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Vol. 22, No. 12

INSIDE



Cedarhurst of Topeka residents can sit together at tables and order from restaurant-style menus with features that change daily. - page 6

- America's Test Kitchen 25
- Business Card Directory... 26, 27
- Calendar 16
- Financial Focus 14
- Health & Wellness..... 11, 12
- Humor Hotel..... 19
- Jill on Money..... 15
- Mayo Clinic 10
- My Answer 30
- My Pet World 24
- Painting with Words 21
- Puzzles and Games..... 22, 23
- Rick Steves' Europe 28
- Savvy Senior..... 8
- Variety..... 18

COURTESY PHOTO



Joe Schiefelbein:
Keeping the
Volga German
music tradition
alive.

See story on page three



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Schiefelbein continues family's music tradition

By Kevin Groenhagen

Music has always played an important role in Joe Schiefelbein's life. To understand why it is so important to him, we have to go back more than 250 years to the region along the Volga River near Saratov in Russia.

In 1762, Catherine II, born a German princess, deposed her husband, Peter III, and took the Russian imperial throne. She immediately began inviting German immigrants to settle in Russia. These Germans, who settled in Saratov area, became known as Volga Germans. Catherine II allowed the Volga Germans to retain their language, culture, and music, including their traditional religious music, their lullabies, and their folk songs.

At the end of the 19th century, the Russian empire began applying an aggressive policy of Russification. The Russian empire had promised the Volga Germans a degree of autonomy, including exemption from military conscription, when they settled in

Russia. However, the Russian empire began subjecting the Volga Germans to conscription. This and other policies led thousands of Volga Germans to emigrate to avoid conscription and preserve their culture. They left for Argentina, Brazil, Canada, and, of course, the United States. In the United States, the Volga Germans settled primarily in the Dakotas, Kansas, and Nebraska. As they did when they left Germany for Russia, the Volga Germans brought their language, culture, and music to their new homes in North America and South America.

Schiefelbein's grandfather, Joseph M. Schiefelbein, was born in Kamenka, which Catholic emigrants from various parts of Germany founded in 1765. Joseph left Russia with his parents, Johann and Anna, in 1912. The family had to travel more than 1,700 miles to board the ship *Brandenburg* at Bremen, Germany. They arrived at Philadelphia, more than 3,800 miles from Bremen, on December 16, 1912. From Philadelphia, they had to travel more than 1,100 miles to Topeka.

In Topeka, the Volga Germans had already established the St. Joseph Catholic Church 25 years prior to the family's arrival. This church eventually became a home for more than 20,000 Volga Germans.

Joseph's older brother, John, had arrived in Kansas in 1907, so the brothers became reunited after being apart

KEVIN GROENHAGEN PHOTO



Joe Schiefelbein displays his uncle's hammer dulcimer on the wall of his office.

for more than five years.

"Joseph and John played for wedding dances in both Russia and the United States," Schiefelbein said. "They both learned to play by ear. Neither of them could read music."

The music they played at wedding dances included waltzes and polka music.

Unfortunately, the brothers' father died from blood poisoning (sepsis) less than a year after arriving in Kansas.

Having travelled to the United States with the bare necessities, Joseph was unable to bring a hammer dulcimer

(*Hackbrett*) with him from Russia.

A hammer dulcimer is a percussion-stringed instrument that consists of strings typically stretched over a trapezoidal resonant sound board. "Dulcimer" comes from the Latin "dulcis" (sweet) and the Greek "melos" (song). Shortly after arriving in Topeka, Joseph bought a hammer dulcimer for \$10 (about \$300 in 2023 dollars) and a half gallon of whiskey. A member of the Schiefelbein family continues to own that dulcimer.

Joseph, a cobbler, married Amelia

■ CONTINUED ON PAGE FOUR

Kaw Valley
SeniorMonthly

Kevin L. Groenhagen

Editor and Publisher

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Schiefelbein

■ CONTINUED FROM PAGE THREE

Wasinger in Jackson County, Missouri, in 1919, and the couple eventually had 11 children, including Joe Phillip, and George, our profile subject's father. Schiefelbein's Uncle Joe and his father both learned how to play the hammer dulcimer. In 1944, Schiefelbein's uncle formed a band called Joe Schiefelbein and his Flying Dutchmen and began performing at Dutch Hops. Prior to World War II, Dutch Hops were called "German dances." However, the Volga Germans renamed them Dutch Hops in response to anti-German sentiment associated with two world wars. According to volgagermans.org, "Dutch Hop dancers respond to the band's beat by adding a bounce to their steps and frequently an extra little hop or a stomp to the smoother regular polka dance."

"The band originally included Uncle Joe on the hammer dulcimer and a fiddle player," Schiefelbein said.

The band later became a three-man group made up of Uncle Joe on the hammer dulcimer and fellow Volga Germans Herman Rohr on bass guitar and Rusty Schwartz, a police officer, on accordion.

"Herman carried a melody on the bass guitar like a tuba," Schiefelbein said.

Schiefelbein was born in Topeka during the summer of 1951, which was at the same time that the Great Flood of 1951 occurred. That flood killed 17 people and displaced 518,000.

"My father watched from St. Joseph's as our house in Little Russia was destroyed by the flood," Schiefelbein said. "Our family lost everything."

The Schiefelbeins moved away from

Little Russia after the flood, but they continued to be part of the close-knit Volga German community.

Schiefelbein began playing the accordion when he was just seven years old. He took formal music lessons at Marsh Accordion Studio in Topeka and, unlike the older Schiefelbeins, learned how to read music. By the age of 12, Schiefelbein was sitting in for Schwartz when the policeman's work schedule conflicted with the band's schedule.

Over the decades, the band performed for hundreds of weddings and anniversary parties for Volga German couples throughout Kansas and the surrounding states. Of course, with Joseph and Amelia's 11 children and other large families connected to St. Joseph's, there was always a constant stream of weddings and anniversaries. In fact, the band booked their performances a year out.

"In those days, if you got \$80 to \$100 apiece to play for four hours, you were rich," Schiefelbein said. "We weren't cheap. I was able to buy my own clothes from the money I made from playing at weddings on Saturdays."

However, the band didn't limit its performances to family gatherings.

"My Aunt Virginia did the bookings and sometimes she spread it out a little thick," Schiefelbein said. "We played at places we shouldn't have been, just to make a dollar. We used to play in bars in North Topeka when I was only 13 or 14 years old. We did polkas and waltzes. Of course, I was drinking beer like the rest of them. The smoke was so thick in the bar I had tears coming out of my eyes. I couldn't see anything. I just played with my eyes closed. It was terrible."

In 1968, Schiefelbein's parents, George and Sophia, became founding members of the American Historical Society of Germans from Russia (AHSGR). George even did a stint as

KEVIN GROENHAGEN PHOTO



Joe Schiefelbein and his Flying Dutchmen recorded two albums during the late 1970s.

AHSGR's president. George also put together a well-researched book on the Schiefelbein family.

However, while his parents were getting more involved with Volga German

■ CONTINUED ON PAGE FIVE

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Schiefelbein

■ CONTINUED FROM PAGE FOUR

history, Schiefelbein was making plans for his future. He graduated from Hayden High School in Topeka in May 1969 and was ready for a change of scenery.

"I turned 18 in July," he said. "My dad and I drove to Kansas City so I could enlist in the Coast Guard. However, they wouldn't take me because I wore glasses. So, I went down to the recruiting station at 29th and Kansas Avenue in Topeka to enlist in the Navy. They had a 90-day program where you could enlist and not leave until 90 days later. I said, 'No, sign me up and I want to go now.' I wanted to see the world."

Schiefelbein's eagerness to leave Topeka as soon as possible made the recruiters a bit concerned. They called the police since they thought he might be running from the law. After confirming that that wasn't the case, they allowed Schiefelbein to enlist. He flew from Kansas City to San Diego—his first time on a plane—for boot camp. After boot camp, he served aboard the USS *Bainbridge* (DLGN-25), the first nuclear-powered frigate. The *Bainbridge* screened aircraft carriers, served as a radar-picket ship, and performed search and rescue missions.

"I was a storekeeper in the Navy," Schiefelbein said. "It was an easy, but important, job."

Storekeepers see that needed supplies—including everything from clothing and machine parts to forms and food—are available. Since many of the supplies were stored near the

ship's reactors, Schiefelbein carried a PIN diode to detect nuclear radiation.

Schiefelbein did fulfill his dream of seeing the world. During his four years on active duty, he visited Hawaii several times and made port calls in Vietnam, Japan, the Philippines, Hong Kong, Singapore, and Australia. The *Bainbridge* also patrolled the Indian Ocean.

After receiving his honorable discharge from active duty in 1973, Schiefelbein served an additional two years in the Navy Reserves.

While Schiefelbein was on active duty, Schwartz returned to Joe Schiefelbein and his Flying Dutchmen as the band's accordion player. After Schiefelbein returned to Topeka, he rejoined the band and replaced Schwartz.

"Rusty was glad when I came back," Schiefelbein said. "He was getting tired of playing on Saturday nights."

After Ames Marsh, the owner of Marsh Accordion Studio in Topeka, died in May 1975, Schiefelbein took over the business, began giving accordion lessons, and started running Schiefelbein's Music. At the same time, Schiefelbein continued to perform with his Uncle Joe and Herman Rohr. Joe Schiefelbein and his Flying Dutchmen recorded an album in 1977 and a follow-up album in 1978. However, the band ran into a bit of a problem with its albums.

"We learned the songs by ear and never knew their names, except for 'Somewhere My Love' and 'Barbara Polka,' which was the first polka we'd play every Saturday night," Schiefelbein said. "That would tell us right away if we were going to have a dance or if we were going to have people sit-

ting around drinking beer. My uncle could hit a note and I knew what song he was going to play. We had to make up names for the other songs about five days before we recorded them."

Schiefelbein noted that the band had an extensive repertoire, so knowing all these traditional, unnamed songs was quite a feat.

"Some nights we would play for four hours and not play a single song twice," he said. "Think of how many songs that would be."

Several of the album recordings are available on YouTube. Just do a search for "Joe Schiefelbein and his Flying Dutchmen."

After Herman Rohr, the bass guitarist, died in 1982, Joe Schiefelbein and his Flying Dutchmen continued as a two-man band.

"The accordion I was playing had electronic bass on it, so I could use the electronic bass instead of a string bass," Schiefelbein said.

After Schiefelbein's Uncle Joe died in 1991, Schiefelbein formed Happy Time Band.

"We had an accordion, keyboard, and

a drummer," he said. "We did Oktoberfest in Topeka every first Saturday of October. It was outside and it always seemed like it was cold and rainy. I played with gloves on. Then the next three or four Saturdays in October, the weather would be beautiful."

"We also did the background music for the Germanfest commercials," Schiefelbein added.

Sacred Heart-St. Joseph Parish in Topeka began hosting Germanfest in 1974 as a celebration of German culture in Topeka. The organizers originally called the celebration, which included an ice cream social and picnic, Junifest. Today, Germanfest is a much larger celebration that features food, music, auctions, and beer. Sacred Heart-St. Joseph Parish will hold Germanfest 2023 on June 3 and 4 at 312 NE Freeman Avenue in Topeka.

Schiefelbein no longer performs with a band and few bands continue to play polkas in the Topeka area. However, the Volga German community owes him and his Uncle Joe a debt of gratitude for sharing its traditional music for many, many decades.

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COURTESY PHOTO

Cedarhurst of Topeka offers one- and two-bedroom spacious apartments, which consist of 57 assisted living apartments and 27 apartments dedicated to memory care.

Cedarhurst of Topeka offers assisted living and memory care

By Billie David

Topeka recently became home to a brand-new senior living community when Cedarhurst of Topeka opened in March of 2023.

“We saw a growing need for the senior population to have more opportunity to live life to the fullest,” said Renessa Lolley, director of sales.

As for the community response, Lolley said they have seen plenty of interest.

“We are doing well,” she said. “We have been extremely busy. We’re a little over 30% occupied, so we are doing great.”

Cedarhurst of Topeka offers both assisted living and memory care options for people aged 55 and over.

The demand for senior living communities is growing throughout the United States, including in Topeka, as is evidenced by the fact that the Dover Company in St. Louis, which develops, builds, and manages senior living communities and owns Cedarhurst, has opened 58 other senior living communities in nine states.

“The growing aging population and the fact that Topeka has kind of started to age—the demand is there,” she said.

“Cedarhurst in Topeka is brand new, so the building is beautiful, and there is plenty of natural light,” Lolley added. “The community itself offers one- and two-bedroom spacious apartments, which consist of 57 assisted living apartments and 27 apartments dedicated to memory care. The apartments lead to a cozy community area that provides space for various activities because the building’s design is to place an emphasis on encouraging residents to be engaged, and each resident also has a customized care plan based on their individual needs.”

“We want the residents to find joy and happiness in each day,” Lolley continued. “The staff are especially trained because we want them to be able to meet those needs.”

“We have lots of amenities,” Lolley added, describing the dining program particularly crafted by Cedarhurst as a case in point.

The dining services are open from 7 a.m. until 7 p.m., and residents can sit together at tables and order from restaurant-style menus with features that change daily, which provides more options and more independence, and it’s less institutional, Lolley said,

■ CONTINUED ON PAGE SEVEN



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Cedarhurst

■ CONTINUED FROM PAGE SIX

adding that the dining room looks like a restaurant with plenty of seating, where residents can sit wherever they like and where the orders are taken at the table and the food is delivered there, just as in a traditional restaurant.

“That way they can gather with friends over a meal,” Lolley explained.

Cedarhurst also has a life-enrichment program, which means there are many opportunities for residents to stay as active and involved as they want to be.

“It keeps them engaged socially, and their minds active,” Lolley said.

Other physical features of the Cedarhurst building itself that encourage socializing, being involved and staying active include a movie theater, outdoor patio, an activity center, community room, and bistro, which Lolley described as a bar area where residents can have social activities and do their own cooking. In addition, there are customized experiences with an emphasis on making connections and engaging their five senses.

Amenities that Cedarhurst offers include weekly housekeeping services, laundry services, on-site physical therapy, multiple dining options, transportation, movie theater, an on-site, full-service salon, and outdoor spaces and walking paths.

Another way Cedarhurst works to ensure that its residents receive the highest level of care is Cedar Academy, which is a two-day educational program designed to provide trainees with information on the best ways to handle memory care, to boost morale, and to give each other support.

Acknowledging that moving into assisted living and memory care is a big adjustment for new residents, Cedarhurst has a Pair to Prepare program, which encourages new residents to invite designated family members

to join them for the first few days after the move so that they can see what the environment is like and help the new resident adjust.

“Family members can come and stay the first few days and sleep there to make sure they have adjusted,” Lolley said. “We want the move to be as smooth and comfortable as possible.”

Cedarhurst also offers the Cedarhurst Promise, which is a 60-day money-back guarantee for residents and family members as well, to assure Peace of

Mind in knowing that the residents will receive excellent care and that, if they are not satisfied, their money will be refunded within 60 days.

“That guarantee tells families that Cedarhurst stands behind the care it provides,” Lolley said.

Cedarhurst of Topeka is located at 6732 S.W. 17th St., and its office hours are from 9 a.m. to 5 p.m. seven days a week.

“But we have staff in the building 24 hours a day, seven days a week for our residents,” Lolley said.

More information is available on Cedarhurst’s website: www.cedarhurstliving.com/cedarhurst-topeka-ks, where visitors to the site can find not only information about Cedarhurst itself, but they can also find other important information such as guides to senior living in general, determining whether a loved one needs senior living, tax information, issues regarding dementia, and how to address the topic of senior living to other family members.

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SAVVY SENIOR

Can I collect Social Security from my ex-spouse?

By Jim Miller

Dear Savvy Senior: Is it possible to collect Social Security benefits from my ex-spouse? We were married for 12 years but have been divorced for almost 20 years now. - Never Remarried

you should know.

Who's Eligible?

A divorced spouse can collect a Social Security retirement benefit on the earnings record of their ex-husband (or ex-wife) if you are at least age 62, were married for at least 10 years, are unmarried, and are not eligible for a higher benefit based on your own earnings record.



Dear Never: Yes, depending on your specific circumstances, you may very well be eligible for divorced spouses Social Security benefits. Here's what

In order to collect, your former spouse must also be at least 62 and eligible for Social Security benefits. But he doesn't have to be receiving them in order for you to collect divorced spouse's benefits, as long as you've been divorced for at least two years.

Even if your ex is remarried, it won't affect your right to divorcée benefits, nor will it affect your ex's retirement benefits or his current spouse's benefits.

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■ CONTINUED ON PAGE NINE

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■ CONTINUED FROM PAGE EIGHT

to 50 percent of their ex's full Social Security benefit, or less if they take benefits before their full retirement age, which is 66 for people born in 1945-1954 but is gradually increased to age 67 for people born in 1960 or later. To find out your full retirement age and see how much your benefits will be reduced by taking them early see [SSA.gov/benefits/retirement/planner/agereduction.html](https://www.ssa.gov/benefits/retirement/planner/agereduction.html).

Keep in mind though, that if you qualify for benefits based on your own work history, you'll receive the larger of the two benefits. You cannot receive benefits on both your record, and your ex's work record too.

To find out how much your retirement benefits will be, see your Social Security statement at [SSA.gov/myaccount](https://www.ssa.gov/myaccount). And to get an estimate of your ex's benefits, call Social Security at 800-772-1213. You'll need to show your marriage certificate and divorce

decree to prove your marriage lasted at least 10 years along with his Social Security number to get it.

Other Factors to Know

You also need to be aware that working can affect your divorced spouse's benefits. If you start taking benefits while working, and are under full retirement age, your benefits will be reduced \$1 for every \$2 you earn above the annual limit, which is \$21,240 in 2023. In the year you reach full retirement age, however, the annual limit increases to \$56,520 and the reduction lowers to \$1 for every \$3 above that limit. See [SSA.gov/pubs/EN-05-10069.pdf](https://www.ssa.gov/pubs/EN-05-10069.pdf) for more details.

Another factor that can reduce your divorced spouse's benefits is receiving a pension from an employer that did not withhold Social Security taxes (like a government). This is a rule known as Government Pension Offset (see [SSA.gov/benefits/retirement/planner/gpo-calc.html](https://www.ssa.gov/benefits/retirement/planner/gpo-calc.html)) which can reduce your benefits by two-thirds of the amount of your pension.

Divorced Survivor's Benefits

You also need to know that when

your ex-spouse dies (and if you were married for 10 or more years), you become eligible for divorced survivor benefits, which is worth up to 100 percent of what your ex-spouse was due.

Survivor benefits are available to divorced spouses as early as age 60 (50 if you're disabled). But if you remarry before 60, you become ineligible unless the marriage ends. Remarrying after age 60 will not affect your eligibility.

Also note that if you are receiving divorced spouses benefits when your

ex-spouse dies, you will automatically be switched over to the higher paying survivor benefit.

For more information visit [SSA.gov/benefits/retirement/planner/applying7.html](https://www.ssa.gov/benefits/retirement/planner/applying7.html) and click on "Benefits for Your Divorced Spouse."

- Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://www.SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rade-maker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871.

The B.I.G. Deal includes the required research, a PDF version of the five-generation ancestor chart, and a color version of the chart printed on glossy paper stock.

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MAYO CLINIC

Common calf muscle injuries in runners over 40

By Wesley Troyer D.O.

Mayo Foundation for Medical Education and Research, Mayo Clinic

DEAR MAYO CLINIC: I am a 50-year-old man who enjoys running. I have completed several half-marathons and began training for longer distances. A few months ago, I tore my calf muscle. I went to physical therapy, and all seemed to heal well. However, last weekend while running, I felt a strain in my calf. Is there anything I can do, or will I have to give up running? I was really looking forward to completing a marathon this coming spring.

ANSWER: Your situation is common, especially for runners of your age. You probably will not have to give up running, and with some precautions, you can get to 26.2 miles by next year. That said, you may need to ease up a bit and give your body more time to heal. Additional physical therapy can be helpful as you work through that process.

Calf muscle injuries are among the most common for runners over 40, particularly men. This type of soft tissue injury can heal, but it is going to take time. For younger runners, recovering from a calf muscle injury usually takes about six to eight weeks. At 50, however, you have lost some flexibility and elasticity in your soft tissue. That means recovery is going to take longer

— possibly 12 weeks or more.

Taking it slow is key to a successful recovery. If you are having considerable difficulty with walking or putting pressure on the leg initially, seeing a sports medicine specialist can be helpful in deciding how much rest you need or if using a boot will be beneficial to allow the soft tissues to heal. If you are able to walk pain-free, a return to running progression may be advised with some limitations.

A general recommendation for returning from this kind of injury is to start at just 15 minutes of running every other day and stay at that level for one week. If you are able to do that without pain, in the second week, move up to 20 minutes of running every other day. Once you can comfortably achieve that, add another five minutes to your runs each week. At that time, you also can add one more day to your weekly running schedule. If at any point you feel discomfort or pain, take your running down to the previous level you were able to achieve without pain. Recognize that even when you are completely healed, you may not be able to run as far or as fast as you once did.

As you work on returning to running, you also may want to incorporate cross-training into your exercise routine to help you stay fit without raising your risk of another injury. Swimming, an elliptical trainer or a stationary bike,

or outdoor biking can provide quality workouts. Seeing a sports medicine or rehabilitation specialist early after an injury can be helpful in developing an individualized recovery plan for your progression back from these injuries while continuing to stay active.

It also may be valuable, especially if you have developed similar injuries in the past, to see a physical therapist for additional evaluation and therapy. He or she can provide guidance on exercises that may be useful for strengthening your calf muscle, such as eccentric exercises that focus on lengthening contractions in the muscle. An example of this type of exercise involves standing on a step with your heels hanging over the edge, and then slowly lowering your heel down, so you control the descent of your leg with the calf muscles. The physical therapist can provide some guidance for how much cross-training and time you should spend to maximize your recovery.

You may want to consider undergoing a runner's evaluation, too. This is a specialized assessment that occurs while you run on a treadmill. As you run, a physical therapist or sports medicine specialist watches your gait for signs of biomechanical issues that could raise your risk for injury. Identifying and correcting those issues could reduce your risk of future injuries.

Another step you can take to help prevent additional injury is to ensure you always incorporate a dynamic warmup and stretch thoroughly before you start running. It can be as simple as taking a few minutes to walk before you run. A warmup allows for more blood flow to your muscles, making them more elastic and less likely to strain.

If running is a priority for you, using a slow, measured approach with guidance from a physical therapist is the best method for recovering from this type of injury and reducing your risk of it happening again. It will take some time, but with discipline and patience, you likely will be able to enjoy running again. — Wesley Troyer D.O., Physical Medicine and Rehabilitation, Mayo Clinic, Jacksonville, Florida

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

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HEALTH & WELLNESS

Honey has been used as a remedy for thousands of years

Honey is considered one of nature's oldest and most powerful remedies due to its antiseptic, antibacterial, and antioxidant properties. It has a long history dating back to several ancient



Dr.
Deena
Beneda

civilizations, including the Egyptians, who used honey topically as a dressing for wounds and as an embalming fluid. The Greeks, such as Aristotle and Hippocrates, referred to the healing properties of honey in their writings. Traditional Chinese, Hindu, and Ayurvedic medi-

cines have used honey for thousands of years to treat various ailments.

Honey has been used as a remedy for thousands of years, but only recently has it been rediscovered by the medical establishment, especially in treatments where conventional therapy has failed. In the literature, honey has been used to cure the common flu, cough, sore throats, diarrhea, and seasonal allergies. A 2007 publication of the *Manchester Evening News* in England stated that a hospital in New Zealand was using Manuka honey to control methicillin-resistant *Staphylococcus aureus* (MRSA) and other bacterial infections. Topically, honey has been used to treat diabetic ulcers and peptic ulcers. A Cochrane Library review suggested that honey can reduce the time it takes for a burn to heal—up to four

days sooner in certain cases. Honey may reduce the odor, swelling, and scarring from wounds. Antioxidants from honey have been used to reduce the damage from colitis in the colon. It can be mixed with olive oil for skin moisturizers and to reduce facial redness, swelling, and acne. Honey is gaining acceptance as an agent for the treatment of not only wounds and ulcers but bed sores, gastritis, skin infections, and skin inflammations

Honey comes in many varieties and the medical properties vary depending on where the nectar or pollen is gathered by the bees. When buying honey you will see choices from light honey to dark honey. Honey is also offered to those with and without the comb. Generally, the best choice for the antibacterial properties is to choose dark honey that still has the comb in it. Honey is composed of sugars, minerals and depending on the quality of the nectar and pollen it contains certain vitamins such as vitamins B1, B2, B3, B6 and C.

Honey is considered safe for adults. But the U.S. Department of Health and Human Services states do not feed raw honey to

children under a year old. There is a risk of botulism. Botulism is bacteria that are found in dust and soil and can get into honey. Babies do not have a developed immune system to defend themselves against a botulism infection. Parents can feed their children cereals or other foods that are sweetened with honey as long as the honey has been cooked.

Finally, summer is here! So enjoy the long warm days and also enjoy your day sweetened with honey.

- Dr. Deena Beneda, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. She can be reached at 785-749-2255.

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HEALTH & WELLNESS

Life-saving care made possible through strategic clinical relationship

By Kade Han

LMH Health

Mark Algren has always had a full plate. He knows what to say and how to say it. He began teaching English in Hong Kong in 1979 and his career has taken him on a wild ride to places like Saudi Arabia and the United Arab Emirates, before landing at the

“As I approached 68, I really started to think about my dad’s heart issues,” Algren said. “I did not want to take chances.”

Algren still remembers the first time he knew something was wrong with his father’s heart. During a vacation to Colorado when he was in elementary school, his father suffered a heart attack. After that, Algren worried that the next heart attack would be the one that took his father away.

“My wife said I can’t die before her,” he said. “My dad lived to be 87, and I don’t want to die prematurely.”

On the road to discovery

Algren knew that even though he did not have any symptoms of a heart issue, he did not want to have any regrets by not checking his heart. He scheduled an appointment with his primary care provider, Thomas Marcellino, MD.

University of Kansas Applied English Center and then finishing his career at the University of Missouri.

But, Algren fell in love with Lawrence, so it only made sense that he and his wife would move back after he retired. They made their way back in 2020 and due to COVID-19, they had a lot of time to reflect on their health.

“My wife and I joke that when you retire, you have all the time you need with your doctor,” he said.

Time with his doctor is exactly what Algren’s body ordered. During a chat with his sister-in-law, he was reminded that his family had a history of heart issues. His father, Glenn, had suffered multiple heart issues, including an aortic aneurysm and multiple heart attacks.

COURTESY PHOTO



Mark Algren in China

“I went in with the mindset that even if nothing is wrong there is peace of mind in that,” he said.

Although Algren did not have any symptoms, Dr. Marcellino ordered an ultrasound late fall 2021 with a follow-up in October 2022 just to double check that everything was alright. That ultrasound was not able to get a clear view of the entire aorta, so Dr. Marcel-

lino decided to schedule another one in November just to keep an eye on Algren’s heart. The second ultrasound told a different story.

“Somebody with good eye noticed something was off,” said Algren. “Something just didn’t seem right.”

It gets worse before it gets better

The second scan raised enough con-

■ CONTINUED ON PAGE 13

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Life-saving care

■ CONTINUED FROM PAGE 12

cerns that a CT scan was ordered. This scan revealed that Algren had a splenic artery aneurysm. A splenic artery aneurysm occurs when the artery that supplies blood to the spleen expands and leaves the diameter of the splenic artery 50% larger than it normally is. Arteries are flexible in nature, which allows for them to contract and expand as bloods flows through. The aneurysm is the result of the artery wall weakening and losing its shape. Although the likelihood of having a splenic artery aneurysm is rare, a rupture can be life-threatening.

Dr. Marcellino referred Algren to Axel Thors, DO, FACS, a surgeon from The University of Kansas Health System, working with Lawrence Vascular Surgery.

“I was told that mine was about five times larger than normal,” said Algren.



Axel Thors, DO, FACS

He was quickly scheduled for surgery in mid-December to repair the splenic artery wall.

“There are two ways you can correct a splenic artery aneurysm,” Dr. Thors said. “One is through open surgery where we remove the aneurysm by opening up the abdominal cavity, which is very invasive. The other method is endovascular therapy which is a minimally-invasive procedure.”

Using endovascular therapy would allow Dr. Thors to make a small incision to access the splenic artery using a catheter and specialized x-ray technology to place a covered stent. The stent would provide support to the walls of Algren’s splenic artery and exclude the aneurysm from blood flow.

“Dr. Thors did a great job at laying out my options,” Algren said. “He told me that I could get a stent or do nothing or if a stent wouldn’t work, then use a coil. Doing nothing was not an option, and I wanted to take care of it as soon as possible.”

Algren checked in to LMH Health for the procedure and was able to head home the next day. However, his journey was far from over. Due to the length of the splenic artery aneurysm, Dr. Thors was unable to place a stent. The next step was to use a coil.

“A coil stops the blood flow,” said Dr. Thors. “For Mark, this meant that we were cutting off the blood supply to his spleen by promoting blood clotting. This closes off the splenic artery aneurysm and eliminates the risk of it rupturing.”

Algren was scheduled for a coil placement in January 2023. The surgery was a success and he was able to head home after staying at LMH Health for two nights.

Nearing the end of the road

With the splenic artery no longer at risk of rupturing, the focus turned to Algren’s spleen. With the coil placement resulting in the blockage of blood flow, his spleen started to die. Dr. Thors referred Algren to Ralph Park, MD, a surgeon with Lawrence General Surgery.

“I mainly deal with diseases and

pathology in the abdominal cavity,” said Dr. Park. “It was easy to take on Algren’s case since Dr. Thors has referred patients to me before.”

The spleen’s main function is to work with the immune system to produce different types of blood cells and



Ralph Park, MD

work as a filter for damaged or old blood cells. When the spleen is cut off from the blood flow, it dies within ten days. It is important to remove the spleen within that timeframe to avoid additional pain, systemic inflammation and additional problems that result from dying tissue.

“I had my consult with Dr. Park while I was still in the hospital following my coil placement,” said Algren. “I couldn’t even say that it was a transition to another doctor’s care, because it went so smoothly.”

Dr. Park wanted to remove the spleen three days after the coil placement, but he needed to wait until a blood thinner was out of Algren’s system.

“Mark had to be off the blood thinner for seven days,” said Dr. Park. “By the time we removed the spleen on the ninth day, we could already tell that it was dying.”

Dr. Park used robotic-assisted surgery, which allowed for a faster recovery. The surgeon operates the robot from a console with high-definition 3D images with ten times the magnification of the surgical area. The robotic arms allow the surgeon to have more range, flexibility, preci-

sion and control than a human wrist. Robotic surgery typically results in less blood loss and minimizes pain in recovery, which allowed for a faster recovery. Algren stayed overnight at LMH Health before heading home with the instructions to take it easy for three weeks.

The enhanced robotic surgery is possible due to the generous gifts from community donors to the LMH Health Foundation. LMH Health is home to two da Vinci robots, with the most advanced technology to date.

“Through this entire process I knew that I had a team of people who had access to one another,” said Algren. “I knew that if it wasn’t the end, that they would be able to easily support one another and see me to the end.”

Care close to home

Dr. Thors and Lawrence Vascular Surgery are part of LMH Health’s strategic clinical relationship with The University of Kansas Health System, which is paving the way for clinical partnerships that increase patient access to specialty care in and around Douglas County. The agreement serves as a framework for the two institutions to explore collaborative endeavors that support both system’s missions, while ensuring LMH retains its independence.

“We knew that LMH Health had people coming to Lawrence to provide specialty care, so there was no reason to go to a different hospital,” said Algren. “I wanted to stay with LMH Health because it is in Lawrence and Lawrence is home.”

- Kade Han is the social media and digital communications specialist at LMH Health.



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FINANCIAL FOCUS

Biggest threats to a comfortable retirement?

If you save and invest for decades, you'd like to know you can retire without financial worries. Nonetheless, you still have to be aware of some threats to a comfortable retirement — and how to respond to them.

These threats include:

- **Inflation** – Inflation has been high recently, but even a mild inflation rate can seriously erode your purchasing power. In fact, with just a 3% inflation rate, your expenses could double in

Some people make the mistake of withdrawing too much, too soon, once they're retired. Your withdrawal rate should be based on several factors, including your age at retirement, the size of your portfolio and the amount of income you receive from other sources, such as Social Security. A financial professional can help you determine a withdrawal rate that's appropriate for your needs.

- **Market volatility** – The financial markets will always fluctuate. When you're still working, this volatility may not be such a problem, as you have years or decades to recover from short-term downturns. But when you retire, you don't want to have to sell investments when their price is down. To help prevent this, you can tap into the cash in your portfolio, assuming you have enough to cover several months' worth of living expenses. You could also draw on a CD "ladder" — a group of CDs that mature at different times — to provide you with resources for the next few years and allow your equity investments time to recover their value.

- **Unexpected costs** – You had them when you were working, and you'll probably have them when you're retired: the furnace that breaks down, the car that needs a major repair, and so on. But if you've established an emergency fund containing a year's worth of living expenses, with the money

kept in a liquid account, you may be able to "ride out" these costs without jeopardizing your investment portfolio. Be sure to keep these reserves separate from your typical day-to-day accounts to avoid the temptation of spending your emergency money.

- **Health** – Retirees may face more health concerns than younger people, and those concerns often come with larger medical bills. That's why it's important to maximize the benefits from Medicare or your Medicare Advantage plan. Also, if you contributed to a Health Savings Account (HSA) while you were working, and you haven't depleted it, you can use the money in retirement. As long as the HSA funds are used for qualified medical expenses, withdrawals are tax- and penalty-free, and won't be included in your income. This could help keep your income below certain levels, lower your Medicare premiums or avoid the 3.8% surtax on net investment income that can be assessed on high-net-worth taxpayers.

Retirement can be a pleasant time in your life — and you'll enjoy it more if you're prepared for the challenges that

face all retirees.

- Derek Osborn is with Edward Jones, 1311 Wakarusa Drive, Suite 2200, Lawrence. He can be reached at 785-371-1301 or Derek.Osborn@edwardjones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Derek Osborn

about 25 years — and your retirement could easily last that long. So, if you're going to rely on your investment portfolio for a sizable part of your retirement income, you will need to own a reasonable number of growth-oriented investments, such as stocks or stock-based funds, whose potential returns can equal or exceed the inflation rate.

- **Excessive withdrawals** – Once you retire, you should establish a withdrawal rate for your portfolio — an amount you can take out each year and still feel secure that you won't run out of money.



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JILL ON MONEY

Housing affordability still tough

If you want to see the effects of the Federal Reserve's interest policy over the past three years, look no further than the nation's residential real estate market.

In its effort to keep the economy afloat amid the pandemic, the central bank dropped interest rates to zero and purchased bonds. Accordingly, mortgage rates plummeted to all-time lows.



Jill
Schlesinger

As of the beginning of 2021, the average contract rate for a 30-year fixed rate mortgage tumbled to 2.65 percent.

Seeking refuge from crowded cities and untethered by physical workplaces, buyers flocked to the real estate market and prices jumped. The manic housing activity slowed throughout last year, as the Fed embarked on an aggressive rate hike campaign. As the central bank nears the end of its rate hike cycle and given the time of year, it's time to check in on the housing market.

Although activity may have bottomed, there are still problems that leave the residential market out of whack.

The first issue is affordability. The Federal Reserve Bank of Atlanta maintains the "Home Ownership Affordability Monitor," which tracks components of housing costs to determine affordability. The variables are median home price, median income, prevailing interest rate, median monthly principal and interest (P&I) payment, total median monthly payment (including P&I, taxes, insurance, and private mortgage insurance), and annual total payment share of median income.

A home is considered "affordable" when total housing costs for a median priced home account for less than 30% of median household income.

In January 2020, just before the pandemic hit, the total payment as a share of income stood at 28.4%, a level that was considered "affordable." Three years later in January 2023, that share jumped to 38.6%. The combination of higher prices (\$341,667 in 2023 vs \$264,000 in 2020) and rising interest rates (6.1% in 2023 vs. 3.6% in 2020) more than dwarfed income gains (\$74,718 in 2023 vs. \$65,947 in 2020).

Another issue weighing on the market is a continued low level of inventory. A massive number of homeowners refinanced their loans in 2020 and 2021, which means that they are sitting on affordable monthly payments. The idea of giving up rock-bottom mortgage is

tough to swallow for all but those who can afford to purchase their next home with cash.

If you are considering jumping into the housing fray, the numbers can work, especially if you are in a high cost of living area where rent is expensive. To reduce the cost of carrying a home, consider an adjustable-rate mortgage, which decreases the amount of interest for a fixed period. These loans can work for those who will likely sell or refinance by the end of the period. Borrowers can also lower their payments by paying points to lower the loan's interest rate, either permanently or temporarily.

If you are staying put and want to make improvements that will make your current home more livable, the National Association of Realtors has found that the projects that bring the most joy are: painting, refinishing floors, closet renovation, and upgrading kitchens, bathrooms and laundry areas.

The interior projects that have the biggest bang for the buck are: refinishing hardwood floors, new wood flooring, and insulation upgrade. (Many

expensive and popular projects like bathrooms and kitchens may bring you happiness, but owners rarely recoup their investments in them.)

For outdoor projects, the story is the same: the joy of an in-ground pool or landscape lighting do not necessarily pay off. "The least expensive project — standard lawn care service — had the highest cost recovery (217%), followed by landscape maintenance (104%), while the lowest cost recovery was for an in-ground pool (56%)."

- Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com.

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SENIOR CALENDAR

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

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

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

During the ArtsConnect First Friday Artwalk, you will find every corner of Topeka filled with art, friends and exciting special events. It's an opportunity to shop local, buy art and see the best that Topeka has to offer. Every month is different - and every business is different, so please check our website at www.artstopeka.org for information each month, including an interactive map of First Friday Artwalk businesses and a guide to public art all across Topeka. Free.

TOPEKA, artstopeka.org/firstfriday

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

2nd Saturday of each month in East Lawrence Warehouse Arts District. Come see a local art market. Art Emergency, Delaware and E. 9th St., 9 a.m.-2 p.m.

LAWRENCE

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

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MAY 26-JUN 9

ANNUAL COTTONWOOD EXHIBITION

Cottonwood, Inc. has served adults with intellectual disabilities for over 40 years and provides Retirement Enrichment Day Services in downtown Lawrence. Retirees pursue their leisure interests, and many have the good fortune to participate in printmaking classes at the Lawrence Arts Center. This year, participants present both prints and acrylic spin art. Many pieces are also for sale, with 100% of the sales going to each Cottonwood Artist. It's their chance to sell their artwork, benefiting the artists and what they've created. Lawrence Arts Center, 940 New Hampshire. Free.

LAWRENCE, 785-843-2787

lawrenceartscenter.org/event/annual-cottonwood-exhibition-can-you-dig-it-art-expose

JUN 22

SENIOR SESSION: PRAIRIE/PRAIRIE RIVER

Join artist Lisa Grossman for a discussion of her paintings and prints focused on the tallgrass prairies and Kansas River Valley, including her painting "Navigating" that is on view. Gain insights into her creative process and the rewards and challenges of "plein air" painting. Senior sessions are designed with accommodations for older adults, but open to all. Spencer Museum of Art, 1301 Mississippi St., 10:15-11 a.m.

LAWRENCE, spencerart.ku.edu/event/16207

EDUCATION

JUN 1

DR. CAMERON ZINSOU: "OPERATION DRAGON: THE ALLIED INVASION OF SOUTHERN FRANCE IN WORLD WAR II"

Operation Dragoon (formerly Anvil) was one of the most contentious Allied operations undertaken during the Second World War. It was also the most successful amphibious assault of the conflict. This lecture reveals the debates and circumstances that led to Dragoon's execution and analyzes the how and why it almost did not occur. Dr. Cameron Zinsou is an Assistant Professor of History in the Department of Military History at the Command and General Staff College. His research focuses on the intersection of occupation, requisitions, civil/military relations, and citizenship in World War II France. Dr. Zinsou has a manuscript under contract with the University Press of Kansas, *Occupied: Requisitions, Meaning, and the French Experience during World War II*. He has also featured on numerous media platforms including multiple podcasts and the Smithsonian Channel's documentary series *World War II Battles in Color* and has publications in the *New York Times* and *War on the Rocks*. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-4:15 p.m. Hybrid event.

LAWRENCE, 785-864-4900

www.youtube.com/watch?v=oRYPmypl2aU

JUN 5

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

TOPEKA, <https://events.tscpl.org/events>

JUN 6

INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

TOPEKA, <https://events.tscpl.org/events>

JUN 8

GROWING AND USING HERBS - SHAWNEE COUNTY MASTER GARDENERS

Learn how to choose, grow and harvest a variety

of herbs for your garden, patio pot or windowsill. Presented by Carol Bragdon. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.

TOPEKA, <https://events.tscpl.org/events>

JUN 9 & 10

2023 HEARTLAND FAMILY HISTORY CONFERENCE

Hybrid Event - attend in person or online.

Would you like to learn more about your family history, or how to research and preserve it. Join us as presenters from across the U.S. share tips and tricks for where to look and how to find the answers to questions about your family's heritage and stories. Registration fee.

TOPEKA, <https://heartlandfhc.org>

JUN 12

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 6-7 p.m.

TOPEKA, <https://events.tscpl.org/events>

JUN 13

INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to find local resources online and from libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

TOPEKA, <https://events.tscpl.org/events>

JUN 19

MEDICARE PART D

Jayhawk Area Agency on Aging staff will help you navigate Medicare Part D to make sure you are getting the best prices for your medication. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

TOPEKA, <https://events.tscpl.org/events>

JUL 3

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

TOPEKA, <https://events.tscpl.org/events>

ENTERTAINMENT

SECOND & FOURTH SATURDAYS OF THE MONTH

GRAND OTTAWA OPRY

Enjoy our live Branson-style Old Country music shows! Ottawa Memorial Auditorium, 301 S. Hickory. The doors open at 4:30 p.m. and the Grand Ottawa Opry begins at 6 p.m. Call for more info! Fee. Tickets available at the door.

OTTAWA, 785-241-6762

JUN 4

FIESTAS IN KANSAS CITY, KANSAS

"Fiestas in Kansas City, Kansas" program presented by Rose Marie Mendez. Mexican folkloric dance group founded in 1965 in KCK. Sponsored by the Wyandotte County Historical Society. Refreshments will be provided. Wyandotte County Historical Society & Museum, 631 North 126th, 2-4 p.m.

BONNER SPRINGS, 913-573-5002

JUN 17

FREEDOM HAS A VOICE

Join us as we celebrate Juneteenth through dance. Life Restoration Ministries is excited to announce our next production in partnership with the Lied Center of Kansas. Beginning with the motherland of Africa, *Freedom Has A Voice: Dance Narratives* will demonstrate the beauty, passion and power of dance as an artistic expression. Reflecting on the past, present and future, dance gives voice to every emotion and empowers all to embrace the spirit of freedom in Juneteenth. Come join us for this event, which is free and open to the public. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

JUN 30

CELEBRATE 70S LAWRENCE: THREE SHORT FILMS FROM A GROOVY TIME

Join us at the Lawrence Public Library, 5-6:30 p.m., as we turn back the clock with an entertaining showcase of short films made in Lawrence! No tickets are needed. Part of the Free State Festival and the Lawrence 1970s Project. About the films:

- **The Kansas Marijuana Harvest** (15min), 60 Minutes report on the "River City Outlaws" and their illegal pot growing amid the turmoil of 1970 Lawrence.

- **Fences and Gates** (25min), a Centron Studios film about musicianship and economics following the journey of Tide, a Lawrence-based jazz rock band.

- **Shake Hands With Danger** (23min), sometimes called the "Citizen Kane of safety films," this compelling Centron Studios short is about dangers associated with work at construction sites.

LAWRENCE, 785-843-3833

JUL 2

LAND OF THE FREE BENEFIT CONCERT

In partnership with the Lied Center & the Lawrence City Band, Organist Tandy Reussner brings her 2022-2023 "Pull Out All The Stops" benefit concert series to a close with a bang! Join us on the Lied Center Main Stage for an hour-long event celebrating the Red, White & Blue. This concert is a fun, family-friendly event designed to bring the community together around the stirring music of Independence Day and to raise awareness and funds for the local organization, Family Promise. This concert will showcase the Organ in fun and new ways that you may never have heard before and will be the first Organ to perform on the Lied Center Main Stage. You don't want to miss out on this premier event! Ticket proceeds and donations go to Family Promise of Douglas County. Lied Center of Kansas, 1600 Stewart Drive, 4-5 p.m. Fee.

LAWRENCE

runsignup.com/Race/KS/Lawrence/Land-of-the-Free

JUL 15

FILM SCREENING: "1917"

Join us at the Lawrence Arts Center for a screening of the critically acclaimed film *1917*.

■ CONTINUED FROM PAGE 16

Sam Mendes, the Oscar®-winning director of *Skyfall*, *Spectre* and *American Beauty*, brings his singular vision to this World War I epic. At the height of the First World War, two young British soldiers, Schofield (*Captain Fantastic's* George MacKay) and Blake (*Game of Thrones'* Dean-Charles Chapman), are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers—Blake's own brother among them. Doors open at 12:30 p.m., opening remarks from Watkins Museum of History at 1 p.m., showtime at 1:15 p.m. Lawrence Arts Center, 940 New Hampshire St. Fee.

LAWRENCE, 785-843-2787

EXHIBITS & SHOWS

MAR 11-SEP 1

THE WAYBACK TO SCHOOL EXHIBIT: WYANDOTTE COUNTY SCHOOLS THROUGH TIME

This exhibit will feature memorabilia, photographs, and more from Wyandotte County High Schools. It will also include images and history of county elementary and middle schools.

Visitors will also be able to search for relatives in school district records from 1899 to 1962.

These ledgers include 8th grade graduation, attendance, county exam, teacher certificate, school officer records. There will also be a space for visitors to leave personal stories about their school year memories, that will be archived for future use. Wyandotte County Historical Society & Museum 631 North 126th. Free admission.

BONNER SPRINGS, 913-573-5002

OPENS MAY 2

ON TWO FRONTS: KANSAS FIGHTING THE GREAT WAR

In this special three-part exhibit, audiences will encounter the harrowing experiences of Kansans in WWI using first-hand accounts, artifacts, and interactives. The ticketed experience features the traveling exhibit, *Life in the Trenches*, developed by the Smoky Hill Museum in Salina, KS, with two additional artifact-rich exhibits, *How the War Was Told: Propaganda in WWI* and *Roll of Honor: The WWI Soldiers & Nurses of Lawrence* developed by the Watkins Museum in partnership with the Spencer Museum of Art in Lawrence, KS, and the National World War I Museum and Memorial in Kansas City, MO. Watkins Museum of History, 1047 Massachusetts St., First Floor Lobby. Fee.

LAWRENCE, 785-841-4109

watkinsmuseum.org

FAIRS & FESTIVALS

JUN 3 & 4

GERMANFEST

Food, entertainment, drawings, auctions, children's activities, and more. Sacred Heart - St Joseph Catholic Parish, 312 NE Freeman Avenue.

TOPEKA, sacredheartstjosephcatholic.org

JUN 10

DON'T MAKE THEM WAIT FOOD TRUCK FESTIVAL

All proceeds go to vulnerable children in Douglas County. Food trucks, live music, baked goods, and raffle tickets. Douglas County Fairgrounds, 2110 Harper, 4:30-9 p.m. Entry fee.

LAWRENCE

JUN 17

JUNETEENTH 2023

Our 2022 Juneteenth Celebration was an exciting success because so many individuals, businesses and agencies supported our efforts to honor our great Black/African American history and accomplishments. We forged partnerships and shared our culture and rich local history. The result was an event that fulfilled our mission to "... promote a Juneteenth multicultural celebration in Lawrence that emphasizes education, family, and community." South Park, LAWRENCE, lawrenceksjuneteenth.org

JUN 22-24

OLD SETTLERS REUNION

The Oskaloosa Old Settler's Festival is a three-day event including live performances by popular bands, and many local musical groups. There will also be a Young Settlers parade, carnival, pork burger tent, a dunk tank, kids games, hay throwing contest, and beer and wine garden.

OSKALOOSA, 785-640-5984, oosr.org

JUN 24

ST. JOHN'S MEXICAN FIESTA

The Fiesta is an annual event celebrating the diversity and appreciation of the Mexican American culture within the Lawrence community. What started as a simple fundraiser has grown into a large orchestrated event that requires more than 300 volunteers and is attended by thousands of people. Proceeds from the Fiesta fund a Spanish language program at St. John's School and a scholarship fund for post secondary education to Mexican youth in Lawrence. From its beginnings with a boom box and shared food dishes in the basement, it now fills the St. John's parking lot all day and features plenty of conversation, live Mexican folk dancing, several thousand tamales, and a whole lot of beer. St. John the Evangelist Catholic Parish, 1234 Kentucky St., 4-10 p.m. Fee.

LAWRENCE

facebook.com/events/884573962753697

FARMERS' MARKETS

TUESDAYS

LAWRENCE FARMERS' MARKET

Established in 1976, the Lawrence Farmers' Market prides itself on the quality of its vendors and the products they sell at market. 1141 Massachusetts St. (South Park), 4-6 p.m.

LAWRENCE, lawrencefarmersmarket.org

THURSDAYS

COTTIN'S HARDWARE FARMERS' MARKET

April-September (Outdoors) Every Thursday from 4-6:30 p.m. The outdoor market has 15+ local vendors, live music, a hot food vendor, and Free State Beer each week. October-March (Indoors) Every Thursday from 4-6 p.m. The

indoor market is located inside the store and has up to six vendors each week. Cottin's Hardware, 1832 Massachusetts St.

LAWRENCE

cottinshardware.com/farmers-market

SATURDAYS

DOWNTOWN TOPEKA FARMERS MARKET

We have a variety of fruits and vegetables and other craft and food vendors. This year's market will be located at S.W. 6th Ave. and S.W. Harrison St. in Topeka, 7:30 a.m.-12 noon.

TOPEKA, topekafarmersmarket.com

SATURDAYS

LAWRENCE FARMERS' MARKET

Established in 1976, the Lawrence Farmers' Market prides itself on the quality of its vendors and the products they sell at market. 824 New Hampshire St., 7:30-11:30 a.m.

LAWRENCE, lawrencefarmersmarket.org

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

Join us for an online grief support group. This group is held weekly via Zoom. For more information about this group or to sign up contact our grief and loss department. Midland Care Connection, 4 p.m.

TOPEKA, 785-232-2044

MONDAYS

TOPEKA NEEDLEWORK GUILD

Join our needlework enthusiasts every Monday

(except holidays) at the Topeka and Shawnee County Public Library, Menninger Room (second floor), 9-11 a.m. Bring a project to work on while we share our skills and ideas. Drop ins welcome.

TOPEKA, 785-207-1165

FIRST WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Meet with other caregivers in the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. This support group is for caregivers of individuals age 60 or older. Baldwin Methodist Church, 704 Eighth St., 1-2 p.m.

BALDWIN CITY

SECOND TUESDAY OF THE MONTH

NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

Meets at Grace Episcopal Church, 701 SW 8th Ave. (enter on N.W. corner), at 9:30 a.m.

TOPEKA

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367

JUN 5

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367.

■ CONTINUED ON PAGE 26



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



If you think you might have ancestors who participated in the American Revolution, contact us. Let us help you find them and join the local chapter of Daughters of the American Revolution.

Betty Washington Chapter
Kare Lyche, Regent
785-749-6027

VARIETY

Only one black woman has won lead comedy actress Emmy

By Clayton Davis

Variety

“I am Black woman; hear me roar!” The hilarity of Black women on television has been sorely missed and ignored by the Television Academy over multiple decades. However, this year’s slate of outstanding lead and supporting comedy actress seem to be the two spots preventing an #Emmys-SoWhite moment from occurring.

Quinta Brunson is the front-runner to win her first acting Emmy for her charming turn as Janine Teagues, the optimistic 2nd-grade teacher from ABC’s “Abbott Elementary.” With a beautiful sophomore season in the books and the added benefit of Jean Smart being out of the competition for “Hacks,” she seems perfectly aligned with the Emmy cosmos to land much-deserved recognition. The possible recognition would be long overdue for Black comedians on television.

In lead actress comedy, only seven Black women have been nominated since its inception in 1966—Diahann Carroll (“Julia”), Isabel Sanford (“The Jeffersons”), Nell Carter (“Gimme a Break!”), Phylicia Rashad (“The Cosby Show”), Tracee Ellis Ross (“Black-ish”), Issa Rae (“Insecure”) and the Brunson above. Sanford is still the only Black woman ever to win the category back in 1981.

Brunson made history at last year’s Emmys when she became the first Black woman nominated for outstanding comedy series, lead actress and writing in the same year. Additionally, 32 at the time, Brunson became the youngest Black woman ever nominated for lead comedy actress.

Notable, Brunson’s co-star Sheryl Lee Ralph became the second Black woman to win supporting comedy actress for “Abbott” following Jackée Harry from “227” in 1987.

Other hilarious women in the mix

are scattered from new and established series.

Kerry Washington is brilliant as Paige Alexander, a marriage therapist and social media influencer who reconnects with her father (Delroy Lindo) following being released from prison in Hulu’s comedy “Unprisoned.” Despite being an Emmy winner (for outstanding variety special for “Live in Front of a Studio Audience: ‘All in the Family’ and ‘Good Times’”), she’s never won for acting despite noms for the limited series “Little Fires Everywhere,” the TV Movie “Confirmation” and the drama series “Scandal.” The series is a vital and complicated role that we haven’t seen from her before, that she anchors with heart and sincerity. The TV Academy could find it intriguing enough to check her name off.

And then there are the underappreciated performers still hoping for recognition after multiple seasons and years in the biz, including Robin Thede from HBO’s “A Black Lady Sketch Show”

TMS PHOTO



Quinta Brunson and Tyler James Williams in an episode of “Abbott Elementary.”

and Meagan Good from Prime Video’s “Harlem.”

It’s also worth mentioning Maya Rudolph’s funny work in Apple’s “Loot,” Folake Olowofoyeku’s sweet turn from CBS’ “Bob Hearts Abishola” and Chanté Adams’ talented swings

in Prime Video’s “A League of Their Own.”

Emmy submissions were due on May 9.

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HUMOR HOTEL

Our skills assessment test will crush your dreams in minutes

By Greg Schwem

Tribune Content Agency

Hello and thank you for applying for the open position at WE KNOW EVERYTHING, the world's leading web design, development, and digital marketing company. You have been invited to take a skills assessment test so our executives can focus on your abilities, giving all candidates an equal opportunity to shine.

In other words, we'd rather a computer make the final decision as opposed to interviewing candidates ourselves, even though we may be working alongside you for years to come. Besides, we recently scaled back to a two-day workweek, and we are all out of the office, working on our mental health everywhere from Aspen to Ibiza.

The assessment will take approximately 67 minutes and requires a webcam, so we can watch you agonizing over whether to choose "A," "B," "Neither A nor B," "A and possibly B" or "Cannot be determined," knowing that choosing incorrectly could keep you unemployed in this ridiculously tight job market. But, if you score well, there is no way your resume will be overlooked. At least that's what the sales rep said when he sold us this assessment software.

You will be answering a series of questions designed to showcase your leadership and management skills. First, let's do a practice question.

Read this statement thoroughly:

How would you sign your name on official documents?

A. My first name, followed by my last name

B. Somebody else's name

Now let's begin the actual test.

"You manage a sales team. Adam, a team member, has been regularly showing up late for work, reeks of cannabis and bourbon, and ignores tasks that are part of team projects. You have received several complaints from other team members about Adam's behavior. What do you do, knowing this is 2023 and Adam could sue for wrongful termination?"

A. Tell the team Adam just kind of "looks" like a guy who is probably going through a divorce and to give him some space.

B. Ask Adam if putting a bottle of Maker's Mark in the breakroom could help improve his performance.

C. Even though all employees get unlimited paid time off, tell Adam that, as of today, he is getting a raise so now he'll make even more for not showing up at work.

D. Say, "This sounds like an issue for HR."

"One of your direct reports who has been at the company for five years recently admitted she has not received as much training and career-advancement opportunities as she would have liked over the last 12 months. She feels she may need to look for a new job in order to grow. What should you do?"

A. Find available training programs in the company to help her learn some-

thing new.

B. Begin referring to her as "Miss Smarty Pants" in group chats.

C. Ask her to be "patient" without defining what "patient" really means.

D. Say, "This sounds like an issue for HR."

"You have a truly kick ass idea for a rebranding strategy, although we try not to say 'ass' at WE KNOW EVERYTHING as it is offensive to some of our 'posteriorly challenged' employees. Nevertheless, how should you communicate this idea with the leadership team?"

A. Email, text, ping, follow up email.

B. Text, ping, email, follow up ping.

C. Ping, ping, ping, ping.

D. Text, "This sounds like an issue for HR."

Sixty-seven minutes later...

"This concludes the leadership and management skills test. We will contact you within the next week with your results."

Forty-five seconds later...

"We regret to inform you that, because you missed one question, you have not been selected for this posi-

tion. While we are sure you would be an incredible asset to the WE KNOW EVERYTHING team, the computer disagrees; and who are we to argue with technology?

"Please subscribe to our mailing list so you can stay up to date on other career opportunities. However, you will be required to take this same assessment test again. That's just the way we roll.

"If you feel this test does not accurately represent your skill set, take it up with HR.

"We are late for our team building event in Ibiza."

- Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at www.gregschwem.com.

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A History of Lawrence, Kansas



From the First Settlement to the Clow of the Rebellion
By Richard Cordley

The History of Lawrence, Kansas

by Richard Cordley

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

Defend against scammers who target your Social Security benefits

Scammers are always finding new ways to steal your money and personal information by exploiting your fears. The most effective way to defeat scammers is to know how to identify scams and to ignore suspicious calls and emails.

One common tactic scammers use is posing as federal agents or other law enforcement. They may claim your Social Security number (SSN) is linked to a crime. They may even threaten to arrest you if you do not comply with their instructions. Here are three things you should do:

- Hang up right away or do not reply to the email.
- Never give personal information or payment of any kind.
- Report the scam at oig.ssa.gov to immediately notify the law enforcement team in our Office of the Inspector General.

You should continue to remain vigilant if you receive a phone call from someone who claims there's a problem with your SSN or your benefits. If you owe money to us, we will mail you a letter

explaining your rights, payment options, and information about appealing.

There are a few ways you can identify a scam call or email. Remember that we will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- Demand secrecy from you in handling a Social Security-related problem.
- Send official letters or reports containing personally identifiable information via email.

If you do not have ongoing business with our agency, it is unlikely we will contact you. Again, if you get a suspicious call claiming to be from us or law enforcement about Social Security, you should hang up and report it right away to our Office of the Inspector General at oig.ssa.gov.



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When moving a loved one to a senior living facility, family members often have questions regarding the quality of the nursing care and the experience of the staff. We recently recognized our licensed nurses for National Nurse's Week and decided to figure out the total years they had been working at Hillside Village. What we discovered surprised us – *our 16 nurses have a total of 119 years of experience working just at Hillside Village and the average tenure of our entire nursing staff is almost eight years!* This staff stability enables our nursing staff to really get to know our residents and ensure that their needs are met. We have not used any contract nursing in over ten years. We offer 38 assisted living apartments and 49 skilled nursing beds. Stop by for a tour sometime. We are locally owned and operated.



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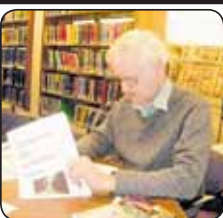
Kay Bassett, H.I.S.

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PAINTING WITH WORDS

The Road Not Taken

Although he was born in San Francisco in 1874, Robert Frost moved to Lawrence, Massachusetts, 10 years later when his father died. Frost's ancestors were originally from New England, and thus his poetry was inspired by New England locales and identities. At graduation from high school, he became known as the class poet and shared the honor of being co-valedictorian with



Tom
Mach

Elinore White, his future wife. Frost was optimistic about his poetry when at 20 years old he received a check from the *New York Independent* for his poem "My Butterfly."

Unfortunately, his future poems were not gaining traction in the United States. He sporadically attended Harvard and Dartmouth, and then earned a living as a teacher and later as a farmhand in New Hampshire.

In 1922, he moved his family to England, where he found professional success. Writing about his New England experiences, he had two books published, *A Boy's Will* and *North of Boston*. An American edition of *North of Boston* was later published, cementing his stature as a celebrated literary figure. He received many awards, including the Pulitzer Prize for poetry, and was considered to be the unofficial poet laureate of the United States.

"The Road Not Taken" has become well known for its perceived encouragement to take the "road less traveled by." In other words, many people interpret this poem as a call to blaze new trails and break away from the status quo. This is partly why many think the poem's title is "The Road Less Traveled" rather than "The Road Not Taken."

"The Road Not Taken," was interpreted by many as the need for indi-

viduality and perseverance, but that interpretation is debatable. The significance of "yellow wood" in the first line suggests that the individual in this poem is walking during the fall season of the year. He then comes across two paths or choices and tries unsuccessfully to see the future outcome of either path. But at first glance, one path, was "grassy and wanted wear" while the other appeared to be one more traveled. The person then takes his time trying to make the right choice. But as soon as he starts on the path he thought was less traveled he realizes both paths were nearly identical. No one had disturbed the leaves on both paths. But he knows he won't go back to travel on the other path because if he does, he will find other paths that will take him even further away from where he is now.

Personally, I find this poem has a Christian interpretation as well. That's because in Matthew 7:13-14 we read that we should "enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it."

Here then is Robert Frost's poem:

The Road Not Taken

By Robert Frost

*Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;*

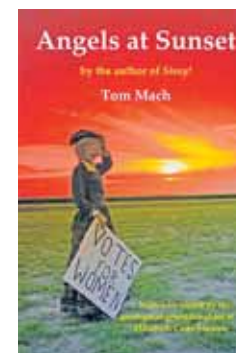
*Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted
wear;*

*Though as for that the passing there
Had worn them really about the same,*

*And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.*

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.*

- Among the many books Tom Mach has written, the one that has received the most acclaim and had excellent reviews is *Angels At Sunset*. It's a historical novel about a Lawrence woman in the early 20th century who suc-



ceeds in helping women get the vote, but she is unaware that someone is out to kill her. It's on Amazon, but if you need help finding it, contact Mach at tom.mach@yahoo.com.



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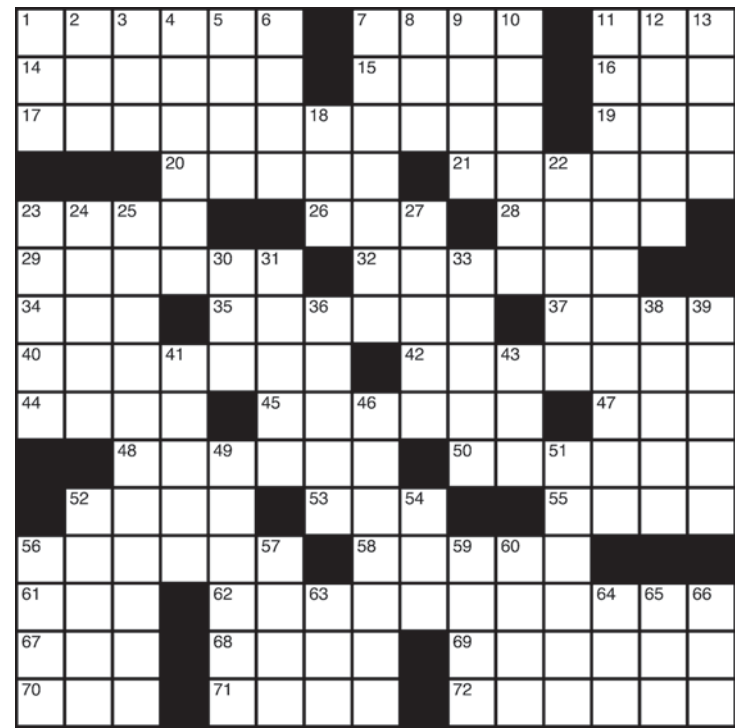
Across

- 1 Pats down in a weapons search
- 7 Gather, as crops
- 11 Theater ticket word
- 14 ___ Beach: Southern California city
- 15 Memorable lioness
- 16 Imprecise suffix
- 17 Well-suited to a person's abilities
- 19 Pontiac muscle car
- 20 One-named "Tik Tok" singer
- 21 College-level HS science course
- 23 Bundle of hay
- 26 Kid's riddle: "Why is six afraid of seven?" "Because seven ___ nine!"
- 28 Range above 41-Down
- 29 Gift giver's eager urging
- 32 Hire
- 34 Like Beethoven's "Pastoral Symphony"
- 35 Arrow controlled by a mouse

- 37 Little piggies
- 40 Salad green
- 42 LinkedIn user's quest
- 44 Of sound mind
- 45 Fancy fish eggs
- 47 Shapiro of NPR
- 48 Punctual
- 50 ___ of honor: wedding party VIP
- 52 Smell
- 53 Late-night NYC show
- 55 Tenant's payment
- 56 Like bouquets of roses
- 58 Dining room piece
- 61 Former soccer phenom Freddy
- 62 Unpretentious
- 67 Pen tip
- 68 Reverberate
- 69 Science journal since 1869
- 70 Obtain
- 71 Lion's warning
- 72 What there may not be "in the house" during a tearjerker

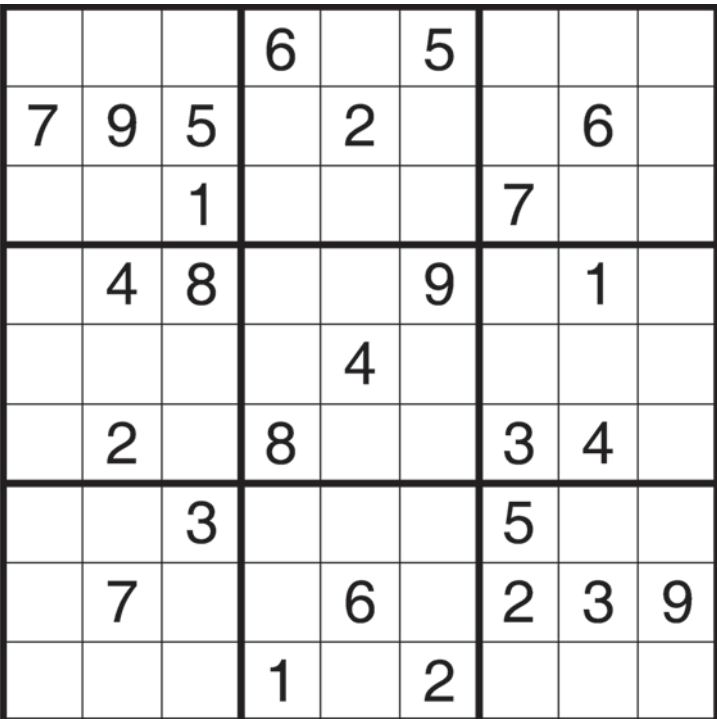
Down

- 1 Annual shot target
- 2 Knock (on)
- 3 "Here ___ again!"
- 4 Submerged
- 5 Joint above the ankle
- 6 Cheeky talk
- 7 Tells, as a story
- 8 Building wing
- 9 On the ocean
- 10 Online remittance app
- 11 "Correctamundo!"
- 12 Bone: Pref.
- 13 "To ___ it may concern"
- 18 "Figured it out!"
- 22 Fabric
- 23 Reaches 212 degrees Fahrenheit
- 24 Sleep disorder
- 25 Made certain
- 27 Expressive online image
- 30 RN's workplace
- 31 Stanley of "The Hunger Games"
- 33 Golf tournament kickoff
- 36 Paper purchases
- 38 Disgraced energy firm
- 39 Period of work
- 41 Range below 28-Across
- 43 Half a bikini
- 46 Only "V" Monopoly avenue not named for



- a state
- 49 ___ Joe's
- 51 Peace agreement
- 52 Song from the past
- 54 Chin-up muscle, briefly
- 56 Vampire tooth
- 57 Not of sound mind
- 59 "007" James
- 60 Kind of jet
- 63 "Huh!?"
- 64 Regret
- 65 The old college ___
- 66 Giggle sound

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JUMBLE

THAT SCRAMBLED WORD GAME
By David L. Hoyt and Jeff Knurek

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

NUEOC
LIHWE
ALSDIN
RNLAMO

WHEN THEIR SON BEGAN TO LEARN ADDITION, HIS PROUD PARENTS THOUGHT IT WAS ---

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

Print answer here: " [] [] [] - [] [] [] "

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SCRABBLE G.R.A.M.S.

PAR SCORE 260-270
BEST SCORE 325
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 scrgams@gmail.com

5 RACK TOTAL
TIME LIMIT: 25 MIN

2nd Letter Triple
Double Word Score

Answers to all puzzles on page 30

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

GOREN ON BRIDGE

WITH BOB JONES

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THERE MAY BE SNOW ON THE ROOF...

Neither vulnerable, South deals

NORTH

♠ 6
♥ K J 10 9 2
♦ K 6 5 2
♣ A 7 4

WEST

♠ A J 9 7 3
♥ 7 5
♦ 9
♣ Q 9 6 3 2

EAST

♠ Q 10 8 4
♥ A 3
♦ Q J 8 4
♣ J 10 8

SOUTH

♠ K 5 2
♥ Q 8 6 4
♦ A 10 7 3
♣ K 5

The bidding:

SOUTH	WEST	NORTH	EAST
1NT	Pass	2♦*	Pass
2♥	Pass	3♦	Pass
4♥	All pass		

*Transfer to hearts

Opening lead: Nine of ♦

Long time British star Tony Priday was South, in today's deal. Priday represented Great Britain in international play many times between 1961 and 2006. He was renowned for his gentlemanly demeanor at the table in addition to his sparkling play. He was 82

years old at the time he played this deal. Priday and his partner were using the weak no trump, which is overwhelmingly popular in Great Britain. The opening bid showed 12-14 points.

The opening diamond lead went to East's jack and Priday's ace. Had Priday led a trump at this point, which seems like the normal play, he would have been defeated. East would have won and returned a diamond for West to ruff. West would exit with a club and the defense would eventually come to a spade trick and a diamond trick for down one.

Suspecting that the opening lead might have been a singleton, Priday had the foresight to eliminate clubs before leading trumps. He cashed the king of clubs, led a club to dummy's ace, and ruffed a club. He now led a heart to East's ace and East returned a diamond for West to ruff. Thanks to Priday's foresight, West was forced to lead a spade, setting up Priday's king, or yield a ruff-sluff. Priday had his contract either way. Very well played!

(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.)



The History of Lawrence, Kansas

by Richard Cordley

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



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

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Kaw Valley Senior Monthly



By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST EIGHT FRUITS in the grid of letters.

MY PET WORLD

When a vet recommends surgery, what do you do?

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

Dear Cathy: Two years ago, my golden retriever sustained an injury the vet called a spinal stroke. She spent a few nights at the animal hospital before I brought her home. I was given a dog harness to help her move around and told she should make a full recovery within days. Sure enough, in less than a week, she was pretty much back to normal—even able to jump into my bed, which is fairly high.

She plays, eats, runs, and appears healthy and pain-free in all other ways. However, about a week ago, she tried jumping onto my bed and fell back onto her hind legs. Since then, I have noticed her rear legs go out from under her when running. The vet said it was unrelated to the previous injury and prescribed joint medicine, which I have been giving her for almost two years. I have seen no improvement.

Recently, the vet said a CT scan would be next if the meds don't help. I assume that it's either a hip or leg issue. My dilemma is needing to figure out what to do, whether it's one or the other. She is a happy, healthy dog in every other area and if they recommend surgery, I'm not sure I would want to put her through that unless necessary. Your thoughts? — Jeff, Holtsville, New York

Dear Jeff: You have to know what's wrong and have all your choices presented before deciding what you might do. Depending on her age, overall health, and diagnosis, your vet may or may not recommend surgery. Even if he or she does recommend it, surgery may not be your only treatment option. The doctor could suggest a different medication, some physical therapy, or even acupuncture, depending on the problem.

I mention acupuncture because I had a dog with hips that started giving out when he was about eight years old.

He wasn't a candidate for surgery, so my vet recommended acupuncture. It wasn't expensive, and I was amazed at the results. We used a combination of acupuncture and medications to make him more comfortable and able to still get up on his own for the remainder of his life. Pets of any age can have surgery, but unless it's needed to save your pet's life, other treatment options may be available for your consideration.

Dear Cathy: I've had many pets and found that if my dogs threw up, they usually ate something they shouldn't have. My wise mother told me to check the labels on my canned cat food for liver. Yep, it was frequently mixed into the food. When I stopped feeding it, my cats stopped throwing up (unless it was a hairball). I hope this helps others. — Susan, Highland, Indiana

Dear Susan: There is some truth to what you're saying. Too much liver in a cat's diet can cause vitamin A toxicity, impacting your cat's bones and causing symptoms, like vomiting, weight loss, and pain.

But liver can be good for your feline too in small amounts. It's generally recommended that liver be no more than five percent of a cat's diet and you have to factor in the pet's breed, size, and medical history. Liver could interact negatively with medications, other foods, or chronic conditions. Before anyone feeds liver to their cats or dogs, they should talk to a vet first. If your cat stopped vomiting after removing it from the diet, perhaps she was getting too much of it.

Dear Cathy: I read about the cat that frequently vomits in my *Post Tribune* newspaper on February 15, and the writer was Jean Seaford from New York. I wanted to suggest that the cat may have chronic pancreatitis. The condition does not always appear in blood test results. My male cat had the disorder, and when I started feeding him a wet-only food diet, he improved significantly, from vomiting nearly

every day to every couple of weeks. I hope this helps if the other things you suggested for her kitty don't work. — Catherine, Porter, Indiana

Dear Catherine: I've received many letters about vomiting cats since printing Jean's letter. Whether caused by food or illness, vomiting is one of the primary ways cats (and dogs) tell us something is wrong. The reason for vomiting can run the gamut, from hairballs to serious illnesses like pancreatitis. Determining the cause requires patience and

a fair amount of detective work. I am glad you found the cause. Your experience may help someone else get to the bottom of their cat's health problem.

- *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. Please include your name, city, and state. You can follow her @cathymrosenthal.*

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AMERICA'S TEST KITCHEN

Restaurant-worthy salmon dish comes together in under an hour

By America's Test Kitchen

Tribune Media Content

Piccata sauce is a simple, yet punchy mix of lemon, capers, white wine and butter. It's tangy and takes your salmon dish in an exciting new direction.

Quick tips

1. Buy a whole center-cut piece of salmon and cut it into individual portions to ensure that each fillet is a similar size to cook at the same rate.

2. Use skinless salmon fillets. More on this later.

3. Pat the fillets dry and sear them in oil in a preheated nonstick skillet to prevent them from sticking in the pan.

4. To keep the fish from breaking apart, cover the pan and let the steam gently cook the fish without flipping it. Note, this method means the fish only browns on one side. This is why you should use skinless salmon and then serve the fillets browned side up.

Serving suggestions

After cooking the fillets to 125 degrees (for medium-rare), let them rest on a platter to keep them juicy. While the salmon rests, start the piccata sauce.

Cook the sauce down before whisking in butter, one piece at a time, off heat to ensure a viscous pan sauce; then finish with a sprinkle of dill.

Salmon Piccata

Serves 4

Note: To ensure uniform pieces of fish, we prefer to purchase a whole center-cut salmon fillet and cut it into four equal pieces. For skinless salmon, we refer to the side opposite where the

skin used to be, which is typically more pink in color and more rounded, as the flesh side.

- 1 (2-pound) center-cut skinless salmon fillet, about 1 1/2 inches thick
- 1 teaspoon table salt, divided
- 1 teaspoon pepper, divided
- 1 tablespoon extra-virgin olive oil
- 3 garlic cloves, sliced thin
- 2 teaspoons all-purpose flour
- 1/2 cup dry white wine
- 1/4 cup water
- 2 tablespoons capers, rinsed
- 1 teaspoon grated lemon zest plus 1 tablespoon juice
- 4 tablespoons unsalted butter, cut into 4 pieces
- 3 tablespoons chopped fresh dill

1. Cut salmon crosswise into 4 equal fillets. Pat salmon dry with paper towels and sprinkle all over with 1/2 teaspoon salt and 1/2 teaspoon pepper.

2. Heat oil in a 12-inch nonstick skillet over medium-high heat until just smoking. Add salmon flesh side down. Cover and cook until browned on bottom and registering 125 degrees (for medium-rare), about 5 minutes, or 135 degrees (for medium), about 7 minutes. Remove skillet from heat and transfer salmon, browned side up, to platter or individual plates.

3. Return skillet to medium heat. Add garlic and cook until fragrant, about 30 seconds. Stir in flour and cook for 15 seconds. Whisk in wine, water, capers, lemon zest and juice, remaining 1/2 teaspoon salt, and remaining 1/2 teaspoon pepper. Bring to boil and cook for 30 seconds.

4. Off heat, whisk in butter, 1 piece at a time, until combined. Stir in dill.



Classic piccata sauce is perfect match for salmon.

Spoon sauce over salmon. Serve.

- For more than 25 years, home cooks have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. The family of brands—which includes

Cook's Illustrated, *Cook's Country*, and *America's Test Kitchen Kids*—offers reliable recipes for cooks of all ages and skill levels. See more online at www.americastestkitchen.com/TCA.

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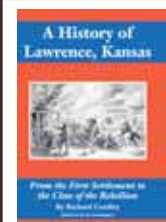
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Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.



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by Richard Cordley

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Calendar

■ CONTINUED FROM PAGE 17

Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

JUN 12

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 3:30-4:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

JUN 15

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

JUL 3

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at

Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

MISCELLANEOUS

SATURDAYS

LAWRENCE BRIDGE CLUB

The Lawrence Bridge Club plays party (a.k.a.: rubber) bridge. First visit free. Annual membership fee. 1025 N. 3rd St., Suite 120, 6:30-9 p.m.
LAWRENCE

SECOND AND FOURTH THURSDAYS

PITCH PALS

Join us for Pitch and fun. We play 10 point pitch, which is a fast-paced, partnership, trick-taking game. The goal is to capture cards representing at least the number of points bid. We will explain "house rules" and assist new players. Wellsville Senior Center, 6 p.m.
WELLSVILLE, 913-314-0819 or 785-248-9470

JUN 14

FLAG DAY 2023

Great Overland Station's Flag Day celebration is an immersive family friendly experience honoring our country, our citizens, and our veterans. We are blessed to have a beautiful display of flags representing each state in our union. There will be an outdoor concert, children activities and a ceremony to retire 2022's flags and present new flags representing the United States and each of our 50 states. Great Overland Station 701 N Kansas Ave., 6-7:30 p.m. Free.
TOPEKA, 785-251-6945

TOURS

JUN 24

LAWRENCE 1933 WALKING TOUR

What was it like living in Lawrence during the New Deal and the Great Depression? As we celebrate the 90th anniversary of the Douglas County Historical Society, we invite you to join

us on a journey of historical discovery down Mass Street. Experience events and businesses in downtown Lawrence during a fascinating era! Watkins Museum of History, 1047 Massachusetts St., 10-11:30 a.m. Fee. Register in advance.

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Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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RICK STEVES' EUROPE

Glitzy Positano: Not just a pretty facade

By Rick Steves

Tribune Content Agency

For most, Positano is simply the most romantic and chic stop on Italy's Amalfi Coast. South of Naples, the famous coast is blessed with beaches,



Rick Steves

sunshine, and picturesque towns spilling down steep hillsides. Many who visit Positano want only to shop and

lay on the beach. But the tour guide in me simply must put a little historic and cultural meat on your visit.

"Downtown Positano" gathers around a single pedestrian street, tumbling past fine shops and restaurants down to a delightful beach. While Positano's ceramic and linen industries (Moda Positano) date from the 1950s, they boomed when tourists discovered the village in the 1970s. Today you'll find lots of these shops on this street, along with galleries featuring the work of local artists (and an abundance of much-used ATM machines).

Another cottage industry is sandal making. Local artisans craft leather sandals to order while you wait — a Positano tradition. You drop into a



Positano, the jewel of Italy's Amalfi Coast, hugs the rugged shoreline.

shop, select your design and color, and get measured. The craftsman makes the sandals, checks the fit, and sends you off with a wearable souvenir in 10 minutes' time. (If I'm hungry, I'll stroll in my new sandals over to the wonderful Delicatessen to pick up a picnic to go.)

You'll also see La Zagara, a pastry shop with a welcoming terrace. Tempting delicacies such as "baba" (soaked in rum — a local favorite) fill the

window display. Across the lane, Hotel Palazzo Murat fills what was once a grand Benedictine monastery.

Walking past the gauntlet of local artisans displaying their goodies, you come to the Church of Santa Maria Assunta, originally the abbey of Positano's 10th-century Benedictine monastery. Built in the Romanesque style, it was abandoned — along with the lower

■ CONTINUED ON PAGE 29

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Rick Steves

■ CONTINUED FROM PAGE 28

town — when pirates ruled. In the 18th century, when the coast was clear, the church got an extreme Baroque makeover. Inside is a fine manger scene — so popular in Italian churches — with its original 18th-century figurines dressed in folk costumes of the age.

The Black Madonna icon-like painting above the altar was likely brought here by Benedictine monks in 12th century. But locals prefer their romantic legend: Turkish (or Saracen) pirates had it on their ship as plunder. A violent storm hit; it was sure to sink the evil ship. Then the painting of Mary spoke, saying “Posa, posa” (“Lay me down”), and the ship glided safely into this harbor. The pirates were so stricken they became Christians. Locals kept the painting and the town became known as “Posa-tano” (after Mary’s command).

Walking around the church, you come to the entry to an underground

Roman exhibit. This spot was the site of a Roman villa buried during the eruption of Mount Vesuvius in 79 AD. Only part of the villa has been excavated, but a small museum provides views of a surviving fragment of a large Roman fresco.

The church above, with its colorful, glazed, Majolica-tile dome, faces a tiny square and the beach. Once Positano was a notable naval power with shipyards along this beach. These eventually became fishermen’s quarters and then today’s tourist restaurants. Roofs all around town have the region’s characteristic white domes filled with sand, a low-tech form of insulation that keeps homes warm in winter and cool in summer.

The Positano beach is mostly private

(and will cost you a pretty penny for a lounge chair, umbrella, shower facilities, and drink service). As is the case with private beaches anywhere along the Mediterranean, whether you use the gear for 10 minutes or 10 hours, the price is the same.


Come back in the evening, when the beach becomes the gathering point for local boys trying to hustle tourist girls into the chic Music on the Rocks nightclub. This club is all that’s left of the 1970s disco scene when Positano really rocked. While nothing is happening until about 11 p.m., it’s open for drinks much earlier. Even those not ensnared in the charms of a local Romeo can appreciate its cool, “troglo-disco” interior while sipping a pricey cocktail.

Now that you’ve toured the town, leave the tourists and the hustlers for a well-deserved break. Follow the locals who hike 10 minutes from the touristy main beach, past a 13th-century fort from pirate days, to enjoy the humble — and cheaper — Fornillo Beach. Settle in, and savor a delightful dose of Mediterranean splendor.


- Rick Steves (www.ricksteves.com) writes European guidebooks, hosts travel shows on public TV and radio, and organizes European tours. This article was adapted from his new book, *For the Love of Europe*. You can email Rick at rick@ricksteves.com and follow his blog on Facebook.

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

SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION												
F ₄	L ₁	A ₁	T ₁	B ₃	E ₁	D ₂	RACK 1 =	63				
F ₄	I ₁	B ₃	R ₁	O ₁	U ₁	S ₁	RACK 2 =	62				
W ₄	A ₁	R ₁	M ₃	I ₁	S ₁	H ₄	RACK 3 =	67				
U ₁	N ₁	C ₃	R ₁	O ₁	S ₁	S ₁	RACK 4 =	59				
E ₁	M ₃	O ₁	T ₁	I ₁	V ₄	E ₁	RACK 5 =	74				
PAR SCORE 260-270							TOTAL		325			

BOGGLE ANSWERS

FIG, DATE, KIWI, PLUM, PEAR, PEACH, CHERRY, MANGO

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JUMBLE ANSWERS

Jumbles: OUNCE, WHILE, ISLAND, NORMAL

Answers: When their son began to learn addition, his proud parents thought it was -- "AWE'SUM"

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MY ANSWER

God loves us and yearns to forgive us

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: Adultery used to be considered bad — even illegal — but in our more progressive society, it seldom raises an eyebrow. Are there sins that God hates more than others and if so, which ones are they? — W.S.

A: From the human standpoint, some sins are certainly worse than others are — sins like murder, assault, or stealing; actions that cause anger and hurt. But the Bible doesn't tell us which sin is the worst in God's eyes. The reason is because God hates all sin. God is absolutely pure and holy; even the smallest sin is evil in His sight.

We have largely lost sight of the holiness and purity of God today. This is one reason why we tolerate sin so easily and casually dismiss so many sins as minor or insignificant. It is also the reason why we ignore sin in our own lives and neglect to repent of it. We need to open our hearts to who God is, and who we are as sinners in His sight. No matter how good we think we are, God's judgment still stands: "There is none who does good, no, not one" (Romans 3:12). But God

loves us and He yearns to forgive us and welcome us into His family forever. To excuse sin or tolerate it is sin itself. The enemy attempts to blur the lines between right and wrong until we are able to convince ourselves that our sin isn't that bad or, perhaps, not even sin at all.

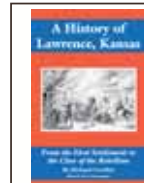
Sin has progressed and gained momentum; people seem to have lost the ability to be shocked. Behavior that was once considered abominable is now acceptable.

A life touched by the Holy Spirit of the living Christ will tolerate sin no longer, and will rejoice that God helps us in weakness. "Keep your servant also from willful sins; may they not rule over me" (Psalm 19:13, NIV).

- This column is based on the words and writings of the late Rev. Billy Graham.

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The History of Lawrence, Kansas

By Richard Cordley

Available at the Watkins Museum of History,
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Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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