

Kaw Valley **Senior Monthly** **FREE!**

March 2012

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 11, No. 9

INSIDE



With the opening of an office in Topeka last year, Sunflower Health Care now offers hospice services in Shawnee, Douglas, Osage, Jackson, Jefferson and Wabaunsee counties. - page 8



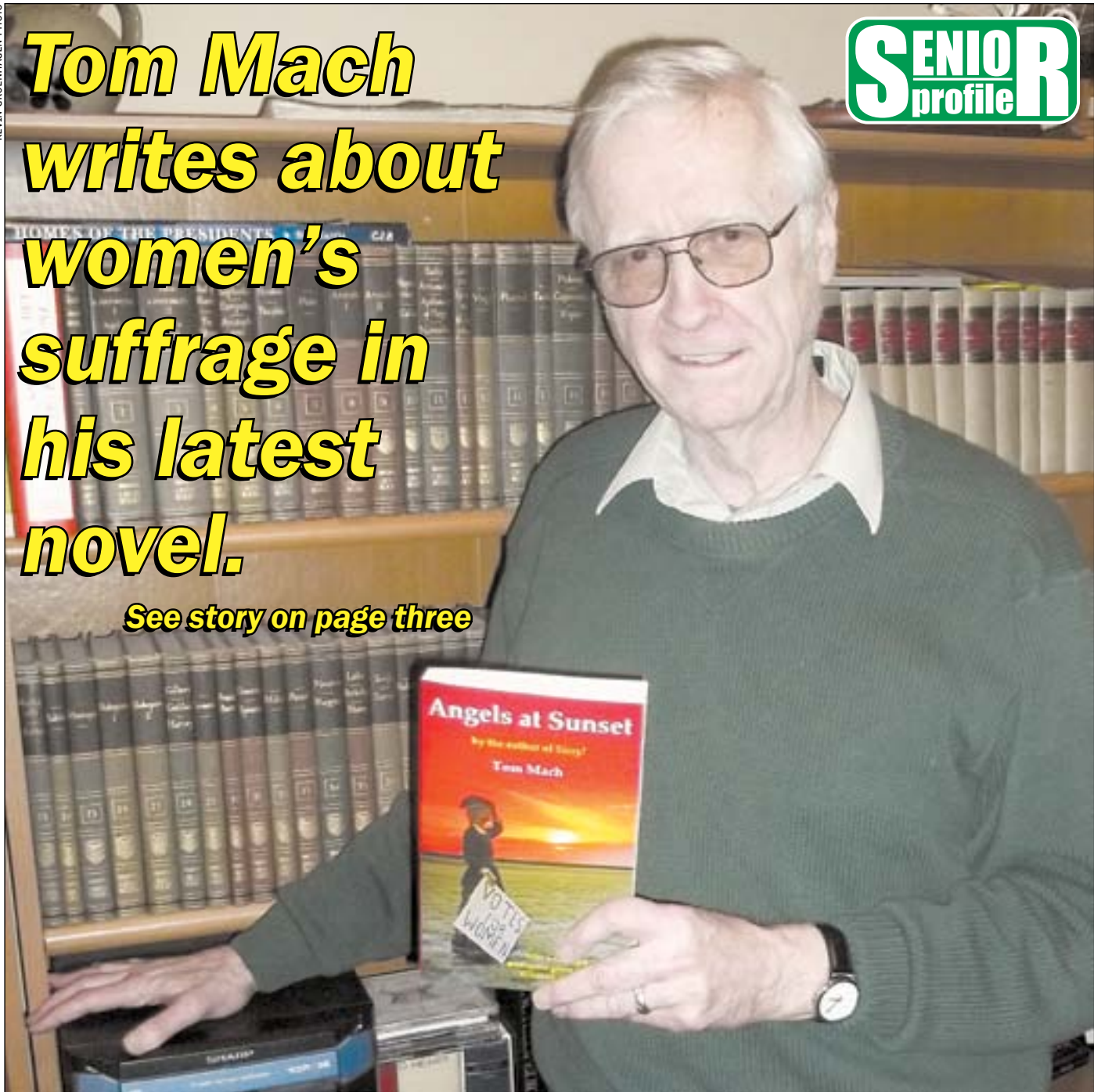
Need to prepare a meal for a dinner party? Your guest will feel like they've dined in grand style with Wolfgang Puck's recipe for Beef Rouladen with Brunoise Vegetables and Red Wine. - page 29

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KEVIN GROENHAGEN PHOTO

Tom Mach writes about women's suffrage in his latest novel.

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Find Out What They Have To Say

We asked families how they felt about the living experience of their loved ones living at Legend at Capital Ridge. Nothing is more comforting than hearing it straight from the source. These are just some of the heartfelt thanks our families had to share.

"At this time of year, we reflect on things we are thankful for and have made an impact on our lives. Legend Assisted Living at Capital Ridge is one of those things that I am so grateful for and has been a lifesaver for our family. This is the third assisted living facility that my parents have lived at - but it is the only one that I can call their home. Legend is beautiful, comfortable and the activities available help keep them engaged in life. They are happy and most important have their dignity. It is not easy to be dependent on others when you have been responsible for yourself all of your adult life. Legend staff and residents have forged a community that has given my parents purpose and a place they call home, hopefully for the rest of their lives. Thank you so much,"

~ Cynthia Shepard, daughter of Charles and Donna Eissler



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~ Marva Early, Power of Attorney and Executor for Aunt

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~ Lynn McKinsey daughter of current resident

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Mach concludes trilogy with novel on women's suffrage

By Kevin Groenhagen

After living with Jessica Radford for nine years, Tom Mach killed her. Don't worry. His weapon of choice was a pen.

Mach, a Lawrence author, introduced readers to Jessica nearly a decade ago in *Sissy!*, the first novel of the Jessica Radford trilogy.

"*Sissy!* is about forgiveness," he said. "It's a story about a woman named Jessica Radford, whose parents were murdered by border ruffians," he said. "She seeks revenge on one of her parents' murderers who escaped. She wants to find and kill him. She ends up dressing as a Union soldier. Finally, she comes across a man who looks just like the man who killed her parents. She's about to kill him when an angel appears and stops her from killing the wrong man."

In 2003, *Sissy!* won the Kansas Author Club's J. Donald Coffin Memorial Book Award.

Mach published *All Parts Together*, the second novel of the trilogy, in 2006.

"*All Parts Together* is about compassion," Mach said. "It's a continu-

ation of the same character's story. The book begins the day after Quantrell's Raid in Lawrence. Jessica walks through the ruins and is angry. The townspeople had captured one of Quantrell's followers and hanged him in the park. That actually happened. Jessica leaves the area and ends up in Washington, D.C. Her life changes there. She meets Walt Whitman, who's her inspiration. She becomes a writer and works for the emancipation of all slaves."

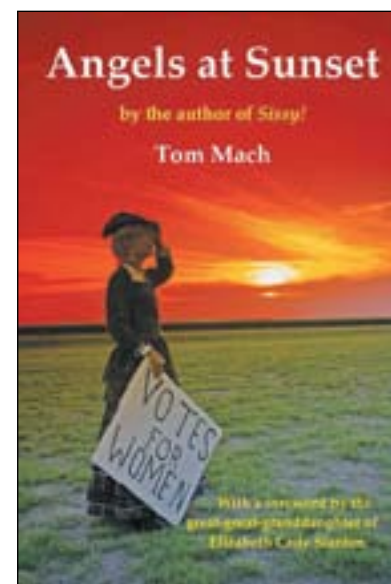
The title of the novel actually comes from a line in Whitman's poem, "Leaves of Grass": "Sure as life holds all parts together, death holds all parts together."

According to Mach, that line haunts Jessica because she is not sure what Whitman meant.

However, she finally believes she figured out its meaning after witnessing the assassination of Abraham Lincoln at Ford's Theatre. While her world crashes in the wake of that tragedy, hope of a new beginning emerges when she opens the door to an unexpected visitor.

That visitor was Elizabeth Cady Stanton, who is often credited with

Tom Mach of Lawrence has published *Angels at Sunset*, the third novel in the Jessica Radford trilogy. The front cover of *Angels at Sunset* features a photograph of an actual Kansas sunset by Marc Ferguson of Montezuma, Kansas. Ferguson's wife, Alice, is in the foreground dressed in period clothing and holding a "Votes for Women" sign.



Mach

initiating one of the first organized woman's rights and women's suffrage movements in the United States.

"I always knew that there would be three books," Mach said. "I knew that the first book would have something to do with the start of the Civil War. The second book would also have something to do with the Civil War, but I wasn't sure which direction it would go. After the second book, I had to ask myself where Jessica would go next. At the end of *All Parts Together*, Lincoln was assassinated and Jessica's

dreams were shattered. She is a strong person and very interested in causes, so I thought suffrage would fall in neatly with her state of mind."

At the end of *All Parts Together*, which was a viable entrant for the 2007 Pulitzer Prize Award, Stanton invited Jessica to a meeting concerning women's suffrage. Mach's latest novel, *Angels at Sunset*, involves Jessica's participation in the women's rights movement for almost six decades.

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Tom Mach

■ CONTINUED FROM PAGE THREE

“Although Jessica moves to New York,” Mach said, “she later joins Susan B. Anthony and Elizabeth Cady Stanton in Kansas. She learned the printing business from her husband, so she helped print the brochures and leaflets for the suffragists.”

Anthony and Stanton actually travelled from Atchison to Salina in Kansas in 1867 to campaign for women’s suffrage. As part of their tour, Anthony spoke at the University of Kansas.

“I used history as a guideline and asked myself where Jessica would fit in,” Mach said. “In addition to the suffrage movement, two other events came into play as I did the research. One was the 1871 Chicago Fire. Jessica was living in Evanston, Illinois, at the time, and her daughter, Mitzi, had eloped with a black musician and went to Chicago. Jessica was involved with the suffrage movement in the Seattle, Washington, area and rushed back when she heard about the fire. Mitzi and her partner were holed up in the basement of the Crosby Opera House. I wanted to find out if that building had a basement. I checked with the Chicago Historical Society, and they didn’t know if there was a basement. I then checked the Internet, but could find nothing about a basement. No one knew. Since the experts didn’t know if there was a basement or not, I put one in. My philosophy is if there is no history to challenge you, put it in if you want to.”

The second event involved the assassination of President William McKinley in 1901.

“Jessica was at the Pan-American Exposition in Buffalo, New York,” Mach said. “She was there to deliver a personal message to President McKinley, asking him to support women’s suffrage. Jessica was in line to greet McKinley and was standing behind a man who was acting strangely.”

The man turned out to be Leon Czolgosz, a 28-year-old anarchist. Czolgosz fired two shots, with one entering the president’s abdomen. McKinley died from gangrene eight days later.

“This was the second assassination of a president Jessica witnessed,” Mach said. “She was devastated.”

Sixteen years later, Jessica, then 75 years old, joins a National Woman’s Party (NWP) protest in Washington, D.C. Led by Alice Paul and Lucy Burns, the more militant NWP had separated from the National American Woman Suffrage Association.

“In 1917, protesters lined up in front of the White House,” Mach said. “This was right after the U.S. declared war on Germany. Jessica was one of the picketers. She and other women were arrested and placed in the Occoquan Workhouse in Virginia. The women were brutally treated there. That, to me, was the most significant part in the story about women’s suffrage.”

According to feminist Sonia Pressman Fuentes, on November 15, 1917, “Under orders from W. H. Whittaker, superintendent of the Occoquan Workhouse, as many as forty guards with clubs went on a rampage, brutalizing thirty-three jailed suffragists. They beat Lucy Burns, chained her hands to the cell bars above her head, and left her there for the night. They hurled Dora Lewis into a dark cell, smashed her head against an iron bed, and knocked her out cold. Her cellmate, Alice Cosu, who believed Mrs. Lewis to be dead, suffered a heart attack. According to affidavits, other women were grabbed, dragged, beaten, choked, slammed, pinched, twisted, and kicked.”

Finally, in 1920, 42 years after Anthony and Stanton wrote and introduced an amendment to the U.S. Constitution that guaranteed voting rights to women, Tennessee ratified the 19th Amendment. With the requisite number of states ratifying the amendment, the Constitution now included these words: “The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex. Congress shall have power to enforce this article by appropriate legislation.”

Mach included a scene of Jessica and her son listening to KDKA, “the world’s first commercially licensed radio station.” Westinghouse Electric Corporation launched the Pennsylvania station on November 2, 1920, which, incidentally, was also election day. That day was also just several weeks after the ratification of the 19th Amendment.

As she listens to the broadcast, Jessica is disappointed because her choice for president is losing. However, her son consoles her with the



Women suffragists on the March 3, 1913 march in Washington, D.C.

fact that, at age 78, she got to vote for the first time.

“It was a hard-fought struggle and Jessica relives it as she reads her a biography that her daughter had written about her,” Mach said. “And all the while, unknown to her, a man is planning to kill her. Who is he? Why does he want to kill her? How will the story end?”

Mach wrote his first novel when

he was still in high school. However, he stopped writing for several years after earning a degree in chemical engineering. He says the writing bug bit him again when he was 38. After several rejections from publishers, he began writing a weekly article for *Sun Living*, which was a publication of the Meredith Sun Newspaper group in California.

■ CONTINUED ON PAGE FIVE

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Tom Mach

■ CONTINUED FROM PAGE FOUR

Mach later wrote articles for *Writer's Digest*, *Women's Day*, *Jack & Jill*, *The Business Journal*, *California Highway Patrolman*, and other publications.

Mach's writing eventually led to positions as an editor of *South Bay Accent* magazine, a lifestyle publication for Silicon Valley, and *Software Supermarket*, a national magazine. He also served as an editorial writer for the *Small Business Report*.

As a writer, Mach also had the opportunity to meet and interview other authors, including Wallace Stegner, whose novel, *Angle of Repose*, won the Pulitzer Prize for Fiction and Alex Haley, who won the Pulitzer for *Roots*.

Mach actually began writing *Sissy!* while living in California. However, after he and his wife retired and moved to Lawrence, he decided the novel needed some major changes.

"I had to rewrite *Sissy!* because I realized that Kansas is where it's at," Mach explained. "The Civil War started in Kansas, not at Fort Sumter. As a history buff, I knew about Bleeding Kansas and John Brown. But, and I'm embarrassed to admit this, I didn't know about Quantrill until I moved here. When I heard what he did, I knew I had to add Quantrill to the book."

"My books are 'novels' only in the sense that they include fictional characters," Mach said. "But I think readers will consider *Angels at Sunset* accurate history that is disguised as a novel."

In fact, Mach is currently asking heads of Women's Studies Departments at universities to consider *Angels at Sunset* as required reading.

"With all the research I have accumulated," he said, "I could have easily written a nonfiction book on the subject. But nonfiction restrains me because I want readers to feel the emotional impact surrounding history—to experience what these people actually experienced. I want these events to come alive for the

reader."

Mach's desire to present history accurately prompted him to include a timeline of major events concerning the women's suffrage movement from 1865 to 1920 in *Angels at Sunset*. He also added an extensive bibliography. In addition, the forward to the novel was written by Coline Jenkins, Eliza-



Lucy Burns

beth Cady Stanton's great-great-granddaughter. Mach is considering a reenactment of the 1867 trek though our state by the suffragists and is discussing this possibility with Coline Jenkins and Judy Hart, the founding superintendent of the Women's

Rights National Historical Park in Seneca Falls, New York.

Mach will speak about *Angels at Sunset* and the women's suffrage movement at The Raven Bookstore in Lawrence on Friday, March 23 at 7 p.m. Heather Yates, who teaches in the Department of Political Science and in the Department of Women, Gender and Sexuality Studies at the University of Kansas, will join Mach. He has also been invited to speak at the Dole Institute of Politics at the University of Kansas in early September.

Angels at Sunset, as well as Mach's other books, can be purchased online at Amazon.com or directly from Hill Song Press at HillSongPress@yahoo.com or by calling toll-free 1-800-BOOKLOG.

Mach includes the following quotations in *Angels at Sunset*, and asked *Senior Monthly* to share them with readers:

The fight must not cease. You must see that it does not stop."

-Susan B. Anthony, February 1906, from her last speech at a convention in Baltimore

Silent moves the feet of angels bright; Unseen they pour blessing, and joy without ceasing.

- William Blake, English poet

How strange this fear of death is! We are never frightened at a sunset. - George MacDonald, 19th century poet and author

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March is National Women's History Month

Although women now outnumber men in American colleges nationwide, this reversal of the gender gap is a very recent phenomenon. The fight to learn was a valiant struggle waged by many tenacious women — across years and across cultures. After the American Revolution, the notion of education as a safeguard for democracy created opportunities for girls to gain a basic education. However, that education was based largely on the premise that, as mothers, they would nurture the minds and bodies of the (male) citizens and leaders. This idea that educating women meant educating mothers endured in America for many years at all levels of education.

The equal opportunity to learn, which today is taken for granted, owes much to Title IX of the Education Codes of the Higher Education Act Amendments. Passed in 1972 and enacted in 1977, this legislation prohibited gender discrimination by federally funded institutions. Its enactment has served as the primary tool for women's fuller participation in all aspects of education from scholarships, to facilities, to classes formerly closed to women. It has also transformed the educational landscape of the United States within the span of a generation.

Each year National Women's History Month employs a unifying theme and recognizes national honorees whose work and lives testify to that theme. This year we are proud to honor six women who help illustrate

how ethnicity, region, culture, and race relate to Women's Education - Women's Empowerment.

The 2012 Honorees are:

- Emma Hart Willard, Women Higher Education Pioneer
- Charlotte Forten Grimke, Freedman Bureau Educator
- Annie Sullivan, Disability Education Architect
- Gracia Molina Enriquez de Pick, Feminist Educational Reformer
- Okolo Rashid, Community Development Activist and Historical Preservation Advocate
- Brenda Flyswithawks, American Indian Advocate and Educator

The stories of women's achievements are integral to the fabric of our history. Learning about women's tenacity, courage, and creativity throughout the centuries is a tremendous source of strength. Knowing women's stories provides essential role models for everyone. And role models are genuinely needed to face the extraordinary changes and unrelenting challenges of the 21st century. National Women's History Month, designated by Joint Resolutions of the House and Senate and Proclamations by six American Presidents, is an opportunity to learn about and honor women's achievements today and throughout history.

For more information and resources to commemorate multicultural women's history and to celebrate Women's Education - Women's Empowerment, visit, www.nwhp.org.



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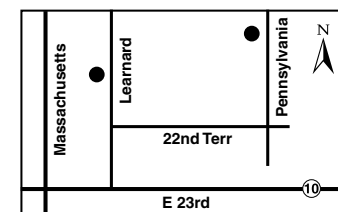
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'Music Does a Lot for You'

By Rev. Dr. Ed Farris

Mabel Covey was born in Hugoton, Kan., 97 years ago, and started picking out musical tunes on the piano when she was four years old. She would go over to the neighbor's house to play since she did not have a piano at home

When Mabel was 10, her parents purchased a piano for her. She became very popular in grade school and, later, high school through her piano playing. She taught herself to play by ear and later how to read music. She has her own unique style of dance music.

Mabel said emphatically, "I play the piano because I like it; I love it. When you play by ear, you can play any darn thing you want!" She commented that her late husband, Basil, who was "superintendent of high schools in northeastern Kansas, was not musical but he really enjoyed hearing me play although he didn't like to admit it." She added, "Music

does a lot for you."

She played for years with a dance band at the Teepee Junction in Lawrence. She did admit that she has played at some country churches before, but added, "You just have to practice too much to play with the music before you."

On one occasion while I was playing the piano at McCrite Nursing Home, Mabel came up and asked if she could play a duet with me. We played "The Dark Town Strutter's Ball" and "The Beer Barrel Polka". It was a highlight! After about 10 minutes, she called out the name of a particular music and started playing. She would play the melody and I would fill in on the upper octaves of the piano. I had never heard the song before but watching her hands, I could follow and fill in.

Many residents who respond to very few stimuli often can sing an old hymn and never miss a word. It is really true, "Music does a lot for you!"

COURTESY PHOTO



Mabel Covey, 97-year-old resident at McCrite Nursing Home, and Rev. Dr. Ed Farris, chaplain at Heartland Hospice Care, love to play duets together.

- Rev. Dr. Ed Farris is the chaplain/ Hospice Care. He can be reached at volunteer coordinator at Heartland 785-271-6500.

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Sunflower Health Care provides hospice services

Sunflower Health Care's co-owner and vice president of marketing Philip Hill and senior marketing representative Cammie Landholm are hard at work on their goal of educating area residents about the benefits of hospice care.

"Most people don't know they need hospice, but they do know they need help," Landholm said, explaining that there's a common misunderstanding about hospice in that when people think of hospice care they think of imminent death.

"If people knew what hospice can do for them, there would be a lot more people requesting our service," she said.

For example, physicians may create care plans for their patients, but when the patients go home they don't always follow that plan, and then their condition worsens.

"We are the arm of extension for the patient in the home, and we make sure they follow the physician's instruction," Hill explained.

They also make sure there are no

conflicts in the medications, which may be prescribed by multiple doctors.

"The hospitalization rate dramatically declines with hospice, which helps the patient and the family and lowers healthcare costs," Hill said.

There has been a growing tendency for people to turn to hospice more as word gets about what it can do for them.

"It's better not to wait until the last week of life, though," Landholm said. "Earlier is better. It's better to do it the last six months because patients are able to enjoy their end of life more if they go on hospice earlier."

The common denominator used to determine whether it's time to turn to hospice is to ask, if the disease were to run its natural course, would the patient die within six months, she added.

In fact, having an aging mother who may need hospice one day and needing to know what to look for when the time comes was one of the reasons Landholm was drawn to work

for Sunflower Health Care.

"It was kind of a fluke," she said. "I was in pharmaceuticals and had been searching for another job, and I saw an ad for this position."

The ad caught her attention and she drove from Topeka to Lee's Summit to deliver her résumé the old-fashioned way: in person.

"It was a huge learning experience for me," she said of her new position. "It is the most challenging job I ever had, but it's also the most rewarding job I've ever had."

That's one of the reasons Sunflower Health Care is growing, Hill explained. The goals of Sunflower are (1) to provide the best patient care in the business, (2) to have the best employee care, (3) to earn respect in the community and (4) to care for the company in order for it to grow.

These goals are important, he said, but it's also important to keep them in the right order.

One of the ways they do this is to pay attention to who they hire.

"It takes a very special person to be

able to do this. We have classes but it is still hard," Landholm said of the nature of the work. "But you know that in their end days you have provided grace, comfort and dignity. We also hire people who have the attitude of wanting to get to know the patient, like in the old days."

Employees also get the benefit of knowing the family, which more than offsets the grief of losing the patient, added Hill, who found a career in the hospice field as the result of losing a job in the corporate world after working there 19 years.

"It was one of the best things that happened to me," Hill said.

That's because he finds that he fits better into a faith-based business rather than a corporate-based one.

"You don't have to hide who you are," he said, adding that it also fits into his family background—many of his relatives are in the mission field—and it gives him an opportunity to serve and give back.

In addition to dedicated employees,

■ CONTINUED ON PAGE NINE

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Sunflower Health Care

■ CONTINUED FROM PAGE EIGHT

another way Sunflower Health Care achieves its goals is through community outreach and education. They do this by organizing educational events and by meeting with physicians, nursing home and hospital personnel, churches, veterans groups and community organizations to provide information on broaching the topic of hospice. They also explain how hospice helps not only by allowing patients to stay in their own homes and helping them come to terms with their situation, but also by helping the caregivers and other loved ones through medical, emotional, practical and spiritual help. And they are working on creating YouTube videos to help answer questions related to hospice.

Hospice received a boost when, in 1982, lawmakers determined that it was so beneficial and important a service that every citizen should be entitled to it, regardless of their ability to pay. It is therefore covered by Medicare and by Medicaid as well as by most insurance plans.

And although Medicare requires that certain services be provided, not all hospices are alike in terms of issues such as patient load and the philosophy of the organization.

“Those are the things you need to look for when deciding about hospice,” Landholm said.

Sunflower Health Care cares for most patients in their own homes and supports the primary caregiver. This includes providing comfort care and pain management as well as durable medical equipment such as hospital beds, walkers, commodes and wheelchairs.

Sunflower is one of the few provid-

ers in the nation that has completely electronic records. They track medications and care using Allscripts, which alerts caregivers to potential conflicts in medication the patient is taking or medicines they should no longer take. In addition, all nurses carry laptops, where they enter information so that there is instant communication available about patient care.

Sunflower Health Care, with offices in Topeka, Lansing and Stilwell, is the Kansas side of Omega Health Care, which is based in Missouri and dates back to 2009, when the business was purchased from a competitor.

Each office serves the county that

it is located in as well as the counties that touch that county, which for the Topeka office means they serve Shawnee, Douglas, Osage, Jackson, Jefferson and Wabaunsee counties.

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Medicare Part B deadline approaching

By Norm Franker

Social Security District Manager in Lawrence

If you didn't sign up for Medicare Part B medical insurance when you first became eligible for Medicare, you now have an opportunity to apply — but time is running out. The deadline for applying during the general enrollment period is March 31. If you miss the deadline, you may have to wait until 2013 to apply.

Medicare Part B covers some medical expenses not covered by Medicare Part A (hospital insurance), such as doctors' fees, outpatient hospital visits, and other medical supplies and services.

When you first become eligible for hospital insurance (Part A), you have a seven-month period in which to sign up for medical insurance (Part B). After that, you may have to pay a higher premium — unless you were covered through your current employer's group health plan or a group health plan based on a spouse's current employment. You are given

another opportunity to enroll in Part B during the general enrollment period, from January 1 to March 31 of each year. But each 12-month period that you are eligible for Medicare Part B and do not sign up, the amount of your monthly premium increases by 10 percent.

There are special situations in which you can apply for Medicare Part B outside the general enrollment period. For example, you should contact Social Security about applying for Medicare if:

- you are a disabled widow or widower between age 50 and age 65, but have not applied for disability benefits because you are already getting another kind of Social Security benefit;
- you worked long enough in a government job where Medicare taxes were paid and you meet the requirements of the Social Security disability program and became disabled before age 65;
- you, your spouse, or your dependent child has permanent kidney failure;
- you had Medicare medical insurance (Part B) in the past but dropped the coverage; or

• you turned down Medicare medical insurance (Part B) when you became entitled to hospital insurance (Part A).

You can learn more about Medicare

by reading our electronic booklet, Medicare at www.socialsecurity.gov/pubs/10043.html. Or visit the Medicare website at www.medicare.gov. You may also call Medicare at 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

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MAKING SENSE OF INVESTING

Bridge Haven Memory Care honors Hillcrest kindergartners

(Editor's note: Last year, the Central and East Lawrence Elementary School Consolidation Group was asked to recommend a way to reduce six elementary schools—Cordley, Hillcrest, Kennedy, New York, Pinckney and Sunset Hill—down to three or four within the next two years.)

By Kristin Scheurer

For nearly five years, Mrs. Wilk's kindergarten class at Hillcrest Elementary School has trekked through snow and rain to visit the elderly residents who live at Bridge Haven Memory Care, a residential home specializing in family-style assisted living and Alzheimer's care. It's a short walk for the 21 well-behaved kindergartners because Bridge Haven is located just one block from the school in the Hillcrest neighborhood.

"The children love going on field trips, but, more importantly, they like doing nice things for others," said Jenny Wilk, a teacher at Hillcrest Elementary School. "We really try to create a family feeling in our classroom and Bridge Haven has become an extension of our family."

Sitting cross-legged on the floor during a recent visit, the children performed a song they'd rehearsed and then each child gave their homemade Valentine's card to a friend at Bridge Haven. During past visits they have performed short plays, read stories, dressed in costumes for trick-or-treat, and sang Christmas carols.

Asked what she thought of the kindergartners, 98-year-old Thelma Elliott said, "I just love those little buggers." Witnessing the interaction

between the two groups reveals a genuine curiosity for the other. Wilk said on one visit she heard a child say to a resident, "You're really old."

The students love to show off what they've learned in class, and for the elders it's their chance to clap, smile, and reach their hand out for a friendly handshake. For all of Bridge Haven's eight residents, the visit is the difference between having a good day and having a great day. "We know the children make a big impact because the residents talk about their visits for hours afterwards," said Linda Kizer, Bridge Haven's resident nurse.

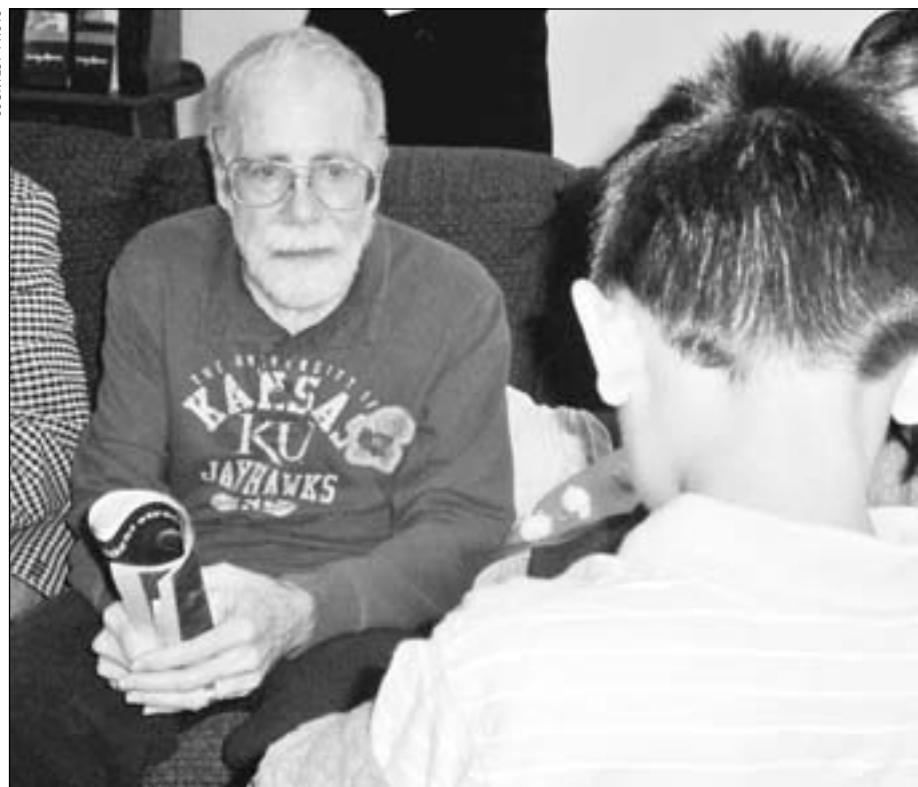
This is an incredible partnership between two community groups sharing similar values for neighborhood connection and family. "Our students learn to care for each other in the classroom, and this experience teaches them to care for people of all ages all around town," Wilk explained. "They are very proud after their performances, and they feel good about themselves and what they are learning. Their hearts grow!"

"I think Lawrence residents would be pleased to know how much both the children and the elders love these visits," said Robert Wilson, Bridge Haven's executive director. "If Hillcrest elementary school closes, this partnership may cease to exist and then everyone loses."

"It's a fabulous experience," said Wilk. "One that I truly believe our students will always remember."

- Kristin Scheurer, MBA, is the director of marketing for Bridge Haven Memory Care. Since 2007, Bridge Haven has specialized in fam-

COURTESY PHOTO



Dennis Goodden, a Bridge Haven resident, talks to a kindergartner

ily-style assisted living and Alzheimer's Care at 1126 Hilltop Drive in Lawrence. For more information, call Robert Wilson at 785-550-6168.

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Centenarians can leave a lasting legacy by donating DNA to science

(ARA) - Living to 100 years old is a remarkable feat in itself, but now 100 centenarians will have the opportunity to leave a lasting legacy that could radically change medical care for generations to come.

The X PRIZE Foundation and Medco Health Solutions, Inc. are searching for the Medco 100 Over 100—a group of 100 vital centenarians whose genes could unlock the secrets of healthy aging and improve the way we prevent and treat disease.

These “genomic pioneers” will donate their DNA by way of a simple blood test to the Archon Genomics X PRIZE presented by Medco—a \$10 million competition that pits world-class teams in a race to rapidly, accurately and inexpensively sequence the genomes of the Medco 100 Over 100. The results could identify rare genes that protect against disease and provide valuable clues to health and longevity.

“The Medco 100 Over 100 will represent a very special group of

people who have lived an unusually long life and somehow beaten the odds against the common diseases of aging that substantially impact quality of life and longevity,” says Felix Frueh, president of the Medco Research Institute. “Discovering what makes them different from the rest of us could lead to important advances in prevention and treatment of disease—that’s quite a gift to give by participating in this research effort.”

The search for the Medco 100 Over 100 will span the globe looking for centenarians and “supercentenarians” (age 110 and older) to participate in this historic initiative. Anyone 100 years or older, who is cognitively, currently without any serious disease and is willing to share their story can be nominated to join the Medco 100 Over 100. While good health will be an important criterion for selection, special consideration will be given to supercentenarians, whose extreme longevity challenges the normal notions of aging. Centenar-

ian nominations can be submitted at www.genomics.xprize.org/medco-100-over-100 and will be accepted through May 2012.

According to the U.S. Census Bureau, there were more than 53,000

centenarians and only 330 supercentenarians living in the U.S. in 2010. The states with the highest number of resident centenarians are California, Florida, New York, Texas and Pennsylvania.

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The Girl Scouts are prepared; are you?

By Norm Franker

Social Security District Manager in Lawrence

March 2012 marks the 100th anniversary of the Girl Scouts.

It was on March 9, 1912 that Juliette Gordon Low made a phone call to her cousin and said, "I've got something for the girls ... and we're going to start it tonight." A few days later, on March 12, she organized the first U.S. "Girl Guide" troop in Savannah, Georgia, with 18 members in two patrols. Today, there are more than three million Girl Scouts. The organization's motto is "Be prepared."

That same advice can help your retirement savings to grow as plenti-

ful as the Girl Scouts have over the last 100 years.

The best way for you to "be prepared" when it comes to retirement planning is to visit our online Retirement Estimator. The Estimator can give you an instant, personalized picture of your future retirement benefits from Social Security. Enter different scenarios (such as different future earnings amounts or dates of retirement) to find out how that will change the benefit amount you can expect to receive. It's available at www.socialsecurity.gov/estimator.

Knowing how much you can expect to receive from Social Security, coupled with any retirement plans you may have through your employer,

will help you figure out how much you need to save for your retirement.

Looking for more tips on planning for the future? Pay a visit to our Benefits Planners as well. You can use the planners to help you better understand your Social Security protection as you plan for your financial future. Get started at www.socialsecurity.gov/planners.

Another great source of help is the Ballpark E\$timate. It includes a two-page worksheet that helps you quickly identify approximately how much you need to save to fund a comfortable retirement. The Ballpark E\$timate takes issues like projected Social Security benefits and earnings assumptions on savings, and turns

them into language and mathematics that are easy to understand. You can find it at www.choosetosave.org/ballpark.

You don't have to be a Girl Scout to be prepared. Sit down at your computer — perhaps with a box of Girl Scout cookies — and plan for your future. You could be celebrating your own 100th year one day; you might as well do it comfortably.

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HEALTH & FITNESS

Enjoy (and benefit from) massage

Would you enjoy a therapeutic massage? Many people find therapeutic massage extremely helpful for relaxation and pain relief, but others, who haven't tried it, are hesitant. The word "therapeutic" sounds too much like "cod liver oil"—it sounds good for you, but not a lot of fun. I'm here to correct that mistaken impression.



Laura
Bennetts

Massage therapy is the best of both worlds: Good for You, but also just plain Good. Administered by a professional massage therapist, a massage can ease pain, reduce stress, and improve your blood circulation. It's also calming, relaxing, and pleasurable. It puts a spring in your step, and makes you feel better and lighter.

Find the Right Therapist

Not all massage therapists are created equal, so you need to tread carefully when seeking massage therapy. Many kinds of practitioners offer massages in a wide variety of settings—medical clinics, massage clinics, day spas, beauty salons, and athletic clubs. But not all massage practitioners are therapy professionals; not all are professionally qualified to offer therapeutic massage.

You want a massage therapist who is either certified by the National Certification Board for Therapeutic Massage and Bodywork or a graduate of a certified massage therapy (CMT) program. Other therapists who are licensed as medical professionals by the Kansas Board of Healing Arts also regularly use massage techniques in their practices, including physical and occupational therapists and some nurses.

Types of Massage

It can be puzzling to learn that there are many kinds of massage, often with inscrutable names. But there are three basic types, all of which can

help you: Swedish, Deep Tissue, and Acupressure. Other techniques that can help you include Craniosacral Massage, Myofascial Release, and Shiatsu. But since these are still relatively uncommon, I will focus, below, on the main types of massage that are practiced in the US today.

The Big Three

1. Swedish Massage is a gentle, relaxing massage that improves your circulation. If you've had a tough week, Swedish Massage can relieve the tightness in your neck, shoulders and back.

2. Deep Tissue Massage relaxes knotted muscles and reduces pain. If you have tight legs from hours of yard work, Deep Tissue Massage helps loosen your leg muscles, reducing that achy feeling.

3. Acupressure promotes relaxation and reduces pain by pressing on acupressure points. If you hold a lot of tension between your shoulder blades, pressure applied slowly and gently to the area between your spine and shoulder blade will soften and relax the muscles there.

You may not even sense that your muscles are tight until you discover, thanks to a massage, how much better you feel.

Just The Right Amount of Pressure

Trained, experienced therapists know how much pressure to apply and value your input. They may have you fill out a form to describe your wishes and concerns. Feel free to say whether you want a light massage or deeper pressure. Once the massage begins, let the therapist know if the pressure is too gentle or too much. A very light massage might not be very relaxing. Deep pressure may feel good on your back, but not on your arm. An experienced, trained therapist will know how to quickly adjust the massage technique to your comfort level.

Getting Started

You may find it comforting to know that you won't need to undress completely. The therapist will give you a choice about what to wear. You can choose to wear your under garments if that puts you at ease. Also,

you should have privacy to undress with directions on how to cover yourself (normally with a sheet) when you lie down on the massage table. You might start out resting on your back, covered with a sheet, and then later when you turn over, you will be continuously covered.

Trained therapists know that there is an art to using a sheet to "drape" their clients to ensure their comfort and respect their modesty. Your therapist should check on your comfort level and explain what to expect as the massage proceeds.

Just Relax, Talk is Optional

It's very relaxing to listen to soft slow music during a massage. And relaxation is what you should seek. I recommend that you limit conversation, except to give feedback to the massage therapist about how you're feeling, as needed. You should focus on actively relaxing during the massage. Try this sitting in your chair first. The more you practice, the easier it becomes.

To actively relax, listen to soft background music. Close your eyes and take two or three slow deep breaths to relax. Next, combine the

two activities—listen closely to your music and continue breathing deeply. Pretend the music is like a small bird flitting around the sky and that you're watching the bird closely. Then imagine that you're on a beach with the sun shining down on you, and let yourself sink down into the soft white sand and relax every muscle. The more you relax your mind and body, the more beneficial the massage treatment.

Time Flies

Time will race by and soon the massage will be over. The therapist will leave the room and you can get dressed at your leisure. Take it easy after your massage, so that you can savor the relaxed feeling. And don't hesitate to make another appointment...and mark your calendar.

- Laura Bennetts, PT, earned a Masters degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, 785-842-0656) and Baldwin Therapy Services LLC (814 High Street, 785-594-3162). For details, see lawrencetherapyservices.com/

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PERSONAL FINANCE

Give your portfolio a “spring cleaning”

Springtime is almost here. If you're like many people, the arrival of spring means it's time to spruce up your home. But why stop there? This year, consider applying some of those same spring-cleaning techniques to your investment portfolio.



Harley Catlin and Ryan Catlin

Here are some ideas you may want to put to work:

- **Get rid of clutter.** You probably don't have to look too far around your home to find things that are broken or simply no longer useful to you. If you poke around your portfolio, you might make similar discoveries: an investment that has chronically underperformed, duplicates another investment or met your needs in the past but is less relevant to your current situation and goals. Once you identify these types of investments, you may decide to sell them and use the proceeds to take advantage of opportunities that may prove more valuable to you.

- **Consolidate.** Over the years, you may have accumulated multiple versions of common household items — brooms, mops, hammers — which pop up mysteriously in various parts of your home. You might find it more efficient, and even less expensive, if you consolidated all these things in one centralized location. As an investor, you also might find that consolidation can offer you some benefits. Do you have one Individual Retirement Account (IRA) with one financial services provider and a second IRA with another? Do you have a couple of old 401(k) accounts with former employers? And have you scattered investments here, there and

everywhere? By consolidating all these accounts in one place, you can cut down on paperwork, reduce fees and, most importantly, unite your investment dollars so that it's easier for you to see what you have and then follow a single, coherent investment strategy.

- **Prepare for turbulent weather.**

As you know, springtime can bring heavy rains, hail, strong winds and other threats to your home. As part of your overall spring cleaning, you may want to check the condition of your roof, clear branches away from your house, clean your gutters and downspouts, and take other steps to protect your property from the ravages of Mother Nature. And just as you need to safeguard your home, you'll want to protect the lifestyles of those who live in that home — namely, your family. You can help accomplish this by reviewing your life and disability insurance to make sure it's still sufficient for your needs.

- **Get professional help.** You may find that you can't do all your spring cleaning by yourself. For example, if your carpets and rugs are heavily soiled, you may need to call in a professional cleaner. Or if your tree branches have grown out of control, you might need to bring in a tree trimmer. Similarly, when you decide to “tidy up” your portfolio, you'll need some assistance from a financial professional — someone who can study your current mix of investments and recommend changes, as needed, to help ensure your holdings are suitable for your risk tolerance, time horizon and short- and long-term goals.

Spring cleaning can reinvigorate your home and your overall outlook. And by tidying up your investment portfolio, you can help gain some of that same optimism — for your future.

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

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RETIRE SMART

Who's the family CFO?

"I don't know anything about my finances," said a 76-year-old man in a recent email. It's not that he's neglecting them, but rather that his 75-year-old wife is the chief financial officer of the family. He now feels compelled to understand what's going on with their rental properties, their



Jill
Schlesinger

investments and even the bill-paying. His wife has been reluctant to include him, fearing that he will make the process more complicated and, after all, hasn't she been doing a good job?

Every couple needs to allocate certain tasks, but you aren't doing your partner any favors by withholding information. In fact, you are doing them a major disservice. Sharing financial information and responsibility can be empowering and, more importantly, it will help the uninvolved spouse understand what he or she would face if you were no longer able to act as the family's CFO.

Start by going over your household balance sheet—what you own and what you owe. This is an excellent opportunity to create the master list of documents necessary to organize your estate, so make sure to note in whose name the asset is held or whether it is jointly owned. Include your bank accounts (as well as user names and passwords for online banking), the contents of any safe deposit boxes (and where the key is located), 401(k) accounts, IRAs, Roth IRAs, annuity contracts, brokerage account information (with the broker's name and contact phone number) and a detailed list of savings bonds (or login information for treasurydirect.gov). Also list your house and vehicles (make sure you have deeds and titles) and any debts that are outstanding in your names.

When it comes to monthly expenses, explain your "system" to your spouse. Make sure that both of

you know where all of the credit cards, ATM cards, bank statements and checkbooks are located, especially if you are still writing out checks by hand. If you use online bill pay, demonstrate to your spouse how it works. Don't forget to highlight those bills that are automatically drafted from your bank account.

With the nuts and bolts down, move on to the investment and retirement accounts. If you manage the money yourself, walk your spouse through the most recent statements. Start with the overall objective ("we have a balanced portfolio, which means that we split the risk between stocks and bonds"), and make sure that you explain the different parts of the statement itself. This might sound silly, but I encounter far too many people who throw up their hands and say they just don't know how to read their brokerage or retirement plan statements.

This process could raise difficult questions for you, too: Do you really have the time, energy and discipline to manage your money effectively? Have you assumed too much risk? Have things gotten away from you? Maybe it's time to seek guidance from a professional.

For those who already work with a financial advisor or broker, schedule an appointment and let him/her lead the education. Before the meeting, encourage your spouse to engage the advisor and to ask questions. When I was an advisor, I recall a few instances of the "uninvolved" spouse posing questions about the investments that had never been raised before. By doing so, I was able to alter the portfolio to better meet the needs of the couple and to gauge where they stood versus the originally stated goals.

If you are handling the investments on behalf of the couple, but your spouse is unlikely to take over if you were to die, it would be smart

to assemble your team now. That can include a CPA, an estate attorney and an investment advisor or broker. Interview these professionals together and make sure that your spouse can build a relationship with someone he or she trusts.

Other important areas of communication are insurance coverage and estate planning, which will be subjects of future columns. And while you may be the CFO, your partner's

still on the board, so get cracking on sharing the basics.

- Jill Schlesinger, CFP, is the Editor-at-Large for www.CBSMoneyWatch.com. She covers the economy, markets, investing or anything else with a dollar sign on her podcast and blog, *Jill on Money*, as well as on television and radio. She welcomes comments and questions at askjill@moneywatch.com.

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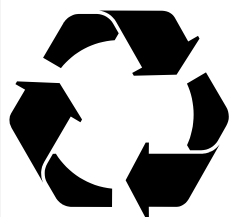
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MAYO CLINIC

Advances in research offer hope for future of lupus treatment

DEAR MAYO CLINIC: My 43-year-old daughter has been diagnosed with lupus. Is there any new information about lupus? What is the latest research?

ANSWER: Lupus is a complex disease. The exact cause isn't known, but a variety of factors appear to influence the development of lupus. In the last several decades, research has focused on pinpointing genes that predispose people to lupus, investigating molecules that play a role in the disease, and identifying new therapies to treat lupus.

Lupus is an autoimmune disease, meaning the immune system attacks the body's own tissues and organs, causing inflammation and damage. Lupus can affect any system in the body. The body systems most commonly involved include the skin, joints, lungs, kidneys and blood. In some people, lupus may be a minor disease with only a skin rash. In others, lupus may be severe, causing nervous system complications, anemia or life-threatening kidney disease.

The risk of heart disease is increased in lupus patients. Traditional risk factors like smoking, diabetes mellitus, high blood pressure, high cholesterol and menopause do not fully account for the heightened risk, and several lupus-related factors play a role. These include persistent low-grade inflammation, the presence of abnormal proteins that increase the risk of clotting, a decreased number and function of the cells lining the blood vessels, and kidney disease. Exercise, smoking cessation, a healthy diet, and control of disease activity all may help reduce the risk of heart disease in people with lupus. The use of statin therapy (Lipitor, Crestor, others) also may be effective for some individuals.

The cause of lupus is likely a combination of genetic and environmental factors—such as smoking, exposure to sunlight, or use of certain medications. Lupus is much more common in women than men and is often triggered by pregnancy, suggesting that

hormones have an important effect on the disease's development.

Genes that predispose people to lupus are important for immune system function. However, researchers have learned that having those genes isn't the end of the story. It appears that genetic makeup can put a person at high risk for lupus, but the disease requires additional triggers like medication, hormones, infection or other environmental factors.

Research into the genetic factors in lupus has led to an investigation of key molecules associated with the disease. One protein in particular, interferon alpha, has been investigated most in the last few decades. Interferon alpha can help produce auto-antibodies, which are connected to the development of lupus. Currently, research is examining the effect of blocking interferon alpha activity in people who have lupus, and the preliminary clinical trials are encouraging.

In terms of therapy for the dis-

ease, several new drugs have been recently tested for treating lupus. In March 2011, the U.S. Food and Drug Administration (FDA) approved belimumab for treatment of lupus. Belimumab blocks a protein called BLYS, which is important for survival of immune cells that produce auto-antibodies.

Although it's the first drug in 50 years to be approved for lupus treatment, the effects of belimumab are modest and the drug has not been tested in people with severe disease. In addition, the clinical research trials did not show any important benefits in African-Americans, a population that has an increased risk of lupus. Therefore, more studies are needed before we can find the exact place for belimumab in lupus therapy.

Lupus researchers have also studied the effectiveness of the medication rituximab. This drug can decrease the number of B lymphocytes, a type of white blood cell that produces auto-antibodies. Although many people with resistant lupus have benefited from rituximab, two large clinical trials surprisingly failed to show any benefit of this drug for lupus treatment. The reasons behind these findings aren't clear, and additional studies are necessary to identify

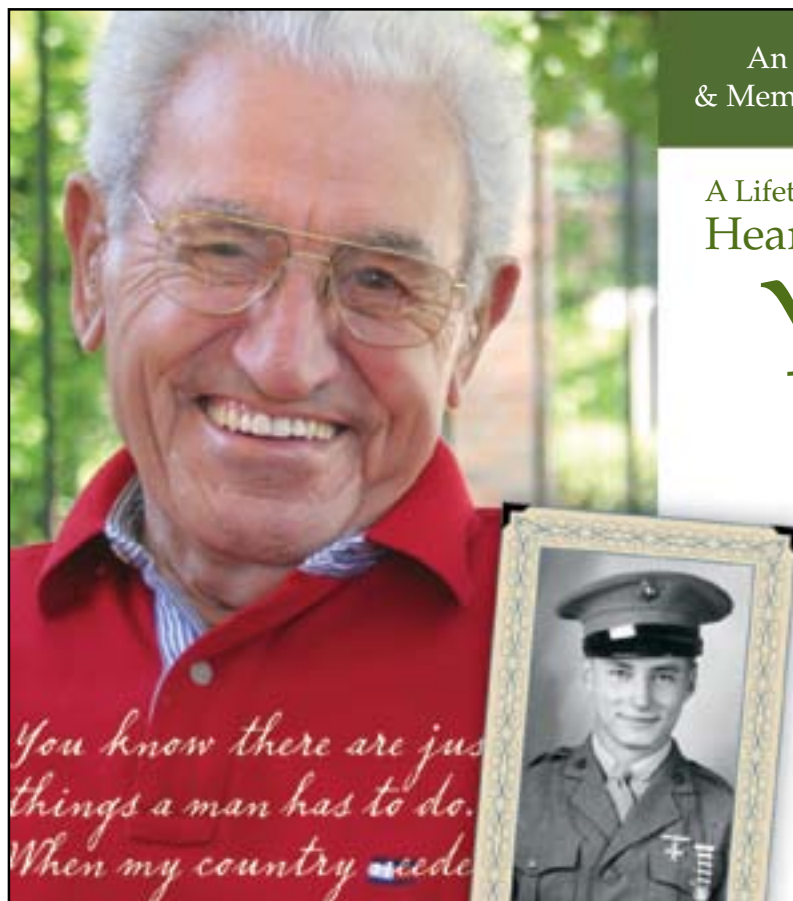
people who may benefit from rituximab.

Several drugs already in use for treatment of rheumatoid arthritis, including tocilizumab and abatacept, are being studied in clinical trials for lupus treatment. New therapies, such as atacicept, have undergone preliminary clinical testing and show promising results, as well.

Although no cure is currently available for lupus, these advances in research offer hope for the future. At this time, to most effectively manage her condition, your daughter should work with a specialized care team familiar with lupus. Treating lupus can be challenging, but with focused, specialized medical care, many people with this disease lead fulfilling lives. - Vaidehi Chowdhary, M.D., Rheumatology, Mayo Clinic, Rochester, Minn.

- *Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu, or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit www.mayoclinic.org.*

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SENIOR CALENDAR

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

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at (785) 841-9417.

ART/ENTERTAINMENT

FEB 24-MAR 4

BECKY'S NEW CAR

Comedy by Stephen Dietz. Becky Foster is caught in middle age, middle management and in a middling marriage—with no prospects for change on the horizon. Then one night a socially inept and grief-stricken millionaire stumbles into the car dealership where Becky works. Becky is offered nothing short of a new life... and the audience is offered a chance to ride shotgun! Theatre Lawrence, 1501 New Hampshire.

LAWRENCE, (785) 843-7469

MAR 2-MAR 31

AVENUE Q

Winner of the TONY "TRIPLE CROWN" for BEST MUSICAL, BEST SCORE and BEST BOOK, AVENUE Q is part flesh, part felt and packed with heart. AVENUE Q is a laugh-out-loud musical that tells the timeless story of a recent college grad named Princeton who moves into a shabby New York apartment all the way out on Avenue Q. There, he meets Kate (the girl next door), Rod (the Republican), Trekkie (the Internet sexpert), Lucy the "Hussie" (need we say more?), and other colorful types who help Princeton finally discover his purpose in life! Event Times: 6 p.m. Dinner & 8 p.m. Show Friday & Saturday; 7 p.m. Show Wednesday & Thursday; 12:30 p.m. Brunch & 2 p.m. Fee. Topeka Civic Theatre, 3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

MAR 9

WTCT RADIO PLAYERS

This group of players celebrate the radio plays of the 30's, 40's, and 50's! Show: 8 p.m. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

MAR 10

CINEMA CLASSICS

John Strickler, conductor. An evening of music from blockbuster movies featuring Lillian Sengpiehl, soprano. Event time: 7:30 p.m. Fee. White Concert Hall, 1700 SW Jewell Avenue.

TOPEKA, (785) 232-2032

www.topekasympphony.org

MAR 10

GEORGE JONES 80TH BIRTHDAY TOUR

George Jones, often referred to as "the greatest living country singer," first hit the charts in 1955 with his hit "Why Baby Why" and has since garnered over 140 more while touring extensively. Fans can see the star perform hits such as "White Lightning," "He Stopped Loving Her Today," "Who's Gonna Fill Their Shoes" and "I Don't Need Your Rockin' Chair"

throughout North America. Event Time: 7:30 p.m. Fee. Topeka Performing Arts Center, 214 SE 8th Avenue.

TOPEKA, (785) 234-2787

www.tpactix.org

MAR 10

THE SENIOR CLASS

An offshoot of Laughing Matters, this company of zany actors are all over age 50! Humor not suitable for all audiences. Show time: 8 p.m. Fee. 3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

MAR 14

SFJAZZ COLLECTIVE

Honoring the astronomical success of rhythm and blues, pop, soul, jazz and funk superstar Stevie Wonder, SFJAZZ will perform original arrangements of the singer/songwriter's extensive catalog including Superstition, My Cherie Amour and Do I Do, as well as its own, inspired compositions. Pre-performance: Come early for a chat about modern jazz masters, 6:30 p.m. Lied Center, 1600 Stewart.

LAWRENCE, (785) 864-2787

www.lied.ku.edu/season/index.shtml

MAR 31

MNOZIL BRASS

Though regarded as seriously talented musicians, the members of Mnozil Brass make a living out of not taking themselves too seriously. The Austrian brass septet routinely combines (slapstick) humor with impeccably accomplished musical performances. The ensemble's shows are characterized by elegant beauty juxtaposed against raucous and riotous eruptions, as the musicians take the audience on a journey spanning multiple musical styles and epochs. Lied Center, 1600 Stewart.

LAWRENCE, (785) 864-2787

APR 5-JUN 17

THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

Richard Karn, best known for playing the role of Al Borland, Tim Allen's handy sidekick on the hugely popular *Home Improvement* and as the host of *Family Feud*, stars in this hilarious musical comedy about six young school kids, overseen by grown-ups who barely managed to escape childhood themselves, finding out that winning isn't everything and that losing doesn't necessarily make you a loser. The New Theatre, 9229 Foster St. OVERLAND PARK, (913) 649-7469

www.newtheatre.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE MICHIGAN AVE, TOPEKA, 6:30 PM, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays.

2050 SE 30TH ST, TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA, 6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

LEGIONACRES

3408 W. 6TH ST, LAWRENCE, 7 PM, (785) 842-3415

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW HUNTOON, TOPEKA, 6:30 PM, (785) 235-9073

WEDNESDAYS

PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1 PM, (785) 542-1020

FRIDAYS

EAGLES LODGE

1803 W. 6TH ST, LAWRENCE, 7 PM, (785) 843-9690

FRIDAYS

ARAB SHRINE

1305 KANSAS AVE., TOPEKA
MINI BINGO 6:30 PM, REGULAR BINGO 7 PM
(785) 234-5656

SUNDAYS & TUESDAYS

MOOSE CLUB

6 p.m.
1901 N KANSAS AVE, TOPEKA
(785) 235-5050

EDUCATION

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail. Call to make reservation.

TOPEKA, (785) 354-5225

MAR 8-MAY 17

SKILLBUILDERS

Skillbuilders is a series of educational and support programs for those adjusting to changes in their lives due to the loss of a loved one. The loss may be due to death, an illness or other circumstances that have placed limitations on a spouse, child or a significant relationship. The programs are a variety of practical topics, such as legal and financial, with those that discuss the feelings that accompany loss. All programs are lead by local professionals. Skillbuilders will meet on Thursdays from 10-11:45 a.m. in the Gallery of the Lawrence Public Library from March 8 through May 17. Attend all of the programs or only those that are of interest. There is no charge for the programs and registration is not necessary. Transportation is available by calling the Douglas County Senior Services, 842-0543. Skillbuilders is sponsored by the Outreach Services of the Lawrence Public Library, Visiting Nurses Association and the Douglas County Senior Services. For more information on Skillbuilders or any of the programs, call Pattie Johnston at the Library.

LAWRENCE, (785) 843-3833 ext. 115

MAR 8

COPD – UNDERSTANDING THE DISEASE

Charles Yockey, MD of Lawrence Pulmonary Specialists will present a program about COPD (chronic obstructive pulmonary disease). Dr. Yockey will discuss the challenges of difficulty in breathing and review strategies to decrease shortness of breath including smoking cessation, weight loss and exercise. He will also discuss the management of COPD exacerbation episodes including the recommended medications for symptom relief. There will be time for

questions. This program is free but advanced registration is requested. Lawrence Memorial Hospital, 6:30-7:30 p.m.

LAWRENCE, (785) 749-5800

MAR 15

NUTRITION ROUNDTABLE: "CHOOSING HEALTHIER FATS"

Fats are an important part of a healthy diet. But the kinds of fats you choose are important. Join LMH Registered Dietitian Patty Metzler as she discusses healthy fats, suggestions for how to tastefully include these in the diet and what kind of fats to limit. Free but advance registration is recommended. Lawrence Memorial Hospital, 6:30-7:30 p.m.

LAWRENCE, (785) 749-5800

MAR 20

NUTRITION FOR THE SENIOR ADULT

Join Lawrence Memorial Hospital and Brandon Woods at Alvamar for a free program for the community. Topics include special nutritional concerns for the older adult and tips for shopping and preparing food for one or two. Light refreshments served. Due to space restrictions, advance enrollment is required. Program to be held at Brandon Woods, 1501 Inverness Drive, 2-3 p.m. Please call Brandon Woods to enroll.

LAWRENCE, (785) 838-8000

EXHIBITS/SHOWS

JAN 20-APR 29

EXHIBIT-YOU ARE HERE: PUTTING KANSAS ON THE MAP

The answer to "Where are we?" can usually be found on a map. Maps provide us with information about what's around us and who we are. They help define Kansas and make it known to the world. This unique exhibit will present many maps that are very rare and seldom displayed. It also offers art work and objects related to maps and mapmaking. Highlights include the world's earliest printed map, a 1540 map of the New World, and an 1823 map labeling the plains as the "Great American Desert." Fee. The Kansas Museum of History, 6425 SW 6th Avenue.

TOPEKA, (785) 272-8681

FEB 4-APR 15

ICHI-MAI ORI

Ichi-mai Ori, which means single-sheet origami in Japanese. Lang has been an avid student of origami for over 40 years and is now recognized as one of the world's leading masters of the art, with over 500 designs cataloged and diagrammed. He is noted for designs of great detail and realism, and includes in his repertoire some of the most complex origami designs ever created. Event Time: 10 a.m.-7 p.m. Tuesday; 10 a.m.-5 p.m. Wednesday-Friday; 1-4 p.m. Saturday & Sunday. Admission is free. 17th & Jewell, Washburn University Campus.

TOPEKA, (785) 670-1124

FEB 4-APR 15

INDUSTRIAL NATURE

Industrial Nature features the moth & lichen found object sculptures of Michelle Stitzlein. Stitzlein received her BFA from the College of Art and Design, Columbus, Ohio. Stitzlein creates found object art/sculpture from recycled materials, including piano keys, broken china, license plates, rusty tin cans, electrical wire, bottle caps, and other miscellaneous items. Event Time: 10 a.m.-7 p.m. Tuesday; 10 a.m.-5 p.m. Wednesday-Friday; 1-4 p.m. Saturday & Sunday Admission is free. 17th & Jewell, Washburn University Campus.

TOPEKA, (785) 670-1124

■ CONTINUED FROM PAGE 18

MAR 30

FINAL FRIDAYS

Celebration of Art in Downtown Lawrence. Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of every month.
LAWRENCE, (785) 842-3883

HEALTH

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee.
LMH KREIDER REHABILITATION SERVICES
LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10 a.m.-1 p.m. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free.
TOPEKA, (785) 354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aero-

bics with exercises designed to improve your strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St.
LAWRENCE, (785) 331-4333

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FIRST & THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies by Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9 a.m.-1 p.m.
TOPEKA, (785) 233-1750, EXT. 252

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m.

Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.
TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free.
TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.
TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free.
TOPEKA, (785) 354-6787

MAR 7

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$6/test. Drop into the LMH Healthsource Room,

main level. Lawrence Memorial Hospital, 8:30-10 a.m.
LAWRENCE, (785) 749-5800

MAR 22

SENIOR HEALTH FAIR AT MEADOWLARK ESTATES

Lawrence Memorial Hospital and Meadowlark Estate are teaming up for a mini-health fair for the community focused to older adults. Health screenings available are fingerstick total only cholesterol (does not include HDL, LDL or triglycerides) for a fee of \$6, fingerstick blood glucose (blood sugar) for a fee of \$5, heel bone density screening for osteoporosis for \$10, and blood pressure (no fee). A fast of 8 hours is required for the blood sugar test. Water and necessary medications allowable. Light refreshments served. Exact cash or checks accepted. Event to be held at Meadowlark Estates, 4430 Bauer Farm Drive, 8-10 a.m. For more information, contact LMH Community Education.
LAWRENCE, (785)505-3066.

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr.,

■ CONTINUED ON PAGE 20



Gerald Whiteside
Au.D., CCC-A

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■ CONTINUED FROM PAGE 19

Lawrence, 9-10 a.m.
Drury Place, 1510 St. Andrews Dr.,
Lawrence, 10:30-11:30 a.m.
Babcock Place, 1700 Massachusetts St.,
Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 215 Clinton Parkway,
Lawrence, 9-10 a.m.
Wyndham Place, 2551 Crossgate Dr.,
Lawrence, 10:30-11:30 a.m.
Peterson Acres, 2930 Peterson Rd.,
Lawrence, 1-2 p.m.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH
Midland Adult Day Care, 319 Perry St.,
10 a.m.
Cottonwood Retirement 1029 New Hampshire,
2 p.m.
Babcock Place, 1700 Massachusetts St., 3 p.m.

THIRD WEDNESDAY OF EACH MONTH
Brandon Woods, 1501 Inverness Dr., 10:30 a.m.
Prairie Commons, 5121 Congressional Circle,
1 p.m.
The Windsor, 3220 Peterson Rd., 2:15 p.m.

FOURTH WEDNESDAY OF EACH MONTH
Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m.
Presbyterian Manor-Asst. Living, 1429 Kasold
Dr., 11 a.m.
Pioneer Ridge-Asst. Living, 4851 Harvard Rd.,
1 p.m.
Drury Place, 1510 St. Andrews Dr., 2:30 p.m.

MEETINGS

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

FIRST MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP
Facilitated by Heartland Hospice and open to those who have lost loved ones. Held at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6 p.m. Call Terry Frizzell for more information.
TOPEKA, (785) 271-6500

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

FIRST & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP
Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.
LAWRENCE, (785) 505-3140

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP
For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.
LAWRENCE MEMORIAL HOSPITAL
4-5 PM, (785) 840-3140

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.
LAWRENCE, (785) 842-0543

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

FIRST & THIRD TUESDAYS OF EACH MONTH SCRAPBOOK MEMORIES
Grace Hospice, 3715 SW 29th St., Suite 100, 6 p.m. All supplies provided (except photos).
TOPEKA, (785) 228-0400

FIRST & THIRD TUESDAYS OF EACH MONTH GRIEF SUPPORT GROUP
Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2 p.m.

TUESDAYS GRIEF & LOSS SUPPORT GROUP
Midland Hospice, 200 SW Frazier Circle. 3-4 p.m.
TOPEKA, (785) 232-2044

TUESDAYS GRIEF & LOSS SUPPORT GROUP
Midland Hospice, 200 SW Frazier Circle. 5:30-6:30 p.m.
TOPEKA, (785) 232-2044

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

FIRST & THIRD TUESDAY OF EACH MONTH HEALING AFTER LOSS BY SUICIDE (HEALS)
For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve New-comer at for more information. Pozez Education Center, 1505 SW 8th St.
TOPEKA, (785) 478-4947 or (785) 296-8349

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE
Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at (785) 832-1692.

WEDNESDAYS AND SUNDAYS OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)
Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6-9 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

THURSDAYS GRIEF & LOSS SUPPORT GROUP
Midland Hospice, 200 SW Frazier Circle. 3-4 p.m.
TOPEKA, (785) 232-2044

FIRST THURSDAY OF EACH MONTH LAWRENCE AREA PARTNERS IN AGING
Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch).
11:30 AM-1 PM

FIRST & THIRD THURSDAY OF EACH MONTH TRANSITIONS SUPPORT GROUP
Cosponsored by Brewster Place and Heartland Hospice as a group to help people move from confusion to confidence no matter their loss or life changes and challenges. Meets at 3 p.m. in the main chapel at Brewster Place, 1209 SW

■ CONTINUED ON PAGE 21



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

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

Kaw Valley Senior Monthly

■ CONTINUED FROM PAGE 20

29th St. Call Terry Frizzell of Heartland Hospice of Topeka for more information. TOPEKA, (785) 271-6500

**FIRST FRIDAY OF EACH MONTH
STROKE SUPPORT AND RECOVERY
GROUP**

Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library. TOPEKA, (785) 232-7765

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

Volunteer service club. LAWRENCE, (785) 331-4575

**SECOND MONDAY OF EACH MONTH
GRIEF AND ENCOURAGEMENT GROUP**

For those who have lost loved ones. Sponsored by Hospice Care of Kansas. Meets at Brookwood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Nancy Cook. TOPEKA, (913) 599-1125

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

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11 a.m. TOPEKA, (785) 235-1367, EXT. 130

**SECOND & FOURTH TUESDAY OF EACH
MONTH**

GRIEF SUPPORT GROUP

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

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

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

**SECOND TUESDAY OF EACH MONTH
HERBS STUDY GROUP**

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

**SECOND & FOURTH TUESDAY OF EACH
MONTH**

SCRAPBOOK MEMORIES

Grace Hospice, 1420 Wakarusa, 6 p.m. All supplies provided (except photos). LAWRENCE, (785) 841-5300

■ CONTINUED ON PAGE 22

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Fax (785) 841-5310

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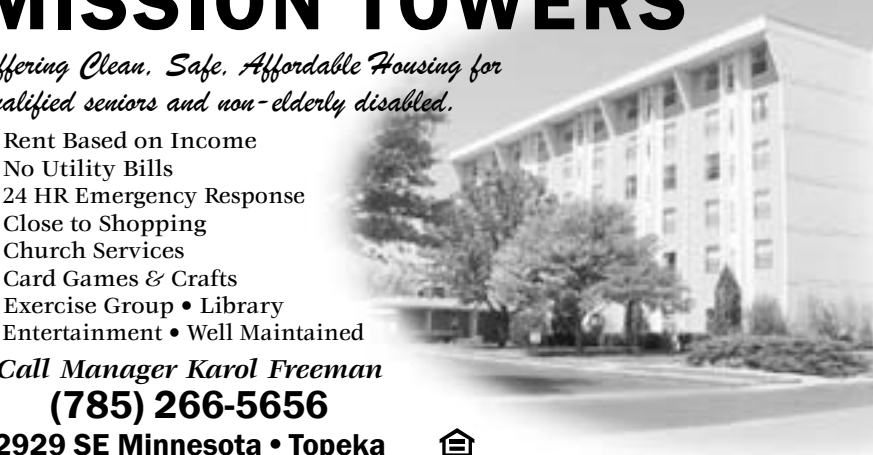
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■ CONTINUED FROM PAGE 21

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

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

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

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

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

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

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

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

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

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

**THIRD MONDAY OF EACH MONTH
ACTIVE PRIMETIMERS**

For ages 50+. Seniors group for friendship fun and travel. Luncheon meeting every third Monday at the Holidome. Reservations needed Thursday prior to meeting. Call Elsie for more information.
LAWRENCE, (785) 224-5333.

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

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

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

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

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

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

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

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

Scribner, membership chairman.
LAWRENCE, (785) 843-7481

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

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

**THIRD THURSDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

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

**THIRD SATURDAY OF EACH MONTH
TOPEKA WIDOWED PERSONS BRUNCH**

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11 a.m.-1 p.m. For more information about the Widowed

■ CONTINUED ON PAGE 23

7th Annual Lawrence Area Partners in Aging

RESOURCE FAIR FOR SENIORS

Thursday, March 8, 2012 from 10 a.m.-1 p.m. • Hy-Vee, 3504 Clinton Parkway



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Come by anytime between 10:00 and 1:00 to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.

This is the seventh annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call 785-838-8000 and ask for Kristen Metcalf-Osterhaus or email partnersinaging@yahoo.com.

■ CONTINUED FROM PAGE 22

Persons Service Program, please call Julie. TOPEKA, (785) 357-7290

FOURTH MONDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

Pioneer Ridge Assisted Living Library, 4851 Harvard, 6:30 p.m. LAWRENCE, (785) 344-1106

FOURTH WEDNESDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF EACH MONTH

TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF EACH MONTH

CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF EACH MONTH

RETIRED GOVERNMENT EMPLOYEES

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

SECOND & FOURTH FRIDAY OF EACH MONTH

ALZHEIMER'S/CAREGIVER SUPPORT GROUP

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

FOURTH FRIDAY OF EACH MONTH

AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11 a.m. at the Lawrence Country Club. Lunch served at 11:30. New and interested members welcome. Please call Mary for reservations. LAWRENCE, (785) 331-4247

MAR 8

TOPEKA WOMEN'S CONNECTION

"BIZZY BEE LUNCHEON." FEATURE: Jenelle Carkhuff, owner of "Busy Bee Bonnets," will show her extraordinary, beautiful handcrafted timeless fashions. She has shipped orders to many places as well as selling locally. MUSIC: Deo Gloria a select group of 10 talented high school-aged singers from the choir of Cornerstone Family Schools under the direction of Dorothy Iliff. SPEAKER: Victoria Burks, from Bartlesville, OK. Shares how a life of ashes can become one of beauty. She is the author of two romantic suspense novels. Cost of Lunch \$13.00. No cost for the program. Topeka & Shawnee County Public Library 1515 SW 10th Ave., 11:30 a.m. Reservations must be made by March 5 by calling Jeanie at 233-1387 or Ann 266-1522. TOPEKA

MAR 10

WOMEN'S EXPO AND AWARDS LUNCHEON

Celebrating International Women's Day, announcing recipient of 2012 educational grant, and awarding a local woman for her community service. Visit local business booths, 10 a.m.-3 p.m. Hourly prize drawings. Free admission. Awards luncheon at 11:30 a.m. Fee for luncheon. Lowman Methodist Church, Wesley Hall, 15th and Gage. TOPEKA www.soroptimisttopeka.org

MISCELLANEOUS

MAR 2

SECOND ANNUAL CELEBRATION OF WOMEN FASHION SHOW AND DINNER

Presented by Aldersgate Village. Come and

enjoy an entertaining evening featuring food, fashion and fun. The fashion show models are women from the local Topeka community who will be decked out in the latest trends. Wine, refreshments and appetizers will be served prior to the fashion show, followed by a delicious buffet dinner. 100% of the proceeds benefit the Good Samaritan Fund at Aldersgate Village. This year's Emcee is WIBW's Melissa Bruner. Honorary Chair is Anita Wolgast. Entertainment provided by the Topeka Big Band Quintet. Aldersgate Village, Wesley Hall, 7220 SW Asbury Drive, 4:30-7:30 p.m. For ticket information, call Leslie Gasser. TOPEKA, (785) 478-9440

MAR 17

ST. PATRICK'S DAY PARADE

Join the fun and frivolity during the annual St. Patrick's parade featuring a wide array of floats and the St. Patrick's Day Queen and her court. Parade begins at 11th & Massachusetts, travels north through Downtown and across the Kansas River Bridge then turns east on Locust in North Lawrence. LAWRENCE, (785) 749-6677

MAR 18

THE LIFE CHANGING STORY OF ASSOCIATE JUSTICE CAROL D. CODRINGTON

Justice Codrington will share her compelling story about how place of birth does not define your life journey. Event Time: 3 p.m. RSVP by March 16. 1515 SE Monroe Street TOPEKA, (785) 235-3939 E-mail: rsvp@brownfoundationks.org



Blarney Breakfast
Saturday, March 17, 6-10 am.
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Delores, right, with her mother, Doris.

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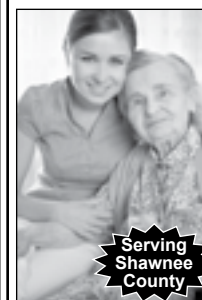


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Booklet outlines what women should know about Social Security

By Norm Franker

Social Security District Manager in Lawrence

March is Women's History Month — a time to focus not just on the past, but on the challenges women continue to face in the 21st century.

Social Security plays a vital role in the lives of women. With longer life expectancies than men, women tend to live more years in retirement and have a greater chance of exhausting other sources of income. With the national average life expectancy for women in the United States rising,

many women will have decades to enjoy retirement. According to the U.S. Census Bureau, a girl born today can expect to live more than 80 years. As a result, experts generally agree that if women want to ensure that their retirement years are comfortable, they need to plan early and wisely.

What you can do

The best place to begin is by knowing what you can expect to receive from Social Security, and how much

more you are likely to need.

You can start with a visit to Social Security's Retirement Estimator. There, in just a few minutes, you can get a personalized, instant estimate of your retirement benefits. You can find it at www.socialsecurity.gov/estimator.

You should also visit Social Security's financial planning website at www.socialsecurity.gov/planners. It provides detailed information about

how marriage, widowhood, divorce, self-employment, government service, and other life or career events can affect your Social Security.

If you want more information about the role of Social Security in women's lives today, Social Security also has a booklet that you may find useful. It is called Social Security: What Every Woman Should Know. You can find it online at www.socialsecurity.gov/pubs/10127.html.

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and National Social
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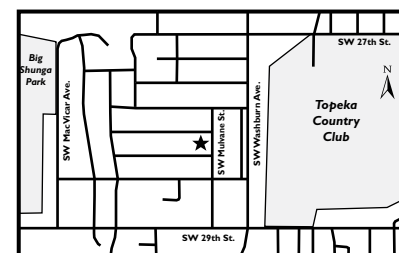


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HUMOR

The Pea and the Princess

"It suddenly struck me that that tiny pea, pretty and blue, was the earth. I put up my thumb and shut one eye, and my thumb blotted out the planet Earth. I didn't feel like a giant. I felt very, very small." - Neil Armstrong, the first man to set foot on the moon.

Optical illusions are images perceived in a manner that differs from



Larry
Day

objective reality. Most of us are familiar with them. One of the best known optical illusions is a black and white drawing of a young woman that, when it is stared at intently, can be seen as an old woman.

What follows is a retelling of the fairy tale "The Princess and the Pea." This version adds important detail about the way the royal family solved its marital dilemma. The focus here is on a humble field worker and a common field pea, *Pisum sativum*, L. Although versions of the tale had been around for centuries, and Hans

Christen Andersen popularized it in 1835, the pea in all those versions gets short shrift. Actually, the pea is *sine qua non*.

If you Google "royal dynasties," most entries say the oldest royal lines have been traced back to the nine hundreds, AD. Archeologists say there were peas in Burma and Thailand in 9750 BC. The archeological remains of Bronze Age villages in Switzerland contain early traces of peas dating back to 3000 BC. The Greeks and the Romans were cultivating dried peas about 600 BC. Field peas have a long and valuable history of providing food for mankind.

From this perspective, one needs to know certain realities about the royal family:

- the prince is an elitist who refuses to marry anyone except a board-certified, FDA-approved princess
 - the queen mother is a micro-manager who rules the castle
 - the king, basically gets left out of everything, and gets stuck with the bills
 - the mysterious "princess" who knocks at the gates of the castle at night during a fierce storm,
- So here's where the pea gets involved.
- "Send for Boric the Bold," said the queen.

"At once your Majesty."

Boric the Bold, by then, an old man, but he was still tall and strong. The hard hands that had once wielded a broadsword with such ferocity on behalf of the kingdom now tended the endless fields of peas, the realm's basic food.

"Your Majesty," said Boric, kneeling in front of the throne.

The white-haired old man, dressed in a soiled tunic and well-worn tights, looked very different from the hero who had spurred his horse into the midst of a band of villains to rescue the child princess who now, as queen, sat before him on the throne.

"My son needs a bride, Boric, but he refuses to marry anyone but a princess. A young woman has just arrived unannounced at the castle. Though she's bedraggled and woebegone, she claims to be a princess. The throne needs heir, and I have waited long enough. This young woman is going to marry the prince."

"I am at your service, as always, your majesty."

"Bring me a pea, Boric, a small hard field pea."

Boric returned with a pea in his hand and gave it to the queen. After

that, she took Boric aside and gave him further instructions.

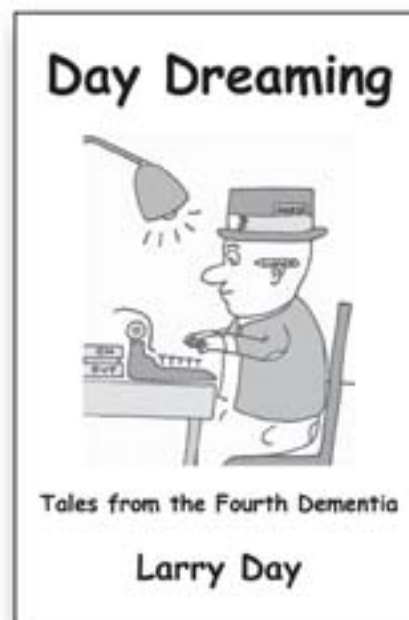
The queen hurried to her guest's bedroom, cleared the bedstead and laid the pea on the bottom; then she took twenty mattresses and laid them on top of the pea, and then twenty eiderdown beds on top of the mattresses.

"Sleep well, my dear," said the queen told the princess as she made ready to retire. As the princess climbed the stone steps, she passed a dark alcove. A man's voice whispered, "Hold out your hand."

The princess held out her hand, and a small, round, hard object dropped into it.

"That's a field pea," whispered the voice, "the queen has put one just like it under all the mattresses on your bed. Tomorrow morning when you come down to breakfast, you are to complain that you didn't sleep a wink because there was the lump in your bed."

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



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TRAVEL TROUBLESHOOTER

Maybe I should have taken a picture of my rental

Q: I'm having a problem with a car I recently rented from National in Denver, and I hope you have the time to help me. I'm a faithful reader of your column, but when I rented the car, I failed to follow your advice.

As we were driving away, I said to my husband, "Oh, shoot, I forgot to take pictures of the car and I didn't get an agent to sign off on it. Oh well, I haven't had trouble with National before."

Famous last words.

When I returned the vehicle, an agent pointed to a dent on the driver's side bumper. Although I had to bend down to see it, it was definitely there. At the same time, I know for a fact that I did not damage the vehicle, nor did the damage occur at any time while I was with the vehicle.

We had to run to catch a plane, but we indicated to the agent that we wanted to dispute any claim. National has sent us three letters since then, insisting on being paid \$464 for the damage, including a threat to report me to a collection agency if I didn't.

If I really believed I caused the damage I would pay them in a heartbeat. It's not about me wanting to avoid paying for my mistake; it's about not knowing if the mistake was mine or theirs. Can you help me? - Carrie Finegan, Atlanta

A: National should have been able to provide you with time-stamped photos of your car after your rental, showing the damage, along with a repair bill. I reviewed your correspondence with the company, and I can see the problem: You were asking for a time-stamped photo of the car before you rented it that might prove your theory that you didn't cause the damage.

In a perfect world, car rental companies would photograph their vehicles after each rental, but in real life, they only take snapshots when they want to send you a bill.

By now, you know that taking a picture of the car before your rental is absolutely essential. Car rental companies that used to shrug off little dents and dings are now pur-

suing their customers for every little scratch. You could buy optional insurance, but that often doubles the cost of your rental (and indeed, it's a huge moneymaker for car rental agencies).

You could have also given yourself a little extra time when you returned the car in Denver, so that you could speak with a manager about the damage. I'm skeptical of any claim on damage that you have to bend over or get on a ladder to see. I'm not joking about the ladder part—I've had two recent cases where agents inspected the roof for damage and made a claim.

At the same time, I understand National's point of view. According to its records, the car was damaged while it was in your possession. Although I don't necessarily subscribe to the "guilty until proven innocent" approach, they have a business to run, and if we don't like it, we can always rent from another company.

I didn't send this case to National because I thought you weren't responsible. When I read the email chain between you and the company, I felt the representative with whom you were communicating was being short and dismissive. If nothing else, I felt National owed you a more thorough explanation of why you were liable. Instead, it sent you one-sentence replies. That's not good customer service.

National dropped its claim.

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

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WOLFGANG PUCK'S KITCHEN

Home-style entertaining

Doesn't it seem like Christmas and New Year's were a whole year ago? That's the thing about entertaining at home. Memories of any effort that went into it, the shopping and cooking and cleaning, soon fade away, and we're left with the



Wolfgang
Puck

pleasurable glow of having cooked and shared delicious food with loved ones.

And, suddenly, we want to entertain all over again!

Entertaining with a delicious dinner is especially fun at this time of year. The nights are long and cold (even in Southern California, where I live). It's easy to feel like you're hunkered down in your home until spring arrives. So welcoming guests, or receiving an invitation to dinner, can feel like a special treat.

Throwing a dinner party doesn't

have to be complicated or especially difficult, either. After all, the best main courses for this time of year are robust, slowly simmered dishes that bring warmth and comfort with every bite. Fortunately, such dishes mostly cook themselves, giving you a little extra time to add a few simple flourishes that will make them memorable for your guests.

Take my traditional Austrian-style recipe for Beef Rouladen with Brunoise Vegetables and Red Wine. Basically, it's a braised beef bottom round, a reasonably priced cut that's full of flavor and becomes especially tender through gentle, moist cooking. What makes it special is that you first flatten the beef and then stuff it, roll it up (source of the name rouladen), and tie it with kitchen string before you brown it and braise it. The brunoise, French for diced vegetables, adds extra flavor to the dish, becoming part of both the filling and a simple sauce you prepare quickly just after slicing the roll.

Let me share one tip to make the preparation even easier: Ask the butcher to flatten the meat for you. Since some such cuts can be unevenly shaped, you could suggest that the beef be first butterflied—cut horizon-

tally part way through from its wider edge, and then opened up like a book to a more uniform thickness before pounding. If your butcher is too busy, the process is fairly simple if you have a sharp knife and a good meat pounder.

Easy though it is to prepare, when you serve it the rouladen makes a big impact with its spirals of beef and colorful filling. So it isn't really necessary for the rest of the menu to be elaborate. Add a simple sautéed or steamed green vegetable, mashed potatoes or rice pilaf, a salad of winter greens to start, and a light dessert like fruit sorbet or compote, and you and your guests alike will feel like you've dined in grand style.

BEEF ROULADEN WITH BRUNOISE VEGETABLES AND RED WINE

Serves 4

- 1-1/2 pounds whole piece beef bottom round, trimmed
- 3 yellow onions, diced
- 3 large organic carrots, diced
- 3 stalks organic celery, diced
- 3 tablespoons minced garlic
- 1 pound ground organic chicken
- 1/2 cup dry breadcrumbs
- 1 cage-free egg, beaten
- 4 medium dill pickles
- 2 tablespoons olive oil
- 3 cups dry red wine
- 1 cup Port
- 3 sprigs fresh thyme
- 1 cup organic beef broth
- 2 cups organic chicken broth, plus extra if needed
- 4 tablespoons unsalted butter, cut into small pieces
- 1 bunch Italian (flat-leaf) parsley, stems removed, leaves chopped

Put the beef on a clean work surface. With a meat pounder, pound the meat to a uniform thickness of 1/4 inch. (If the meat is uneven, butterfly it first, cutting it partway through from its thicker side and then opening it like a book.)

In a mixing bowl, toss together the onion, carrot, celery, and garlic. Put half of the mixture in another bowl and add the ground chicken, breadcrumbs, and egg. Season with salt and pepper and mix thoroughly.

Season the top of the beef with salt and pepper. Spread the chicken mixture evenly on top and add the pickles in a line directly down the middle. Carefully roll up the beef into a tight cylinder, taking care not to squeeze the chicken filling out the sides. Season the outside with salt and pepper. With 5 or 6 pieces of butcher's or kitchen string, tightly tie the roll at regular intervals to hold it together.

Over high heat, heat a deep sauté pan large enough to hold the beef roll. Add the oil and, when it is very hot, flowing freely and shimmering slightly, carefully add the beef roll and sear until evenly dark brown, turning every few minutes, about 12 minutes total. Remove the roll to a platter, covering with foil.

Return the pan to the heat and add the remaining vegetable mixture. Sauté over high heat until golden, about 3 minutes. Add the wine and Port and bring to a boil, stirring and scraping with a wooden spoon to deglaze the pan deposits. Add the thyme.

Return the beef to the pan, reduce the heat to maintain a bare simmer, cover the pan with its lid or foil, and cook for 20 minutes. Uncover, add the beef and chicken broths, and bring the liquid back to a boil. Carefully turn the roll so that its other side is submerged. Adjust the heat to medium, maintaining a brisk simmer. Cook until the internal temperature of the roll registers at least 165 degrees F. an instant-read thermometer inserted into the center (any lower and the chicken filling won't be fully cooked), at least 10 minutes. If too much liquid evaporates, add a little more broth.

Remove the meat to a cutting board, cover with foil, and leave to rest for 10 minutes before slicing. Meanwhile, keep the liquid warm over low heat in the covered pan.

Snip the strings from the roll. With a sharp knife, cut crosswise into slices 1/2 inch thick, transferring them to a serving platter. Add the butter to the cooking juices and vegetables in the pan and swirl until melted. Spoon this sauce over the slices, garnish with parsley, and serve.

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PET WORLD

Training can help nervous cat tolerate vet visits

ORLANDO, FLA. - These reader questions were answered at the North American Veterinary Conference here Jan.14-18.

Q: Our cat, who's at least 12 years old, has always been traumatized



Steve Dale

during her yearly veterinary exams. On her most recent visit, the vet indicated the cat's heart was galloping, apparently because the visit was so stressful, and prescribed Atenolol. What can we do to make these trips less traumatic? Also, when we're away traveling, how should we arrange for our cat to get her medication? She won't take anything from anyone by us. - M.A.N., Las Vegas, NV

A: You might try desensitizing and counter-conditioning your cat to her carrier and to car rides. The idea is to establish the carrier as a friendly place. To begin, start leaving the carrier out all the time. Spray Feliway (a knock off a friendly pheromone which often calms anxious kitties) inside the carrier. Periodically, drop treats inside so the carrier becomes a treat dispenser. When your cat feels comfortable enough, feed her from the carrier, as well.

Next, zip or snap the carrier shut with your cat inside, and carry her to another room. Don't allow her out if she meows; otherwise let her out immediately. Time the relocation to just before mealtime. The idea is for your cat to learn that good things happen after she's been in her carrier.

After another week or so, take your cat out to the car (inside the carrier). At first, go nowhere, except maybe down the driveway, then take your cat back in the house for a meal. If she

meows or complains anywhere along the way, back up to the previous step. Eventually, a trip down the driveway will extend to around the block.

"This all sounds good, and often the behavior modification works," says feline veterinarian Dr. Elizabeth Hodgkins, director of veterinary services at Ceva Animal Health. "The reality is that some cats will always be unhappy away from home, and may do better with a veterinarian visiting the home."

Typically, a galloping heart is not a sign of stress at the veterinary clinic, but instead may indicate hyperthyroid disease or heart disease, and the cat may be hypertensive (have high blood pressure).

Hodgkins, author of "Your Cat: Simple New Secrets to a Longer, Stronger Life" (St. Martin's Press, New York, NY, 2007; \$29.95), says "Your veterinarian can test for hyperthyroid disease, which could, in part, explain your cat's extreme anxiety. Depending on what your veterinarian heard (when listening to your cat's heart), a visit to a veterinary cardiologist may be a good idea, and perhaps an echocardiogram. Atenolol is a beta-blocker drug, and (is prescribed for a medical condition) not because a cat is extremely stressed."

Purchase an inexpensive pill gun from your vet's office. Practice using the device by filling it with tasty baby food or moist cat food (without a pill). After your cat has become accustomed to getting such amazing morsels from the pill gun, it should be easy to sneak in a small pill like Atenolol. Some medication can be compounded to taste like chicken or tuna. Other drugs may be given in a form that can even be rubbed on a cat's ear.

Q: I read in your column about J.C., from Oregon, whose dog was having breathing (problems), which sounds like what our dog used to experience. She'd been leash trained and always pulled. I began to think I was harming her and purchased a harness instead for our Beagle/Pekeapoo mix. Was

I right, and could a harness be more useful? - M.W., Canton, IL

A: "You're right that constant pulling on the leash can affect a dog's breathing, and even create pressure on the eyes (possibly leading to glaucoma)," says veterinary behaviorist Dr. Gary Landsberg, of Thornhill, Ontario, Canada. "A harness or head halter is definitely preferred." Many veterinarians also believe that "choke collars" can cause or contribute to collapsing tracheas later in life.

You could consult a dog trainer or certified dog behavior consultant on how to encourage your dog to walk on a loose leash. Clicker training can be a great tool for this. There are also some excellent video examples teaching techniques at www.abrionline.org.

Q: My 6-year-old male cat has a love/hate relationship with his tail. After he began mutilating his tail, the vet took off about two inches. The cat is also being treated for roundworms (though he's indoors only) and we put him on anti-anxiety medication and a product that's supposed to deter licking. Still he licks and bites at his tail. My veterinarian suggests amputating the entire tail. This cat gets along well with our dog, but is only tolerant of our other cat; they're not friendly to one another. I read that my cat's problem is called hyperesthesia syndrome. Any advice? - P.S., Bartlett, IL

A: Dr. Martin Godbout, a veterinary behaviorist in Quebec City, Canada, offers some general advice,

but please see a veterinary behaviorist.

"If you amputate the tail, I'm not of the belief that the cat will be any less anxious," Godbout says. "And following surgery, he may offer another abnormal behavior to replace the tail chasing and biting." Also, cats with amputated tails may have problems defecating. In fact, Godbout suggests this cat may be more anxious following surgery.

Hyperesthesia syndrome is a behavior disorder or neurological condition (or both). Cats with this problem may suddenly lash out at themselves or a nearby person and seem to have supersensitive skin. Their skin ripples, their eyes dilate, their tails twitch, and they may have muscle spasms. Godbout suggests videotaping some episodes with a camera or a smart phone. Keep in mind that the problem may be explained by an anal gland issue or muscular skeletal problem. Your cat may even be experiencing seizures.

Godbout says your veterinarian may want to consider a drug called Gabapentin, since it may lower anxiety and also addresses the associated neurologic pain. Getting a sound diagnosis is key. Find a veterinary behaviorist near you at www.dacvb.org.

- Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY, 14207. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.

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MAKING MEDICARE MAKE SENSE

Answers to some of the most commonly asked Medicare questions

Q: How can I cut the cost of the prescription drugs that I need to stay healthy?

A: There are several ways to cut the cost of your medicines, without compromising your health. For starters, talk to your doctor, and see if there are other, less-expensive medicines available. These can be generic formulations, lower-priced brand name medications, or even over-the-counter drugs. Switching can save you a lot of money.

If you can't switch, consider using a mail-order pharmacy, particularly for medicines you will be taking for a long time. Most of the time, you will pay less by ordering this way, and renewing your order is as simple as a phone call. Be sure to check with your doctor about getting a prescription that can be renewed.

If you're not already part of a Medicare prescription drug plan, which is Medicare Part D, joining

one can help, too, especially if you have multiple prescriptions, or must take expensive brand-name drugs. In most cases, you can only join a plan during the open enrollment period in the fall, but there are some exceptions.

One exception is for people who qualify for Medicare's Extra Help in paying for prescriptions. If you meet the limited income and resource qualifications for this program, the cost you pay for your prescriptions drops sharply, and in many cases, you won't have to pay a monthly premium for the plan at all. And, if you qualify, you can enroll in a prescription drug plan immediately, without waiting for the open enrollment period, to start cutting costs as quickly as possible. To apply for Extra Help, contact Social Security at 1-800-772-1213 (TTY 1-800-325-0778), or you can apply online at www.socialsecurity.gov.

Q: Are there other prescription drug savings options if I don't

qualify for Medicare's Extra Help Program?

A: Yes, there are. In some locations, a State Pharmaceutical Assistance Program (SPAP) can help. These programs are available in 23 states, and help people with Medicare pay for the premiums of their Medicare Part D drug plans, and/or help cover the out-of-pocket costs for medicine you have to pay at the pharmacy. To find out if your state has such a program, visit www.medicare.gov/spap.asp.

There are also programs run by drug manufacturers that can reduce the cost of medications they manufacture. Many, but not all, manufacturer programs can be used by Medicare beneficiaries. To find out if there is a program offered by the manufacturers of the drugs you take, and whether you qualify, visit www.medicare.gov/pap/index.asp.

There are also national and community-based programs that may

offer assistance, such as the National Patient Advocate Foundation, or the National Organization for Rare Disorders. Information on these assistance programs can be found on the BenefitsCheckUp website, www.benefitscheckup.org.

Finally, to get help finding these resources, you can call your State Health Insurance Assistance Program (SHIP). You can get free, knowledgeable, unbiased, and personalized counseling. The SHIP phone number for your state is on the back page of your Medicare & You handbook, or you can get their number by calling Medicare's toll-free helpline, below.

If you have a question about Medicare, call 1-800-MEDICARE, which is, 1-800-633-4227. Medicare's national toll-free helpline is available 24 hours a day, seven days a week, or visit www.medicare.gov or log onto www.healthcare.gov to read more about the Affordable Care Act.



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PUZZLES & GAMES

BRIDGE

Wicked lead

By Tannah Hirsch

Tribune Media Services

Neither vulnerable. South deals.

NORTH

♠-10 9 3

♥-K 5

♦-J 6

♣-A Q J 9 7 4

WEST

♠-J 6 4 2

♥-Q J 10 7 2

♦-10 7

♣-K 6

EAST

♠-Void

♥-9 8 4 3

♦-Q 9 8 5 4 2

♣-10 5 3

SOUTH

♠-A K Q 8 7 5

♥-A 6

♦-A K 3

♣-8 2

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	Pass	2♣	Pass
3♠	Pass	4♠	Pass
4NT	Pass	5♦	Pass
5NT	Pass	6♦	Pass
6♠	Pass	Pass	Pass

Opening lead: ?

Looking at all four hands, it would seem that declarer could claim 12 tricks at his spade slam. However, he went down a trick and, we venture to say, so would most declarers we know. West found a way to lead declarer up the garden path.

The first two bids were routine. South's jump rebid in spades showed a strong hand and a self-sustaining spade suit. When Blackwood uncovered that one king was missing, South was content to play a small slam in his long suit.

West knew his jack of spades was a likely winner. He also knew that this information was not yet available to declarer. If declarer had a plain-suit loser as well, it was probably a club and, since the finesse would succeed, dummy's club suit would take care of that. That was all the information West needed to find a devilish opening lead—the six of clubs!

Now, consider the deal from declarer's point of view. It looked as if West's lead was a singleton. In that case, the finesse was bound to lose and a club return would be ruffed for down one. It seemed safe to rise with the ace, draw trumps, concede a club and claim the rest. When declarer won with dummy's ace and led a trump, South realized he had been conned—West had to win a trump trick and a club for down one.

- Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.

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Gardening tips to avoid injury and discomfort

(ARA) - It's that time of year again when you can dig your hands into the dirt, spread seeds over the freshly turned earth, and smell the delicious scent of green plants growing.

Gardening is very healthy, both physically and mentally. In addition to providing exercise, gardening delivers health benefits in the fresh foods you eat and in the calming presence of flowers in your environment.

To get the most out of gardening's health benefits, it's a good idea to do a bit of stretching to help avoid injury or irritating existing conditions while out in the garden. Here are some tips to stay healthy:

Stretch those muscles

Heading out into the garden is just like going for a jog or visiting the gym. Before you grab all your gardening tools, practice some full-body stretches to warm up your muscles. Target your arms, legs and back, because the muscles in these areas will be put to good use while you're planting, weeding and watering. And before you finish for the day, do some more stretching to help loosen any muscles that tightened during your gardening work.

Banish bending

Many Americans suffer from chronic back pain, which can put a

damper on the gardening experience. Consider installing raised garden beds, which allow you to garden without have to bend over. And container gardens can be placed on tables or deck railings to make it easy to reach plants.

Hand and wrist protection a must

Weeding, hoeing, raking, shoveling—the repetitive motions of gardening can lead to hand and wrist pain, and worsen existing conditions such as arthritis. Taking steps to minimize irritation and discomfort while you work can help ensure your gardening tasks don't create aches or worsen pain. Consider wearing an arthritis glove, like the Imak-made glove commended by the Arthritis Foundation, to provide mild compression and warmth while you work. Because the gloves are made of cotton material with an open-fingertip design, they won't make your hands hot or hinder movement. Designed by an orthopedic surgeon, the arthritis gloves are also fully washable, so you don't have to worry about getting a little dirt on them as you go about your gardening tasks. An added bonus - wearing any kind of glove can help you avoid another

common gardening injury: blisters.

Keep skin protected

Because gardening keeps a person outdoors a lot during the warm, summer months, it's important to protect your skin from insect bites and sunburn. While most insect bites are just an irritation, sunburn can cause serious, long-term skin damage. Use insect repellent and sunscreen that blocks both UVA and UVB rays. Also wear a wide-brimmed, lightweight hat and sunglasses to protect your eyes and keep the sun off your head.

Lift carefully

Between the heavy bags of soil, the many tools needed, or full baskets of vegetables being carried into the kitchen for processing, lifting is a common labor when gardening. Remember to lift from a squatting position, with your back straight, so that your legs do the work, not your

back. When kneeling down, use gardening knee pads or even just a rolled up towel to cushion your joints from the hard, damp ground. Remember to minimize twisting motions that can injure your back and joints.

Enjoy the healthful benefits of gardening this summer. Follow these simple precautions to keep safe and injury-free so you can play in your garden until the snow falls.

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

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