### LIGHT CHINOIS CHICKEN SALAD WITH CHINESE MUSTARD-HONEY VINAIGRETTE

Makes 4 main-course servings, 8 appetizer servings

For the Chinese mustard vinaigrette:  
1/4 cup (60 mL) rice vinegar  
2 tablespoons honey  
2 teaspoons toasted Asian-style sesame oil

2 teaspoons dry Chinese mustard or English mustard, such as Colman's  
1 tablespoon low-sodium soy sauce  
Kosher salt  
Freshly ground black pepper  
2 tablespoons peanut oil

For the chinois chicken salad:  
4 cups (1 L) shredded cooked skin-

less chicken breast meat (from a leftover or store-bought roast or rotisserie chicken, or another leftover recipe)

4 cups (1 L) shredded napa cabbage  
2 cups (500 mL) shredded iceberg or romaine lettuce

1 cup (250 mL) julienned raw snow peas

1 cup (250 mL) shredded raw carrot  
1/4 cup (60 mL) thinly sliced pickled sushi ginger, drained and cut into thin julienne strips

For the garnish:

1 tablespoon white or black sesame seeds

1 scallion, trimmed and cut diagonally into thin slices

First prepare the vinaigrette: In a blender or a food processor fitted with the stainless-steel blade, combine the rice vinegar, honey, sesame oil, dry mustard, soy sauce and a little salt and pepper. Blend or process until smooth. With the machine running, drizzle in the peanut oil to form a thick, smooth dressing. If necessary, adjust the seasonings with more salt and pepper to taste. Transfer to a bowl and set aside.

For the chicken salad, in a large mixing bowl, combine the chicken, cabbage, lettuce, snow peas, carrot and

ginger. Toss with enough of the vinaigrette to coat all the ingredients well.

For the garnishes, if you're using white sesame seeds, put them in a dry pan and toast them over low heat, stirring continuously, until golden, about 1 minute. Transfer to a bowl to cool briefly.

Mound the salad mixture on chilled serving plates. Garnish with the scallions and the toasted white sesame seeds or the black sesame seeds. Serve immediately.

© 2018 Wolfgang Puck Worldwide, Inc.

Distributed By Tribune Content Agency, LLC.

## Peterson Acres II

*Affordable Housing  
Based on Income.*  
Applications being accepted.

---

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

# Restaurant Guide

<p style="text-align: center;"><b>McFARLAND'S</b> <i>Restaurant</i></p> <p style="text-align: center;">Casual Dining, Private Parties Over 70 years of serving fine food</p> <p style="text-align: center;">4133 Gage Center Dr. • Topeka • 785-272-6909</p>	<p style="text-align: center;"><b>Chic-A-Dee</b> <b>CAFÉ</b></p> <p style="text-align: center;">"Good Home Cooked Food" Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216</p>
<p style="text-align: center;"><b>Serving Topeka Since 1969</b></p> <div style="text-align: center;"> </div> <p style="text-align: center;">Open 7 Days A Week 6:00 a.m.-3:00 p.m. 1034 S. Kansas Ave. 785-232-1111</p>	<p style="text-align: center;"><b>Gambino's</b> <b>Pizza</b></p> <p style="text-align: center;">You're Gonna Love It!</p> <p style="text-align: center;"><b>Pizza, Sandwiches, Pasta, Salads</b> <b>Family Dining Carryout</b></p> <p style="text-align: center;">510 E Front St. • Perry • 785-597-5133</p>
<p style="text-align: center;"><b>Old 56</b> Family Restaurant</p> <p style="text-align: center;">2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p> <p style="text-align: center;">912 S. Chestnut Olathe, KS 66061 913-390-9905</p>	<p style="text-align: center;"><b>BIEMER'S BBQ</b></p> <div style="text-align: center;"> </div> <p style="text-align: center;"><b>Voted Best BBQ in Lawrence</b> University Daily Kansan Top Of The Hill 2011</p> <p style="text-align: center;">2120 W. 9th St. • Lawrence • 785-842-0800</p>

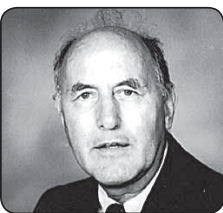
Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

## HUMOR

## Climbing High in La Mancha

Étienne Haute-Montagne sat in the Aéroport Marseille Provence. He had two hours to kill before heading off to Letongaloosa to enroll at Letongaloosa Community Junior College, the town's center of higher education.

In the last 28 days, after completing his final professional time trial, the newly retired French cyclist had spent his time bike-packing around Provence.



Larry Day

He had put everything he would need on his bike frame and set out for the week to retrace all of his favorite routes. Étienne wanted to relax and think. He needed to figure out where the next stage of his life would lead.

Two days into his trek, on his way to the hidden village of Goult, he stopped on his favorite old Roman bridge, Pont Julien, to take in its height and its spectacular views. As he gazed, his cell phone rang. The message put him on the path to his next great adventure.

In the early 1980's Étienne was working on his grandfather's lilac farm when news came that he had been accepted into a business program in the United States at La Mancha University. He didn't want to leave. He wanted to stay at home and compete—climbing high into the mountains.

In his imagination, Étienne was a

decade into a successful career as a competitive cyclist.

There are competitions and races throughout the world, but certain locations are synonymous with cycling. Étienne knew he'd be a part of it all someday so he tried to learn as much as he could about the trails, the climbs and the cyclists in those races. He knew he could learn more about the lilacs, the farm and his fate if he stayed in Provence. He was right.

Within a few months of packing up and setting out for La Mancha, Étienne was back riding through the tall, deep flowers and the high roads of Provence. But not before he had made a longtime friend in Zimmy Tarbox.

Zimmy Tarbox was in the graduate program in the Department of Entomology at La Mancha U. He met Étienne on a campus bike trail while searching for beetles. Étienne was standing on a bridge that overlooked one of the university's highest points. The view included lilacs, which are hard to find in a small Midwestern college town. Étienne came to the bridge when he felt homesick.

The two students struck up a conversation. Zimmy was about to capture a cockroach he had spotted on the rail of the old bridge.

"What's up?" asked Étienne. Zimmy smiled as he snagged the insect. He was planning to measure the space between its eyeballs.

"What in the world are you doing?" asked Étienne looking down at the small cage and the large bug. Why would anyone want to capture it?

Zimmy explained that he was study-

ing the anatomy of the bug and that he must successfully identify all of its parts for his midterm exam. In turn, Zimmy learned that Étienne's true passion was cycling, not business, and he really wished to return to Provence.

The two became good friends over the next few months. Zimmy became well-versed in the highest climbs in Provence, and Étienne learned the best way to obtain the measurements of a baby cockroach without harming it.

After Étienne returned to Provence, the two kept in touch—a friendship that lasted through the years. Zimmy went to Provence to celebrate Étienne's win in the Tour De Fleur and Étienne went to Cuba when Zimmy and Kate made their big rainbow beetle discovery.

So when his cell phone sounded as Étienne was standing on that bridge in

Provence, he was delighted to learn that he would soon be heading back to La Mancha to see his old friend.

"The university is offering a summer cycling course for La Mancha and Letongaloosa residents. They need an instructor. Kate and I think you'd be a perfect for the job. What do you say?"

Even though it was only for a few months, Étienne was delighted.

"Of course, my bug-loving, friend! See you soon!"

So now Étienne was waiting in the Aéroport Marseille Provence eager to follow the next stage of his adventures—in a small Midwestern town.

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

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

100% Employee  
Owned Company!



**MEDICALODGES**  
Eudora

"Professional Therapy & Nursing Services in Your Hometown!"

KEY REHAB

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



We accept MEDICARE, KANCARE & other major insurances.

**Medicalodges Eudora**

1415 Maple Street, Eudora Kansas

(785)542-2176

WWW.MEDICALODGES.COM

**Carol Ronnebaum**

SENIORS REAL ESTATE SPECIALIST

- Simplifying Senior Moves
  - Baby Boomer Moves - Up, Down, Relocate
- 785-640-2685 • Carol@CarolRealtor.com  
2222 SW 29th St. • Topeka, KS 66611

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



CAROL RONNEBAUM  
640-2685  
COLDWELL  
BANKER  
GRIFFITH & BLAIR  
AMERICAN HOME  
640-2685



## MY PET WORLD

# Build trust with cats through play and slow blinking

By **Cathy M. Rosenthal**  
Tribune Content Agency

**Dear Cathy:** I have a 7-year-old cat named Squeaky. She was fixed as a kitten and is an indoor cat. She was the only cat for two years before we inherited a second kitty from my son. The second cat really brought Squeaky out of her shell. Both cats get along fine, but Squeaky is not friendly with other people. One of my sons moved back home and cannot get close to her. He loves animals and has tried to befriend her, but she won't have anything to do with him. She is not a lap cat at all. She will sit somewhat close to him but does not want him to touch or pet her. She is like this with everyone. My son has been her for a year and a half and nothing has changed.

When I take her to the vet, she hisses and growls at whoever tries to get near her. She is very untrustworthy of everyone. Is there some kind of medication I can give her to become less hostile toward my son and other people? When I take her out of the house to the vet, it is like she needs a tranquilizer to calm her nerves. I realize each animal has their own personality, but hers is extreme with everyone except me. - Carol, Aurora, IL

**Dear Carol:** You can talk to your veterinarian about anxiety medication for vet visits, but I wouldn't worry about trying to make her a people pleaser there. Most cats are not excited about going to the vet's office and no amount of medication will make her "happy" to go.

As for the home, there are a few things your son can do to help Squeaky

relax in his presence. One way is through interactive play. Just like how a step-dad might build trust with his new son or daughter by playing catch, animals relax and learn to trust people who play with them.

Have your son get a fishing pole-like toy or a feather toy that he can use to entice her when she comes into the room. At first, she will be interested in the toy, but won't approach. That's OK. Let her watch. Do this for a few minutes a few times a day. Over time, she won't be able to resist and should pounce and play with the toy.

In the feline world closing one's eyes and blinking slowly around another cat or human also is a sign of trust. Throughout the day, tell your son to look (never stare) at Squeaky and do an exaggerated

slow blink. You will know she is relaxing when she slowly blinks back.

Finally, tell him to never reach out to Squeaky. With cats, it's best to let them come to you for affection.

**Dear Cathy:** Our wonderful, sweet rescue dog, Pippin, has developed some sort of anxiety at bedtime. This behavior has come out of the blue. He is about 8 years old and we have had him almost five years. Until recently, he seemed to really love bedtime. He would jump into our bed and cuddle. When we turned the lights off, he would move to the end of the bed to sleep for the night.

He still jumps onto the bed during the day, but suddenly, he stopped jumping onto the bed at night and wants to sleep in the bathroom. When we pet him to comfort him, we can feel him trembling. During the day, his behavior is normal. The only other time we have seen this anxious behavior is in the car, but we chalked that up to some trauma in his life before we adopted him. We feel so bad for him. We hope you can give us some advice. He weighs about 18 pounds and is a Schnauzer/ Yorkie

mix. - Harriette Westbury, NY

**Dear Harriett:** When a pet suddenly changes a routine behavior, it's time to take him to the vet for a health exam. Health issues can impact and change a pet's behavior overnight, especially with older pets. In fact, sometimes the only way you know something is wrong with your dog or cat is that they suddenly stopped doing a behavior they always do.

Pain, thyroid and gastric problems, cancer, ear infections, toothaches, can all cause a sudden change in behavior. Often, dogs feel worse at night because they are less distracted. So, take Pippin to the vet and let me know what the doctor says. I am almost certain there is something going on health-wise.

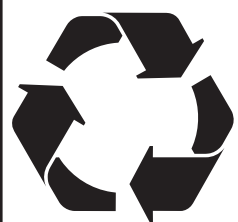
- *Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to [cathy@petpundit.com](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.*

© 2018 Distributed By Tribune Content Agency, LLC.

“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+.

Clearly, the numbers don't add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

Source: Huffington Post, [huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending\\_b\\_6815876.html](http://huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html)



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

**Kaw Valley**  
**Senior Monthly**

**785-841-9417**

## MEMORIES ARE FOREVER

*Friends: There will be no more contributions from folks for this column, as it is being phased out. However, for the June, July, and August issues, I will include an excerpt from my published memoir, **Persistence, Then Peace**. I sincerely hope you have enjoyed these columns over the past three years. Memories are indeed forever and I have cherished reading the ones that were published. Thank you, and I wish you well. - Tom Mach*



Tom  
Mach

## My Memories as a Kid

By Tom Mach

I recall two books that I had read when I was a tot. One was *The Little Train That Could*. It taught me about persistence (which decades later became the title of my memoir, *Persistence, Then Peace*). The other book I read was *Little Black Sambo*. It was about an African boy who is strolling along in the jungle and encounters tigers who want to eat him. But Sambo is able to stop each tiger from doing so by giving each one a portion of his new outfit. I also recall Sambo rolling a large cookie in that book and I don't know why he didn't offer these tigers portions of that cookie. Anyway, I never thought about blacks and whites, and it was only when I was in my twenties when I learned from the media that African-Americans in the South were segregated in schools and restaurants.

Other books that intrigued me when I was in the second grade were the *Bobbsey Twins* series. There were four children in one of the earlier editions—Nan and Bert, who were eight years old, and Freddie and Flossie,

who were four. This was my first encounter with books that had dialogue, good description, and a plot that was more involved than either *Little Black Sambo* or the *Little Engine That Could*. My sister Florence, four years older than me, read books from the *Nancy Drew* series and *Little Women*—neither of which interested me.

As a toddler, I saw many uniformed soldiers walking up and down the street as well as Victory gardens with the letters VJ posted by them. I didn't know what any of that meant. Later, of course, I learned "VJ" stood for victory in Japan since we had just put an end to WWII by devastating two Japanese cities called Hiroshima and Nagasaki with atomic bombs. Everyone seemed happy that we did it, but when I reflected on it in later life I felt awful that innocent people had to die from this horror. I read about this in high school in John Hersey's book *Hiroshima*, where the author described innocent victims forgotten among the statistics of the dead and wounded. The horror of that event inspired me to write a novel many years later called *Advent*, about what might happen if a comet strikes the Earth. (I withdrew publication of that work when some of my science fiction episodes—like the completion of an international space station—had already come to pass by that time.)

Florence and I attended St. Casimir's school, a Catholic elementary school a little over a mile away. We walked to and from school every day, no matter what the weather. I recall walking in deep snow with my face covered by a scarf and my hands protected by mittens. I also remember how we had to share an umbrella, with me struggling with Florence for more of the umbrella during a downpour.

I received an excellent education at St. Casimir's. By the time I was in the second grade, I learned how to organize my thoughts and create a meaningful paragraph—all the while making sure I used proper spelling and punctuation. Math came surprisingly easy for me.

At times I would be bored because the nuns would drill over the same material that I had already learned. My boredom would, at times, cause me to interrupt other students by talking to them while they were trying to complete an exam. At those times, I was called to the principal's office. My sister, who was four grades ahead of me in school, would learn about this and lecture me about my misbehaving on our way home from St. Casimir's.

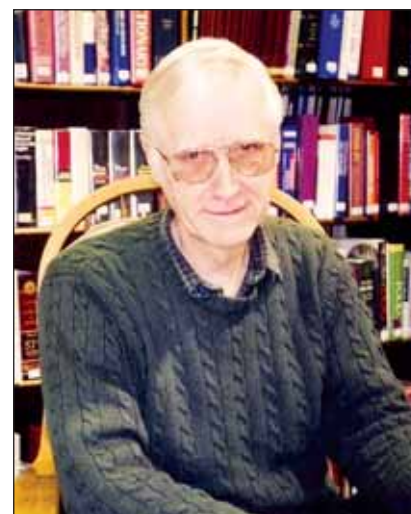
Our school had a small library, and the sight of books on a shelf intrigued me. I would search the titles to find one that I might enjoy reading, and inevitably, I'd pick one that appeared to be an adventure book. I enjoyed reading about American heroes. One that I still remember was

Buffalo Bill. At the time, I didn't think about all those bison he killed. I only relished the thought of all the excitement he faced in the Old West. He was a scout, hunter, and showman who confronted the daily challenges and battles of early Western life.

Wooden stacks of library books intrigued me. These all had words written by different people. It would take me forever to read each and every book, I thought. However, I wished I could do it.

I will send you an autographed copy

of my life-changing memoir, *Persistence, Then Peace*, for only \$15, which includes postage and handling. Send your check or money order to: Tom Mach, 3807 Hunters Hill Drive, Lawrence, KS 66049.



Tom Mach

*The end of life deserves as much beauty, care and respect as the beginning*

*Trust in Visiting Nurses Hospice to provide your loved one with compassionate end-of-life care*

**All Your Home Care Needs Under One Roof**

Home Health | Rehabilitation | Hospice | Help at Home

(785) 843-3738 | [www.KansasVNA.org](http://www.KansasVNA.org)





## GOREN ON BRIDGE

## A jewel from India

With Bob Jones

Tribune Content Agency

Neither vulnerable, North deals

NORTH

♠-10 8 6 3

♥-K 9 3

♦-J 10 9 8

♣-Q 2

WEST

♠-K J 4

♥-8 7 6 4 2

♦-K 7 4 3

♣-3

EAST

♠-9 7 2

♥-Q 5

♦-6

♣-K J 10 9 8 7 4

SOUTH

♠-A Q 5

♥-A J 10

♦-A Q 5 2

♣-A 6 5

The bidding:

NORTH	EAST	SOUTH	WEST
Pass	3♣	3NT	Pass
Pass	Pass		

Opening lead: Three of ♣

Today's deal is from a team match played in India. The auction was the same at both tables. At one table, declarer won the opening club lead, knowing that it was a singleton, and immediately ran the jack of hearts through West, ending up down four.

At the other table, the declarer was a

player known to us only as Bendre. He also knew that the lead was a singleton, but he ducked the first round anyway just to see what West would discard on the second club. That discard was a heart as South, won the second club. Bendre led the jack of hearts to the king and ran the eight of diamonds. When this held the trick, he continued with a diamond to his queen, losing to West's king. West should have exited with a diamond, just to keep declarer in the dark about the heart suit, but he knew that he could do no harm by leading a heart. West exited with a heart, perhaps hoping that South had started with ace-jack doubleton.

Bendre captured East's queen of hearts with the ace, cashed the 10 of hearts, and then cashed his two diamond winners, ending in dummy. He now led a spade to his queen and West's king. West cashed his remaining heart before leading his low spade. All that was left was for Bendre to decide which spade to play from dummy. He was up to the task, rising with dummy's 10 of spades to bring home his contract. Well done!

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

© 2018 Tribune Content Agency, LLC.



## Hillside Village of De Soto Nursing Staff

When moving a loved one into a senior living facility, family members often have questions regarding the quality of the nursing care. The Hillside Village nursing staff (pictured above) is very experienced and most of them have been with us for many years. All nursing shifts are filled with Hillside employees and we do not use contract nursing staff. This stability enables our nurses to really get to know our residents and ensure their needs are met. Stop by sometime for a tour and check us out. We are conveniently located in De Soto, halfway between Lawrence and the KC Metro. We offer 38 assisted living apartments and 49 skilled nursing beds and are locally owned with the owner onsite daily. Hope to see you soon!

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



33600 W. 85th Street • De Soto, KS

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

1 BR  
starts at  
\$345



2 BR  
starts at  
\$370

-Leisure Living Offering the Best of Both Worlds-  
A Peaceful Country-like setting, At Rates That Can't Be Beat!  
We rent to those 62 and older or disabled, regardless of age.



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



# PUZZLES & GAMES

## CROSSWORD

### Across

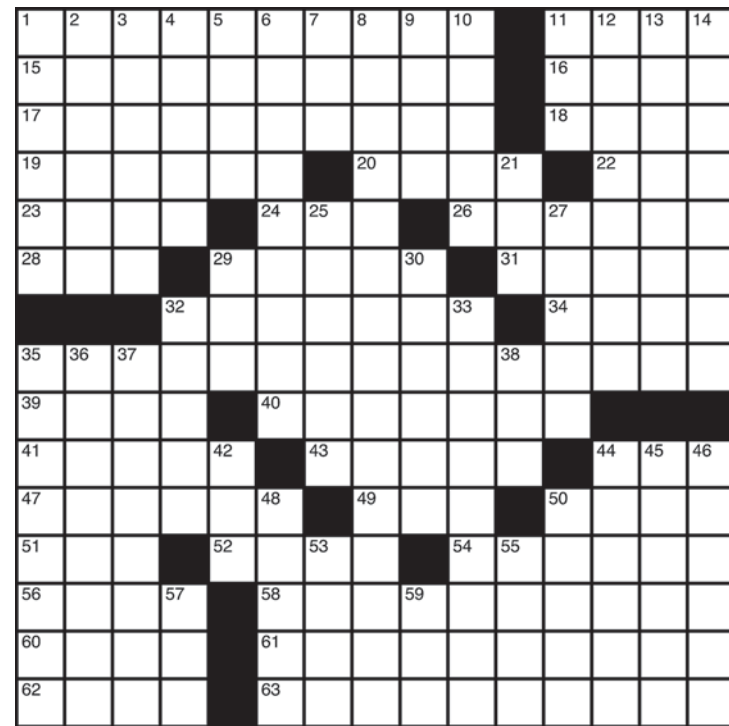
- 1 Highly charged individual?
- 11 Castmate of Alda and Swit
- 15 Mass transportation?
- 16 Problem solver, at times
- 17 One dealing in signs
- 18 Not opt.
- 19 Complicated
- 20 "... \_\_\_ no fury ..."
- 22 Québec journalist's question
- 23 Speed unit
- 24 Intersected
- 26 Conversational skills
- 28 Leaking sound
- 29 Traditions seen in some circles
- 31 Sudden and brief
- 32 Waters near the South Pole
- 34 Towel ending
- 35 Appeal for backup?
- 39 Natural salve
- 40 Savanna outings

- 41 Like snakes but not worms
- 43 Skin product prefix
- 44 Put down roots?
- 47 Old London ride
- 49 Nabokov novel
- 50 "Crucifixion of St. Peter" painter Guido
- 51 Four-song discs, briefly
- 52 With 46-Down, world creator?
- 54 Open-flame treat
- 56 One in a football quartet
- 58 Pacific swimmer
- 60 California's Mission Santa \_\_\_
- 61 Furtive question
- 62 Football that won't deflate
- 63 Pays, old-style

### Down

- 1 Twinges
- 2 Shade-loving landscape plants
- 3 Public perceptions, as of politics or sports

- 4 Lake catch
- 5 Uninhibitedly
- 6 "Wow!"
- 7 "... and that price is negotiable," in classifieds
- 8 Nearly weightless
- 9 Intestinal parts
- 10 Altoids competitor
- 11 Fragrant tree
- 12 Acceptable
- 13 Numbers from the audience
- 14 Salad roots
- 21 Lover of Bunnies, familiarly
- 25 '90s-'00s Angels outfielder Darin with three Gold Gloves
- 27 Lowlands
- 29 Monopolize
- 30 Town with the motto "Alaska Starts Here!"
- 32 Cambodian currency
- 33 Fronts separate them
- 35 Got dough for
- 36 1959 Rod Steiger title role
- 37 Rarity in the voicemail age
- 38 Spanish aunt
- 42 "I just stubbed my toe!"
- 44 Fatherly advice?
- 45 Score often requiring



- 46 overtime
- 48 See 52-Across
- 50 Colorful flier
- 53 Rich kid in "Nancy" comics
- 55 Actress Loughlin
- 57 Respectful address "Where Discoveries

- Begin" govt. agency
- 59 Come up short

© 2018 Tribune Content Agency, Inc.

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

### JUMBLE

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

DUPON

□ □ □ □ □ □ □ □

ANAGI

□ □ □ □ □ □ □ □

TAROTH

□ □ □ □ □ □ □ □

ROPTIM

□ □ □ □ □ □ □ □

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

### SCRABBLE GRAMS

Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2018 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.

Double Word Score

3rd Letter Triple

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 265-275

BEST SCORE 335

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

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

Answers to all puzzles on page 38



## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## JUMBLE ANSWERS

Jumbles: POUND, AGAIN, THROAT, IMPORT

Answer: After seeing how snug her dress had become, she was -- UPTIGHT

© 2018 Tribune Content Agency, Inc.

SCRABBLE GRAMS SOLUTION												
S <sub>1</sub>	U <sub>1</sub>	F <sub>4</sub>	F <sub>4</sub>	I <sub>1</sub>	C <sub>3</sub>	E <sub>1</sub>	RACK 1 =	80				
R <sub>1</sub>	I <sub>1</sub>	M <sub>3</sub>	S <sub>1</sub>	H <sub>4</sub>	O <sub>1</sub>	T <sub>1</sub>	RACK 2 =	68				
C <sub>3</sub>	L <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	I <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	RACK 3 =	59				
E <sub>1</sub>	Q <sub>10</sub>	U <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	Y <sub>4</sub>	RACK 4 =	69				
A <sub>1</sub>	I <sub>1</sub>	R <sub>1</sub>	B <sub>3</sub>	O <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	RACK 5 =	59				
PAR SCORE 265-275								TOTAL	335			



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

## My ANSWER

## With Christ, you can be sure of salvation

*(Editor's note: Rev. Billy Graham died on February 21 at the age of 99. Tribune Content Agency has been the distributor of Rev. Graham's "My Answer" column since its debut in 1952. The syndicated column, "My Answer," carries on. It is based on the thoughts, words and works of Rev. Graham, and it is compiled and edited by his associates.)*

By Billy Graham

Tribune Content Agency

**Q:** I believe in Jesus and go to church sometimes and all that, but I don't think we can know if we're going to get to heaven until we actually die. I think we just have to do the best we can, and hope everything will turn out OK in the end. - Mrs. M. McN.

**A:** If our salvation depended only on us, and depended only on our ability to be good enough to convince God He ought to let us into heaven, then you'd be right. The reason is because we'd

never know if we'd been good enough until it was too late.

But our salvation doesn't depend on us; if it did, no one could ever be saved. The reason may startle you, but it's very important for you to understand: God's standard is nothing less than perfection. God is absolutely holy and pure, and even one sin would be enough to keep you out of heaven. And who among us has never sinned? No one; we all sin every day, both through things we do that are wrong, and through things we fail to do that are right. The Bible says, "There is no one righteous, not even one.... For all have sinned and fall short of the glory

of God" (Romans 3:10, 23).

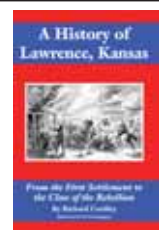
How then can we be saved? If our salvation doesn't depend on ourselves, on what does it depend? The Bible's answer is clear: it depends solely on Christ. He was without sin, but on the cross all our sins were laid on Him, and He took the judgment that you and I deserve.

Turn to Christ and trust Him alone for your salvation. God's promise is for you: "Believe in the Lord Jesus, and you will be saved" (Acts 16:31).

- Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: [www.billygraham.org](http://www.billygraham.org).

© 2018 Billy Graham.

Distributed By Tribune Content Agency, LLC.



## The History of Lawrence, Kansas

by Richard Cordley

See [www.seniormonthly.net/books](http://www.seniormonthly.net/books) or call Kevin at 785-841-9417 to purchase.

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



**FULL COLOR**

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

\*Includes flyer design and printing!





# Your Life. Your Style. Your Home.

- 🍷 Apartments starting at just \$1650 per month
- 🍷 Complimentary housekeeping
- 🍷 Free on-site laundry
- 🍷 Social activities and entertainment
- 🍷 Scheduled transportation
- 🍷 Complete kitchens
- 🍷 Beauty/barber salon
- 🍷 Home cooked meals
- 🍷 Pet friendly
- 🍷 And much more!

Call us today at 785.273.6847 for a personal tour.

Andrea Graham, Director

4200 SW Drury Lane



# **“I studied cardiology at Duke University. I followed my heart to Lawrence.”**

**Michael Zabel, MD, FASE, FACC, FACP  
Cardiovascular Specialists of Lawrence**

**After years of advanced training at a world-class medical center, Dr. Zabel couldn't wait to bring his expertise home to Lawrence. As one of many LMH physician experts who are known for medical excellence and exceptional care, Dr. Zabel knows home is where the heart is, and he is committed to being your partner for lifelong health.**

**Start your healthy future today at [lmh.org/partner](http://lmh.org/partner).**



**A Partner for Lifelong Health**