

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

May 2010

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 9, No. 11

INSIDE



May is Older Americans Month, a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans, and to support them as they enter the next stage in life. This year's theme—"Age Strong! Live Long!"—recognizes the diversity and vitality of today's older Americans, who span three generations. - page 7

KEVIN GROENHAGEN PHOTO



Naomi Frantzen

Frantzen assists clients as senior move manager

By Kevin Groenhagen

Imagine you're the adult child of a parent who is preparing to down-size or move from a large home to a smaller one, or into a retirement community. Your mother needs help with this process, but she lives in Topeka, while you live on the East or

the West coast. How can you help her when you're so far away?

For many, this stressful situation could feel too overwhelming to handle from thousands of miles away. Fortunately, Naomi Frantzen might be able to come to your assistance.

Frantzen is a Certified Relocation and Transition Specialist, common-

ly called a Senior Move Manager. Her business, Beautiful Spaces Senior Move Management, was born out of a desire to help seniors in this situation. Her clients can choose from a menu of services to fit their needs. She can handle all or just a few of the details involved in a tran-

■ CONTINUED ON PAGE THREE



The bathroom is the most dangerous room in most homes. Re-Bath works to promote safety in the bathroom by offering safety tubs, seated shower bases, and grab bars, or by converting bathtubs to showers. - page 4

www.seniormonthly.net

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

I N D E X	Business Card Directory.. 21	Personal Finance 10, 11
	Bookshelf 22	Pet World 25
	Calendar 16	Puzzles and Games 28, 29
	Health & Fitness 12, 13	Restaurant Guide..... 26
	Humor 23	Retire Smart 14
	Mayo Clinic..... 15	Travel Troubleshooter 24
	Nostalgia Notebook..... 30	Wolfgang Puck's Kitchen ... 26

Look great & feel great!

Belly fat to belly flat!
ASK US HOW!

**Lose UP TO 50 lbs.
in 10 weeks!***



Eat real food • Doctor-developed programs • No calorie counting
No strenuous exercise • Increase your metabolism • FREE CONSULTATION!


METABOLIC
RESEARCH CENTER
WEIGHT LOSS SPECIALISTS
mrclwr@emetabolic.com
www.emetabolic.com

Call today! Start losing tonight!

785.843.5600

1420 Wakarusa, Suite 102 | Lawrence, KS 66049
5909 SW 28th St. | Topeka, KS 66614

Frantzen

■ CONTINUED FROM PAGE ONE

sition.

"My job as a Senior Move Manager is to reduce the associated stress of a transition for my client and make the process as smooth as possible for them," Frantzen explained. "I act like a project manager for my client's transition."

The process of working with a Senior Move Manager begins with a complimentary consultation. From there, a client will choose which services they need. "Some people need a lot of help, and others need just a little," Frantzen said.

Some of the services include: sort, edit and downsize a household; work to find profitable means for disposing of unwanted items; act as a referral resource for other necessary professionals; complete a floor plan for the new space; and professionally pack, unpack, and set up the new home.

Frantzen stresses the importance of the client making as many of the decisions as possible in their transition.

"In a normal situation, either the client, or their family, has complete autonomy in this process," she said. "Ultimately, the amount of items moved to a new place is dictated by how much space they have to work with. I work to make the new home functional, familiar and organized from day one or day two, depending on the type of move. I feel a lot of empathy for a senior who says that they moved a year ago and are still living with unpacked boxes in their way."

Even after the move has occurred, Frantzen can continue to provide help to a client with her former home. For example, she can assist the client in making account changes to utilities, including cable, electric, gas, and water, etc. In addition, as a Certified Staging Expert, Frantzen can prepare the client's former home for sale and stage the home to make it appealing to buyers.

Frantzen is a member of the National Association of Senior Move Managers (NASMM). Founded in 2002, NASMM is a not-for-profit association that helps seniors and their families in a transition, whether it's downsizing, moving, or aging in place. To protect seniors, NASMM accreditation requires Senior Move Managers to meet the requirements for insurance, undergo a criminal background check, and take continuing education courses in the specialty.

Those visiting NASMM's Web site can search for Senior Move Managers throughout the country, which Frantzen said is helpful when a senior is moving out of state.

"I can help someone get packed up and ready to go here, and then another Senior Move Manager can help her move into her new home in another state," she explained.

NASMM members can also use the site to network with other Senior Move Managers. "We can connect with our peers to ask how to handle difficult or unusual situations," Frantzen said.

Frantzen moved from Minnesota to Kansas in 1982 to be with her husband, a Topeka resident. They have three sons, Nathan, Avery, and Chuck. She has always been interested in interior decorating, and that interest led her to take an interior design course at what was then known as the Kaw Area Vocational School in Topeka. She began decorating homes and businesses in 2001. In 2007, after realizing there was a need for senior move management in the Topeka area, she started Beautiful Spaces Senior Move Management. In addition to her NASMM membership and accreditation as a Certified Staging Expert, Frantzen is a member of the National Association of Professional Organizers.

For more information about the

services offered by Beautiful Spaces, please call Frantzen at (785) 224-0491, e-mail her at

Naomi@BeautifulSpaces.net, or visit her Web site at www.beautifulspaces.net.

National Senior Move Managers Week

The National Association of Senior Move Managers (NASMM) has declared May 9-15, 2010, National Senior Move Managers Week. The theme of this 4th annual celebration is "More Than Just a Move." During this recognition week, NASMM members around the country are promoting the value of senior move management and senior move managers' commitment to assisting older adults and their families, not only the actual moving experience, but with the emotional and physical aspects of sorting through and downsizing a lifetime of memories in the relocation process.

"Most older adults making a transition have not moved in 30, 40 or 50 years and need to downsize considerably," said Mary Kay Buysse, NASMM executive director. "The organizational and physical tasks associated with planning and implementing such a move can be overwhelming. It's so much more than just a move when you are helping older adults transition to a new home. NASMM mem-

bers work to reduce the stress and trauma that can accompany this type of move."

Adults aged 85 and above are the fastest growing segment of the U.S. population. At the same time, social changes, such as more women working full time, have made it increasingly difficult for family caregivers to provide all of the support needed for these transitions.

According to Buysse, "Family and friends often want to help, but there may be barriers. Adult children may be sandwiched between their parents, their careers and their own family obligations. For family members living far away, the barriers may be geographic. Some seniors have no surviving children, or their children are seniors themselves. If illness or death precipitated the move, the family may already be drained both emotionally and physically. Senior Move Management has emerged to fill the gaps and to make transitions easier for everyone involved."

DRURY PLACE

The wonderful lifestyle you will find at Drury Place offers you a satisfying, worry-free life at an affordable price.

TOPEKA	LAWRENCE
ANDREA GRAHAM Director	SANDY NELSON Director
785.273.6847	785.841.3962

Kaw Valley Senior Monthly

Editor and Publisher
Kevin L. Groenhagen

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.

CONTACT US



MAIL
2612 Cranley St.
Lawrence, KS 66046



PHONE
785-841-9417



E-MAIL
kevin@seniormonthly.net



FAX
888-541-9783

Re-Bath converts bathrooms for seniors' safety

By Billie David

For Kris Rathke, general manager of a Re-Bath franchise in Topeka, and her husband, Peter, who co-owns the business with her, the company, which helps seniors make their home environments safer, was a natural fit.

Kris, who was born in Kansas and has relatives here, grew up in Arizona, where Re-Bath originated and is now headquartered.

The Rathkes had already owned several businesses prior to opening Re-Bath.

"My family has always been involved in owning businesses," Kris said of her entrepreneurial bent.

The Rathkes were looking for a new business to go into and heard that Kris' cousin had opened a business that he was quite satisfied with.

"My cousin opened a Re-Bath in Wichita and he was happy with the company," Kris said.

So she and her husband looked into it and liked what they saw.

"We found this to be an excellent business," Kris said.

As a result, they purchased the territory that extends from Leavenworth to Junction City and opened a showroom in Topeka.

Some of the qualities that attracted the Rathkes to Re-Bath were their focus on their product, the warranty, and their commitment to customer service, Kris said.

In the beginning the company, which remodels bathrooms and has been in business for 31 years, was family owned but now has over 220 franchises. Founded as a bathtub liner business, it was initially known as the American Bathtub Liner Company. In those days, it worked with the hotel industry, giving quick face-lifts to the hotel bathrooms.

"It was something they could do

in one day, so the hotel wouldn't be left without a room," Kris explained.

Since then, they expanded into the residential market, installing tub liners and walls, converting tubs to showers, creating walk-in showers and tubs, doing tub-to-tub replacements, and replacing toilets, vanities and flooring.

Kris estimates that over half of her customers are senior citizens.

"Seniors are generally looking for converting their bathrooms to make a safer environment," she said. "Walk-in safety tubs are becoming more and more popular."

And with items like walk-in showers with bars and non-slip surfaces, seniors can stay in their own homes longer, she added.

The work is almost always done within one to two days, and it comes with a lifetime warranty against chipping and staining.

"We use a formula that is stronger than fiberglass," Kris said, explaining that with the resulting product, which is superior to acrylic, there's no grout line, mold or mildew, and it's easy to maintain.

The product is called Dura Bath SSP, and the SSP means Solid Surface Polymer. It's because of this product and the fact that Re-Bath is a local business, that makes their warranty possible, she added.

"There's a lifetime warranty on our product as well as our installation," Kris said. "We're a local business, so you have someone you can call if anything goes wrong."

For more information, potential customers can go to the Web site at www.rebathkansas.com and check out some of the offerings, which range from Eclectic Retreat through Sophisticated Style, Autumn Glow, Simply Modern, Summer Cottage and Tuscan Elegance. They can also



Re-Bath works to promote safety by offering safety tubs, seated shower bases, and grab bars, or by converting bathtubs to showers.

apply there for a free home estimate or call the showroom at (785) 266-9800 in Topeka or the toll-free line at 1-800-bathtub.

Douglas County Visiting Nurses

Rehabilitation and Hospice Care



Comfort Care For Those With Terminal Illness

- Providing support for patients and families during terminal illness
- Serving Douglas County since 1982
- Your not-for-profit hometown agency
- Remain comfortable and independent in your own home or a nursing facility
- Make your own choice

Unmatched:

- ✓ Quality
- ✓ Commitment
- ✓ Compassion

Your Hometown Choice

785.843.3738

200 Maine St., 3rd Floor • Lawrence, KS 66044
A United Way Agency

For Medically-Supervised Weight Loss WITHOUT dangerous diet pills, surgery or packaged foods, call Preventive Medicine Associates at (785) 783-7779 or 1-888-933-9833



Bill lost 71 lbs and kept it off. He brought his diabetes under control, while he was able to stop his insulin and all other diabetes medication.



Stop repeating strategies that have not worked!

Whether you suffer from diabetes, high blood pressure, sleep apnea, heart disease, or are just tired of being overweight, this may be the answer for you. Learn to lose weight naturally, without hunger and keep it off.

Fully medically-supervised by:
Irving A. Cohen, MD, MPH

Fellow of the
American College of Preventive Medicine
Residency-Trained and Board-Certified in
Preventive Medicine and Public Health

Call for an appointment to begin immediately, or a free brief consultation or to attend a Free Seminar. Learn about the real causes of today's weight and health problems.
www.PreventiveMedicineAssociates.com

Read
Dr. Cohen's
NEW HIPPOCRATIC DIET
Lifestyle

Order it at bookstores, natural food stores, Amazon or www.HippocraticDiet.com call 1-800-247-6533 for book orders

ISBN 978-0-9820111-2-3

Local senior residences showcase the benefits of creativity

During May, recognized as Older Americans Month, Presbyterian Manors of Mid-America (PMMA) is celebrating seniors' pursuit of self-expression and creativity through the arts. Studies show that seniors who stay creative have sharper minds, and are less likely to be affected by mental and physical health ailments as they age. PMMA also believes that good health leads to longer, fuller, happier lives.

"We know there is no age limit or criteria for creativity or achievement and no real restrictions on what can be done as you age," said Bill Ward, president and CEO. "The senior artists in our residences and surrounding communities are great examples of what can be accomplished by living a full and purposed life no matter the age."

PMMA sponsors a year-long program called Art Is Ageless™ in all 17 of its locations. The program features

activities, classes, guest speakers and outings and culminates in an annual competition spotlighting artwork from residents and seniors living in the surrounding community.

PMMA considers "art" as any constructive creative expression in any medium. Examples of artful expression in the Manors include painting, drawing, sculpting, quilting, writing, acting, musical performance, dancing, making crafts, and horticultural and culinary activities.

"We have offered artistic activities to help promote good mental

health," said Maclyn Pettengill, the Lawrence Manor's senior living counselor. "Our exact offerings have changed, and will continue to change, to serve the interests of our residents and to best spark creativity in them, some of whom never knew they were an 'artist' until they moved in and got involved," she said.

Additional benefits of creative expression as we age include providing a social activity that does not require specific or developed skills or knowledge, dispelling misconceptions about capabilities of older

adults, extending historic and cultural understanding to younger generations, and, perhaps most important, encouraging independence and self-expression.

Numerous examples of artists who began, continued or improved their talents later in life include Carl Sandburg, Pablo Casals, Grandma Moses, Georgia O'Keeffe and Elizabeth Layton. While many senior artists might not become luminaries in the art world, their artistic expression is no less intriguing, inspirational or therapeutic.

Theodore Wiklund DDS
Kent T. Peterson DDS
Matthew F. Krische DDS
Keith Van Horn DDS

Gentle &
Comfortable Care

•

Cosmetic Dentistry

•

Teeth Whitening


•

Insurance Processed

•

New Patients &
Emergencies Welcomed

Mention you saw this ad in Senior Monthly



(785) 842-0705

2210 YALE RD • LAWRENCE
www.wpksmiles.com



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

SkillBuilders-Spring2010

Education and Support for Caregivers, Widows and Widowers

FUNDED BY A
GENERALIST GRANT



March 4-Surviving and Thriving-Donna Flory, MSW

March 11-Estate and Legal Matters-Cheryl Trenholm, Attorney
Barber Emerson, LC

March 18-Gardening for All Seasons-Jennifer Smith,
Dg Co Extension Office

March 25-Don't Fear Your Electronics-Pattie Johnston, Library
& Mary Gauthier, retired Business Teacher

April 1-Strengthening Your Spiritual Well-being-
Paul Reed, VNA Hospice Chaplain

April 8-Managing Your Money-Save Hamilton, VSR Financial

April 15-Car Care-Richard Haig, Westside 66 Auto

April 22-Personal Safety and Home Security-Sgt. Gary Squires,
Dg Co Sheriffs Office

April 29-Talk with Your Doc like a Pro-Lisa Mitchell, RN
VNA Hospice Volunteer Coordinator

May 6-Healthy Eating for One-Susan Krumm,
Dg Co Extension Office

May 13-Searching for Peace-Linda Upstill,
Rumsey Yost Funeral Home

May 27-Celebration and Remembrance
-Look for new Fall programs!

Thursdays
10:00-11:45am
Lawrence
Public Library
Gallery Room





FOR QUESTIONS OR TO ARRANGE COMPLEMENTARY DOOR TO DOOR TRANSPORTATION, PLEASE CALL SARAH RANDOLPH AT VNA HO-FFICE, 785-842-3738

USDA announces grants to expand nutrition help for low-income seniors

Agriculture Secretary Tom Vilsack on April 14 announced that USDA will invest in pilot projects to increase access and participation in the Supplemental Nutrition Assistance Program (SNAP), formerly the Food Stamp Program, among low-income seniors. Award grants totaling approximately \$8 million will allow State agencies to pursue innovative outreach and delivery pilot projects.

"The Obama Administration has put in place unprecedented measures and legislation to combat hunger and poverty in America and to assist food insecure households," said Agriculture Secretary Tom Vilsack. "Expanding nutrition assistance among underserved populations, such as seniors, will require us to seek innovative methods for program outreach and delivery. These grants will allow State agencies to pursue those programs and deliver help to Americans in need."

USDA's Food and Nutrition Service (FNS) is encouraging State agencies to submit grant applications for programs designed to boost SNAP participation among Medicare's Extra Help population. Extra Help, also called the Low Income Subsidy, is a program to help low-income individuals or couples with

limited resources pay for their Medicare prescription drug plan costs. Under a new law, data from these applications is sent to State Medicaid agencies to enroll people in Medicare Savings Programs. FNS will provide funding to encourage the Extra Help population to participate in SNAP by using State Medicaid agency data from Medicare Savings Programs. FNS invites State agencies to submit applications that will implement outreach efforts, simplify eligibility, or standardize benefits for this population. The deadline to submit grant proposal applications is June 30, 2010.

"USDA has worked with State agencies for years on pilot programs to make it easier for elderly and disabled persons who get certain cash assistance from the Social Security Administration to enroll in SNAP. These projects aim at building on that success," said Under Secretary for Food, Nutrition, and Consumer Services Kevin Concannon. "The pilot programs under this announcement today further advance our mission of ensuring nutrition assistance for all those who are eligible."

While the participation rate among all eligible persons was 66 percent in 2007, the participation

rate is less than one third (32 percent) among eligible elderly. Research shows multiple reasons why eligible people, including seniors, do not participate in SNAP. These include stigma, unawareness of eligibility, confusion about program rules and requirements, and lack of transportation.

FNS oversees the administration

of 15 nutrition assistance programs that touch the lives of one in four Americans over the course of a year. The largest program, SNAP, puts healthy food on the table for more than 39.4 million people each month.

Interested State agencies may obtain grant applications at www.grants.gov or www.fns.usda.gov/snap



Public auctions three Saturdays a month!

RJ's Auction Service

"A Successful Auction Doesn't Just Happen – It's Planned!"

Auctions start at 3:00 p.m. and last until around midnight (auction house open for viewing on Friday and Saturday). Concessions available during auction and plenty of friendly people to help you load your purchases.

We're a full-service auction company and can help you sell your estates, collectibles, vehicles, and much more! We're always looking for good consignment items.

Auction house open from 10:00 a.m.-5:00 p.m., Monday through Friday, to take phone calls, pickups, deliveries, etc.

15767 Topeka Ave. • Scranton, KS • 785-793-2500
www.rjsauctionservice.com • rjsdiscount@sbcglobal.net



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

We can help.

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

Home Instead
 SENIOR CARE®

to us, it's personal

Each Home Instead Senior Care® franchise office is independently owned and operated. © 2009 Home Instead, Inc.

Call for a free, no-obligation appointment:

LAWRENCE • 856.8181
 TOPEKA • 272.6101
 for our digital brochure visit
www.HISC584.digbro.com

homeinstead.com



Come Home to LinnWood Place Assisted Living!

Valley Falls
 LinnWood Place & LinnWood Home Plus
 1509 Linn Street (assisted living services)
 1509 1/2 Linn Street (supervised nursing services)
 785-945-3634

Two bedroom apartment available now!

Meriden
 Deer Park Senior Group Homes
 3566 62nd Street (supervised nursing services)
 6313 K-4 Highway (supervised nursing services)
 785-484-2165

Call 785-230-9524 to schedule your private tour today!

LinnWood Place
 Senior Living At It's Best!

www.linnwoodplace.com • www.deerparkmeriden.com

Older Americans Month recognizes contributions

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life.

This year's Older Americans Month theme—Age Strong! Live Long!—recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

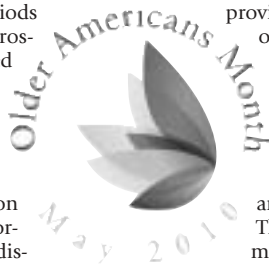
These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past. Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans themselves are supporting each other. As the new generations of seniors become better educated and more financially se-

cure than their predecessors, they are spending more time making significant contributions in their communities through civic and volunteer opportunities.

In fact, older Americans are a core component of service delivery to seniors—embodying and modeling the drive to Age Strong! Live Long! They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services. Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

The annual commemoration of Older Americans Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that empower the elderly. Americans of all ages and backgrounds can volunteer with programs that improve health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities and community engagement, and more. Contact your local Area Agency on Aging by visiting <http://www.eldercare.gov> or calling 1-800-677-1116 to find out what you can do to strengthen services for older Americans, this month and all year round.



AgeStrong Live Long



Joe B. Jones
 Managing Director
 The Jayhawk Financial Group
 627 Monterey Way
 Lawrence, KS 66049
 (785) 856-2136
 (913) 269-1109
joe.jones@nmfn.com



Northwestern Long Term Care Insurance Company

A Northwestern Mutual Company

Long-Term Care Insurance can help protect your nest egg from the high cost of long-term care. You'll worry a lot less and look much younger than the rest of your book club. Visit www.nmfn.com for more information.

A few less gray hairs.



Babcock Place Apartments



Affordable Independent Senior Living

Applications Being Accepted

Secure, age-restricted high rise apartment complex adjacent to downtown and grocery shopping at 1700 Mass. Many amenities and conveniences provided including transportation and meals programs.

Rent based on income. Utilities included.

Call 842-8358 for information or visit our web site at www.ldcha.org.



Medicare questions answered free of charge

If you or a loved one is turning 65, have questions about prescription drug coverage, Medigap/Supplemental plans, Advantage plans, or just need more information relating to all things Medicare, plan to attend the free Medicare Question and Answer Sessions at Jayhawk Area Agency on Aging, Inc.

Sessions began April 22 and will continue every fourth Thursday of the month from 1:30 to 2:30 p.m. at the JAAA offices, 2910 SW Topeka

Blvd in Topeka.

"There's a lot of confusion and frustration surrounding Medicare," said Pam Brown, JAAA Volunteer/SHICK Coordinator. "These free informative sessions will help educate consumers about Medicare issues."

For more information, please call or e-mail Pam Brown at 785-235-1367, 800-798-1366 or pbrown@jhawkaaa.org.



"locally owned and operated since 1920"

"personalized care with dignity"

- pre-arrangements
- caring funeral service
- quality grief support
- monuments

601 Indiana
Lawrence, Kansas

785-843-5111

www.rumsey-yost.com




Medicalodges, Inc. is a 100% employee-owned and operated company with a 45-year history of providing quality care. We value the human dignity of our residents and base the foundation of our company on that principle. We invite you to visit our campus and see for yourself the quality we are proud to present.

We serve and enhance the lives of others with caring hands
Come visit our lovely campus in Eudora, Kansas, conveniently located between Lawrence and Kansas City

- Medicare certified
- Flexible **Adult Day Care** options
- **Rehab-to-home** therapy services
 - In-patient/Outpatient **physical, occupational, and speech therapy**
- **Chiropractic services** specializing in relaxation techniques, soft tissue massage, and therapeutic touch
- **Behavioral Health services** available
- **Diabetic shoe fitting** for qualified individuals
- **On staff facility Chaplain** and spiritual services
- **Hair stylist, dental consultation, and podiatrist** available on-site
- **Resident Centered Care**
 - featuring four unique neighborhoods based on resident choices and **"person first" care**
 - **Open breakfast** with a **cooked to-order menu** in the mornings, and home-cooked meals at lunch and supper from menus offering varied choices
 - **Private cable and telephone** available
 - **Activities and outings**
 - **Competitive private and semi-private rates**
 - **Dedicated staff with over 250 years combined longevity!**

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


INTERESTED IN JOINING A SERVICE CLUB AND HELPING LOCAL YOUTH?

HOW ABOUT BECOMING PART OF AN OPTIMIST CLUB?


The Topeka Downtown Optimist Club, the City's first Optimist Club, and the oldest club west of Kansas City, is having a membership drive.

We are looking for interested adults to participate in programs and projects that benefit Topeka youth. Find out why the Topeka Downtown Optimist members participate in pony rides in the park, Youth Appreciation Day, essay contests, school mentoring, discussion groups, and much more.

To learn why the Optimist's motto is "Friend of Youth," and more about our club, join us for a no-obligation complimentary buffet lunch on any Friday, 11:30 a.m., at the Top of the Tower Restaurant in the Bank of America Tower, 6th and Kansas, Topeka.



For more information, contact:
Tom Wigley
at Kaw Valley Bank
Topeka
785-232-9600



Kansas Rehabilitation Hospital Home Referral Program



If you or someone you know has

- Increased Falls
- Trouble walking
- Decreased Strength or Endurance
- Difficulty with daily activities like bathing
- Decreased Balance
- Recent hospitalization

Call 785-232-8551

FREE screening. Done in the privacy of your own home. Determines the need for Inpatient, Skilled, Day Rehab, Outpatient, or Home Health Services.

Kansas Rehabilitation Hospital

A joint venture of HEALTHSOUTH and Stormont-Vail HealthCare

1504 SW 8th Avenue • Topeka • 785-232-8551
www.kansasrehabhospital.com

Turn to Ask Medicare for caregiving resources

(ARA) - Are you caring for an aging, disabled or seriously ill friend or family member? If so, you're one of more than 44 million people who serve in the important—and often unrecognized—role of a caregiver.

For many caregivers, a typical day can involve everything from answering questions about Medicare claims and prescription drugs, to preparing meals and running errands, to searching for the best long-term care or in-home services. Whether you've been providing care for a long period of time, or anticipate that you'll be acting as a caregiver in the near future, it's important that you find resources that provide the support and answers you need.

Created by the Center for Medicare & Medicaid Services (CMS), the Ask Medicare initiative offers numerous resources to make your life easier. Accessed online at www.medicare.gov/

caregivers, Ask Medicare provides tips and helpful resources on enrolling in Medicare, coping with a chronic illness, comparing drug plans and long-term care options and more. You can find answers to commonly asked billing questions and utilize an interactive tool that will help you determine which services Medicare covers. In addition, the site offers access to a free e-newsletter with the latest updates from Medicare and a video series providing useful tips on managing transitions in care, such as being discharged from the hospital or moving into a long-term care facility.

The Ask Medicare Web site also links to select state and local organizations that can assist with meals, available transportation, in-home services and can offer caregiving training and support.

You can also learn about caregiver resources and services in your community by accessing the Administration on Aging's Eldercare Locator

(www.eldercare.gov).

To learn more about Ask Medicare, visit www.medicare.gov/caregivers.

Courtesy of ARAcontent

Santa Fe Place Senior Apartments



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

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



785-234-3386 • 600 SE Madison • Topeka

santafeapartments@cohenesrey.com



• ETC • ETC • ETC • ETC • ETC • ETC •

The Etc. Shop™

Brighton® Leather Goods For Men & Women

- Handbags • Wallets • Belts
- Briefcases • Dayplanners
- Shoes • Watches • Jewelry

• **Sunglasses** •

Ray Ban®, Brighton Readers, DKNY, Revo, and Anne Klein

• **Gifts** •

Inspired by Frank Lloyd Wright. Rennie Macintosh Collection. Lamps, Art Glass, Ties, Clocks. Jayhawk Bronze Doorbell.

• **Jewelry** •

Huge selection of Sterling Silver, Custom KU Jewelry, Jayhawk Charm Bead, Chamilia and Troll Beads

Etc., Etc., Etc.

928 Mass. • Lawrence
785-843-0611
etcowner@sunflower.com
www.theetcshop.com
FREE Parking in Garage Behind Store

• ETC • ETC • ETC • ETC • ETC • ETC •

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

"I wouldn't have even considered going anyplace else."

Penwell-Gabel
Funeral Homes, Crematory & Cemetery
A Tradition of Caring® Since 1893
PenwellGabelTopeka.com

Mary Ann Starbuck

Long-term care insurance for all the right reasons

Our current economic environment has left many people on less stable footing as they plan for the future. Retirement plans may be delayed, but getting older won't be. If you consider all of the situations that could interfere with your goals, an unplanned and unfunded long-term care event looms as one of the largest.



Joe B.
Jones

Long-term care insurance provides benefits in the event of a chronic illness or injury that result in a need for care. It puts the power of what kind of care a person gets, how and where, more into one's own or the family's hands. It helps pay for care that is delivered in the home, in the community, in adult day care and in alternative living facilities, as well as nursing homes.

Certainly, people acquire long-term care insurance for different reasons. It transfers some of the financial risk of rising long-term care costs to an insurance company. In exchange for paying premiums, you contribute toward securing your dignity, choice and independence, as well as preserving your accumulated wealth.

Many people purchase long-term care insurance because they have experience the emotional toll on a family in a care-giving situation. Long-term care funding helps a family weather what can be significant emotional burdens.

There are also statistical reasons to consider putting long-term care insurance into your protection planning.

- Seventy percent of Americans haven't planned for their long-term care needs in retirement, according to Employee Benefit News. What's more, 70 percent of people over age 65 will require that care, whose cost is high and rising.

- Odds are you are going to live a much longer time than your grandparents. The dramatic increase in life expectancy is certainly a bonus, but also a bane if you are unprepared. Women have a life expectancy now of 80.4 years and men 75.2 years.

- At least one member of a 65-year-old couple has a 72 percent chance of living to age 85 and a 45

percent chance of living to age 90, assuming individuals are in good health at age 65.

- The average annual cost of a private nursing-home room in 2008 hit \$76,650; Assisted Living cost is \$41,160 annually; home care costs provided by a Health Aid vary for a number of reasons including number of hours care is needed.

Long-term care language

When you talk with someone about long-term care insurance, be familiar with some basic terms.

- **Activities of daily living (ADL's):** These are basic functions necessary to get along independently. Six are commonly recognized: bathing, dressing, transferring, toileting, continence and eating.

- **Cognitive impairment:** Conditions such as Alzheimer's disease that require care and protection as a result of loss of intellectual capacity, attention and/or memory.

- **Daily or monthly benefit amount:** The amount of insurance benefit a person chooses to buy for long-term care expenses; the amount payable per day or per month based on the care provided.

- **Inflation protection benefit:** At the request of the insured, and for an additional cost, the inflation protection option provides for increases in benefit levels to help pay for expected increase in the costs of long-term care services.

- **Survivorship benefit:** Another benefit available at the insured's request, and for an additional cost, that changes a surviving insured's policy to paid-up status upon the death of his or her spouse.

Other important factors in buying long-term care insurance to consider:

- Pick a qualified financial professional who can make sure long-term care fits into your overall financial goals.

- Make sure the company from which you buy has a long track record for service and ethics.

WORDS OF WISDOM

"All women become like their mothers. That is their tragedy. No man does. That's his." - Oscar Wilde, *The Importance of Being Earnest*, 1895

"A father may turn his back on his child, brothers and sisters may become inveterate enemies, husbands may desert their wives, wives their husbands. But a mother's love endures through all." - Washington Irving

- Check the company's financial ratings to make sure it is among the industry leaders in financial strength. You want it to be there when you need it.

Do the leg work, and you can feel good about taking this important step toward preparing for your future.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Finan-

cial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (Northwestern Mutual) (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, KS. To contact Joe, please call 785-856-2136, e-mail him at joe.jones@nmfn.com or visit his Web site at www.joe-jones.com.

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



If you had a headache, you'd take an aspirin, right? The physical and emotional burdens of caring for the aging and terminally ill can take its toll on a patient and their family and friends. Midland Care is here for you, offering a full spectrum of caring solutions, from Adult Day Care to Hospice. Call today or visit our website to learn more.



Time for 'spring cleaning' of your investments

Spring is here — time to spruce up your house, get rid of clutter and get things organized. But this year, go beyond your home and yard when you do your spring cleaning and look for ways to rejuvenate your investment portfolio.



Harley Catlin and Ryan Catlin

Of course, you don't have to take an "out with the old, in with the new" approach just for the sake of changing things up. But to consistently make progress toward your financial goals, you may need to make adjustments in response to changes in the financial markets, the economy and your personal situation. And springtime is as good a time as any to take a fresh look at your investment situation. So consider these suggestions:

- **Dispose of things that aren't working.** Whether it's a burnt-out

computer, a non-vacuuming vacuum cleaner or a treadmill that lost its grip back when "the Web" was reserved for spiders, we all own things that are no longer useful. And the same may be true of some of your investments. If one hasn't performed the way you had hoped, and you've given it adequate time, you may be better off by replacing it and using the proceeds to purchase another investment.

- **Get rid of duplicates.** If you went through everything in your house, you might find several items that do the same thing. Do you really need two toaster ovens? And how many radios can you listen to at one time? If you looked at your investment portfolio in this same way, you might be surprised to find some redundancies. For example, do you own several stocks issued by similar companies that make similar products? This might not be a problem when the stock market is booming, but it could be a definite concern if a downturn affects the industry to which these companies belong. Always look for ways to diversify your holdings. While diversification, by itself, can't guarantee profits or pro-

tect against loss, it can help you reduce the effects of volatility.

- **Put things back in order.** Over time, and inadvertently, the spaces in your home can get "out of balance." Perhaps you have too many chairs in one corner, your flat-screen television is crowding out your family pictures, or your new desk takes up too much space in your home office. With some rearranging, however, you can usually get things back in order. And the same need for rearrangement may apply to your portfolio, which might have become unbalanced with too much of one investment and too little of another. This situation could undermine your financial strategy, especially if the imbalance means you are tak-

ing on too much risk or, conversely, if your holdings have become too conservative to provide the growth you need. So look for ways to restore your portfolio to its proper balance — one that reflects your risk tolerance, time horizon and long-term goals.

By giving your portfolio an annual spring cleaning, you can help make sure it reflects your current needs and is positioned to help you make progress toward your key financial objectives. And you won't even have to get near the dust cloths or furniture polish.

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



785-806-8119
866-929-9489 Toll Free
www.eliteprivatecare.com

In-Home Companions • Personal Attendants
Grocery Shopping • Meal Preparation
Housekeeping Services • Respite Care

1 to 24 Hour Care Available with No Minimum
Serving Topeka & Lawrence

A new approach to Alzheimer's and dementia care

Neuvant House of Lawrence Personal Memory Care



At Neuvant House, we are committed to providing personalized care, respectful of each person's individual likes and dislikes, preferred routines and activities, and a lifetime worth of experiences and interests.

We work as a team to understand each resident's unique needs and to develop new ways of interacting with each individual to bring relief, comfort, dignity and joy in each and every day.

Neuvant House is a state-of-the-art Memory Care home that features 14 private suites designed for comfort, safety and the feeling of home. The house has an open design, heated floors, handicap accessible showers, a whirlpool tub, an interior courtyard with gardening areas and its own beauty parlor/barber shop.

Learn more about Neuvant House — a new approach to Alzheimer's and dementia care, visit our website or call us today. We are currently taking applications for residency.

OPEN HOUSE
June 4-6
Visit neuvanthouse.com
for more details.



1216 Biltmore Dr. • Lawrence • 785.856.7900 • admin@neuvanthouse.com • www.neuvanthouse.com

Grow slender while growing your food

After a rugged, arctic winter cooped up indoors, it's time to spring back to life. One good way to enjoy the sun is to plant a garden and grow your own food and flowers. It's relaxing and energizing to walk, crouch, and prune; to weed and water; to stretch your muscles and rejuvenate yourself. And it's a great way to burn off winter weight.



Laura Bennetts

But to really benefit from gardening, you need to pace yourself and avoid injury.

Don't Just Sit There

You burn calories even when you're sitting still, but just 65 per hour. You burn that many calories in 14 minutes spent in the garden—a gain of over 400 percent. In fact, if you garden for just a single hour every day, you will burn 1,890 calories per week. Over the course of weeks and months, that adds up pretty quickly.

Diet for a Small Waist

Naturally, for consistent and lasting weight loss, you also need to

reduce your calorie intake by eliminating higher calorie foods from your diet. In principle, you can only lose weight by expending more calories than you take in. So reducing caloric intake is vital. But so is exercise. The slogan "fit not fat" is exactly right. Neither diet alone or exercise alone is enough. You need both. And gardening is a particularly enjoyable form of exercise—a low-stress path to a low-fat future.

Safe Gardening

1. To garden safely you need the right tools and you need to use them correctly. It is better to borrow or buy pruning shears than to try to prune a tree with, say, a dull hand saw. And shears put much less stress on your arms when they're sharp. The same principle applies to tools in general: You increase your risk of injury if you use the wrong tools or rusted tools.

2. Design a low maintenance garden. Perhaps install a rock garden, or use native plants and set up an automatic drip system, to make gardening less demanding. And if you include heavy rocks as a decorative feature, make sure that you get help with lifting and that you use a wheel barrow to make the job safer.

3. Wear safety glasses, gloves and boots when you work with power tools. That will significantly decrease your chance of injury. You may not

know this, but lawnmower accidents are the number one cause of injury while gardening. So it pays to dress for safety even when you do something as seemingly simple as mowing your lawn.

4. Store and use chemicals safely. It is best to use relatively few chemicals in your yard, or none at all—but when you do use chemicals, you should wear gloves and store the bottles out of the reach of children.

5. Use the ladder safely. Plant the ladder securely on level ground, directly facing your task, and make sure that it has non-slip rubber feet. Instead of reaching to the side—say, to prune a branch—you should bring the ladder directly under the area you want to reach. Don't stand so high on the ladder that you can't keep one hand on the ladder as you work. And don't put tools or branches on the ladder that could trip you. Have a friend stand nearby to help you with tools and to help stabilize the ladder.

6. Use good bending technique. When you bend over to pick up leaves and branches, you should always bend your knees and keep your arms close to your body as you lift.

That's essential to protect your back. And you should never bend by flexing forward at the waist. That posture will put all the force of lifting on your lower two vertebrae and can bruise your discs, resulting in back and leg pain.

Pace Yourself

After a long winter, most of us are out of shape. So you need to ease into gardening, starting slowly and increasing your effort over time. That's fairly easy to do, because gardening involves several activities that you can rotate as you are working, similar to a circuit of exercises.

Start, say, with 10 minutes of pruning, then 10 minutes of digging, 10 minutes of planting, and five minutes of clean up. Enjoy a lemonade while you sit back and admire your work. And don't get carried away. Anything you don't finish today you can do tomorrow!

- Laura Bennetts, MS PT, is a physical therapist with 28 years experience. She co-owns Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).

106 Years of Service
to
Douglas County



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

Ideal Retirement Living!



- Rent Based on Income
- Inside Mail Boxes
- Inside Trash Collection
- Close to Shopping
- Grocery Bus Once a Week
- Library Bus Twice a Month
- Community Room
- Weekly Wellness Clinic

Call (785) 272-5660
Plaza West Apartments

5620 SW 22nd • St. Topeka



ADVANCED HOMECARE

MEDICAL EQUIPMENT RENTAL AND SALES

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



COME SEE OUR
NEW LOCATION!

2851 Iowa St • Lawrence

785-841-2200

www.advancedhomecarekansas.com

24 Hour Emergency Service 1-800-827-9406

Vitamin D: The sunshine vitamin

How important is vitamin D in a person's overall health? Why should a person consider taking vitamin D? Lately, vitamin D has gained much attention in the medical field. Most people are aware that vitamin D is necessary for healthy bones and preventing osteoporosis. But what else is vitamin D indicated for and what exactly is vitamin D?



Dr. Farhang Khosh

Currently, there are five forms of vitamin D that have been discovered. The five forms are vitamin D1, D2, D3, D4 and D5. The two major forms of the vitamin that are important for humans are vitamin D2 (ergocalciferol) and D3 (cholecalciferol). Vitamin D2 is synthesized by plants. Vitamin D3 is synthesized by humans in the skin when it is exposed to ultraviolet-B rays from the sun. This is why vitamin D is often referred to as the sunshine vitamin. Foods can be fortified with either vitamin D2 or vitamin D3. A person only needs 10 to 15 minutes of sunshine three times weekly to help the body produce vitamin D.

What does vitamin D do in our body? Vitamin D plays an important role in many functions throughout the body. One of the most important roles of vitamin D is maintaining healthy bones, including our teeth. Vitamin D also affects the immune system, and deficiency in vitamin D maybe linked to cancer, flu, high blood pressure, diabetes, bad teeth, and rickets in children. Vitamin D may also prove to be useful in weight loss.

Current research suggests that tak-

ing vitamin D may help to prevent colorectal cancer and breast cancer. Researchers from the Osteoporosis Research Center of Creighton University in Nebraska explained that numerous observational studies have found supplemental calcium and vitamin D to be associated with reduced risk of common cancers. The study found that when analyzed by intention to treat, cancer incidence was lower in the calcium plus vitamin D3 group than in the placebo control subjects; resulting in women taking calcium plus vitamin D3 had a 60 percent decrease in cancer risk. The study authors concluded that improving calcium and vitamin D nutritional status substantially reduces all-cancer risk in postmenopausal women. According to the UCSD Medical Center, 600,000 cases of breast and colorectal cancer could be prevented each year by adequate intake of vitamin D.

Should everyone take vitamin D? One needs to be careful because taking too much vitamin D could cause kidney stones, nausea and vomiting or muscle aches and pains. It is always best to check a vitamin D level at your doctor's office before taking higher doses of the supplement. What foods contain vitamin D? Fortified foods represent the major dietary sources of vitamin D because very few foods will contain significant amounts naturally. Vitamin D fortified foods include such foods as milk, soy milk, almond milk, yogurt, butter, bread and breakfast cereal. Natural sources of vitamin D include eggs and fatty fish, such as salmon, herring, tuna, sardines, mackerel, and catfish.

As we welcome back spring, remember to go outside and get your daily supply of vitamin D.

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



If you wonder about your hearing, you deserve:

1. A legitimate hearing evaluation performed by a licensed professional.
2. A detailed explanation of evaluation results and how they pertain to your hearing abilities.
3. An honest explanation of options without pressure to buy hearing aids.

Call to arrange an evaluation
(785) 843-8479

Marston Hearing Center, LLC

Gerald Whiteside, Au.D., CCC-A

1112 West 6th Street • Suite 100 • Lawrence • www.marstonhc.com

YOU RIGHTFULLY EARNED IT. NOW RIGHTFULLY KEEP IT.

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

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

Call or visit your local financial advisor today.



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



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

Martin Creek Place

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

Age 62 & older.

4950 SW Huntoon • Topeka 785-273-2944



www.edwardjones.com

Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Medigap plans cooking up a new alphabet soup this year

Say hello to M and N, and goodbye to E, H, I and J.

The letters are part of the alphabet soup used to name Medigap insurance policies—an important tool for capping the out-of-pocket health care costs you can face in traditional Medicare.

Insurance companies sell Medigap policies to supplement Medicare's



Mark
Miller

basic coverage. Typical policies cover deductibles and co-insurance for long hospital stays, and outpatient services. Medigap pricing varies by region and policyholder age, but the benefits offered are standardized nationally using a series of alphabetical labels for plan types.

In 2008, Congress approved changes to the program that become effective on June 1 this year. New M and N plan choices will be introduced, and E, H, I and high-deductible J plans will no longer be sold. At the same time, some new core benefits are being added to all of the plans.

The changes stem from the Medicare Improvements for Patients and Providers Act (MIPPA) of 2008, which encouraged modernization and streamlining of the Medicare marketplace.

If you have one of the plans that will no longer be sold, you can keep it. But ask your insurance carrier if it's possible to switch to a different plan; you might be able to buy a policy better suited to your needs. And, Medicare experts warn that premiums for the phased-out plan letters may rise over time as their pools of insured individuals shrink.

"The law allows insurers to let you change policies but they're not required to do it," says Mike Klug, senior program director for training for the Health Assistance Partnership, a non-profit Medicare education organization. "Check with your insurer to see if you have an opportunity to switch without (answering questions about your health)."

If you're enrolling in Medicare this year, timing is everything. As a rule, it's always best to buy a Medigap policy during your open enrollment period, which runs for six months and starts on the first day of the month in which you are age 65 and enrolled in Medicare Part B (outpatient ser-

VICES). Insurance companies are required under the law to sell you a policy during open enrollment. They can't exclude pre-existing conditions, or charge a higher premium due to any past health problems.

All Medigap plans insure against the risk of high out-of-pocket Part A and Part B co-insurance costs. For example, if you're hospitalized in 2010, you'll pay a \$1,100 deductible for the first 60 days; after that, you'd pay a daily fee afterward that starts at \$275 and moves up from there. A Medigap policy covers you for those daily charges.

Beyond that basic coverage, Medigap plans provide escalating levels of coverage—and higher premiums—as you move through the alphabet of options. Generally, it's best to buy the most comprehensive coverage that you can. "Insurance all about risk," says Paul Gada, personal financial planning director at Allsup, which provides counseling on Medicare services. "You should evaluate your level of risk tolerance and your prospective health care needs."

The E, H, I and J plan terminations are aimed at getting rid of duplicative coverage and benefits that aren't relevant in light of other changes

in Medicare in recent years. For example, the plans have a preventive care benefit that pays \$120 per year, which pre-dates preventive benefits that have been added to Medicare coverage in the last 20 years, including screening mammograms, pap tests, bone density screening.

Meanwhile, the new M and N plans are being added to introduce some flexibility in the percentage of gaps that are covered, and to introduce several significant new benefit options. Plan M covers 50 percent of the Part A inpatient hospital deductible, but doesn't cover the Part B deductible. Plan N offers 100 percent coverage for Medicare's Part A inpatient deductible.

Another new feature for all Medigap plans is a Part A hospice cost-sharing benefit. This covers the 5 percent co-insurance charge for drugs, and also five days' worth of

respite care to give family caregivers a break in their duties.

There's been some talk that the new M and N plans will be less costly than existing plans, but Klug says the jury is still out. He also notes that prices can vary widely. "You can find a \$500 difference in annual premiums for the same basic product," he says.

If you're shopping for a plan, your state insurance commissioner probably offers a Medigap rate comparison guide. Or, contact your State Health Insurance Assistance Program (SHIP), a government-sponsored counseling service for Medicare beneficiaries. To find the SHIP near you, visit <http://www.hapnetwork.org/ship-locator/>.

(Columnist Mark Miller blogs at www.retirementrevised.com; contact him with questions and comments at mark@retirementrevised.com)

© 2010 Tribune Media Services, Inc.

YOUR HEALTH COMES FIRST!

Use the Bankruptcy Law To Protect Your Health & Financial Well-being
Stop Bill Collectors, Repossessions & Foreclosures

Come see me and I'll show you how to get a fresh start!

HARPER LAW OFFICE, LLP

Topeka 354-8188 • Lawrence 749-0123

A Debt Relief Agency That Provides Legal Advice

Helping People File for Relief under the Bankruptcy Code for over 25 Years!

WELCOME
HOME!



5121 Congressional Circle
Lawrence, KS 66049
785.843.1700

Stylish living for active adults age 55+!

- 1 & 2 Bedroom Apartments
- Fitness Center
- On-site Laundry Facility
- Wheelchair Access
- Fireplace
- Air Conditioning
- Dishwasher & Disposal
- Washer/Dryer Hook-ups in every apartment
- Elevator
- Gated Community
- Garage Parking Available
- Clubhouse featuring full kitchen

Our picturesque community is located directly across 6th Street from the new Wal-Mart.

Call today for more information!



www.prairiecommonsapts.com



JRK RESIDENTIAL SERVICES, LLC

Treatment options may be available for patient with poor bladder function

DEAR MAYO CLINIC: This past year, my healthy 54-year-old husband was diagnosed with a neurogenic bladder, which requires him to self-catheterize four to five times per day. This has made the things he used to love doing much more difficult, and it is taking its toll on him emotionally. Are there other options for his condition other than self-cathing?

ANSWER: First, it's important to know what led to the discovery of this problem with his bladder. Was he having urinary symptoms, such as urinary tract infections or incontinence? If so, intermittent catheterization can help these symptoms and may be an appropriate long-term solution. Intermittent catheterization can reduce the risk of kidney disease when the bladder works poorly and if the storage pressures in the bladder are high.

But, it is possible that other treatment options may be available for your husband. If he hasn't already seen a sub-specialist in voiding disorders, I'd advise him to seek a second opinion from a urologist who has interest and experience in treating people with poor bladder function to have his diagnosis confirmed and to review his treatment plan.

The urologist can identify if your husband does, indeed, have a neurogenic bladder. Normally, nerves carry messages from your brain to your bladder muscles, directing those muscles to tighten or relax. If the nerves or brain are damaged - from a stroke, pressure on the spinal cord from disk disease, multiple sclerosis, or other neurologic injury - the bladder may not empty normally. This condition, associated with a neurologic disease, is termed a neurogenic bladder. The description 'neurogenic' applies only if the bladder isn't functioning due to a neurologic condition. People usually have other signs of neurologic disease or injury along with a neurogenic bladder, but not always.

Sometimes, consultation with a neurologist who may order imaging of the spine and/or brain is appropriate to confirm the diagnosis of a neurologic disorder causing the bladder dysfunction. Your husband should discuss these possibilities with the urologist, particularly if he also has recently developed bowel or erection difficulties.

In many cases, poor bladder function isn't related to nerve damage, but instead may result from an undiagnosed obstruction. In men, the prostate often obstructs the bladder. That can cause poor bladder emp-

tying and should be treated. If an obstructed bladder remains untreated for a long time, and the bladder is forced to continually push against the obstruction, eventually, the muscles of the bladder may weaken. Bladder failure caused by muscle weakness is called a myogenic bladder.

To find out the likely cause of your husband's bladder function problem the urologist may perform urodynamic studies of his bladder while it is filling, along with a voiding study. With these diagnostic tests, the urologist can measure bladder storage pressures. The tests also measure voiding efficiency to determine how well bladder muscles are working. Looking into the bladder with a small lighted flexible instrument, called a cystoscope, will help determine where the blockage is. If an obstruction is detected, additional treatment options, including surgery, may be available.

If no obstruction is detected, other treatment alternatives might be appropriate, depending on your husband's overall health and other medical conditions. For example, some people with chronically poor bladder emptying without obstruction will respond to sacral nerve stimulation (neuromodulation). Sacral nerve stimulation works by continuously sending small, electrical impulses to the nerves that control urination. The impulses are generated by a small, pacemaker-like device surgically placed under the skin. The device sends impulses to the sacral nerves via a thin, electrode-tipped wire.

Even in the absence of other treatment options, some non-emptying bladders will improve with intermittent catheterization over time, although most chronically distended bladders will not.

If your husband needs to continue self-catheterization, he should be assured that it is a very safe and clean technique that effectively empties the bladder. Intermittent catheterization doesn't make the bladder lazy. With time, self-catheterization usually becomes easier to perform and evolves

into a routine. In addition, he should be reassured that, even if his bladder has been permanently weakened, intermittent self-catheterization should easily replace the vital function of bladder emptying. If he continues to struggle with self-catheterization, I would encourage him to ask his urologist about strategies to make the process smoother. - Deborah Lightner, M.D., Urology, 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.) © 2010 MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. DISTRIBUTED BY TRIBUNE MEDIA SERVICES INC. ALL RIGHTS RESERVED.

Our job is to make your job easier.



Midland Care PACE Services is a program of all-inclusive care for the elderly. Midland will coordinate, provide and supervise all the home and healthcare services needed to keep aging individuals safe and comfortable in their own homes and communities. Services include primary and specialty medical care, socialization, transportation, hospitalization and emergency services, meals, prescriptions, in-home support and care and physical and occupational therapies. Service area includes Douglas, Jackson, Jefferson, Osage, Pottawatomie, Shawnee and Wabaunsee counties. Call today or visit our website to learn more.



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

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

**MAY 1
SENIOR CLASS**

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m.
TOPEKA, (785) 357-5211
<http://www.topekacivitheatre.com>

**MAY 7
AND JUSTICE FOR ALL**

Throughout history, oppressed people have turned to song to express their struggles and their joys, their hope and their vision. This spring, Heartland Men's Chorus examines the issue of civil rights through the music of the movement in And Justice For All. Grace Episcopal Cathedral.
TOPEKA, (785) 235-3457
<http://www.gracecathedraltopeka.org>

**MAY 9
THE CRIMSON STRING QUARTET FROM KU**
Presented by the Unitarian Chamber Music Series. Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd., 7:30 p.m. Fee. Call John Boulton for more information.
LAWRENCE, (785) 842-4429

**MAY 17
REGARD TO BROADWAY**
Season 26 will close with another Topeka Festival Singers tradition as chorus members step from the ranks to do pop songs and show tunes between numbers by the entire choir. White Concert Hall, Washburn University.
TOPEKA, (785) 267-3500
<http://www.topekafestivalsingers.com>

**MAY 26
CHAPTER 6**
Comprised of six singers and one arranger, the cappella vocal ensemble Chapter 6 was formed when its members - Chuck Bosworth, Mark Grizzard, Jarrett Johnson, Luke Menard, John Musick, Nathan Pufall and A.D. Stonecipher—were students at Milliken University in Decatur, Ill. It has since gone one to be an

award-winning ensemble that has proved itself wildly popular with audiences with a program as varied as its rendering of Queen's Bohemian Rhapsody to its 8-minute musical version of The Wizard of Oz. White Concert Hall, Washburn University.
TOPEKA, (785) 357-8702
<http://www.topekacivitheatre.com>

**MAY 28-JUN 19
LAUGHTER ON THE 23RD FLOOR**
Peer into the office of the zany comedy writing team of a 1950s television variety show with this hilarious comedy. Laughter on the 23rd Floor was inspired by Neil Simon's youthful experience as a staff writer on Sid Caesar's Your Show of Shows, and includes all the attendant comic drama as the harried writing staff frantically scrambles to top each other with gags while competing for the attention of star madman, Max Prince.
TOPEKA, (785) 357-5211
<http://www.topekacivitheatre.com>

**MAY 30
EVENING CONCERTS IN THE PARK**
Music by the Marshall's Civic Band. Bench seating available or bring your lawn chair. Gage Park Amphitheater.
TOPEKA, (785) 368-2449

**JUN 2-JUL 14
SUMMER BAND CONCERTS**
Pack up the family and bring your lawn chairs or blankets! Join the Lawrence City Band for a free concert in South Park.
LAWRENCE, (785) 832-7930

**JUN 3
EVENING CONCERTS IN THE PARK**
Music by the Topeka Jazz Workshop. Bench seating available or bring your lawn chair. Gage Park Amphitheater.
TOPEKA, (785) 368-2449

**JUN 5
SENIOR CLASS**
A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m.
TOPEKA, (785) 357-5211
<http://www.topekacivitheatre.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 6:00 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 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, 7:00 PM,
(785) 842-3415

WEDNESDAYS, THURSDAYS & SUNDAYS
MOOSE CLUB
Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,
Sundays, 6:00 p.m.
1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS
3110 SW HUNTOON, TOPEKA, 6:30 PM,
(785) 235-9073

WEDNESDAYS
PINECREST APARTMENTS
924 WALNUT, EUDORA, 12:30-1:00 PM,
(785) 542-1020

WEDNESDAYS & FRIDAYS
EDGEWOOD HOMES
1600 HASKELL, STE 188, LAWRENCE
10:30 AM-12 NOON, (785) 760-1504

THURSDAYS
BABCOCK PLACE
1700 MASSACHUSETTS, LAWRENCE
10:30 AM-12 NOON, (785) 842-6976

FRIDAYS
EAGLES LODGE
1803 W. 6TH ST, LAWRENCE, 7:00 PM,
(785) 843-9690

FRIDAYS
ARAB SHRINE
1305 KANSAS AVE., TOPEKA
MINI BINGO 6:30 PM,
REGULAR BINGO 7:00 PM
(785) 234-5656

BOOKMOBILE
MONDAYS
Prairie Commons, 5121 Congressional Circle,
Lawrence, 9:00-10:00 a.m.
Babcock Place, 1700 Massachusetts St., Law-
rence, 10:30-11:30 a.m.


WEDNESDAYS
Brandon Woods, 1501 Inverness Dr.,
Lawrence, 9:00-10:00 a.m.
Presbyterian Manor, 1429 Kasold Dr., Lawrence,
1:30-2:30 p.m.
Drury Place, 1510 St. Andrews Dr.,
Lawrence, 1:00-2:00 p.m.

FRIDAYS
Vermont Towers, 1101 Vermont St.,
Peterson Acres, 2930 Peterson Rd.,
Lawrence, 11:15 a.m.-12:00 p.m.
Lawrence, 1:30-2:30 p.m.

BOOK TALKS
THIRD TUESDAY OF EACH MONTH
COTTONWOOD RETIREMENT CENTER, 1029 NEW
HAMPSHIRE ST., LAWRENCE, 2:00 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST.,
LAWRENCE, 3:00 PM
THIRD WEDNESDAY OF EACH MONTH
BRANDON WOODS, 1500 INVERNESS DR.,
LAWRENCE, 10:30 AM
PRAIRIE COMMONS, 5121 CONGRESSIONAL
CIRCLE, LAWRENCE, 1:00 PM
WINDSOR HOUSE, 3220 PETERSON RD.,
LAWRENCE, 2:15 PM

■ CONTINUED ON PAGE 17


Celebrating



10

**Years in
Douglas
County**

**Thank you Lawrence and Baldwin City
for your business and support!**




**Lawrence
Therapy
Services**


Clinics in two locations.

- Physical Therapy
- Occupational Therapy

- Speech Therapy
- Massage Therapy
- In-Home Services



842-0656
2200 Harvard Rd, Ste 101
Lawrence



594-3162
814 High St., Suite A
Baldwin City

www.lawrencetherapyservices.com

**Announcing the 3rd Annual
Older American's Month
Breakfast...**




**Join us for breakfast
honoring
Older Americans
and their contributions:**




**Friday, May 7th
8am-9am
Macell's
1031 New Hampshire**

Donations accepted

*Special recognition
will be made
to Margo Gordon
for her many acts of
inspiration.*



Trinity

To make your reservation, contact Kayleigh
Nirube: 785-842-3159 or kayleigh@trinc.org.

■ CONTINUED FROM PAGE 16

FOURTH WEDNESDAY OF EACH MONTH PRESBYTERIAN MANOR, 1429 KASOLD RD., LAWRENCE, 9:45 AM SENIOR CENTER, 745 VERMONT ST., LAWRENCE, 1:30 PM

CLASSES/LECTURES

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

MAY 6 PUT IT ON PAPER: REFLECTIVE JOURNALING

A Skillbuilders program presented by Sarah Rooney, VNA Hospice Volunteer Coordinator. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.
LAWRENCE, (785) 843-3738

MAY 11 LOWERING HIGH CHOLESTEROL

Join Roger Dreiling, MD, cardiologist from Cardiovascular Specialists of Lawrence, for the third and final program focused on maintaining a healthy cardiovascular system. High cholesterol or hyperlipidemia is a common health problems and a significant risk factor for developing cardiovascular disease. Dr. Dreiling will discuss this condition and the recommended strategies to help lower cholesterol levels that are outside the recommended range. This program is free but advance registration is requested. Lawrence Memorial Hospital Auditorium, 6:30-7:30 p.m.
LAWRENCE, (785) 749-5800

MAY 13 HEALTHY EATING FOR ONE

A Skillbuilders program presented by Susan Krumm, Douglas County Extension Office. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.
LAWRENCE, (785) 843-3738

MAY 18 THE JOURNEY THROUGH A STROKE AND RECOVERY

Please join us to learn more about what a stroke or "brain attack" is, plus all that can go into the recovery from one. There will be several events. A stroke survivor and family member will tell their story. There will be exhibits and information available from several disciplines involved in the recovery process including social work, occupational, physical and speech therapy. A Registered Dietitian will discuss healthy cooking. Free stroke and high blood pressure screenings will also be available. Light refreshments and door prizes available. Program is free but advance registration is recommended. Lawrence Memorial Hospital, 5:00-7:00 p.m.
LAWRENCE, (785) 749-5800

MAY 20 SEARCHING FOR PEACE

A Skillbuilders program presented by Linda Upstill, Rumsey Yost Funeral Home. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.
LAWRENCE, (785) 843-3738

MAY 27 CELEBRATION AND REMEMBRANCE
A Skillbuilders program. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.
LAWRENCE, (785) 843-3738

JUN 1 & 2 AARP DEFENSIVE DRIVING
The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. AARP has offered the course in the classroom for 25 years. You can expect to learn about current rules of the road, how to operate your vehicle more safely in today's increasingly challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time. No testing. Fee: 10:00 a.m.-3:00 p.m., Lawrence Memorial Hospital, Meeting Room D.
LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

MAY 30-JUN 20 A WALK THROUGH JERUSALEM
Experience this ancient city through exhibits and activities for all ages. This free event is co-hosted by Temple Beth Shalom and the Islamic Center of Topeka. Grace Episcopal Cathedral. Mon.-Thu., Sat 9:00 a.m.-7:00 p.m.; Sat., 9:00 a.m.-5:00 p.m.; and Sun., 1:00-5:00 p.m.
TOPEKA, (785) 235-3457

FARMERS' MARKETS

APR 17-NOV 20 DOWNTOWN TOPEKA FARMERS' MARKET
Farm fresh vegetables, crafts, home baked goods, food, plants, herbs and wood products all handmade. Begins at 7:30 a.m. until noon. Every Saturday from April until November.
TOPEKA, (785) 234-9336
<http://www.Topekafarmersmarket.com>

APR 10-NOV 20 SATURDAY DOWNTOWN LAWRENCE FARMERS' MARKET

The Saturday Downtown Lawrence Farmers' Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets. 7:00-11:00 a.m.
LAWRENCE, (785) 331-4445
<http://lawrencefarmersmarket.com>

MAY 4-OCT 26 TUESDAY LAWRENCE FARMERS' MARKET

The Tuesday Market is located in the public

parking lot between 10th and 11th streets on the east side of Vermont Street. 4:00-6:00 p.m.
LAWRENCE, (785) 331-4445
<http://lawrencefarmersmarket.com>

MAY 6-OCT 28 THURSDAY LAWRENCE FARMERS' MARKET

The Thursday Market is located at southwest corner of Sixth & Wakarusa, in the parking lot of the shopping center where you can find the Salty Iguana. 4:00-6:00 p.m.
LAWRENCE, (785) 331-4445
<http://lawrencefarmersmarket.com>

FAIRS/FESTIVALS

MAY 1 & 2 KANSAS SAMPLER FESTIVAL
Sample what there is to see, do, hear, taste, buy and learn in Kansas all in the first city in Kansas.
LEAVENWORTH, (913) 417-7575
<http://www.kansassamplerfestival.com>

MAY 15 & 16 BURLINGAME RODEO DAYS

Parade, rodeo, Santa Fe Trail tractor ride, antique tractor display, pedal tractor pull, crafts, flea market and food.
BURLINGAME, (785) 654-2421
<http://www.burlingameks.gov>

MAY 21 & 22 GREAT AMERICAN BARBECUE FESTIVAL

The Great American Barbecue festival features live bands, a carnival, culinary demonstrations, competitive rib eating, fireworks, balloon rally and more! Capitol Federal Park at Sandstone.
BONNER SPRINGS, (866) 361-3926
<http://www.thinkbbq.com>

JUN 5 & 6 MULVANE MOUNTAIN/PLAINS ART FAIR
2010 Mountain Plains Art Fair features artwork

by over 90 artists from 17 states. Great art, food, music and hands-on activity for children. Admission fee. Children under 12 free. Mulvane Art Museum, Washburn University. TOPEKA, (785) 670-1124
<http://www.washburn.edu/mulvane>

JUN 5 & 6 GERMANFEST

Games, mini train, booths, crafts, fancywork, oral auction, bingo, and more. Two buffet lines in the church hall serving an authentic, homemade, german menu including sauerbraten, pork and sauerkraut, krautstrudels, german potato salad, noodles & sage balls. Also serving delicious fried chicken, mashed potatoes and gravy, green beans, rolls, and delectable desserts. Sacred Heart - St Joseph Parish, 312 NE Freeman Ave.
TOPEKA, (785) 234-3338
<http://www.sacredheartstjosephcatholic.org>

HEALTH

MONDAYS THROUGH THURSDAYS FIT FOR LIFE

LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-on-one instruction on aerobic and cardiovascular equipment. Especially helpful for those with osteoporosis, balance problems, post CVA/stroke, knee/hip replacement, arthritis. Fee. Mondays through Thursdays, 9:00-11:00 a.m. or 2:00-5:20 p.m. at LMH. Tuesdays and Thursdays 8:00-11:00 a.m. At LMH South.

LMH KREIDER REHABILITATION SERVICES (785) 840-2712

TUESDAYS, WEDNESDAYS AND THURSDAYS JAZZERCISE LITE

Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aerobics with exercises designed to improve your

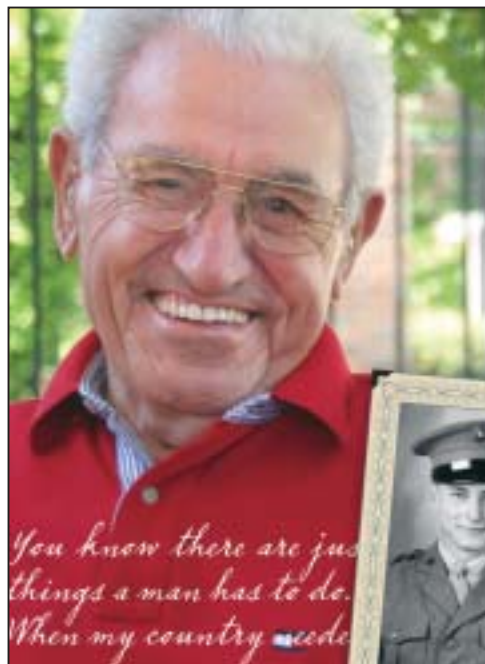
■ CONTINUED ON PAGE 18



Wendy Linton Blackwell M.A., CCC-A, F-AAA, Audiologist, is a KU Med graduate with more than 20 years experience.

Call 785-841-4327 today to schedule your FREE hearing test.

BLACKWELL HEARING CENTER 3200 Mesa Way Suite D • Lawrence



An Assisted Living & Memory Care Residence

the Windsor
OF LAWRENCE

A Lifetime in Every Face, A story in Every Smile. Hear the Story, Share a Lifetime.

You will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living & Memory Care combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing needs.

Call (785) 832-9900 or visit us at 3220 Peterson Rd. Lawrence, KS 66049

Respecting Values, Protecting Dignity, Supporting Independence.

■ CONTINUED FROM PAGE 17

strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St. LAWRENCE, (785) 331-4333

TUESDAYS AND THURSDAYS BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary. TOPEKA, (785) 354-6787

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 9:00 a.m.- 1:00 p.m. and 3:00-6:00 p.m. No appointment necessary. LAWRENCE, (785) 856-6030

TUESDAYS AND THURSDAYS SENIORCISE PROGRAM

Seniorcise is a specialized program for women over 60 years of age, in January. The focus of the program is on balance, movement, low impact cardio aerobics, and strength training for toning. In addition, there's a strong emphasis on flexibility and range of motion to improve and/or increase joint mobility and quality of life. Senior classes are held at Body Boutique from 11:00 a.m. to noon. Fee. LAWRENCE, (785) 749-2424

FIRST AND 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, 9:00 a.m.-1:00 p.m. TOPEKA, (785) 233-1750, EXT. 252

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary. WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

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

FOURTH THURSDAY OF EACH MONTH NUTRITION CLINIC

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

MAY 5 CHOLESTEROL SCREENINGS

These screening events offer a total only cho-

lesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$6/test. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

MAY 13 BONE DENSITY SCREENING

Advance appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Note: this is NOT the same as a DEXA scan which is ordered by a physician and scans the hips and the spine. That is done through Radiology. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

MAY 19 BONE DENSITY SCREENING

See May 13 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

JUN 1 BONE DENSITY SCREENING

See May 13 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

JUN 2 CHOLESTEROL SCREENINGS

See May 5 description. Lawrence Memorial Hospital, HealthSource Room, 3:00-4:30 p.m. LAWRENCE, (785) 749-5800

HERITAGE/HISTORY

MAY 17 56TH ANNIVERSARY OF BROWN V. BOARD OF EDUCATION

This monumental decision ushered in an era of dialogue about race relations in this nation and broadened our discussion about the true meaning of social justice. Commemoration location and program details to be announced. 1515 SE Monroe. TOPEKA, (785) 235-3939

JUN 1-JUL 31 FIRST HAND HISTORIES

First Hand History is comprised to twelve different panels assembled from the Southeast Region of the National Archives holdings. This exhibit tells intriguing stories of people who once inhabited this land. Free and open to the public. 1515 SE Monroe, 9:00 a.m.-5:00 p.m. TOPEKA, (785) 235-3939

JUN 5 154TH ANNIVERSARY EVENT AT BLACK JACK BATTLEFIELD AND NATURE PARK

See the first battle of the American Civil War come to life on the original battlefield. For the first time since the smoke cleared in 1856. Saturday June 5, 2010. Gate opens at 9:00 a.m. Fee. WELLSVILLE, (785) 883-2106 <http://www.blackjackbattlefield.org>

JUN 5 HEARTLAND MILITARY DAY

World War II Re-enactments, D-Day Observance and WWI Equipment Displays. Forbes Field, 8:00 a.m.-5:00 p.m. Admission is free. TOPEKA, (785) 862-1020

MEETINGS

FIRST MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

Facilitated by Heartland Hospice and open to anyone who has lost loved ones. Call Terry Frizzell or just show up. Meets at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6:30 p.m. TOPEKA, (785) 271-6500

FIRST AND THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST AND 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 AND 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 4:00-5:00 PM, (785) 840-3140

FIRST AND 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 3:00 p.m. in Conference E of LMH. LAWRENCE, (785) 830-8130

FIRST TUESDAY OF THE MONTH SCRAPBOOK MEMORIES

Heart of America Hospice, 3715 SW 29th St., Suite 100, 6:00 p.m. All supplies provided (except photos). TOPEKA, (785) 228-0400

FIRST TUESDAY OF EACH MONTH LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice invites individuals

coping with the loss of loved ones to join us. For more information, call Heart of America Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2:00 p.m.

FIRST TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

Aldersgate Village, Manchester Lodge, 7220 Asbury Lane, 2:00 p.m. Sponsored by Heart of America Hospice. TOPEKA, (785) 228-0400

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3:00-4:00 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

FIRST AND THIRD TUESDAY OF EACH MONTH HEALING AFTER LOSS BY SUICIDE (HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 SW 8th St. TOPEKA, (785) 478-4947 or (785) 296-8349

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2:00 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 OLDESTERS 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 6:00-9:00 p.m. on Sundays at the Eagles Lodge. LAWRENCE

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3:00-4:00 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). JADE MONGOLIAN BARBEQUE, LAWRENCE 11:30 AM-1:00 PM

■ CONTINUED ON PAGE 19



Quality in-home services starting at \$9/hour.

- Light Housekeeping
- Meal Preparation
- Companionship
- Caregiver Relief
- Overnight Care
- Local Transportation

842-3159

www.trinityinhomecare.com



MISSION TOWERS

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

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

Call Manager Karol Freeman

(785) 266-5656

2929 SE Minnesota • Topeka 



■ CONTINUED FROM PAGE 18

FIRST AND THIRD THURSDAY OF EACH MONTH TRANSITIONS SUPPORT GROUP

Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location. 3:00 p.m.

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 2:00 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 THE MONTH CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m. TOPEKA, (785) 235-1367, EXT. 130

SECOND AND FOURTH MONDAY OF THE MONTH ALZHEIMER'S/CAREGIVER SUPPORT GROUP

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214. 7:30 p.m. LAWRENCE, (913) 831-3888

SECOND TUESDAY OF EACH MONTH LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice in association with Pioneer Ridge Retirement Community 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 (NARVRE)

Meets at 9:30 a.m. at Coyote Canyon Buffet. TOPEKA, <http://www.narvre.com>

SECOND TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

Pioneer Ridge Assist Living, 4851 Harvard Rd., 10:30 a.m. Sponsored by Heart of America Hospice. LAWRENCE, (785) 841-5300

SECOND TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES

Heart of America Hospice, 1420 Wakarusa, 6:00 p.m. All supplies provided (except photos). LAWRENCE, (785) 841-5300

SECOND AND FOURTH TUESDAY 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., 6:30-8:00 p.m. LAWRENCE, (785) 842-0543

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peteron Rd., 2:00 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 6:00 p.m. Lawrence Memorial Hospital, Meeting Room A. LAWRENCE, (785) 505-3062

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: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander. LAWRENCE, (785) 843-2584 www.happytimesquares.com

THIRD TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES

Heart of America Hospice, 3715 SW 29th St., Suite 100, 6:00 p.m. All supplies provided (except photos). TOPEKA, (785) 228-0400

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

THIRD TUESDAY OF EACH MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 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 4:00-5:30 p.m. For more information call LMH Kreider

Rehab Center. LAWRENCE, (785) 505-2712

THIRD WEDNESDAY OF EACH MONTH RETIRED GOVERNMENT 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. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. A social support group to re-engage life after the death of a loved one. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations. TOPEKA, (785) 271-6500

THIRD THURSDAY 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. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m. BALDWIN CITY, (785) 842-0543

THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Baldwin Healthcare Center, 1223 Orchard Lane, 1:00-2:00 p.m. BALDWIN CITY, (785) 594-6492

■ CONTINUED ON PAGE 20

BATE'S FURNITURE

In Business Over 40 Years



We now carry Custom-sized Lift Chairs! Starting at

\$499⁰⁰

Moving? Downsizing? We also buy furniture!

Karl Behring, Manager

We offer lay-away and delivery.



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

MEDICARE

Medicare Supplement Modernization Starts June 1, 2010

WHAT DOES THIS MEAN FOR YOU??



Joye Johnson
Stephens Insurance

If you are aging into Medicare or want clarification on the BIGGEST Change to Medicare since Prescription Drug coverage was added, please contact Joye.

Joye has substantial knowledge and offers more than 10 years of Experience counseling Medicare beneficiaries.

Joye will review your options and make sure you are prepared for the upcoming changes to Medicare.

Please give Joye a call today!



841-9538

2711 W. Sixth Street
Suite A
Lawrence, KS 66049

■ CONTINUED FROM PAGE 19

**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. 11:00 a.m.-1:00 p.m. For more information about the Widowed Persons Service Program, please call Julie. TOPEKA, (785) 357-7290

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

Presbyterian Manor, 1429 Kasold., 4:00 p.m. Sponsored by Heart of America Hospice. LAWRENCE, (785) 841-5300

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

PIONEER RIDGE ASSISTED LIVING LIBRARY 4851 HARVARD, LAWRENCE, 6:30 PM (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. 1:00 p.m. TOPEKA, (785) 235-1367, EXT. 130

**FOURTH WEDNESDAY 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. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m. LAWRENCE, (785) 842-5543

**FOURTH WEDNESDAY 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 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December. TOPEKA, (785) 233-5762 http://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, e-mail 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

**FOURTH FRIDAY OF EACH MONTH
AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. New and interested members welcome. Please call Noreen for reservations. LAWRENCE, (785) 842-6765

MISCELLANEOUS

**FIRST WEDNESDAY OF EACH MONTH
WINE TASTING**

Come taste four different wines for only \$10. Please call for reservations. April 1-December 1. 4005 SW Gage, 4:30-6:00 p.m. TOPEKA, (785) 271-8646

**MAY 2
ART IN THE PARK**

Artists display and sell their original artwork in a beautiful outdoor setting. Musical entertainment and children activities in a supervised Art Tent. South Park. LAWRENCE, (785) 979-7039

**MAY 20-22
SHRINE RODEO**

Meet the Rodeo queens and see America's fastest horse, the Quarter Horse, carry cowboys as they rope, ride, wrestle and run barrels during all 3 nights of the rodeo. There's something for everybody with a craft fair and car show, too. Vendors on the grounds. Leavenworth County Fairgrounds. TONGANOXIE, (913) 362-5300 http://www.shrinerodeo.com

**MAY 21-22
ART TOUGEAU PARADE**

Lawrence's own wheeled art parade featuring art cars and wheeled art creations from national, regional and local artists. This year, the Art Car cruise and party will be held on Friday followed by the parade and block party Saturday! North along Massachusetts. LAWRENCE, (785) 843-2787 http://www.lawrenceartscenter.com

**MAY 22
DEMOLITION DERBY PRESENTED BY
ADVANTAGE METALS RECYCLING**

The demolition derbies return to Heartland Park in 2010 with two great shows. The first Demo of the year takes place on Saturday, May 22, during the NHRA O'Reilly Summer Nationals. TOPEKA, (800) 437-2237 http://www.hpt.com

**MAY 31
MEMORIAL DAY PROGRAM**

Memorial Day Services at the All Veterans Memorial. Great Overland Station, 701 North Kansas Ave., 2:00 p.m. TOPEKA, (785) 232-5522 http://www.greatoverlandstation.com

**JUN 5
BALDWIN CITY WIDE GARAGE SALE**

Annual event featuring approximately 100 yard sales. Directories with information about each sale are available for purchase to assist you in your hunt for new treasures. BALDWIN CITY, (785) 594-3411 http://www.baldwincitychamber.com



- Complete maintenance
- Off street parking
- Emergency call system
- Utility allowance



- 24-hour security
- Staff on call 24 hours
- Water & trash paid
- Lawn care

- Rent is based on resident's income
- Lounge & recreation room

- Weekly shopping transportation
- In house laundry facilities

Call Tony Jaramillo at (785) 354-4225 for more information
331 NE Golden (Oakland Community) • Topeka

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

Affordable Senior Living





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





Learn and Live



Charitable Gift Annuities

Fixed Income for You - A Gift for Us

In today's economy you may want to consider the advantages of Charitable Gift Annuities.

- Income rates for a single-life gift between 5.3% and 9.5% based on your age
- Charitable income tax deduction for those who itemize
- Income is partially tax-free
- Preferred treatment of capital gains issues
- Help those with heart disease through lifesaving research

Yes! I am interested in the following illustration:

One-life Two-life

Amount: \$5,000 \$25,000 \$50,000
 (Other) \$ _____

1st Person's Name: _____
 Birthdate or age: _____ (Required for illustration)

2nd Person's Name: _____
 Birthdate or age: _____ (Required for illustration)

Address: _____
 City: _____ State: _____ ZIP: _____

Phone () _____
 E-mail: _____

I have remembered the American Heart Association in my estate plan.

Note: We encourage you to consult with a qualified advisor before making a final decision regarding any planned gift to the American Heart Association. This is not an insurance product. Returns are based on rates suggested by the Internal Revenue Service. Payments are based on 100% to the American Heart Association's own assets.



The First Apartments
For Qualified Seniors and
Non-Elderly Individuals with Disabilities

Looking for a home? Try us!

Marnie Wuenstel
Director
(785) 272-6700

3805 S.W. 18th fccadirect@fctopeka.org
Topeka, KS 66604 www.thefirstapartments.org




1201 Wakarusa, Ste. B2
Lawrence, KS
Member FDIC

- ✓ Trust services
- ✓ Retirement services
- ✓ IRAs
- ✓ Roth IRAs

Barbara Braa
785.865.1533

Visit us at cornerbanks.com

ATTENTION SENIORS:



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

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



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

Douglas County Visiting Nurses
Rehabilitation and Hospice Care

Comfort Care for Those With Terminal Illness

- Providing support for patients and families during terminal illness
- Serving Douglas County since 1982
- Your not-for-profit hometown agency
- Remain comfortable and independent in your own home or a nursing facility
- Make your own choice

A United Way Agency **785-843-3738** Available 24 hours a day, 7 days a week
200 Maine, Suite D • Lawrence, KS 66044

Caring for You, Personally

Comforting Solutions For
In-Home Care™

- ♥ Companionship ♥ Meal Preparation
- ♥ Recreational Activities ♥ Respite Care
- ♥ Light Housekeeping ♥ Clothes Shopping
- ♥ Errand Services ♥ Grocery Shopping
- ♥ Incidental Transportation ♥ Laundry
- ♥ 24-Hour Care Available ♥ "TLC" calls

For a Free In-Home Consultation Call:
785-267-8200
topeka@comfortkeepers.com
www.comfortkeepers.com




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

CRITICARE
Home Health Services, Inc.

Medical Equipment with Home Comfort

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



The Complete Solution!

- Assistance with planning your move
- Plan of action of distribution of valuables to family
- Preparation of remaining property for sale
- Personal oversight of the moving process

We've been there! We've done this 100's of times!
When it's time to move, we're with you every step of the way!

BILL FAIR COMPANY
887-6900

Susan Bonham
ABR, CSA, GRI, REALTOR

Service Seniors Trust!

Cell: 785-393-7070
Office: 785-841-2400
Web: www.SusanBonham.com
Email: Susan@SusanBonham.com

Realty Executives / Hedges Real Estate / 1037 Vermont St., Lawrence, KS 66044

Tammy The Pro Home Plus

An Alternative to Nursing Home Care

State of Kansas Licensed & Inspected
Located off 17th and Gage in Topeka
Call 785-383-7094 for more info.

LAWRENCE THERAPY SERVICES

- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Massage Therapy
- Marriage & Family Therapy

Services available in the clinic or in-home.

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

Casual Dining **Walt McFARLAND'S** Private Parties

Walt McFarland 785-272-6909
Owner 4133 Gage Center Drive Topeka, Kansas 66604

Over 70 years of serving fine food

The perfect gift: A Simongiftcard!



Purchase yours today at the Simon Guest Service desk at West Ridge Mall. For more information contact Belinda Bomhoff at bbomhoff@simon.com or at 785.271.5500.


We're Just Your Style!



Over 50 Unique Shops, Restaurants and Stores.

21st & Fairlawn Topeka, Kansas
We're Just Your Style!

Natural Medical Care



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

Member American Association of Naturopathic Physicians
4935 Research Parkway, Lawrence, Kansas 66047
Phone: (785) 749-2255

Placing flyers in Kaw Valley Senior Monthly couldn't be easier!

We'll design your flyer, have it printed in full color on 80# gloss text paper, and insert it in Senior Monthly for one low price.

3,000 flyers (one side) (Lawrence or Topeka areas) 8.5" x 5.5"	3,000 flyers (one side) (Lawrence or Topeka areas) 8.5" x 11"	6,000 flyers (one side) (Lawrence and Topeka areas) 8.5" x 5.5"	6,000 flyers (one side) (Lawrence and Topeka areas) 8.5" x 11"
\$275.00	\$350.00	\$475.00	\$600.00

We can also insert advertiser-provided flyers for \$50.00 per 1,000 flyers. Call Kevin at 785-841-9417 for more information.

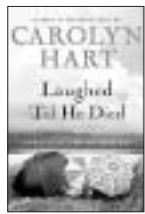
Murder, real and fictional, from the Old West to Maggody

By Margaret Baker

Carolyn Hart: *Laughed 'Til He Died* (Wm. Morrow, hc, ISBN 978-0-06-145309-0)

Carolyn Hart, Oklahoma native, is a prolific writer. Her series include the Henri O (mature journalist) and Bailey Ruth (angelic intervention) as well as several "stand alone" books. This is the 20th entry in the "Death on Demand" series.

Annie Darling owns the Death on Demand mystery bookstore on Broward's Rock, an island off the South



Carolina coast. Her husband, handsome Max, won her hand in one of the earlier volumes. Since Annie deplores idleness, he has an investigative company, Confidential Commis-

sions. It is to Max that Jean Hughes comes, pleading for help.

Jean had come to Broward's Rock to head up The Haven, a gathering place for children and teenagers. She'd been brought in as a potential mistress by one of Broward's most wealthy men, Booth Wagner. Upon discovering Booth was married, Jean turned her attentions to The Haven, where she is widely popular with the kids.

Booth, however, is a man with neither heart nor conscience, and says she must resign or he will evict her from the small cottage she'd thought was part of the job. Her beloved sister is in the final stages of cancer—moving will destroy her. That evening at The Haven is putting on a show. Booth is shot just as the lights fail. Jean is a prime suspect.

Readers will swiftly learn why author Hart has won the coveted Agatha, Anthony, and Macavity awards—several times!

Robert K. DeArment: *Deadly Dozen: Forgotten Gunfighters of the Old West, Volume 3* (University of Oklahoma Press, hc, ISBN 9778-0-8061-4076-6)

DeArment presents twelve gunfighters. Many started as good guys and went bad, and a few started as bad guys and ended up wearing white hats. This is volume 3, so few, if any, of these are well-known.

DeArment fought with a machine gun in World War II in the European front, so he may have some of the same sensations as the gunslingers of the old Wild West, the sound of bullets near, the courage it takes to

go forward.

As behooves a scholarly account, DeArment includes extensive notes on each chapter and a thorough index.

C. S. Challinor: *Phi Beta Murder* (Midnight Ink, tpb, ISBN 978-0-7387-1890-3)

Third in the Rex Graves mystery series

Scottish barrister Rex Graves, having recovered from his last unofficial case in a Caribbean nudist spa, is heading to Florida for a week with his son Campbell, a sophomore studying marine biology there. He's sad to leave Helen, his current love interest, but quite glad to be away from Moira, his ex-lover who had left him and has returned to try to rekindle the dying flame.

Rex and Campbell exit his dorm room to a commotion in the hall—Dix Clark, resident assistant, has hung himself in his locked room. His parents knew of Rex's success in investigating other problems and ask him to look into their son's apparent suicide, as they had had no clues of depression. He agrees, mentioning that he has no legal standing in the States.

Much of the humor comes from the problems Rex has with the vocabulary of his son's generation, such as (referring to American bands) "with names you wouldn't give a pet hamster."

Extremely well-paced locked-room mystery in the Christie tradition, sure characterizations, a real winner for fans of academic mysteries! A list of characters in the front is helpful.

Joan Hess: *The Merry Wives of Maggody* (St. Martin's Minotaur, hc, ISBN 978-0-312-36361-1)

16th in Arly Hanks mystery series The population of Maggody, Arkansas, is listed at 755, and most of its denizens are the ones Jeff Foxworthy is talking about. Arly Hanks is the complete police force, and the county sheriff is quite willing for her to police it by herself.

The mayor's wife has done just enough reading to hear there are a lot of golf widows out there, and decides that must mean they need rescuing. So she organizes (which she is deplorably good at) a golf tournament to raise funds for this cause. They first must mow the pasture to

create a golf course.

The local boat dealer is talked into putting a \$40,000 boat up for the first hole in one. This boat he's sold several times and taken back when the buyer defaulted on payments, usually because jail doesn't offer high pay. He thinks he's perfectly safe.

Meanwhile, the men of Maggody are secretly taking golf lessons to get that boat. Their wives and sweethearts (not always the same) are also taking lessons on the sly, intent on selling that boat.

Entries from larger towns nearby come in, and one of them does make a hole in one. He's a braggart, especially when drunk, and he gets dead drunk. He's found sitting in the boat in the grocery parking lot, no longer dead drunk, just dead.

Mayhem results, of course!

Steve Berry: *The Paris Vendetta* (Random House Audio Books, ISBN 978-0-7393-2916-0. Read by Scott Brick on 6 cds. Regular print edition available from Ballantine and large print edition from Random House)

Regular for a little swash buckling, daring-do? Follow Steve Berry as he shares a wild ride for hidden treasure.

Napoleon Bonaparte was reputed to have stolen a large treasure in his Egyptian campaign, which his British captors could not force him to reveal. His son was still a child when Napoleon died, and his will hints at a solution if deciphered.

Cotton Malone was a Justice Department operative now trying to live modestly as a rare bookseller. An attack on him brings him onto the case. A cabal of international multibillionaires has a plan to find the treasure and use it to destabilize global economy, benefiting themselves. Cotton's good friend Henrik Thorvalden wants the head of the cabal because a terrorist attack designed strictly to be a diversion killed his only son.

The diversion the cabal plans this time involves...no, you've got to read it for yourself. This will probably be made into a movie with LOTS of action!

Alan Bradley: *The Weed that Strings the Hangman's Bag* (Random House Audio Books, read by Jayne Entwistle on 8 cds, ISBN 978-0-33075-7641. Also available in print from Delaware)

Second in the Flavia deLuce mystery series

Bradley's titles are properly attributed, but certainly aren't ones you would drop into a conversation. The books told from the point of view of an 11-year-old emotionally isolated chemistry genius are a delight.

The puppeteer, Rupert Porson, is staying in Bishop's Lacey while his van is repaired. His TV show is beloved by British children. He is giving two shows in the church for a fund raiser, and has chosen Jack and the Beanstalk. The face carved for Jack looks very much like little Robin, a child of five who accidentally hanged himself in the woods. His grieving parents are in the audience.

When it is time for the giant to fall as Jack chops down the beanstalk, Rupert drops to the stage, sparks flying. He's been electrocuted.

Who did in the puppeteer? Why? It is Flavia who finds most of the clues, and eventually basically solves the case.

A delightful and unusual storyline!

- Margaret Baker can be reached through Kaw Valley Senior Monthly or e-mailed at glencoe@knetconnect.net.

POINT-COUNTERPOINT

POINT: "And this guy (Rush Limbaugh), this walrus underwater, makes fun of this administration, calling it a 'regime.' We know that word, 'regime.' It was used by George Bush, 'regime change.' You go to war with regimes. Regimes are tyrannies. They're juntas. They're military coups. The use of the word 'regime' in American political parlance is unacceptable, and someone should tell the walrus to stop using it." - Chris Matthews, *Hardball*, April 2, 2010

COUNTERPOINT: "So is the Bush administration using the, using the terror war to curb civil liberties here at home? Let's go to the Reverend Al Sharpton. Reverend Sharpton, what do you make of this letter and this panoply of the left condemning the Bush regime?" - Chris Matthews, *Hardball*, June 14, 2002

Musick Hath Charms

"Hi, I'm Melinda, what can I get for you?"

My friend Kaybe and I ordered soft drinks. We were seated in a back booth at The Enchantment, a dingy roadhouse on the outskirts of Letongaloosa.

My friend's official name is KB 11.2. I call him Kaybe for short. He's an alien from outer space. He isn't one of those scary bug-eyed, green-



Larry
Day

skinned aliens that you read about. Kaybe looks like a giant tuna fish can. Erector Set® arms sprout from the curved sides of his body. Three spindly metal legs drop from the flat underside of his stainless steel torso. He has ball bearing wheels for feet, and three sensor-eyes wave at you from the ends of floppy antennae on the top of his lid. He speaks, eats and drinks telepathically.

Whenever Kaybe swings through our galaxy he always calls and invites me to meet him at The Enchantment. Customers and staff at The Enchantment don't even raise an eyebrow when Kaybe rolls through the door and joins me.

Melinda, the waitress, wore a sleeveless blouse. On her upper right arm was the tattoo of a hand holding a conductor's baton. Musical notes emerged from the tip of the baton. Under the tattooed hand were the words "Musick hath charms to soothe the savage breast."

"That's an interesting tattoo," I said as Melinda walked away. "Based on that tattoo, I've made a deduction. Melinda is an English Lit major at Letongaloosa Community Junior College.

"Do you know her?" asked Kaybe.

"No. I've never seen her before."

"Then why do you say she's an English literature major at LCJC?"

"I told you, I deduced it from her tattoo."

"You deduced that from a few words on a tattoo?"

"Yes," I said. "I'm certain she's a lit major because the tattoo is correctly written. Most people nowadays say: 'Music has charms to soothe the savage beast—the savage beast, not the savage breast.'"

"I'll bet you two-point-five Zimbras that Melinda isn't an English Lit

student at LCJC or anywhere else," said Kaybe.

"Where would I get Zimbras?" I asked. "Make it five bucks and you're on."

Melinda came back to our booth carrying two soft drinks and a can of peanuts.

"Can I bring you anything else?" she asked.

"No, but you can help us settle a bet," I said.

"What's the bet?" she asked.

"I bet Kaybe here that you're majoring in English Literature at Letongaloosa Community Junior College."

"Pay him," said Melinda. "I don't attend any college."

"What about that tattoo on your arm?"

"What about it?"

"It's a quotation from the English author William Congreve. He wrote some of the most popular poems and plays of England's Restoration period of the late 17th Century."

"So what?"

"You have that quotation tattooed on your arm, yet you're not a college student majoring in English literature?"

"That's right."

I paused. Then I said, "You're new here at The Enchantment, aren't you?"

"I started working here a couple of weeks ago."

"And you're not from around here, are you?"

"No, I'm not from around here. Do you want anything else? I have to get back to the bar."

"No thank you, Melinda. We're good."

I pulled out a five-dollar bill and slid it across the table to Kaybe. "Dude, you got me that time. What's the catch?" I asked.

"I know Melinda," said Kaybe. "She's Four Finger Fannie's niece."

Four Finger Fannie is a regular at The Enchantment. She, Harry the Hulk, and his diminutive pal Miniature Mike, and Dogface McGee spend a lot of time here.

"Are you saying that our waitress, Melinda, is an alien?"

"Yep," said Kaybe. "She's from Xerecrom. That's a planet in the Sunflower Galaxy, way out in the Constellation Canes Venetici."

"What is she doing here on Earth?"

"Melinda has been doing research in England. She teaches in the Milky Way Galaxy Earth Literature Department of an intergalactic university on Xerecrom. Her teach-



©2009 H. Schwadron. Dist. by Tribune Media Services, Inc.

"Guilty? Do you realize what this will do to my Wikipedia page?"

ing specialty is late 17th Century English Restoration poetry and literature. Melinda is staying here in Letongaloosa with Four Finger Fannie while she writes a journal article."

"So, technically, Melinda IS a student of 17th century English literature," I said.

"Technically that's right," said Kaybe.

"Give me my five bucks back," I said.

- 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.

BANKERS
LIFE AND CASUALTY COMPANY
We specialize in seniors

In the insurance Business since 1879, we offer:
Medicare Supplement Insurance
Long-Term Care Insurance
Home Health Care Insurance
Annuities / Life Insurance
Drug Discount Cards

Brian D. Turner
Licensed Agent
785-230-1392
3745 SW. Wanamaker Rd.
Topeka, KS 66610

04-BD10 Neither Bankers nor its agents are connected with the U.S. Government or the Federal Medicare Program.

Stopped payment on my compensation check

Alaska Airlines pays Ashley Cates \$239 when she's bumped from her flight. Then it stops payment on the check. Why? And is there anything she can do to get the money back?

By Christopher Elliott
Tribune Media Services

QUESTION: I was recently denied boarding on an Alaska Airlines flight from Boise, Idaho, to Sacramento. I was unable to check in early online, making me one of the last to check in at the airport.

I had to cancel an appointment and was rerouted through Portland. What should have been a half-hour stopover turned into a half day, and I arrived in Sacramento late in the evening.

Alaska Airlines wrote me a check at the airport for 200 percent of the amount of the original one-way ticket as compensation for the major inconvenience. Nice, right?

Not really. I've just found out that Alaska Airlines stopped payment on the check. My bank is charging me \$7 for depositing it, too.

Needless to say, I'm absolutely furious with Alaska Airlines. Over-

booking is a horrible practice. I can't support a company that allows me to purchase something they don't have to give. Is there anything you can do to get Alaska Airlines to make good on its promise? - Ashley Cates, Boise, Idaho

ANSWER: Yes, overbooking is a horrible practice. And once Alaska Airlines cut you a check, it should have honored it.

But should it have paid you for the denied boarding in the first place? According to Alaska Airlines' contract of carriage—the legal agreement between you and the carrier—the answer is "yes." It says that if you're bumped from a flight, you're owed 200 percent of the sum of the value of your remaining flight coupon to your next stopover, to a maximum of \$800, or half that if the airline can arrange comparable air transportation.

(You can read the whole contract online www.alaskaair.com/as/www2/company/tariff/domestic/tariff_domestic_toc.asp)

But hang on. Were you really denied boarding? You say you tried to check in online, and couldn't, so you were one of the last passengers to check in at the airport. The cut-off time for domestic flights is 30 min-

utes before departure, meaning that you would lose your confirmed seats if you show up with less than half an hour before your flight leaves.

Is it possible that the airline stopped payment on its check because you missed your flight?

It doesn't really matter. There are more appropriate ways of withdrawing a compensation offer. Alaska should have notified you and explained why it needed to stop payment on a check—not left it up to your bank to give you the bad news, along with a \$7 penalty.

One way you might have avoided all of this is by showing up to the airport with plenty of time. After the airline stopped its payment, I would have sent a brief, polite e-mail to the airline, asking it to fix the problem.

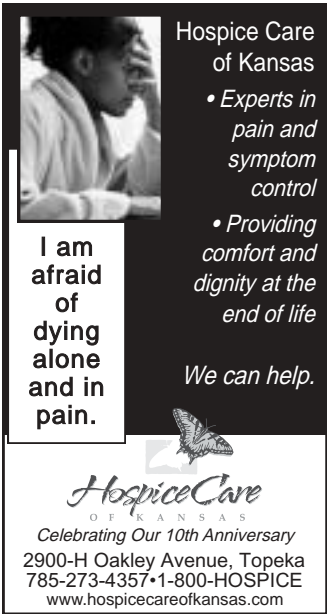
I contacted Alaska Airlines on your behalf. A representative called you and explained that payments had inadvertently been stopped on an entire batch of checks. In other words, your compensation was legit, as far as the airline was concerned.

Alaska Airlines issued another check for \$239 and a \$50 voucher for a future ticket. It also offered to refund your bank fee.

(Christopher Elliott is the om-

budsman for National Geographic Traveler magazine. You can read more travel tips on his blog, elliott.org or e-mail him at celliott@ngs.org).

© 2010 Christopher Elliott. Distributed By Tribune Media Services, Inc.



Hospice Care of Kansas

- Experts in pain and symptom control
- Providing comfort and dignity at the end of life

We can help.

Hospice Care OF KANSAS
Celebrating Our 10th Anniversary
2900-H Oakley Avenue, Topeka
785-273-4357 • 1-800-HOSPICE
www.hospicecareofkansas.com



Hancuff Place

**-Senior Living Offering the Best of Both Worlds-
A Peaceful Country-like setting, At Rates That Can't Be Beat!**

*****1 and 2-BR Apartments \$245 to \$434*****

(Ask about our medical expense credits & rental assistance program!)

We rent to Seniors and Disabled Persons. 

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

Luther Place

APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

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

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

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

5000 & 4900 SW Huntoon • 785-273-2944

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

Kaw Valley Senior Monthly



Have *Kaw Valley Senior Monthly* delivered right to your home. Just **\$15⁰⁰** for 12 issues!

Name: _____
Address: _____
City: _____ State: ____ Zip: _____

Mail this completed form along with \$15.00 to:

Groenhagen Advertising, L.L.C.
2612 Cranley St.
Lawrence, KS 66046

EPA addresses complaints about flea and tick products

The U.S. Environmental Protection Agency (EPA) is cautioning consumers about using flea and tick products with a statement posted on the EPA Web site (epa.gov, click on newsroom). The statement begins: "Due to a significant increase in adverse incidents, the U.S. Envi-

on? Could pets simply be more susceptible to the flea and tick products today than they were two years ago? I suppose, but experts concur that this is unlikely.

I think I might know what the problem is. Because there are more ticks in more places spreading more disease, sales of tick-control products are rising. So, in part, the problem is a matter of math: The more products sold, the more adverse events.

However, I believe, the story is more complex. Over the past few years, sales have begun a shift from veterinary clinics to online and over-the-counter. Consumers who purchase flea and tick products at their desks or in a store don't have the benefit of a veterinarian or veterinary technician to advise them on how and when to apply the products, or for that matter, what to buy in the first place.

Indeed, many people mistakenly buy the wrong product. For example, using a product meant for large dogs on small dogs, or one meant for dogs-only on a cat can be deadly. Such mistakes are less likely to occur with expert veterinary advice.

Over the past few days, I've received lots of mail on this topic, some readers expressing general concern about flea and tick products, and others 'coming out of the closet' to tell me of their bad experiences. Your complaints are obviously being heeded by the EPA. Here's the EPA response. Actions the agency is perusing, according to the EPA site, include:

- Requiring manufacturers of spot-on pesticide products to improve labeling, making instructions clearer to prevent product misuse.

- Requiring more precise label instructions to ensure proper dosage per pet weight.

- Requiring clear markings to differentiate between dog and cat products, and disallowing similar brand names for dog and cat products. Similar names may have led to misuse.

- Requiring additional changes for specific products, as needed, based on product-specific evaluations.

- When new products are registered, granting only conditional, time-limited registrations to allow for post-marketing product surveillance. If there are incidents of concern associated with the product, the EPA will take appropriate regulatory action.

- Restricting the use of certain inert ingredients that the EPA finds may contribute to the incidents.

- Launching a consumer information campaign to explain new label directions and to help users avoid making medication errors.

- In addition, to improve the regulatory oversight of pet products, the EPA will require more standardized post-market surveillance reporting on adverse effects, require submission of more sales information so

the agency can better evaluate incident rates, and bring up-to-date the scientific data requirements on pre- and post-market testing so they're more in line with the U.S. Food and Drug Administration's requirements.

I applaud the EPA for taking consumer complaints seriously. And the recommendations noted here are prudent.

However, my hope is that the EPA will add one more suggestion—whether a product is purchased at the vet clinic or elsewhere—that consumers contact a veterinarian to make sure they're buying the product that best suits their needs and their pet's needs, and that they understand exactly how and when to use the product.

While there may be no data currently available to verify that my recommendation would be as helpful as I believe, I don't see a downside to consumers seeking veterinary input before buying flea and tick products.

(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.)

© 2010 Tribune Media Services, Inc.



Steve Dale

ronmental Protection Agency is taking a series of actions to increase the safety of spot-on pesticide products for flea and tick control for cats and dogs."

I think the precautions the EPA outlines are fine, but the agency neglected to mention the most important preventative measure.

I'll outline the EPA suggested precautions, but first let me reveal what I believe to be true.

While adverse events certainly do occur as a result of using flea and tick products, confirmed problems are rare. I don't argue; the rarity of a problem means nothing if it's your pet that's suffering. Skin problems have been reported, as well as neurological complaints, which range from "being depressed" to seizures, and even death.

The EPA reports more complaints have surfaced over the past year or two, and that's why they've responded. Yet, the products themselves haven't fundamentally changed in the same period. So, what's going

GETTING MARRIED?



If you're planning your wedding, or helping someone else plan theirs, please check out the 2010 Northeast Kansas Wedding Guide. An online version is available at:

www.seniormonthly.net/weddings

Peace of Mind



As soon as you walk through the front door at Vintage Park Assisted Living you feel the warmth and friendly environment that residents here have come to expect. Living at Vintage Park provides them peace of mind so they can enjoy this time pursuing other hobbies and time with family and friends.

With Vintage Park's all-inclusive pricing and services tailored to each residents needs, the residents are always top priority. Vintage Park Assisted Living has a location in Baldwin City and one in Ottawa, KS.

Call Us Today So We Can Tell You More!



Vintage Park at Baldwin City
321 Crimson Ave. 785-594-4255

Vintage Park at Ottawa
2250 S. Elm St. 785-242-3715

www.skilledhealthcare.com

Onion marmalade adds sweetness to meat

By Wolfgang Puck
Tribune Media Services

Most people don't think of onions as sweet and mild. They're strong and pungent. They make you cry.

But onions also contain a lot of natural sugar. If you cook the onions gently and slowly, those sugars will caramelize while the more bitter elements become less harsh. The result is a fragrant, sweet, almost delicate vegetable that anyone can love.

In fact, I like to refer to onions cooked in this way as "marmalade," because they develop the same kind of texture and appealing sweetness you might find in a wonderful homemade jam. That becomes especially true if you add a touch of fruity balsamic vinegar and a little sugar or honey to the mixture. And yes, the savory nature of the root is also still there, in perfect balance, making a sauce of onion marmalade one of my favorite accompaniments for sauteed or grilled meat, poultry, or seafood.

Just such a presentation was one of the most popular dishes I served at Ma Maison, the Hollywood restaurant where I cooked in the late 1970s and early '80s before I opened Spago. My guests still love it when-

ever I put it on the menu.

I originally made the dish with veal medallions, slices cut from the loin. But that can be very expensive for home cooks, and I have found that the recipe works just as well with medallions of pork tenderloin. Ask your butcher to trim and cut the pork for you into neat slices of equal size. You can also make the recipe with medallions of boneless turkey breast.

As you'll discover, the recipe is very easy to make, especially compared to the sumptuous tasting results. If there is any secret at all to its success, you'll find it in preparing part of the recipe slowly, and another part quickly.

Let me explain. Slowness is essential for coaxing the maximum sweetness from the onions. First, saute them briefly to caramelize them a little bit. Then, cook them over gentle heat to bring them to the desired jam-like consistency and flavor.

Speed comes into play when you saute the pork medallions. Dusted with a little flour and seasoned with salt and pepper, these should be seared quickly to give their surfaces good color while keeping them moist inside. The quick cooking also develops a nice glaze in the skillet, which you then dissolve

with port wine and some broth to make a simple, flavorful reduction to spoon over the meat as a finishing touch.

In all, the entire recipe should take you no more than about an hour to prepare. And I guarantee you that, when you serve this recipe starring onion marmalade, the only tears at the table will be tears of joy.

PORK MEDALLIONS WITH ONION MARMALADE

Serves 4

- 4 tablespoons extra-virgin olive oil
- 3 medium-sized yellow onions, peeled, trimmed, and cut into 8 wedges each
- 1 teaspoon salt
- Freshly ground black pepper
- 1/4 cup balsamic vinegar
- 1 teaspoon honey
- 2 cups organic chicken broth
- 1/2 cup heavy cream
- 1-1/2 pounds pork tenderloin, cut into 8 equal medallions
- 1 tablespoon all-purpose flour
- 1/2 cup port
- 1-1/2 tablespoons chopped fresh chives

Heat 3 tablespoons of the oil in a large skillet over medium heat. Add the onions, sprinkle with 1/2 teaspoon salt and with pepper to taste, and saute, stirring frequently, until they just begin to turn golden around the edges, 7 to 10 minutes. Add the balsamic vinegar and stir and scrape with a wooden spoon to deglaze the pan deposits. Stir in the honey.

Add 1-1/2 cups of the chicken

broth to the skillet, raise the heat, and boil until the liquid has evaporated almost completely, stirring occasionally, leaving the onions with a soft, thick consistency like jam, about 20 minutes. Stir in the cream, reduce the heat slightly, and simmer until the mixture is again thick but soft, about 5 minutes more. Taste, adjust the seasonings if necessary, and then cover the skillet, remove from the heat, and keep the sauce warm.

Season the pork medallions on both sides with the remaining 1/2 teaspoon salt and with pepper to taste. Lightly dust them on both sides with the flour.

Over high heat, heat a heavy skillet large enough to hold the pork medallions in a single layer without crowding. Add the remaining 1 tablespoon oil and, when it flows freely in the skillet and shimmers, carefully add the medallions. Saute until golden brown on both sides and cooked through but still slightly pink inside, 3 to 4 minutes per side. Transfer to a platter and cover with foil to keep warm.

Carefully pour out any fat from the skillet. Return it to the heat, add the port, and stir and scrape with a wooden spoon to deglaze the pan deposits. Stir in the remaining 1/2 cup broth and boil until it reduces by half, 1 to 2 minutes.

Arrange a bed of onions on 4 heated serving plates. Arrange the pork medallions on top. With a spoon, drizzle the port sauce over the pork. Garnish with chives and serve immediately.

© 2010 Wolfgang Puck Worldwide, Inc.
Distributed By Tribune Media Services, Inc.



SHUTTERSTOCK.COM

Served with pork medallions and port wine sauce, onions will make your guests cry—with tears of joy!

www.seniormonthly.net

<h2>Restaurant Guide</h2>	
<p>McFARLAND'S <i>Restaurant</i></p> <p>Casual Dining, Private Parties Over 70 years of serving fine food 4133 Gage Center Dr. • Topeka • 785-272-6909</p>	<p>Chic-A-Dee CAFÉ</p> <p>"Good Home Cooked Food"</p> <p>Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216</p>
<p>Serving Topeka Since 1969</p> <p>Open 7 Days A Week 6:00 a.m.-3:00 p.m. 1034 S. Kansas Ave. 785-232-1111</p>	<p>Pizza, Sandwiches, Pasta, Salad Bar</p> <p>PIZZA CO. Family Dining Carryout</p> <p>500 E Front St. • Perry • 785-597-5133</p>
<p>Old 56 Family Restaurant</p> <p>2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p>	<p>Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.</p> <p>912 S. Chestnut Olathe, KS 66061 913-390-9905</p>

Professional Comfort Care Home Health Care

Licensed & Bonded. Providing Non-Medical and Medical Services.
Now accepting Medicare Clients, including Senior Discounts.

Payment options: Private Insurance with various waivers, Self Direct, Private Pay, etc.

HOME HEALTH SERVICES	SPECIAL SERVICES
<ul style="list-style-type: none"> • Private Duty Care Services • Nursing Home Care • Hospital Care • In-home Care • Adult Care/Youth Care • Hospice Companionship • Assisted Living • Medical Setup/RN 	<ul style="list-style-type: none"> • Doctor Appointments/Therapy • Respite Diabetic Care • Diabetic Blood Pressure • Housekeeping/Organization • Meal Preparation • Recreational Activities/Crafts • Errands • Shopping/Laundry

Call 785-832-8260 for more information
Equal Opportunity Employer. Now accepting applications.

Making Medicare make sense

QUESTION: I see that Medicare has redesigned their consumer Web site www.Medicare.gov. What are the new design features, and why was the Web site changed?

ANSWER: In April, the Centers for Medicare & Medicaid Services (CMS) posted a new and easier to use version of www.medicare.gov, the Medicare consumer-focused Web site. The updated Web site is part of the steps Medicare is taking to make using www.medicare.gov easier for Medicare beneficiaries, and people who care for them to find the information they need about Medicare. The improved Web site provides users with a summary of Medicare benefits, coverage options, rights and protections, and answers to the most frequently asked questions about Medicare.

The new design was focus-tested with Medicare beneficiaries, caregivers and operators at Medicare's helpline, 1-800-MEDICARE, who are some of the most frequent users of www.medicare.gov. The new design gives Medicare more flexibility to quickly update information that is important to users, especially people with Medicare and family members who care for them.

One of the best features of Medicare's redesigned Web site is a section at the very top of the home page for those who are new to the Medicare program. This is an excellent resource for baby boomers and the soon-to-be eligible for Medicare benefits to learn about Medicare. Next to the icon, "New to Medicare" and under a title, "Getting Started," are these selections: Are You a New Beneficiary?; Find Out if You're Eligible; Choosing or Changing Your Coverage?; Medicare & You 2010 Handbook; Apply Online for Medicare Now. By selecting the first option, "Are You a New Beneficiary?" you will find information on the six things you need to do if you are new to Medicare. This is very important information for any Medicare beneficiary—all on one page.

Another great feature in the middle of the home page is a box holding links to new developments with the Medicare program, titled, "What's

New" The current topics include: Improved COMPARE Data Interface & Web site; Latest on HealthCare Reform; Stop Medicare Fraud and Medicare Premium and Coinsurance rates for 2010.

Underneath the "What's New" section is a box titled, "Medicare Benefits" that has links broken down to the four parts of Medicare: Part A – Hospital Coverage; Part B Medical Insurance; Part C Medicare Advantage Plans, and Part D Prescription Drug Plans. On the Part C and Part D information pages you will find a link to compare your plan options and even enroll online, during enrollment time periods.

Finally, in the box at the bottom right hand corner titled, "Need Help," are information links that offer information to: contact Medicare and to get financial help with your out-of-pocket medical and drug costs, such as with your premiums, deductibles, co-pays and there is also information about qualifying for the Medicaid program. Also in the "Need Help," box is a link for appealing a claim, and another link for getting your Medicare questions answered through a variety of links to Web site resources such as your free State Health Insurance Assistance Programs, Social Security, the Coordination of Benefits Contractor, Railroad Retirement Board and many others. The remaining two links in the "Need Help," box are helpful for complaints, appeals and other concerns: "Have a Complaint About Your Care," and the "Ombudsman". The link to the Ombudsman will give you information about The Office of the Medicare Ombudsman's (OMO) core tasks as mandated by Congress. OMO receives complaints, grievances, and requests for information from people with Medicare and provides help regarding complaints, grievances, and requests for information and submits an annual report of OMO activities to Congress and the Secretary of Health & Human Services (HHS). This report includes the Ombudsman's recommendation for improvements to the Medicare Program.

Need a Rate Card?

Advertisers: If you would like a *Senior Monthly* rate card, please call Kevin at 785-841-9417, or e-mail rates@seniormonthly.net to receive an autoresponder message with rate information.

FOUR WAYS NORTHWESTERN MUTUAL HELPS PUT THEIR CLIENTS' MINDS AT EASE.

1

CONSISTENTLY LARGER DIVIDEND PAYOUTS

For the last 10 years in a row, Northwestern Mutual has paid out more life insurance dividends than any company in the insurance industry.* In 2006 alone, the total payout is \$4.27 billion to our policyowners. That's the kind of consistent performance that can really help you sleep at night.**

2

THE HIGHEST FINANCIAL RATINGS

Best possible insurance financial strength ratings by all four rating agencies: A++ A.M. Best; AAA Fitch Ratings; AAA Standard & Poor's; Aaa Moody's Investors Service, September 2005.

3

INDUSTRY LEADER FOR ALMOST 150 YEARS

That's a long time to be in business. And we think it's a testament to sound business practices.

4

EVEN OUR COMPETITION RESPECT US

Northwestern Mutual has been named FORTUNE® Magazine's "Most Admired" life insurance company by our peers in the insurance industry for 23 years. And this year is no exception. *March 6, 2006*



Nancy Jones
Financial Representative
The Jayhawk Financial Group
627 Monterey Way
Lawrence, KS 66049
(785) 856-2136 • (913) 269-1109
nancy.jones@nwmfn.com



Northwestern Mutual
FINANCIAL NETWORK®
the quiet company®

* Source: A.M. Best Company, includes Ordinary and Group Life Insurance Dividends.
** The policy dividend and the underlying interest rate are not guaranteed beyond 2006. Dividends are reviewed annually and are subject to change by the Company's Board of Trustees.
© 2010 Northwestern Mutual. Northwestern Mutual Financial Network is the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company, Milwaukee, WI (NML), and its subsidiaries and affiliates, and "the quiet company" is a registered trademark. Jay Jones is an insurance agent of NML life insurance, annuities and disability income insurance. 0423-027

CROSSWORD

ACROSS

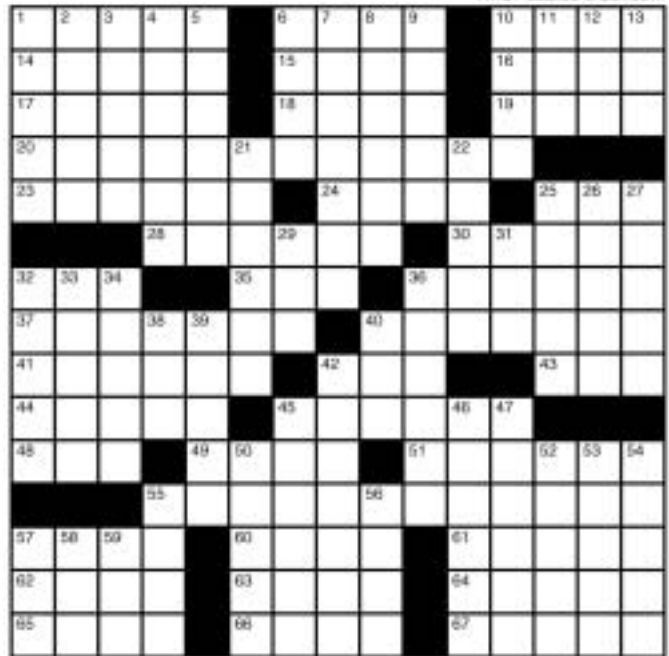
- 1 Olympian Johnson
- 6 Practical jokes
- 10 Verdi heroine
- 14 Slur over
- 15 The last word
- 16 Walk heavily
- 17 Bowling challenge
- 18 Actress Turner
- 19 "Born Free" lioness
- 20 Start of JFK quote
- 23 Buddhist enlightenment
- 24 Cassowary cousins
- 25 NAFTA participant
- 28 Firefighter's feat
- 30 Boredom
- 32 TV regulator
- 35 In favor of
- 36 Aphorism
- 37 Part 2 of quote
- 40 Part 3 of quote
- 41 Is unable 42 That girl
- 43 A Caesar
- 44 Poetic contraction
- 45 Abdominal exercises
- 48 Foxlike
- 49 Waste treatment center
- 51 Singer Twain
- 55 End of quote
- 57 Wise men
- 60 Palo __, CA
- 61 All confused
- 62 Elliptical
- 63 Banana wrap

- 64 Fix in the memory
- 65 Fit
- 66 Neophyte
- 67 "The Flying Dutchman"
soprano

DOWN

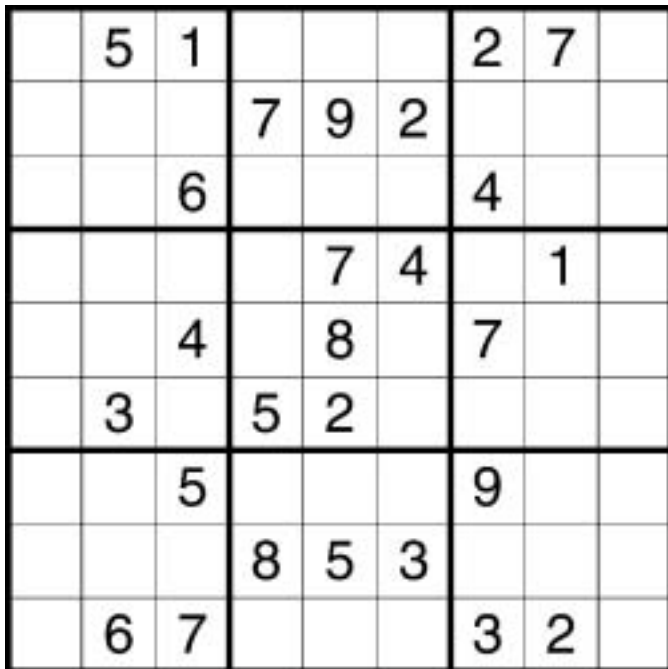
- 1 Takes ten
- 2 Brightest star designation
- 3 __ mignon
- 4 Newspaper bigwig
- 5 Apply for a pension
- 6 Nor'easter
- 7 Pastime athlete
- 8 Set of chromosomes
- 9 Blunder
- 10 Summit
- 11 Under the weather
- 12 John __ Passos
- 13 Oklahoma town
- 21 Square peg
- 22 Rhone feeder
- 25 College credits
- 26 Japanese dish
- 27 Directed a weapon
- 29 Romaine
- 31 Palindromic sister
- 32 Particulars
- 33 Very slow pace
- 34 __ Island, NY
- 36 Migratory songbird
- 38 Five before six
- 39 Cheese-and-wine dish: var.
- 40 Dewy
- 42 Jazz devotee

TMSpuzzles@aol.com



By Alan P. Olschwang
Huntington Beach, CA

- 45 "A Thousand Acres" writer
 - 46 Flasks
 - 47 Carolina river
 - 50 Not suitable
 - 52 Hebrew month
 - 53 Unmoving
 - 54 Former name of Guam capital
 - 55 Window part
 - 56 Alone
 - 57 Do lawn work
 - 58 Latin greeting
 - 59 Guy's sweetie
- © 2010 Tribune Media Services, Inc.



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

© 2009 Tribune Media Services, Inc.

JUMBLE THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Angrion

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

ROUCS
 () () () () ()

AKDEB
 () () () () () ()

VIDDIE
 () () () () () () ()

SINIST
 () () () () () () ()

www.jumble.com

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

Answer: " () () () () () () () () () () () () () () "

Answers to all puzzles on page 30.

BRIDGE

It's like pulling teeth

By Omar Sharif and Tannah Hirsch

North-South vulnerable. South deals.

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

The bidding:

SOUTH	WEST	NORTH	EAST
Pass	1♠	Dbl	3♠
4♥	Pass	4NT	Pass
5♣	Pass	5D	Pass
6♥	Pass	Pass	Pass

Opening lead: Queen of ♠

This deal is from the Cavendish Invitational Pairs Championship. Declarer was U.S. internationalist Larry Cohen of Boca Raton, Fla.

East's jump to three spades over the takeout double was pre-emptive and was not quite made with a Yarborough—the hand did contain two tens. South had a choice between a responsive double or a bid of four hearts, and was swayed toward the bid by possession of a fifth heart.

Four no trump was Key-Card Blackwood and, by agreement, five clubs promised one or four key cards (the king of trumps is the fifth control). Five diamonds asked about the queen of hearts and six hearts confirmed possession of her majesty while denying a side-suit king.

West led the queen of spades. When dummy appeared, it was obvious to South that East held nothing of value, and the only slight justification for his pre-emptive action was a singleton somewhere, and that was surely in hearts. Suppose that, after winning the first trick with the king of spades, declarer led a heart to the queen. West would win and exit with a diamond, locking declarer on the table. West would score the jack of trumps for the setting trick.

South found a neat solution to the problem. Before touching trumps, he cashed the ace and king of diamonds, removing West's safe exit cards. In with the ace of hearts, West was forced to exit with a black card. A spade would go to the ace, a club would run to the queen. Declarer could then finesse the ten of hearts, draw the outstanding trump and claim the rest of the tricks.

In the trade, this technique of removing a defender's safe exit cards is aptly known as the Dentist's Coup.

(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.)

© 2010 Tribune Media Services, Inc.

The Convenience of Care in the Comfort of Your Home



BREWSTER AT HOME™ IS A SINGLE SOURCE FOR HELP WITH MANY OF LIFE'S DEMANDS. SERVICES INCLUDE:

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

CALL 785-274-3303 TODAY!

www.brewsterplace.org



YOUR SAFETY IS IMPORTANT TO US

RE-BATH helps assure your safety by offering walk-in bathtubs, seated shower bases, grab bars and bath lifts.

Join us at "Boomers & Beyond" May 7 & 8 9 a.m.-5 p.m. Kansas ExpoCentre

BATHROOM TO SHOWER CONVERSION



WALK-IN BATHTUB



BATH LIFT



RE-BATH can convert your traditional bathtub or shower into a safe bathing area.

- DuraBath SSP® Shower Bases for Bathtub-to-Shower Conversions.
- Shower Seats and Grab Bars
- Walk-In Bathtubs
- BathGard Slip Resistant Bottom
- Wall Surround Systems to Match Your New Shower Base
- Bath Lifts

Call today for a free in home estimate!



Topeka Showroom: 2040 SW Wanamaker Ste 105

(corner of 21st and Wanamaker facing Target)

785-266-9800 • www.rebathkansas.com

Spice up your life on
Wellness Wednesday,
the first Wednesday of the month.

Everyone saves 5% on

**Vitamins
Supplements
Body Care Products
Bulk Herbs
Bulk Spices
Bulk Teas**

Community Mercantile Market & Deli
901 Iowa · Lawrence · Kansas 66044
785 843 8544 · www.TheMerc.coop

A new 'twist' in the law may help your mom

By Norm Franker

Social Security District Manager, Lawrence

Mom has always been there to nurture and take care of you. Mother's Day is the perfect time to give back and look out for her. If she's having a hard time paying for her prescription drugs, tell her about the Medicare Prescription Drug Plan and the extra help available through Social Security.

If your mother, or any special woman in your life, is covered by Medicare and has limited income and resources, she may be eligible for extra help to pay her monthly premiums, annual deductibles, and prescription co-payments. The extra help is worth an average of \$3,900 per year.

Perhaps you've looked into the Medicare Prescription Drug Plan for Mom before, and discovered that she did not qualify due to her income or resources. In 2010, the law has changed. As Chubby Checker will tell you, a new "twist" in the law makes it easier than ever to qualify for the extra help.

It's easy to figure out whether Mom is eligible for the extra help. To qualify, she must be receiving Medi-

care and:

- Have income limited to \$16,245 for an individual or \$21,855 for a married couple living together. Even if her annual income is higher, she still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples in which income may be higher include if she or her husband:

—Support other family members who live with them;

- Have earnings from work; or
- Live in Alaska or Hawaii; and

- Have resources limited to \$12,510 for an individual or \$25,010 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. We do not count her house or car as resources.

Thanks to this new "twist" in the law, we no longer count any life insurance policy she has as a resource, and we no longer count as income

JUMBLE ANSWERS

Jumbles: SCOUR BAKED DIVIDE INSIST

Answer: What she felt like when her hair was cut too short - "DISTRESSED"

© 2010 Tribune Media Services, Inc.

any financial assistance she receives regularly from someone else to pay her household expenses like food, mortgage or rent, utilities or property taxes. Don't take our word for it, see Chubby Checker's rocking message at www.socialsecurity.gov/prescriptionhelp.

While you're there, you can fill out an easy-to-use online application for your mom at www.socialsecurity.gov/prescriptionhelp. To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Application for Help with

Medicare Prescription Drug Plan Costs (SSA-1020). Or go to the nearest Social Security office.

If you'd like to learn more about the Medicare prescription drug plans and special enrollment periods, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

Maybe it's been a few years since Mom has taken to the dance floor to do *The Twist*. But saving an extra \$3,900 a year on prescription drugs may cause her to jump up and dance. What better gift could you give her this Mother's Day?

CROSSWORD SOLUTION



SUDOKU SOLUTION

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

NOSTALGIA NOTEBOOK

May 1940

Births

- May 8:** Toni Tennille, American singer
- May 9:** James L. Brooks, American film producer and writer
- May 15:** Don Nelson, American basketball player and coach
- May 18:** Lenny Lipton, American inventor, wrote lyrics to "Puff the Magic Dragon"
- May 20:** Sadaharu Oh, Japanese baseball player
- May 22:** Bernard Shaw, American journalist and television news reporter

Events

- May 10:** With the resignation of Neville Chamberlain, Winston Churchill becomes Prime Minister of the United Kingdom.
- May 13:** Winston Churchill, in his first address as Prime Minister, tells the House of Commons, "I have nothing to offer you but blood, toil, tears, and sweat."
- May 15:** The very first McDonald's restaurant opens in San Bernardino, California.
- May 29:** The Vought XF4U-1, prototype of the F4U Corsair U.S. fighter later used in WWII, makes its first flight.

May 1950

Births

- May 13:** Stevie Wonder, American musician
- May 29:** Rebbie Jackson, American singer

Events

- May 6:** Tollund Man is unearthed in Denmark.
- May 9:** L. Ron Hubbard publishes *Dianetics: The Modern Science of Mental Health*.
- May 11:** The Kefauver Committee hearings into U.S. organized crime begin.
- May 14:** *The Huntsville Times* runs the headline, "Dr. von Braun Says Rocket Flights Possible to Moon."
- May 25:** The Brooklyn-Battery Tunnel is formally opened to traffic.
- May 29:** *St. Roch*, the first ship to circumnavigate North America, arrives in Halifax, Nova Scotia.

May 1960

Births

- May 6:** Roma Downey, Irish-born actress
- May 10:** Bono, Irish rock singer (U2)
- May 14:** Ronan Tynan, Irish tenor
- May 15:** Julian Jarrold, English film and television director and producer
- May 20:** John Billingsley, American actor
- May 23:** Linden Ashby, American actor

Events

- May 1:** A Soviet missile shoots down an American Lockheed U2 spy plane; the pilot, Francis Gary Powers, is captured.
- May 3:** *The Fantasticks*, the world's longest-running musical, opens at New York City's Sullivan Street Playhouse, where it would play for 42 years.
- May 6:** President Dwight Eisenhower signs the Civil Rights Act of 1960 into law.
- May 15:** Sputnik 4 is launched into Earth's orbit.
- May 16:** Nikita Khrushchev demands an apology from U.S. President Dwight D. Eisenhower for U-2 spy plane flights over the Soviet Union.
- May 16:** Theodore Maiman operates the first laser.

Small interventions can ease caregiver burden

The next time you are in a physician's office, take a good look at the caregiver family members and spouses that are accompanying the "patients" who are there to be seen. Statistics indicate that those people may actually be at a higher health risk than the ailing patient they are bringing in to see the doctor! Particularly, elderly spouses acting as caregivers have a mortality risk that is 63



Dr. Jerry
Old

percent higher than others. Elderly caregivers often die before the person they are caring for!

At any given time, 25 percent of the adults in the United States report providing caregiving for an older adult. As our population ages, this number is likely to increase. Obviously, family caregivers perform an important service for our society, but they do so at a considerable cost to themselves.

What does caregiving encompass—just about everything! The list is endless: transportation, shopping, housekeeping, emotional support, hugs, sharing memories, cooking, feeding, giving medications, nursing care, personal care, hygiene, financial management, to just name a few. Hence the term "Caregiver Burden"—caregiving is exhausting work.

But the "burden" is subjective. Studies suggest that the degree of physical impairment does not correlate with caregiver burden. That is, caregiving to someone who is totally disabled physically may not be a tremendous yoke. As a matter of fact, many caregivers find rewards in caring for this type of appreciative individual.

The dementia diagnosis provides the greatest burden on the caregiver. Unfortunately, dementia is increasing as we live longer. It is present in 10 percent of individuals over 65, but jumps to 47 percent in persons older than 85 years. The point is that most of these persons are cared for at home—often by an elderly spouse who is the least likely qualified person to do the caregiving.

In these situations, the caregiver tends to put the needs of the ill person ahead of their own. They often deny their own healthcare, while taking the person they are caring for to the doctor. They have no time for self care or exercise, and sleep quality and nutri-

tion are often poor. Medical studies have shown that the immune function of such caregivers may decrease making them more susceptible to viral illnesses, other infections, depression and anxiety. Even an increased risk of cancer has been observed.

Memory loss itself is not that limiting—we can get by pretty well in our society if we can't remember things, but behavioral issues are extremely frustrating and hard to deal with. For example, the person you are caring for may not know you anymore—they are not the same person. Behavioral issues, such as yelling, hitting, wandering, and incontinence make caregiving in the dementia patient very difficult. The caregiver may not get any thanks (they may get only rejection) from the person that is being cared for, which adds to the frustration.

Ironically, what family members and physicians often recommend—nursing home placement—may not solve the problem. Even after institutionalization, many elderly spouses continue to be directly involved in caregiving. They still get up early and arrive at the nursing home to help their loved one get ready for breakfast. They often spend the day at their bedside, continuing to give care and support. They still don't sleep well at night either worrying about their loved one, or feeling guilty for not being there. They still don't have time for themselves, and now have the additional stress of being in a

strange place, learning new routines, having other people around, and dealing with the financial burden.

Therefore, interventions that better prepare the caregiver—not just the patient—for a placement transition is essential!

It is important for caregivers to recognize the stress they are under. Help is needed when the caregiver begins to feel overwhelmed—low energy level, no time for themselves, trouble sleeping, no time for relatives or friends, trouble eating (too much or too little), loss of interest, anger, or a feeling of "why me!"

What kind of help is available? Community agencies can be found through "Eldercare Locator" (Telephone 1-800-677-1116). This is a nationwide service on aging that can help locate services such as adult day care, home aids and social workers in the given area.

If the diagnosis is appropriate, and aggressive cure is not possible, Hospice is another organization that has also proven to be of benefit. Anyone on Medicare has a hospice benefit that requires no co-payment. Studies show that a patient being on Hospice is associated with a significant reduction in the risk of death of the hospice patient's caregiving spouse.

When a patient's symptoms—especially pain—are relieved, the caregiver burden is relaxed. If financial restraints are present, the hospice Medicare Benefit also includes payment for all medications

related to the diagnosis and all medical equipment. This includes oxygen supplies, assistive devices, wheelchairs, hospital beds, low air-loss mattresses (to prevent skin break down), and other supplies.

Another enormous benefit to family caregivers from Hospice is "Respite." Respite means a break for the caregivers—usually five days. Hospice can pay for short term placement of the patient allowing the caregivers a much needed rest. This is available every 60 or 90 days depending upon how long the patient has been on hospice services.

Small interventions can make a big difference in a caregiver's life. Just having an hour a day, while the hospice employee is there, to sit on the front porch in the sun may cure the mental status changes that come from depression. Simple listening, by the hospice professional or the volunteer often validates the caregiver's position and makes them feel not alone. Finally, just the caring presence of another human can prove to be invaluable.

I learned a little rhyme somewhere—"You can pretend to know, you can pretend to care, but you cannot pretend to be there. A visit, or the simplest word of encouragement to a caregiver, might just make their day!"

- Jerry Old, MD is chief medical officer with Hospice Care of Kansas. He is also geriatric clerkship director and associate professor at the KU School of Medicine-Wichita.

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



FULL COLOR

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

***Includes flyer design and printing!**

Cardiovascular Specialists of Lawrence



Affiliated with Lawrence Memorial Hospital

My heart's in the right place. Is yours?

There's only one high-performance team I want to be on - the hometown team of Cardiovascular Specialists of Lawrence and the Heart Center at Lawrence Memorial Hospital.

When you choose one of our cardiologists, you'll know that your heart is in the right place, too.

According to the American College of Cardiology, the LMH Heart Center ranks first in heart attack care among 949 hospitals of similar size. We provide around-the-clock, rapid-response emergency heart care with excellent clinical outcomes. **Together, our cardiologists have performed thousands of life-saving procedures.**

Tapas Ghose, M.D., is board certified in internal medicine and board eligible in interventional cardiology, cardiovascular disease, vascular medicine and endovascular medicine. He graduated from the University of Kansas School of Medicine and completed his fellowship training in cardiovascular disease at the University of Missouri-Kansas City and interventional cardiology at Mid America Heart Institute. When he's not saving lives, Dr. Ghose enjoys a hearty pick-up game of soccer.

