

# Kaw Valley Senior Monthly

**FREE!**  
Take One Home With You

May 2013

Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 12, No. 11

## INSIDE

KEVIN GROENHAGEN PHOTO



**Dee Boeck:  
Running for  
fitness and fun.**

**See story on  
page three**



The Spring 2013 issue of *Amazing Aging!* is included in this month's *Senior Monthly*. See inside.

- Business Card Directory...22, 23
- Calendar .....18
- Health & Fitness .....14, 15
- Humor.....24
- Mayo Clinic .....17
- Personal Finance.....13
- Pet World .....25
- Puzzles and Games.....32, 33
- Restaurant Guide .....26
- Retire Smart.....16
- Travel Troubleshooter .....27
- Wolfgang Puck's Kitchen.....26

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

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

  
National Church Residences  
CEDAR SQUARE

Affordable Apartments for  
Seniors age 62+



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

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

1550 South Cedar • Ottawa, Kansas 66067 • Phone: 785.242.8110 • TDD: 614.442.4390 • [www.nationalchurchresidences.org/cedarsquare](http://www.nationalchurchresidences.org/cedarsquare)

*A Community of Friendship. A Community of Support.*

# MAKE YOUR MOVE BEFORE THE WEATHER GETS BAD!

*Secure a worry-free, maintenance-free, opportunity-filled lifestyle before the chilly fall and snowy winter months arrive. Enjoy the warmth and comforts of retirement living at Capital Ridge. Call Now!*



**LEGEND**  
ASSISTED LIVING & MEMORY CARE  
at Capital Ridge

1931 SW Arvon Place  
Topeka, KS 66615

Experience a lifestyle of service and peace of mind. Capital Ridge combines service and support with friendship and fun for the most rewarding assisted living available in Topeka.

*What are you waiting for?*

**Call us at 785.272.9400**

Residence by  
**LEGEND**  
SENIOR LIVING

*A Mission to Serve. A Passion for Care. With the strength of over twenty years experience in the senior living industry.*

LegendSeniorLiving.com

# Boeck's love of running started with elective class

By Billie David

When Dee Boeck enrolled in a general fitness class at KU back in 1977, she was just filling her requirements so she could graduate. She had no way of knowing that it would lead to an interest in running that has given her enjoyment for over 35 years.

"I was a late bloomer," said Boeck, who had been attending the University of Minnesota for two years but left after she experienced college burnout. Not sure what she wanted to do in the future, she came to Kansas to help out a couple of friends who lived in Newton and needed someone to stay with their three children while they were away.

"I came here, took care of the kids, then looked for a job and decided to attend school," Boeck said.

She selected the University of Kansas where she majored in political science, and she chose the fitness class as an elective.

"I didn't do any organized sports," Boeck said of her school years in Minnesota. "There was nothing for girls even in high school. In college I didn't do any sports, although I did make about 120 parachuting jumps during my two

years at the University of Minnesota. The class at KU was just a general fitness class. I didn't look at it as a sport."

Boeck was in for a surprise. "I discovered I could run better than everyone else in the class. That was the first year that they let women in the class," she said.

Boeck was 28 years old at the time and that year Avon sponsored some women-only races. She entered the 10K race, which is equal to 6.2 miles, with two other women with whom she had been running.

She was hooked and now, at age 63, she's still running and still winning trophies.

"I was competitive and I enjoyed the awards and medals," she explained.

Boeck graduated from KU in 1977 and worked two years in the Lawrence district attorney's office, then took a job at the attorney general's office in Topeka, where she worked as an investigator with the crime victim's compensation board.

"They have funds available to help innocent victims with injuries—physical and mental—and my job was to determine if they were eligible," Boeck said.



Dee Boeck

Boeck kept her job there for the next 22 years, going through four different attorneys general.

"While I worked in Topeka I joined the Y—they had YMCA and YWCA—and at times I joined both of them," Boeck said. "Both had noon running groups and that was wonderful for me because I had a young child at home

and it was hard to get it in after work." Eventually the commute to Topeka got old, and she took advantage of reaching the "magic number" where her age and her years of service added up to retirement age under the KPERS system.

"I liked my work, though, and I wanted to continue, so I contacted the

■ CONTINUED ON PAGE FOUR

## Kaw Valley Senior Monthly

**Kevin L. Groenhagen**  
Editor and Publisher

*Kaw Valley Senior Monthly* is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$7.50 for 12 monthly issues.

### Contact us:

**MAIL**

2612 Cranley St.  
Lawrence, KS 66046

**PHONE / TEXT**  
785-841-9417

**E-MAIL**  
kevin@seniormonthly.net



**DRURY PLACE**  
Affordable Retirement Apartments

*Call for more details.*

*My husband and I moved to Drury Place over 7 years ago, and I have chosen to stay on since his death. It's home! Having lived in a rural area before coming here, I particularly enjoy the spaciousness and beauty of the surrounding area. Being a smaller complex also has its advantages. It's so easy to become acquainted with the other residents. The design of the building makes you feel at home. They provide many things we want and need, such as transportation, activities in which to participate, and light housekeeping.*

June Pine  
Lawrence

LAWRENCE SANDY NELSON  
Director  
785.841-6845  
druryplacealvamar.com

785.273.6847  
druryplacetopeka.com

TOPEKA ANDREA GRAHAM  
Director

# Dee Boeck

■ CONTINUED FROM PAGE THREE

district court in Lawrence and asked if they had a part-time job here," Boeck said. "They actually needed somebody to work in court services."

Boeck's job now is to do criminal history checks. When a person is convicted of a crime she tracks down their criminal history, which then goes to the judge, who uses the information to help determine the sentence.

Boeck actually enjoys her commute now.

"Now I commute by bicycle and I love it. I live two miles from work. Even this winter I bicycled to work," she said.

That's where growing up in Minnesota, with its cold winters, came in handy.

Boeck can identify with Garrison Keillor's *A Prairie Home Companion* radio program, having attended a small Lutheran parochial school, where her graduating class of 13 students recently held their 50<sup>th</sup> anniversary reunion.

"I listen to Garrison Keillor all the time. I can really relate to it," she said. "It is very accurate, growing up in a small Lutheran community, and I had two uncles who were bachelor farmers.

"I grew up on a farm," she continued. "We had so much freedom then, we could roam a mile from home, go through pastures and fields, and our parents didn't worry."

Boeck had two sisters and no brothers, so the girls helped with everything around the farm, including driving tractors and cleaning barns, and nobody told them, "you can't do that because

you are a girl," which helped the three sisters develop a sense of self-reliance.

Although the school had no organized sports for girls, Boeck did enjoy bicycling and biked through the Canadian Rockies with some of the other girls as part of the American Youth Hostel program while she was a student at the University of Minnesota. They also biked through the Olympic Peninsula, which is in the northwest part of Washington.

In fact, her love of bicycling is how Boeck met her husband, Gene Wee, who is also a runner.

"After I started at KU, one of the first things I did was join the bike club," she said, "and that's how I met Gene and we married in 1976."

The two of them soon bicycled to Montreal together, covering 1,000 miles in just 10 days.

"That was quite an experience," Boeck said, adding that when they married she kept her last name. And no, it was not because she wanted to avoid having the name of Dee Wee.

Her husband's parents were from China and, according to custom, had already arranged for their son to marry somebody else, so it took her a little while to win them over.

"They eventually came around," she said.

Boeck still enjoys bicycling, although her favorite places to bike have changed as the traffic in Lawrence has increased. Now she enjoys biking to Lakeview, to Lone Star Lake, and at times to Lake Perry.

"There are also a lot of good roads that they have paved between Lawrence, Vinland and Baldwin," she said.

Her husband also enjoys running,

and both of them are members of run-Lawrence, which Boeck helped found 10 years ago with two other runners.

RunLawrence is an affiliate of the national organization known as RRCA, or Road Runners Club of America, an umbrella organization for running clubs all over the United States.

"We did it because we wanted to put on a big road run in Lawrence," Boeck said, explaining that there is an advantage to having a running club in terms of insurance coverage and also getting help with the steps involved in putting on a race, including obtaining a permit and getting permission from the police.

"The RRCA has expertise, guidelines and experience to help with the process," she said. "We have monthly meetings, social events, club group runs and an annual picnic."

They also have established the local Thanksgiving Day 5K. The first year it was held they had 100 entries, but that number has almost doubled every year so that last year, on its ninth anniversary, there were 1,200 runners taking part in the event.

About seven years ago, her husband

started a website for the club at run-Lawrence.org.

"He does an excellent job," Boeck said. "He keeps it interesting. He is also an excellent photographer, and he takes pictures of the races and posts them on there."

The website also gives runners advice, updates on the weather, running times of local participants at the various races, an events calendar, minutes from the club meetings and much more.

One recent event featured on the website concerns local runner Jon King, who invited people to run a 5K starting in South Park the day after the Boston Marathon to show support for people affected by the bombing there. The money raised from the event went to local first responders, which a representative from Boston recommended with the idea that if everyone were to support their local responders then everyone would be prepared on a local basis and the funds would be protected from being misspent in the emotion of the moment.

Although there are about 20 active members of the runLawrence club,

# Dee Boeck

■ CONTINUED FROM PAGE FOUR

many more often show up for their get-togethers because their family members also tend to be involved, which encourages the younger generation to develop healthy lifestyles.

Another way the club encourages youth to become involved is to work with Woodlawn School in North Lawrence to organize the Thanksgiving Day run.

"The entire school is involved," Boeck said. "Art students submit designs for t-shirts, and a week before the race students from the gym class go through the route and leave flyers notifying people about the race. The Woodlawn PTO is involved with the Fun Run on the same day, and some of the proceeds go to the school."

At this point, runLawrence doesn't have a specific program just for seniors, but most of the women Boeck

"Many 50-year-olds start running and they do great," Boeck said. "It generally takes about seven years to reach your peak in running."

Boeck's advice to seniors who are already running is to keep it up.

Boeck herself thought at one time that if she had to have surgery to keep running, as she had seen other seniors do, it would be a sign that she was too addicted to the sport and she would quit because it would be counterproductive and destructive. But now, after having had surgery on both of her knees, her perspective has changed.

Both of her knee injuries involved cartilage tears, and the surgeries were minor. "If I had stopped running I could easily have lived with it but I wanted to keep running," she said, adding that with each of the two orthoscopic surgeries she was back running in a month or two.

"I have been back to normal ever since," she said. "I was told that most of the population past 60 will have similar tears and that running did not cause it but it did make it more uncomfortable. There are other health benefits that help override any negatives. My doctor told me that I'm in such good health because of my running, and she told me to keep it up."

If you aren't already running, you can start by walking and move on to alternating walking and running, Boeck advised.

"Gradually work up to where you can run around the block," she said. "Find another person to run with if you lack motivation. But absolutely, absolutely get good shoes. Go to a good running shoe store and get fitted for a proper pair of shoes. Don't just rely on brand names. It may seem expensive, but it is worth it, and you are so much more likely to keep running if you do."

Over the years, Boeck has won a number of plaques and medals, which she attributes to the fact that she competes with others in her age group.

"Every five years you start in a new age group and that's great," she said. "People look forward to entering a new age group."

One of the awards she finds most satisfying is presented by the Grand Prix, a series of about 20 races put on in the area by the MARA, or Mid America Running Association out of Kansas City.

"They put on a series of races and give points to runners of every age group. I have won for approximately

12 years," Boeck said. "That has been the most meaningful for me because it is a measure of consistency."

Of course, when you and your husband run in so many races you begin to collect a lot of t-shirts—around 40 a year—many of which they have donated to charity.

But it has also led to a hobby that Boeck takes much pleasure in.

"Stitch On had a class on how to make t-shirt quilts," she said. "I took the class and made four quilts and I taught others how to make them."

One thing led to another and Boeck took a few more quilting classes.

"I have made oodles and oodles of quilts, and I love it," she said, adding that it provides a major form of relaxation for her.

She has set up a quilting area in her basement with all of the equipment she needs.

"When I go down there I feel like I'm in another world, and I have a really great product when I'm done," she said.

## ADVANCED HOMECARE

**MEDICAL EQUIPMENT RENTAL AND SALES**

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






**Always Improving the Quality of Your Life!**

2851 Iowa St • Lawrence

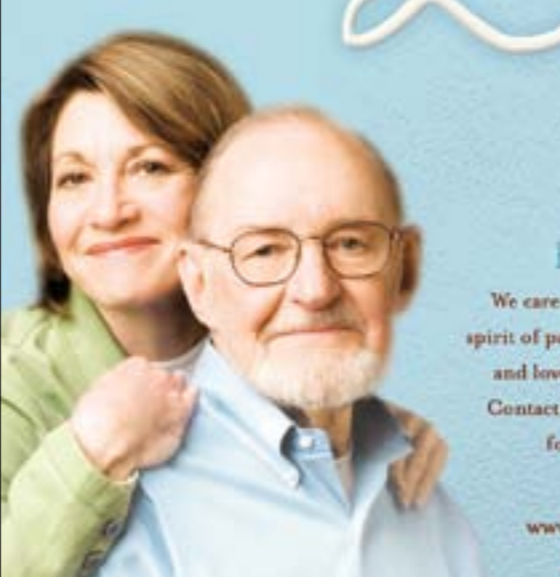
**785-841-2200**

www.advancedhomecarekansas.com

**24 Hour Emergency Service 1-800-827-9406**

We've enriched  
Steve and Linda's


# Life



**Hospice Services**

We care not only for the mind, body and spirit of patients like Steve, but of their family and loved ones, like his daughter Linda. Contact us anytime, or ask your physician for a no-obligation referral.

785.271.6500  
www.heartlandhospice.com

**Heartland**   
Enriching life.



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.



## VALLEY SPRINGS SENIOR APARTMENTS

*Country Living at its Best.*

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

*Opening doors to a beautiful lifestyle for over forty years!*

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

**\$150 discount on first month's rent!**

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

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

Call for a free, no-obligation appointment

**Lawrence • 856.8181  
Topeka • 272.6101**

for our digital brochure visit  
[www.HISC584.digbro.com](http://www.HISC584.digbro.com)

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

# Local artist leaves legacy to Lawrence **James Patti**

By Kristin Scheurer

A prolific artist and well-known downtown shoe cobbler, James Patti is still remembered for his extraordinary sculptures. Patti chose sculpture over other artistic mediums because he believed in its unlimited possibilities. He studied and worked with the late Bernard (Poco) Frazier and with Professor Elden Tefft at the University of Kansas. Patti served as executive director for the Kansas Sculptors Association and initiated community events such as the Downtown Lawrence Outdoor Sculpture Exhibition and carving workshops teaching sculpting techniques and methods. During his career, Patti created many notable masterpieces that are on public display in Lawrence.

In connection with the 1976 Bicentennial celebration, Patti created a statue of American writer and social activist Langston Hughes. The statue

portrays Hughes as a boy delivering the *Saturday Evening Post* and holding a book by W.E.B. Du Bois. Patti made the structure using a 12-piece mold coated with bronze colored polyester resin and filled with polyester resin, silicate sand, and marble dust. Today it is on display at the Watkins Museum.

In 1982, ABC-TV commissioned Patti to make a life-sized plaster statue of a pioneer man for the television movie *The Day After*. Since the producers planned to film the sculpture and then later destroy it in a subsequent scene, Patti used impermanent materials such as water pipe, Styrofoam and plaster.

In 1988, Patti designed a buffalo statue permanently located at the intersection of Clinton Parkway and Lawrence Avenue. Patti and members of the Kansas Sculptors Association sculpted the buffalo from four tons of stone. Today the neighborhood lovingly decorates the buffalo to celebrate



From left to right: Craig Weinaug, Celia Patti, James Patti, and Frank Janzen. Patti is holding his ceramic sculpture of Leo Beuerman.

festive seasons.

On March 10, Patti received special recognition for his artwork memorializing Leo Beuerman, a Lawrence icon. Beuerman's life story became famous in a 1969 Academy Award-nominated

film. Standing three feet tall, Beuerman was unable to walk or speak clearly, and he was deaf and nearly blind. He made his living selling pencils, pens, and other items from a handmade cart

that he parked on downtown Lawrence streets. Years ago, Patti designed a bronze plaque and unglazed ceramic sculpture in Beuerman's memory. The plaque was originally displayed outside Teller's Restaurant. However, sidewalk seating that was later installed blocked the plaque.

The City of Lawrence relocated the iconic plaque to a new location in a downtown flowerbed. A rededication of the Beuerman plaque, which included the playing of the documentary video, "Leo Beuerman," inside Teller's, took place on April 20. During the transition, Frank Janzen, Kim Tefft, and friends brought the plaque and sculpture to Patti's Bridge Haven home so he could see them again. Patti recognized both items and exclaimed, "I made that!" An upcoming reception is in the works to commemorate Beuerman's legacy and to honor Patti for his contribution.

The Lawrence Cultural Arts Commission will be celebrating the 25th exhibition of the annual Downtown Sculpture Exhibition that Patti began in 1987. On June 15 at 5:50 p.m., Patti will be honored at the opening reception and walking tour of the exhibition. Patti is expected to attend.

- Kristin Scheurer is the marketing director at Bridge Haven Memory Care Residence and Bridge Haven Care Cottage in Lawrence.



**Above:** Debra Kasson-Jones, Leo Beuerman's great-great niece, addresses the crowd during the rededication of the Leo Beuerman plaque on April 20. Dozens of Beuerman's family members and friends turned out to remember Beuerman. "We never thought of Uncle Leo as being disabled," Kasson-Jones said. "We just saw him as Uncle Leo." **Upper right:** The Leo Beuerman plaque that James Patti created in 1976. The plaque states, "Remember Me. I'm that little Man gone blind. I used to sell Pencils on the street corner." The plaque is now displayed in a flowerbed outside of Teller's Restaurant. **Lower right:** Patti's ceramic statue of Leo Beuerman.



**LIFE CONNECTIONS, INC.**

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

We accept Medicare and other Insurance

**Vicky A. Walters, LSCSW**  
Certified Aging Specialist

Vicky@LCTopeka.com 785-213-2342

A name you can trust for **rehabilitation and health care.**

ManorCare – Topeka  
2515 SW Wanamaker  
Topeka, KS 66614  
785.554.2685

**ManorCare**  
Health Services

A PROVEN LEADER in health care

**Affordable Senior Living**

**Clinton Place Apartments**

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

**La Colonia Retirement Community**

- Complete maintenance
- Off street parking
- Emergency call system
- Utility allowance
- Rent is based on resident's income
- Lounge & recreation room
- 24-hour security
- Staff on call 24 hours
- Water & trash paid
- Lawn care
- Weekly shopping transportation
- In house laundry facilities

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

Get Healthy Savings On  
**Wellness Wednesday**  
Everyone Saves 5% On

- Vitamins
- Supplements
- Body Care
- Bulk Herbs
- Bulk Spices
- Bulk Teas

Wellness Wednesday is the first Wednesday of every month.

**The Merc Community Market & Deli**  
901 Iowa - Lawrence - 785 843 8544  
www.TheMerc.coop

# Social Security honors all who served and sacrificed

**By Kristine Warren**  
Social Security District Manager in Topeka, KS

Every day of the year, Americans across the nation remember friends and family members who have served and sacrificed for their country. Memorial Day is a day when we all come together to honor those who have given their lives in the defense of freedom and the principles we hold dear in this country.

May is also National Military Appreciation Month. As we observe Memorial Day and Military Appreciation Month, we would like to let members of our military know how much we value what they do for our nation.

At Social Security, we offer a wide range of services for our service members.

Families of fallen military heroes may be eligible for Social Security survivors benefits. Learn more about Social Security survivors benefits at

[www.socialsecurity.gov/pgm/survivors.htm](http://www.socialsecurity.gov/pgm/survivors.htm).

For service members who return home with injuries, Social Security is here to help. Visit our Wounded Warriors website. You can find it at [www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors). We use an expedited process for military service members who become disabled while on active military service, regardless of where the disability occurs.

The Wounded Warriors website answers a number of commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. It is important to note that benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if

they are unable to work due to a disabling condition. Active duty status and receipt of military pay does not necessarily prevent payment of Social Security disability benefits. Receipt of military payments should never stop someone from applying for disability benefits from Social Security.

If you've served in the Armed Forces and you're planning your retirement, you'll want to read our publication,

Military Service and Social Security at [www.socialsecurity.gov/pubs/10017.pdf](http://www.socialsecurity.gov/pubs/10017.pdf).

You also may want to visit the Military Service page of our Retirement Planner, available at [www.socialsecurity.gov/retire2/veterans.htm](http://www.socialsecurity.gov/retire2/veterans.htm).

At Social Security, we honor all those who served in the military and we remember those who died for their country.



**Quality in-home services starting at \$10/hour.**

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



**842-3159**  
[www.trinityinhomecare.org](http://www.trinityinhomecare.org)

## Prevention, detection tips for the most common type of cancer

(BPT) - One in five Americans will get skin cancer in their lifetime, according to research published in the Journal of the American Medical Association. Melanoma, the most lethal form of skin cancer, has steadily increased over the past three decades—to the rate of one American dying an hour from it, according to the Skin Cancer Foundation. Detecting melanoma when it is most treatable is key to survival. Fortunately, you can take steps to reduce your risk of getting skin cancer, and improve your chances of catching it in its most curable stages.

### Preventing skin cancer

While no type of cancer is 100 percent preventable, you can do a lot to minimize your risk of developing skin cancer, including:

- Always wear sunscreen when you go outside, even during winter months. In summer, use a broad spectrum sunscreen with an SPF of 30 or higher
- For further sun protection, wear long sleeves and hats outdoors, especially if you'll be in direct sunlight for an extended period of time. Many sportswear and swimwear manufacturers offer long-sleeved garments made from lightweight, breathable materials that will keep you cool and dry while shielding you from the sun

■ CONTINUED ON PAGE 10



PETERSON KRISCHE VAN HORN

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

Mention you saw this ad in Senior Monthly



**(785) 842-0705**  
530 FOLKS RD • LAWRENCE  
[www.pkvdds.com](http://www.pkvdds.com)

## Whatever the Season, Whatever the Reason!



### Make Vintage Park Your First Choice For Assisted Living

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

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

**Call Vintage Park today!**



**BALDWIN CITY**  
Vintage Park at Baldwin City  
321 Crimson Ave.  
Baldwin City, KS 66006  
785-594-4255  
[www.vintageparkbaldwin.com](http://www.vintageparkbaldwin.com)

**OTTAWA**  
Vintage Park at Ottawa  
2250 S. Elm  
Ottawa, KS 66067  
785-242-3715  
[www.vintageparkottawa.com](http://www.vintageparkottawa.com)

**TONGANOXIE**  
Vintage Park at Tonganoxie  
Tonganoxie, KS 66086  
120 W. 8th St.  
913-845-2204  
[www.vintageparktonganoxie.com](http://www.vintageparktonganoxie.com)

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

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




# GET FRESH

#3 EASY TIP

Processed foods and prepared foods are the greatest sources of sodium in the American diet (75 percent by some estimates). Choose fresh and homemade foods over processed foods whenever possible. Favor fruits, vegetables and whole grains. Learn where sodium hides, and make healthier choices.

**SPOT THE SALT**

[SPOTTHE SALT.COM](http://SPOTTHE SALT.COM)

SIMPLE WAYS TO REDUCE SODIUM

# Stehley receives Pioneer Award

Jay Stehley, president and CEO of Interim HealthCare of Topeka, Wichita and Hutchinson, was recognized for excellence at the Interim HealthCare Inc. National Conference & Awards Ceremony.

In an awards ceremony held during the National Franchise Conference held April 7-9 in Boca Raton, Fla., Jay was recognized by the National Headquarters for excellence in growth and leadership during the 2012 business year.

Jay received the Pioneer Award, Interim's most prestigious award, which is presented to the franchisee whose strategy and results demonstrated a pioneering, entrepreneurial spirit, and action. In addition to blazing the trail, the Pioneer Award winner shares the map and tools with others that choose to follow.

Kathleen Gilmartin, president & CEO of Interim HealthCare Inc., stated, "I am proud of all of our award winners. They serve as examples for everyone in our franchise network. Their dedication and commitment to



**Jay Stehley**

growing their businesses is indicative of the quality of franchisees that continue to set us apart and make us a true industry leader in community based home care, personal care and support services focused on senior care, health care staffing and hospice services."

## 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](http://www.brewsterplace.org)



## LIVING LIFE WITH Grace

At **GRACE HOSPICE**, our focus is on the quality of life.

Working as a team, we plan and coordinate care that centers on the physical, social, spiritual and emotional needs of our patients and their loved ones.

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



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

<p>– TOPEKA –                  3715 SW 29<sup>th</sup> St., Ste. 100 • Topeka, KS 66614                  (785) 228-0400                  Fax (785) 228-9049</p>	<p>– LAWRENCE –                  1420 Wakarusa, Ste. 202 • Lawrence, KS 66049                  (785) 841-5300                  Fax (785) 841-5310</p>
<p><b>Toll Free: 800-396-7778</b></p>	
<p>– KANSAS CITY –                  9233 Ward Parkway Ste. 201 • Kansas City, MO 64114                  (816) 444-4611                  Fax (816) 444-9480</p>	<p>– LEAWOOD –                  8900 Scam Line Rd., Ste. 459 • Leawood, KS 66206                  (913) 948-9473                  Fax (913) 948-9477</p>
<p><b>Toll Free: 866-878-4611</b></p>	

YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.

# Skin cancer

■ CONTINUED FROM PAGE 10

• Avoid tanning, including tanning beds. Multiple studies have found that indoor tanning increases your risk of melanoma by 75 percent, and the risk grows with every use

### Detecting skin cancer

Detecting skin cancer when it is most curable is one of the most important ways to ensure a positive outcome for skin cancer treatment. Your detection efforts should include:

- Conduct self-checks. Regularly examine your own skin, looking for changes in the appearance of moles. Use a mirror to look at your back, or have a loved one help. Don't rely on smartphone technology for diagnosis. Some consumers are using smartphone applications for medical guidance on irregular moles. A recent study conducted by researchers at the University of Pittsburgh found that these apps are

not reliable tools, with three out of four applications incorrectly classifying 30 percent or more of melanomas as un concerning

- Visit a dermatologist for an annual skin cancer check. Ask your dermatologist about MelaFind, an FDA-approved diagnostic tool that helps dermatologists catch melanoma when it is most curable. Non-invasive and painless for patients, MelaFind uses multi-spectral light technology to analyze irregular moles in less than

a minute, allowing dermatologists to better determine whether or not to biopsy a mole. In a clinical study, MelaFind had a 98.3 percent find rate for melanoma. To find a dermatologist who is using this breakthrough technology, visit [www.melafind.com](http://www.melafind.com)

### Treating skin cancer

If your dermatologist finds skin cancer, it's important to know you have treatment options. Patients whose melanoma is diagnosed when it is most curable have a survival rate of

97 percent, according to the American Cancer Society. Discuss your options with your doctor, and work in tandem with health care providers to ensure the best possible outcome for any treatment.

While skin cancer is one of the most common types of cancer, it is also the most preventable. Taking steps to reduce your risk, and catch skin problems before they become life threatening, can help your skin stay healthy and cancer-free throughout your lifetime.

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

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

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



### Services Include:

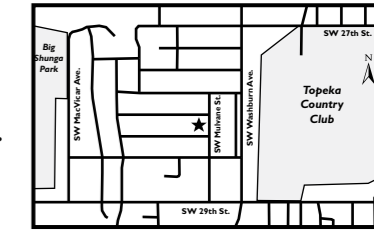
- Personalized Care
- Private & Semi-private bedrooms
- 24 Hour Care by Certified Staff
- Daily supervision by RN and LPN
- Medication Assistance
- Fresh home-cooked meals served at a family table
- Social interaction and activities
- Fire sprinkler and door security
- Personal Laundry Service
- Licensed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

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



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

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



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

When you choose Hospice Care of Kansas... You choose a team of local, experienced professionals who bring compassion and end-of-life expertise to patients and families when curative treatment is no longer an option.

Find out how we can help - Call today.

Topeka (785) 273-4357  
 Toll-Free (800) HOSPICE

Find us on Facebook

# Mothers everywhere appreciate extra help

By Norm Franker

Social Security District Manager in Lawrence, KS

Think of all the times and ways that Mom has helped you over the years — when you were a child, and after you became an adult. With Mother's Day upon us, now is a good time to pay Mom back with a little Extra Help — with her Medicare prescription drug costs.

If your mother is covered by Medicare and has limited income and resources, she may be eligible for Extra Help — available through Social Security — to pay part of her monthly premiums, annual deductibles, and prescription co-payments. The Extra Help is estimated to be worth about \$4,000 per year.

That means putting \$4,000 in Mom's pocket without having to spend a dime! To figure out whether your mother is

eligible, Social Security needs to know her income and the value of her savings, investments and real estate (other than the home she lives in). To qualify for the Extra Help, she must be receiving Medicare and have:

- Income limited to \$17,235 for an individual or \$23,265 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 where income may be higher include if she and, if married, her spouse:

- Support other family members who live with them;
- Have earnings from work; or
- Live in Alaska or Hawaii.

- Resources limited to \$13,300 for an individual or \$26,580 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 a resource.

Social Security has an easy-to-use online application that you can help complete for your mom. You can find it at [www.socialsecurity.gov/prescriptionhelp](http://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. Find the Social Security office nearest you by using our online office locator. You'll find it at the bottom of the "Popular Services" section at [www.socialsecurity.gov](http://www.socialsecurity.gov).

To learn more about the Medicare prescription drug plans and special enrollment periods, visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

Mom has always been there to help you. She's sure to appreciate a little Extra Help this Mother's Day — especially if you can show her how to put \$4,000 in her pocket without spending a dime! Keep in mind as Father's Day approaches, you can get the same "free gift" of Extra Help for Dad! Learn more by visiting [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp).

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

## PERSONAL FINANCE

### Brush up on your estate plan basics

During your lifetime, you make a lot of moves to provide financial security to your loved ones. You put away money for college for your children. You save and invest for your own retirement so that you won't burden your grown children with significant expenses. And you purchase adequate life insurance to enable your family to maintain its lifestyle should anything happen to you. Yet, if you're going to help preserve your family's financial

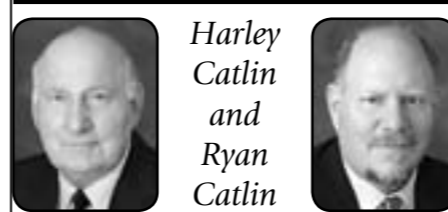
well-being after you're gone, you also need to take one additional step: Create an estate plan. Toward that end, you'll want to start by learning a few of the estate plan basics, such as these commonly used tools:

- **Will** — For most people, a will is probably the most essential estate-planning document. Regardless of the size of your estate, you need a will to ensure that your assets and personal belongings will be distributed according to your wishes. If you die intestate (without a will), your belongings will be distributed to your "heirs" as defined by state laws — and these distributions may not be at all what you had in mind.
- **Living trust** — A simple will may not be sufficient for your needs. Consequently, you may want to design a living trust, which provides you with more flexibility in distributing assets. For example, you could direct your living trust to disperse assets to your children or grandchildren at specific ages. Also, a living trust makes it possible for your assets to be distributed without going through the often time-consuming, and public, probate process.
- **Beneficiary designations** — Over time, your life may change in many ways, through marriage, remarriage, children, stepchildren and so on. That's why it's important to periodically update your beneficiary designations on your insurance policies and retirement accounts, such as your IRA and 401(k). These designations are powerful and can even supersede the instructions left in your will or living trust, so it's essential that you've got the right people listed as your beneficiaries.

- **Irrevocable life insurance trust** — Depending on the size of your estate, your heirs may ultimately have to pay estate taxes, though the estate tax laws have been in flux in recent years and may continue to evolve. If estate taxes are a concern, you may want to take steps to alleviate them, such as establishing an irrevocable life insurance trust, under which you'd transfer a life insurance policy out of your estate and have the trust distribute the proceeds to the beneficiaries you've chosen.
- **Power of attorney** — A power of attorney allows you to appoint a person (an "Attorney-in-Fact" or "Agent") to handle your affairs if you can't do so yourself.
- **Health care directive** — A health care directive allows you to name someone to make health care decisions on your behalf, should you become physically or mentally incapacitated.

Estate planning can be complex, so you'll need to work with your tax, legal and financial advisors to make the arrangements that are appropriate for your needs. It may take some time to develop your estate plan, but it's well worth the effort.

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



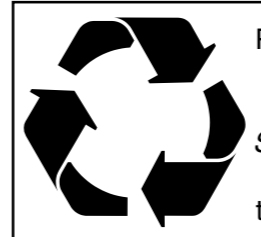
Harley Catlin and Ryan Catlin

ASSISTED LIVING · SKILLED NURSING · INDEPENDENT LIVING



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

1021 SW Fleming Court · Topeka, Kansas 66604  
440.0400 · [www.lexingtonparkcommunity.com](http://www.lexingtonparkcommunity.com)



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

# Cooper's Home Care

*"An Alternative to Nursing Home Placement"*

**Newly Remodeled and Renovated! Ready for Admissions!**



Lillian Cooper

## Respite Care

Give yourself a break while assuring your loved one short- or long-term quality care.

Ask About

**NEW ADMISSIONS DISCOUNT**

Available for a limited time. Call for details.



2139 PENNSYLVANIA IN LAWRENCE

A Holistic Approach to Nursing Care Providing Individualized, Specialized service and approaches, meeting the physical, social, spiritual, and medical needs of our residents in a home-away-from-home-like atmosphere.

### We provide:

- Assisted Living
- Day care
- Respite Care
- Long-term care
- Critical and hospice care
- Diabetic care
- Care for all types of dementia
- On-site eye examinations and follow-up care
- Glucose monitoring

### Staff:

- Staff to resident ratio is 1:3
- Home physician and medical director
- Physical and occupational therapists
- LPN, CMAs, CNAs
- 24 Hour RN on duty

Staff functions include meal preparation and dietary planning, personal care, ADL's grooming, in-home beautician, and routine recreational, social and therapeutic activities.

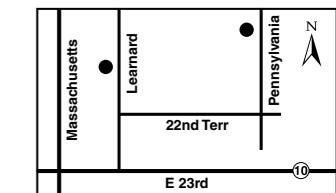


## Cooper's Home Care

*"An Alternative to Nursing Home Placement"*

**785-865-2525**

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



## HEALTH &amp; FITNESS

## Eco-Juvenation

Everyone talks about going green... and staying youthful. But surprisingly few people have noticed the connection between these two ambitions. Living an ecologically sustainable lifestyle is also physiologically and psychologically sustaining—rejuvenating. I call this “eco-juvenation.” You can age well by going green.



Laura Bennetts

In this month's column I focus on reducing your exposure to chemical toxins.

## Living Chemical-Free

I grew up in a farming community where everyone had a vegetable garden as well as crops to tend. My parents worried enough about pesticides to forbid us to play in recently sprayed fields. Certainly we were exposed to more toxins than our city-raised cousins, but we tried to lessen our risk for illness by reducing our exposure.

You can do the same—and strike a blow for ecological sustainability—by reducing your chemical exposure. The foods you eat, the air you breathe, and the water you drink directly affect your health and the health of future generations.

## Greener, Cleaner

Just a little effort will reduce your risk of illness and slow the aging process. Your skin absorbs the chemicals and you breathe the fumes when you use home cleaning products. So a good start is to use the chemical-free cleaners that you can find at any grocery store to clean your dishes, sinks, fridge, cooking surfaces and bathrooms.

Also effective, and cost effective, is

to clean your trash cans and garbage disposal with baking soda. To avoid the ammonia in commercial glass cleansers, you can clean your mirrors with vinegar water. And to clear the air in your home without “air fresheners,” you can open the windows and cultivate house plants, which remove chemicals and make your air healthier.

## Breathe Easier

You also want to minimize your exposure to paint, furniture polish, and bleach. When you breathe chemical-laden air, your lungs send chemicals into your bloodstream. If you have a lung condition like COPD, emphysema or asthma, you want to totally avoid fumes that might further damage your lungs. And even people without prior medical conditions should avoid these fumes because they can make you feel or ill or light headed.

So, when you have to paint or apply bleach or furniture polish, you should always wear a face mask and gloves. Open the windows or turn on a fan anytime you use chemical products. And if you have pets, remember that these chemicals may affect their health too.

Also, when you fill up your gas tank, you should lock the nozzle in place and step away from the car to avoid inhaling gas fumes.

## Avoid “Additives”

Over 150,000 chemicals have harmful effects. Luckily we never encounter most of these chemicals. But some of the most harmful chemicals are very common. My husband recently learned, to his chagrin, that he had been consuming bovine growth hormone (BGH) with his milk and cereal for decades. And other common foods that are loaded with additives include meat, cheese, vegetables, fruits, and processed foods. Most of us are hooked on certain brands and products. But we need to be wise consumers if we want to stay eco-juvenated. Read the labels

on foods to discover chemical additives that may be harmful.

## Organic is Better

Many good books explain the history of food additives. You can read those books later. But for now, what you need to know is that you want fresh food grown without chemical fertilizers or pesticides and preserved without being coated with paraffin. That's what the phrase “organic food” means.

Summer is a great time to get local organic produce at the farmer's market or at local groceries. When you buy produce in season, the price is right, and you can always freeze summer fruit for a winter treat.

## Organic Tips

Dairy: Organic milk comes from cows which are not fed BGH or antibiotics. My husband (an admitted “milkoholic”) says that organic fat-free milk tastes much, much better than regular “fat” milk. And once you've tried ice cream made with organic milk... there's just no going back.

Meat: Organic meat comes from animals raised without antibiotics or hormones. Organic chickens are much more flavorful, because they are raised on chemical-free feed. And you can stretch your food-buying dollar by serving one piece of chicken per person with a salad and a vegetable dish to make a complete meal. And try organic eggs, too—you'll like them!

Fruit and Vegetables: Organic produce has more nutrients and flavor than other fruits and vegetables. Cost is a concern,

but I like organic broccoli (for example) because it's fresher, stores in the fridge for a week, and tastes homegrown. But if you do buy processed vegetables and fruits, you should always wash them thoroughly and/or peel them. Apples and potatoes in particular have high residues of pesticides. You can find helpful lists of which vegetables and fruits treated with pesticides retain the least residue at the Environmental Working Group at ewg.org.

## Green Thumb's Up

Sustainability isn't just for the environment. We also want sustainable health and energy. Going green is a good way to achieve this. Research—on Parkinson's Disease, Alzheimer's Disease, heart disease and cancer—shows that increased exposure to chemicals plays a role in disease. So, by breaking the chemical habit, you will also be helping yourself. And remember, when you are ready to discard chemical cleaners, you should safely recycle them by contacting your local hazardous waste recycling program. You and the environment will be healthier for it.

- Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs both Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services LLC (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see www.LawrenceTherapyServices.com

## Family-Style Assisted Living

1126 Hilltop Drive, Lawrence



## Memory Care Residence

Provides Alzheimer's and memory care for ten senior residents

## Care Cottage

Provides personalized care in a home setting for six senior residents

3109 W. 26th St., Lawrence



Tour Bridge Haven to experience the difference!



785-371-1106

www.mybridgehaven.com

## HEALTH &amp; FITNESS

## Lemon balm has many flavoring and medicinal uses

*Melissa officinalis* is the Latin name for the well-known medicinal plant, Lemon balm. Other common names for lemon balm include Balm Mint, Blue Balm, Cure-all, Garden Balm, Honey Plant, Sweet Balm, and Sweet Mary.



Dr. Farhang Khosh

Lemon balm has leaves that give off a strong lemon scent and is related to mint. During warm weather, white flowers containing nectar appear on the plant, which attracts bees. This is how lemon

balm got its Latin name *Melissa*, which is the Greek word for Lemon balm.

Lemon balm was used in the Middle Ages to reduce stress and anxiety, improve sleep, a cure for toothaches, skin rashes, and crooked necks, prevent baldness, and relieve gas, bloating and discomfort from indigestion. The herb was also steeped in wine to lift patients spirits, help heal wounds, and treat venomous bites. Lemon balm has culinary uses such as a lemon flavoring in ice cream, as lemon pesto, and it is commonly used as flavoring agent in many herbal teas. Cosmetics and furniture polish are other commercial uses for lemon balm.

There are many medicinal uses for lemon balm. It is used as an essential oil and in herbal teas. The leaves of the plant can be rubbed on the skin and

used as a very effective mosquito repellent. It has an antibacterial, antiviral, anxiolytic, and antioxidant properties. It is a popular choice in aromatherapy. Lemon balm is also used in creams to treat the oral herpes simplex virus—cold sores. Studies have shown it to be effective in reducing the severity and the duration of a cold sore outbreak. Research has shown it also as reducing the frequency of reoccurrence of cold sores. Individuals using topical lemon balm also reported more relief from symptoms such as itching and redness.

Lemon balm and its preparation have been studied as a mild sedative or calming agent. Several studies have shown that lemon balm when combined with other calming medicinal plants that it helps to reduce anxiety and promote sleep. Lemon balm is widely used to treat anxiety and insomnia in Europe. Lemon balm is mentioned in the scientific journal *Endocrinology*, where it is explained that *Melissa officinalis* exhibits antithyrotropic activity, inhibiting TSH from attaching to TSH receptors, hence making it of possible use in the treatment of Graves' disease

or hyperthyroidism. Graves' disease is an auto-immune condition in which the thyroid gland produces excess thyroid hormone. Therefore, lemon balm should be avoided by those on thyroid medication (such as thyroxine), as it is believed the herb inhibits the absorption of this medicine.

Lemon balm contains eugenol, which kills bacteria and has been shown to calm muscles and numb tissues. It also contains tannins that contribute to its antiviral effects. It has also been mentioned in the literature as being used for

Amenorrhea, chronic fatigue, depression, dizziness, hypertension, menstrual cramps, mental clarity and concentration, nausea relief, phobias, relaxation, and shingles.

While Lemon balm seems to be a very effective medicinal plant that cures many ailments, it is always advisable to check with your health care provider prior to taking any medicinal plant.

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

## Martin Creek Place

- 1 & 2 Bedroom Apartments
- Townhomes
- Washer/Dryer Connections
- Emergency Monitoring System Available
- 24 Hour Emergency On-Site Staff

- Organized Activities & Day Trips
- Library Red Carpet Service
- Weekly Grocery Van
- On Site Storage
- Exercise Room

Age 62 & older.

4950 SW Huntoon • Topeka 785-273-2944



## Hancuff Place

-Senior Living Offering the Best of Both Worlds-  
A Peaceful Country-like setting, At Rates That Can't Be Beat!  
\*\*\*1 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



Comfort Keepers

Comforting Solutions for In-Home Care

## SERVICES AVAILABLE:

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

For a FREE in-home consultation, call:

267-8200

Our caregivers are screened, bonded and fully insured.

www.comfortkeepers.com

www.seniormonthly.net



# RETIRE SMART

## The Dow's record barely noticed

Has the magic worn off? Despite all of the fanfare and fancy graphics from financial outlets, the public reaction to the Dow Jones Industrial Average reaching a new all-time nominal

it's 7.7 percent. Since then, average home prices have dropped about 25 to 30 percent, and the average price for a gallon of regular gas is about a dollar higher. For those still working, the January 2013 median income stood at approximately \$51,600, which is 6.2 percent lower than the median of \$55,000 in December 2007, which was when the Great Recession began.

Then there's the number itself. You probably heard a lot about the Dow's "nominal" high, which is a measure that has not been adjusted for inflation. When we factor in the rate of inflation, the Dow would have to climb to 15,731.54 to truly break the record—in fact, the Dow is still well below it's year 2000 peak!

Additionally, there are some problems with the index itself. The Dow is comprised of just 30 companies, so it's not as good of a representation of the broader market as the S&P 500 or

the Wilshire 5000. Also, math heads point out that the way the index is calculated does not make a lot of sense. Dow components are weighted by their share prices, rather than their market valuation (number of shares outstanding multiplied by the share price). That means that a company like IBM with a high share price can have a larger impact on the index than Exxon Mobil, which is the largest U.S. company by market capitalization.

Index quibbles notwithstanding, almost every large stock index is reclaiming previous high nominal levels, and yet the reaction is not nearly as euphoric as the first time around, even to sophisticated investors.

Perhaps the bruising bear market took a lot out of all investors, but it could be that there's another trend at work: Many investors have missed the big recovery in stocks. According to the Investment Company Institute, investors got spooked by the gyrating markets and have pulled over \$550 billion dollars from U.S. stock mutual funds over the past 5 1/2 years.

While many investors are sitting atop a great deal of cash, and bond investors are tempted to jump back into stocks, let me offer some words of caution: Buying stocks simply because the indexes are higher could

be a recipe for disaster.

The flip side of the emotional cycle is also true: You don't want to sell stocks just because the index dips. Instead of trying to predict market highs and lows, use these market events (new high levels, new round numbers) to prompt action. Start by opening your statements to review where you stand. Make sure that your risk level is consistent with your comfort level.

If you have been investing in the stock market throughout the recovery, there's no reason to wait for the market to drop to consider selling. Try to force yourself to rebalance in accordance with your goals, which may help you sell high and buy low. Finally, don't forget to beef up your cash for near-term funding needs, like tuition bills, a car purchase or a home down payment.

Higher stock prices should be celebrated for what they can do for your financial life, not for any records they (sort of) break.

- Jill Schlesinger, CFP, is the Editor-at-Large for [www.CBSMoneyWatch.com](http://www.CBSMoneyWatch.com). She covers the economy, markets, investing or anything else with a dollar sign on her podcast and blog, *Jill on Money*, as well as on television and radio. She welcomes comments and questions at [askjill@jillonmoney.com](mailto:askjill@jillonmoney.com). © 2013 Tribune Media Services, Inc.



Jill Schlesinger

high seemed downright muted. Or as a recent radio caller said, "The record didn't feel as good this time around!"

Well, why not? It probably has a lot to do with what has happened over the past 5 1/2 years since the Dow last made history. When the blue chip index first closed above 14,164 in October 2007, the nation's unemployment rate stood at 4.7 percent—today

# MAYO CLINIC

## Repeat cortisone injections not uncommon in patients with chronic inflammatory condition

DEAR MAYO CLINIC: How do cortisone shots work to relieve pain? It appears that they only provide temporary relief and are often given multiple times. Is there a point at which frequent cortisone shots can be harmful to the body? How much is too much?

ANSWER: Injections of cortisone, or a similar corticosteroid, decrease inflammation in an injured part of the body. When body tissue is injured, a series of events occurs locally and within the bloodstream to promote healing. Inflammation can result from this healing process and, frequently, the inflammation causes pain. Injecting corticosteroids into the inflamed area helps to calm the inflammation. As the inflammation subsides, the pain does, too.

Cortisone is naturally produced in the body's adrenal glands. It was discovered in the 1940s by Mayo Clinic researchers Edward Kendall, Ph.D., and Philip Hench, M.D., who first used it to treat joint disorders. Its powerful anti-inflammatory effect produced such dramatic results in people with rheumatoid arthritis that it was hailed

as a miracle drug. In 1950, Drs. Kendall and Hench were awarded the Nobel Prize in Medicine for the discovery of cortisone.

In current medical practice, corticosteroids are used to treat a variety of inflammatory diseases, including bursitis, carpal tunnel syndrome, rheumatoid arthritis, tendinitis and gout. Corticosteroids can be given by mouth or injected into affected joints, including the ankle, elbow, hip, knee, shoulder, hand and wrist. Injections near the spine are also common.

You are correct that corticosteroid injections do not provide a permanent cure. However, pain relief from a corticosteroid injection may last from several weeks to several months, depending on the medical condition and the patient receiving it. Ideally, the relief provided by the injection decreases or eliminates pain long enough to allow the injury to completely heal. It is not uncommon, though, for repeat injections to be needed in patients experiencing chronic inflammatory conditions.

Corticosteroids cause a number of side effects which can be limited to

the area injected or affect the entire body. Side effects increase with larger doses and repeated clinical use. For this reason, physicians may limit the number of injections and the cumulative amount of corticosteroid that is given. Typically, corticosteroid injections are not given more often than every six weeks, and usually not more than three or four times a year. But these are only guidelines. A patient's situation dictates the timing and frequency of treatment.

Side effects may include weakening of the joint, increased blood pressure, elevation of blood sugar, and decreased ability to fight infection. Evidence of these side effects should be reported to the doctor monitoring the condition.

Also important to note is that, although corticosteroid injections into a joint can relieve pain and restore mobility, in many cases they are combined with other medications and physical therapy to treat the underlying medical problem or injury. Physical therapy is particularly crucial because it can strengthen the muscles surrounding the injured area, so those muscles

can provide proper joint support. This will increase the likelihood of long-term healing, as well as reduce the risk of repeat injury.

For most effective use, corticosteroid injections should be repeated only when they produce substantial pain relief that lasts several weeks to several months. A physician should closely supervise an individual's total dose of corticosteroid, monitor the patient's benefit, and check regularly for side effects. When used correctly, corticosteroid injections can be a useful part of therapy to treat the pain of acute and chronic inflammatory disease. - Paul Carns, M.D., Anesthesiology, 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](mailto:medicaledge@mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2010 Westridge Drive, Irving, TX 75038. For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).

© 2013 Mayo Foundation For Medical Education And Research. Distributed By Tribune Media Services Inc. All Rights Reserved.

## Now welcoming new residents

With the addition of four new rooms, we're increasing our capability to provide quality residential care for those who are living with long-term memory loss.



Providing 24/7 nursing care with the comfort of home...  
...because we are home.

Call us today to reserve your July 1 move-in date!



785 594 2603 or visit [comfortcarebaldwin.com](http://comfortcarebaldwin.com)

## GOLD MEDAL Cleaning & Maintenance LLC

785-783-2500

- Superior House Cleaning
- Carpet Cleaning
- Weekly, Bi-weekly, monthly
- Maintenance Repairs



- ✓ Bonded
- ✓ Fully Insured
- ✓ Family owned and operated

[www.goldmedalcleaningks.com](http://www.goldmedalcleaningks.com) Call today!

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

## BATE'S FURNITURE

In Business Over 40 Years

We now carry Custom-sized Lift Chairs! Starting at \$499<sup>00</sup>

Moving? Downsizing? We also buy furniture!

Karl Behring, Manager

We offer lay-away and delivery. 610 SW 6th Ave. • Topeka, KS • 785-357-5181



As you plan for the future, you will have lots of questions about health care coverage as you approach 65.

I look forward to answering your questions today and caring for your health care and other coverage needs now and in the future.

Please feel free to call me for any information about transitioning to senior health products.

STEPHENS INSURANCE

841-9538  
2711 W. Sixth Street Suite A  
Lawrence, KS 66049



Joye Johnson  
Stephens Insurance





\$17.00 per month\*

# BUSINESS CARD DIRECTORY

\* With 6-month commitment

\$17.00 per month\*

# BUSINESS CARD DIRECTORY

\* With 6-month commitment



**Aldersgate VILLAGE**  
RETIREMENT COMMUNITY

Independent Living  
Assisted Living  
Memory Care  
Skilled Nursing Care

Rehabilitation Services  
Sub-Acute Program  
Transportation

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

## RJ's Auction Service

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

Antiques • Estate and Business Liquidations  
Real Estate • Appraisals

See our website for auction dates and times.

15767 Topeka Ave. • Scranton, KS  
785-793-2500  
[www.rjsauctionservice.com](http://www.rjsauctionservice.com)



Yarn Hats Scarves Gloves Socks & More!

[www.mariesalpacaacres.com](http://www.mariesalpacaacres.com)  
785-633-6902



## An Alternative to Nursing Home Care

State of Kansas  
Licensed & Inspected

Call Us Today!  
**785-383-7094**

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

## Affordable Housing at Cedar Square Apartments

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

**COME SEE FOR YOURSELF WHY CEDAR SQUARE IS THE PLACE FOR YOU!**

1550 S. Cedar Ottawa KS 66067  
Call today to schedule an appointment  
**(785) 242-8110**

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



Our Services Include:

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

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

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

Our Services Include:  
Visit our web site:  
Web: [www.gracefulhealthcare.com](http://www.gracefulhealthcare.com)  
Email: [grace@gracefulhealthcare.com](mailto:grace@gracefulhealthcare.com)  
Facebook.com/gracefulhomehealthcare

CARE AT HOME Insured

## 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



## TAKE CONTROL.

Why let the state or a judge manage your assets or your life?

WILLS, TRUSTS, POWERS OF ATTORNEY,  
LIVING WILLS, AND PROBATE


**The Law Office of David J. Brown, LC**  
1040 NEW HAMPSHIRE, LAWRENCE 785.842.0777



## I know Medicare.

If you've got questions about Medicare, give me a call. I've got answers.  
**(785) 979-2207**

Deanna Alvarez  
STERLING INSURANCE  
Underwritten by Sterling Life Insurance Company



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



## "Angel Wings" Companion Care

Cindy  
Over 30 years experience in senior care

- Companionship
- Light housekeeping
- Pick up prescriptions
- Grocery shopping
- Medication reminders
- Prepare meals
- Laundry/change linens
- Accompany to medical appointments
- Maintain calendar/mail
- Walks/games/reading
- Bathing/dressing/grooming guidance
- Run errands

Reasonable rates - Insured  
**785.829.1431**

## SELL REAL ESTATE BY AUCTION!

BIG CROWDS! MORE MONEY!

**THE Auctioneers**  
800-887-6900  
[www.billfair.com](http://www.billfair.com)



Home Health Services, Inc.

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

Medical Equipment with Home Comfort

1006 W. 6th St. • Lawrence  
785-749-4878 • 800-527-9596  
[www.criticarehhs.com](http://www.criticarehhs.com)

Medicare Accredited




**Johnny Tucker, Jr.**  
Agent

**New York Life Insurance Company**  
7500 College Boulevard, Suite 800  
Overland Park, KS 66210  
Bus. 913.451.9100 Cell 816.812.1508  
[tuckerj@ft.newyorklife.com](mailto:tuckerj@ft.newyorklife.com)

Authorized to Offer  
**AARP** Life Insurance and Annuity Program from New York Life

## 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



PRN Home Health & Hospice  
888-776-7744  
[www.prnhomehealthhospice.com](http://www.prnhomehealthhospice.com)

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

Wills – Trusts – Estate Planning  
Probate Administration

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

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

Now there are more ways to use the New Hippocratic Diet®

Independently, privately and inexpensively using an online course. Learn more at [www.Learn2Diet.com](http://www.Learn2Diet.com)

or

under the supervision of a physician who is Board-Certified in Preventive Medicine

**Irving A. Cohen, MD, MPH**  
Fellow of the American College of Preventive Medicine  
1919 SW 10<sup>th</sup> Ave, Topeka (785) 783-7779  
[www.PreventiveMedicineAssociates.com](http://www.PreventiveMedicineAssociates.com)

## LAWRENCE THERAPY SERVICES

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

Services available in the clinic or in-home.

842-0656 594-3162  
2200 Harvard Rd, Ste 101 814 High St., Suite A  
Lawrence Baldwin City  
[www.lawrencetherapyservices.com](http://www.lawrencetherapyservices.com)

## We're Just Your Style!



Over 50 Unique Shops, Restaurants and Stores.

21st & Fairlawn  
Topeka, Kansas

Casual Dining Private Parties

## Walt McFarland's

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

Over 70 years of serving fine food

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

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

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

**HUMOR**

# Stage Too

**"All the world's a stage.  
And all the men and women  
merely players."**

- William Shakespeare,  
"As You Like It," Act II, Scene VII

Until he learned better, Handley Pringle always thought the word "stage" was a noun or a verb. As a noun a stage was where public performances took place. As a verb, "to stage," meant to present a public performance.



Larry Day

Handley didn't consider the Pringle's front room a stage, and he *certainly* didn't think of his cluttered office as a stage. But that was before he and Regina decided to sell their large home.

The Pringles had bought the older house decades earlier. Letongaloosa was different then. Mitch Kapster, who had been a local real estate agent forever, showed them all the houses in his sparse listings. After several rounds of looking, they bought this particular two-story because it was in an excellent location and because Regina said that the house had "personality."

Over the years the Pringles fixed the place up a lot. They modernized the kitchen and the bathrooms. Regina completely changed the décor. But it wasn't until they engaged a real estate agent that the Pringles learned that Shakespeare's phrase applied to their house.

The Pringles followed along as the real estate agent did a "walk through." "That flowered sofa will have to go. Get rid of all those photos on the piano. You'll have to strip wallpaper in the downstairs bathrooms and paint them a neutral color. Same with the spare bedroom."

The real estate agent winced at Handley's office.

"There are major problems here. For starters take down all those framed diplomas, certificates, and citations for merit. The running trophies must go too. Get rid of all those doodads and goo-gahs on the desk and cabinets."

"But why,?" asked Handley. "Buyers don't want to see your personal stuff," said the real estate agent. "They want to see a generic house. Buyers want everything neutral so they can imagine themselves in the house."

"But this house has personality," said Regina. "I designed the décor to fit the house's personality."

"Buyers don't want personality. They want neutral. You'll need a stager. I can recommend someone who's really good."

"What's a stager?" Handley asked. "The stager will help you get rid of the stuff that distracts prospective buyers. The stager will help make your house look more like the pages of *Nice House Magazine*."

"How much will that cost?" asked Handley.

"It won't be cheap," said the real estate agent.

"Forget it," said Regina. We've decided not to move."

Time passed. Then the people next door put their house up for sale. Their house was the same age and the same type as the Pringles'. They hired staggers. After the house was staged, Handley and Regina walked through it. The house looked a lot like the houses one sees in *Nice House Magazine*. But the neighbors' house didn't sell. They cut the price, and then they cut the price again. Months went by.

One day a tall young woman rang the doorbell. "Hello. I apologize for the intrusion. My husband and I are going to buy a house. We looked at the house next door, and someone said that you might be willing to sell your house. Could I see it?"

Regina invited the woman to come in. "In the living room the woman said, 'I LOVE the flowered sofa. Everything you see nowadays is so blah and generic.'" As they walked from room to room the woman said she really liked the house. "Oh, that's a nice touch," she'd say of some bit of Regina's unusual décor. Regina didn't want the woman to see Handley's office, but they ended up there. "Is your husband a runner?" the woman asked.

"He used to be," said Regina. "My husband is a runner," said the woman.

She looked at the framed diplomas, certificates and statuettes. "Those are awesome," she said. "Thank you," said Regina. "This house has personality. I LOVE it. Would you be willing to sell?" "We've thought about it," said Regina.

- *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.*

Advance funeral planning is one of the smartest decisions you can make.

Compassion and Service ...More Than Just Words  
Lawrence 843-1120  
Eudora 542-3030  
www.warrenmcelwain.com

## Live life to its fullest And its smartest



Advance funeral planning is one of the smartest decisions you can make.



Gerald Whiteside  
Au.D., CCC-A

## Marston Hearing Center has been locally owned and operated since 1975.

**Trust your hearing care only  
to a highly qualified audiologist  
who serves your best interests.**

We service and carry parts for Oticon, Widex, GNResound, Phonak, Starkey, Unitron, Rexton, Sonic and Bernafon.

We can perform minor repairs on other brands. We also handle Westone and Perfect Seal molds, custom earplugs and ear care products.



AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION  
Certified Member



**Call to schedule a free consultation.**

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

## PET WORLD

### Chubby kitty needs a diet plan

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

**Q:** We adopted a kitten from a shelter, and at only 7 months she already weighs 14 pounds. We feed her a half



Steve Dale

can of canned food each morning and have dry food available all the time. Sparky even sleeps near the food bowl, and eats often. I believe she must have gone hungry before she came to us. To cut calories, I have switched to adult dry

food. Our other cat is 13 and is a healthy weight. How can we help Sparky lose weight? - D.H., Las Vegas, NV

**A:** Dr. Jane Brunt, executive director of the non-profit cat advocacy CATalyst Council, says, "It's great you're concerned about your cat's weight, as this is a critical issue. It sounds like Sparky may be obese, which can lead to health problems. See your veterinarian to insure Sparky is healthy and also to devise a (weight-loss) plan."

That plan will likely include adjusting Sparky's diet, as well as the way you feed this cat. You may be urged to feed Sparky on a schedule rather than leaving food out all the time. "When he looks for food, instead take a toy and play, or groom him," says Brunt, of Baltimore, MD.

In fact, exercise is a good idea. Hiding treats in food-dispensing toys

and puzzles would also force Sparky to exercise as she searches for the goodies.

Work with your veterinarian to develop a schedule, so you can keep tabs on Sparky's weight loss. And, of course, no crash diets!

**Q:** We've raised several cats with a cat who had feline AIDS (or the feline immunodeficiency virus, FIV). We didn't know Scout had FIV at the time. This cat eventually became ill and died, but in his lifetime he shared water bowls, food dishes and litter boxes with our other cats, and slept with these cats. Yet he never passed on FIV. Were we just lucky that our FIV cat didn't make our healthy cats sick? - J.C., via cyberspace

**A:** "FIV is the fighting, biting virus," says Dr. Susan Little, a past president of the non-profit Winn Feline Foundation that funds cat health research, and author of "The Cat: Clinical Medicine and Management" (Elsevier/Saunders Publishing, Philadelphia, PA, 2011; \$180). "So when cats are getting along fine and simply sharing food, water bowls and

litter boxes and grooming, the risk is extremely low of spreading the virus. Now, feline leukemia is another kind of virus all together, spread by cats who like one another, through saliva from cats who groom one another, and sharing food and water bowls."

If you have healthy cats at home, is it a good idea to adopt a cat with FIV? "Probably, you will not have a problem, assuming the cats get along reasonably well," says Little, of Ottawa, Canada. "Everyone (tolerates) a different level of risk. While transmission of FIV to healthy cats is not likely, it's not impossible."

- *Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to PET-WORLD@STEVE DALE.TV. Include your name, city and state.*

© 2013 Distributed By Tribune Media Services, Inc.

## 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**

## Babcock Place Apartments



Affordable Independent Senior Living

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

## The Happy Home Program Therapy In Your Own Home

- Expert Home Safety Assessment
- Physical Therapy for Pain Problems
- Therapeutic Training to Improve Your Walking Ability
- Expert Solutions for Hard-to-Accomplish Home Chores
- Expert Advice on Home & Bathroom Safety Equipment
- Your Own Therapist-Assisted Home Strengthening Program



**Feel Better, Move Better, Live Better!**  
Covered by Medicare Part B. Not restricted to the home-bound.

For expert advice & therapy in your own home — provided by physical and occupational therapists — choose **The Happy Home Program.**

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

# WOLFGANG PUCK'S KITCHEN

## Lightening up for spring

With spring just a few weeks old, we've now entered the time of year when we begin to think about summer. But I don't mean summertime cooking.

You won't believe how many people start asking me in April to cook them "something light, because I want to get ready for my swimsuit." It's like a second wave of New Year's resolutions, more than three months after the first.



Wolfgang Puck

I have some simple suggestions ready whenever weight-conscious people ask me what they should eat in my restaurants, or cook at home. Most importantly, I tell them not to think about the "d" word, dieting. You'll be more successful if you make healthy eating your goal. Feeling better and looking better naturally follow.

Eating more seafood is another good idea. Most of it is amazingly low in fat. And even many higher-fat fish, such as salmon, trout, tuna, and whitefish, are rich in the omega-3 fatty acids that have been found to benefit cardiovascular health.

The next piece of advice I give is to incorporate as much fresh produce into your meals as possible. Vegetables and fruits are low in calories and fat and as bursting with nutrients as they are with great flavor. On a more practical level, they provide a lot of fiber, which helps to fill you up while also slowing down the time it takes you to eat. That results in you leaving the table feeling more satisfied from less food.

One final piece of advice—eat food that tastes exciting—yields a similar result. When you enjoy something that's full of big, bold flavors, you often find yourself slowing down to savor every bite.

You can probably imagine what the result will be when you put lean seafood together with lots of vegetables and lively flavors. So, when there isn't enough time to offer all of the explanations I've just given, I simply suggest that my swimsuit-conscious friends order a great seafood salad. And that's what I'm happy to share with you here today: a recipe for my Shrimp Salad with Spicy Jalapeno Sauce, a classic from the menu of my Asian-fusion restaurant Chinois on Main in Santa Monica, Calif.

It's quick and easy to make, taking no more than about 20 minutes. You'll find all the ingredients you need in any well-stocked supermarket. You can also adapt it to change your tastes and what's available in the market, substituting sea scallops or salmon fillets for the shrimp; using heirloom tomatoes in season for the sauce; and adding other leaves or vegetables to the salad mixture.

You'll be amazed by how beautiful the salad looks—and how great you'll look in your swimsuit when summer rolls around.

### SHRIMP SALAD WITH SPICY JALAPENO SAUCE

Serves 4

#### SAUCE:

About 1 pound fresh Italian plum tomatoes, 8 to 10, cored and cut into chunks

- 2 jalapeno chiles, halved, stemmed, seeded, and deveined
- 2 or 3 garlic cloves
- 1 teaspoon tomato paste
- 1/2 bunch fresh cilantro, leaves only
- Salt
- Freshly ground black pepper

#### SHRIMP:

- 1 pound large fresh shrimp, peeled and deveined
- Salt
- Freshly ground black pepper
- 2 tablespoons peanut oil or vegetable oil
- 4 large radicchio leaves

- 3 cups mixed baby salad leaves
- 1/3 cup Chinois Vinaigrette (recipe follows)
- 4 Belgian endive leaves
- 1/2 cup thinly julienned mixed bell peppers
- 1 tablespoon chopped fresh chives

First, prepare the sauce: In a blender or a food processor fitted with the stainless-steel blade, combine the tomatoes, jalapenos, garlic, and tomato paste. Pulse until finely chopped, and then continue processing until smoothly pureed. Transfer the puree to a medium mixing bowl.

Very finely chopped the cilantro leaves. Stir them into the sauce and season to taste with salt and pepper. Set aside.

Lightly season the shrimp with salt and pepper. Heat a large skillet over medium-high heat. Add the peanut oil and, as soon as it is hot enough to swirl freely, add the shrimp, working in batches if necessary to avoid overcrowding. Cook them until they turn opaque and bright pink, about 1-1/2 minutes per side. Remove from the pan and keep warm.

To assemble the salads, arrange a radicchio leaf on one side of each large serving plate. Put the salad leaves in a

mixing bowl, add the Chinois Vinaigrette, and toss thoroughly. Mound the leaves on top of the radicchio and garnish with the endive leaves.

Spoon the sauce over the other side of each plate and arrange the cooked shrimp on top. Garnish with the julienne of peppers and the chives. Serve immediately.

### CHINOIS VINAIGRETTE

Makes about 3/4 cup

- 1/4 cup plus 2 tablespoons rice wine vinegar
- 1/4 cup peanut oil
- 1/4 cup soy sauce
- 2 tablespoons Asian-style toasted sesame oil
- Juice of 1 medium lemon
- Salt
- Freshly ground black pepper

In a small mixing bowl, combine the vinegar, peanut oil, soy sauce, sesame oil, and lemon juice. Whisk briskly until thoroughly combined. Season to taste with salt and pepper.

Refrigerate any unused dressing in a covered nonreactive container. Use within several days.

© 2013 Wolfgang Puck Worldwide, Inc.

Distributed By Tribune Media Services, Inc.

# TRAVEL TROUBLESHOOTER

## Budget had second thoughts about my discount

Brandon Chase's car rental company says it's made a mistake on his bill, and reverses a discount long after his rental. Is it allowed to do that? And what are his rights?



Christopher Elliott

Q: I'd like to share my recent Budget Car Rental experience with you that has me committed to never doing business with them again.

A couple weeks ago I received a voicemail saying the Budget at the Kansas City airport would be charging

me an extra \$104 because an "internal audit" found they gave me too much of a discount. My receipt shows the \$85 discount, which seemed right since there was an advertised discount.

So, they billed my credit card without my authorization, and then added in all the additional taxes and fees to bring the amount up to \$104. I called Budget corporate and the franchise, but nobody would help fix the issue, even though I had a receipt to prove we "agreed" on the lesser amount.

I rent from Budget weekly, easily spending anywhere from \$1,000 to \$1,500 a month on their cars. The franchise doesn't share information with the corporate office, so corporate is pretty much useless on the issue. Since there does not appear to be anything stopping them from charging customer

credit cards at will, I refuse to ever do business with them again. Any advice? - Brandon Chase, Columbus, Ohio

A: Some of the most hotly-debated cases I mediate are pricing errors—a fare or rate where a decimal point went astray—but I'd never come across a complaint where a discount had been withdrawn after a trip.

The Budget franchise in Kansas City should have caught any discounting error before your transaction, or at the very least, when you checked out. But leaving a voicemail weeks after your rental is highly unusual. It's probably also illegal: Budget had a contract with you, which its retroactive re-billing breached, the way I see it.

I don't understand why Budget corporate couldn't help you. Isn't that what the corporate office is for? By the way, who cares if Kansas City is a franchise location? Budget's corporate structure is irrelevant to a customer, and the company shouldn't use it as an excuse. Cheap hotel chains often do this, too, and you can't let them get away with it.

Fortunately, you kept excellent

records. You had proof of your final payment and of the discount. Had you tossed your receipt (which some customers do) this might have been a more difficult negotiation. Your appeal to Budget corporate yielded a \$50 voucher, which was a good start. I followed up with the company, asking why it revised your bill. It responded by reversing the charge.

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

© 2013 Christopher Elliott  
Distributed By Tribune Media Services, Inc.

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

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

**Rumsey-Yost**  
 FUNERAL HOME & Crematory

Our family serving your family since 1920  
 6<sup>th</sup> & Indiana • 843-5111

**THE FIRST APARTMENTS**  
 "Home without the hassles"

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

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour On-Call staff
- Restricted entrance
- Lighted parking lot
- On city bus route
- Beauty salon
- First Floor Laundry Room
- Exercise equipment & seated exercise class
- Meals on Wheels Congregate meal site
- Maintenance Director on site
- Library Red Carpet Services
- Health Department Nail Clinics
- Walking distance of several churches and Ray's Apple Market

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

*Experience a peaceful lifestyle with a hometown feeling.*

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

785-542-1755 • 703 West 8th Street, Eudora  
[HillCrest@CohenEsrey.com](mailto:HillCrest@CohenEsrey.com) • [www.CohenEsrey.com](http://www.CohenEsrey.com)

**Time Machine Records & More**  
*Step in and go back in time!*

Specializing in Vinyl Records and Memorabilia - 50s thru 80s

1501 SW 21st St. (21st and Washburn) • Topeka • 785-286-7718  
 Hours: Tue.-Fri. 11 a.m.-7 p.m.; Sat. 10 a.m.-7 p.m.; Sun. 1-4 p.m.

*We Buy, Trade, and Sell*

**GUEST COLUMN**

# Can mom and dad still live safely at home?

## 4 lifestyle changes families should notice

By Robert Wilson

For families with aging or elderly parents, the trigger that parents are struggling to care for themselves is often a crisis. Reaching out to help vulnerable elders before difficulties occur may prevent future falls, fractures, accidents or seasonal illness that could mean a trip to the emergency room. Why wait until a crisis? Once that has occurred, families have little time to research their best options. In some cases families feel forced to take what services are available, and not what is ideal for their parent. To be proactive families should ask the question now: Can mom and dad still live safely at

home? To help determine the answer families should look for the following:

**Changes in Health**

- Unexplained bruising
- Weight loss
- Difficulty walking or getting up from a seated position
- Forgetting medications or taking more pills than the prescribed dosage

**Changes in Wellbeing**

- Loss of interest in family, friends or favorite activities
- Missed appointments, especially important doctor visits

Changes in mood or lack of emotional control

- Forgetfulness, confusion or frustration doing routine tasks

**Changes in Appearance**

- Unpleasant body odor from infrequent bathing
- Decline in grooming habits such as forgetting to comb or style hair
- Bad breath from lack of tooth brushing
- Wearing wrinkled, disheveled or dirty clothing

**Changes in Household**

- Spoiled food
- Laundry piling up
- Dirty dishes stacked in the kitchen sink and on counter tops
- Excessive visible debris on carpeting or flooring
- Insects or ant infestation
- Stacks of unopened mail, late payment notices or calls from bill collectors

Recognizing these deficiencies is the key to taking action. If several of these warning signs are present, experts advise families take the necessary steps to help keep loved ones safe and healthy. First, recognize that aging parents may not mention they are having problems, in part because it can

be embarrassing. Parents may fiercely try to maintain their independence. Respect their fears. Life moving forward will require a new approach to daily living.

**Things families can do to help**

Helping parents maintain a happy, independent life at home will require planning. Start with a family meeting to discuss the situation. Make a list of essential tasks, such as shopping, cooking, cleaning, mowing, transportation, bill paying and medication refills. Delegate required tasks among family members, friends or trusted neighbors and develop a routine schedule agreeable to everyone. To keep track of who is doing what, hang a task list or a calendar in the parent's home and ask helpers to write down what was completed. Transitioning to this new routine will take practice and patience for everyone, especially when life gets busy. If it becomes difficult to keep up, it is important to adopt the right mindset. Parents do not want to burden their children, so don't make them feel like

**Lifestyle changes**

■ CONTINUED FROM PAGE 28

they are an inconvenience. Mutual respect is key to helping them age independently.

**Community Resources**

To avoid having to make critical decisions in the midst of chaos, identify services needed in the future and shop for them now. Families can find help with financial, medical, social, nutritional and household needs. Even if there is a strong family network or volunteer helpers, needs increase as people age. Families may consider hiring in-home nonmedical care, or alternatively moving parents into an assisted living environment. Shifting caregiving responsibilities to professional providers doesn't mean the family must give up control. Families should remain active and ensure care providers honor their

parent's wishes. Many families find assisted living enriches the relationship with their parents because they can now spend more quality time together. Celia Patti whose husband moved into Bridge Haven Memory Care says, "With services like these, there comes a price. But there is one thing you can't put a price on, and that is the health and safety of your loved one." Providing a stable and safe environment for family members is first priority for her. If you have safety concerns about an aging family member, please contact us for assistance at 785-371-1106.

- Robert Wilson is the executive director for Bridge Haven Memory Care Residence and Bridge Haven Care Cottage. He is an active member of the Lawrence Area Partner in Aging network, the Douglas County Coalition on Aging, and the Kansas Health Care Association and he is an advocate for raising the standards of care for local area seniors.

# Neuvant House of Lawrence

## Assisted Living Residence



Neuvant House of Lawrence is an assisted living residence purposefully designed for persons with dementia and Alzheimer's disease. In addition to providing a safe and engaging environment, we utilize enriching programs to help individuals live life to the fullest.

Neuvant House of Lawrence—personal dignified service, 24-hours a day.

*Come visit us and see the difference we can make.*



*Learn how families are making Informed Decisions for their loved ones at [www.neuvanthouse.com](http://www.neuvanthouse.com)*



**NEUVANT HOUSE**  
OF LAWRENCE  
Personal Memory Care



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

## Visiting Nurses

*your local not-for-profit provider since 1969*



Home Health



Rehabilitation



Hospice



Private Duty

**Visiting Nurses**

— LAWRENCE —

Home Health - Rehabilitation  
Hospice - Private Duty  
200 Maine, Suite C • Lawrence, KS  
785-843-3738

**Visiting Nurses**

— TOPEKA —

Home Health - Rehabilitation  
1800 SE 21st Street • Topeka, KS  
785-234-2700



**Quality Care with a Hometown Feel!**

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

**Creating Home for More than 50 Years**

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

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

**RE•BATH Kansas can convert your traditional bathtub or shower into a safe bathing area.**



Your safety is important to us

- DuraBath SSP® replacement shower bases and bathtubs.
- Shower Seats and Grab Bars
- Walk-In Bathtubs
- BathGard Slip Resistant Bottom
- Wall Surround Systems to Match Your New Shower Base

**RE•BATH** Call for a free in home estimate!  
1-800-BATHTUB 785-266-9800 **We've Moved!**  
1508 SW 41st St. • Topeka • [www.rebathkansas.com](http://www.rebathkansas.com)

If you are a Veteran, you may qualify for a VA Grant toward your remodel. Please call for more information.

Present this ad and receive **\$500 off** a complete bathtub or shower package. Must be used on initial consultation. May not be combined with other offers. Other restrictions may apply.

Present this ad and receive **\$1000 off** a complete walk-in tub package. Must be used on initial consultation. May not be combined with other offers. Other restrictions may apply.

- ADA toilets, flooring, vanities and more.
- Lifetime warranty on all DuraBath SSP® products

# PUBLISHER'S COLUMN

## Are retailers writing off seniors?

By Kevin Groenhagen

When I started distributing *Senior Monthly* in Topeka in 2003, I worked out a trade-out arrangement with the marketing director at West Ridge Mall. In exchange for a monthly ad in our business card directory, the mall would allow me to place copies of *Senior Monthly* in the mall. The marketing director told me that this would be a great way for the mall to reach seniors in the area. She even provided a special rack for me to use.

Our trade-out arrangement worked great for the next decade, although pick up did drop a bit after Macy's, an anchor store, closed last year. However, in early April I received an email from the mall's new marketing director informing me that I could no longer place *Senior Monthly* in the mall without a contract. She was unaware of the decade-old trade-out arrangement, so I filled her in on the details. "The trade out just wouldn't make much sense for us as the publication does not reach our target audience, so we will have to decline on the business card ad," she responded.

I asked the marketing director if she would reconsider a trade-out arrangement. Her assistant responded with a trade-out proposal. That proposal entailed quite a bit more advertising for the mall than we had been doing. Nevertheless, I said it was acceptable. However, the assistant sent another email a little over a week later and said that the mall would need even more advertising as part of a trade. In fact, the advertising for the remainder of 2013 would be roughly equivalent to five years' worth of advertising under the arrangement agreed to in 2003. I declined the second proposal,

and I somewhat suspect that they expected me to decline the original proposal.

So *Senior Monthly* is no longer available at West Ridge Mall. I'll find another spot or two in or near Topeka to replace that distribution site, so that doesn't really bother me that much. However, I'm still a bit puzzled by the marketing director's words: "The trade out just wouldn't make much sense for us as the publication does not reach our target audience." A "target audience" is "A specified audience or demographic group for which an advertising message is designed."

I've never worked for or in a mall, but it seems to me that a mall would

have target audiences. *Senior Monthly* certainly has more than one target audience, which I didn't initially realize when I began publishing this publication at the age of 38. At that time, I saw just one target audience, i.e., anyone over 50, which I then considered "old." After 12 years of publishing *Senior Monthly* and becoming 50 myself, I no longer see 50—or even 70—as old. In addition, I now know that *Senior Monthly* actually has several audiences. For example, there are retirees who are still very much active. There are also baby boomers who are caregivers for their parents. There are even those younger than 50 who work for businesses or organizations that are involved with the growing senior population. Is it really possible that a mall would write off these audiences?

The West Ridge Mall opened in 1988. There have been many changes since the 1980s, but there is one change that I believe many retailers have not yet realized: The young are getting poorer, while the more mature are becoming more wealthy. According to the Pew Research Center in 2011, the median net worth of those

younger than 35 fell from \$11,521 (in 2010 dollars) in 1984 to \$3,662 in 2009, a drop of 68%. The net worth of those 35-44 saw their media net worth drop 44%, from \$71,118 to \$39,601. However, the media net worth of those 55-64 increased 10%, from \$147,236 to \$162,065. Those 65 and older saw their net worth grow from \$120,457 to \$170,494, an increase of 42%. Given this, you would think that more retailers would make serious efforts to market to seniors.

In 1995, High Yield Market-Place conducted a study on ageism in advertising. It found that while 50+ households control more than 70% of the total U.S. consumer net worth, most "advertising agency professionals are most comfortable advertising to younger consumers like themselves." According to Gary Onks, founder and president of Sold on Seniors, "Business failures of the 21st century will not be companies lacking innovative products, they will be companies lacking 'seniorized' marketing skills."

Those are things for business owners and managers to keep in mind as they consider their "target audiences."

For many local seniors, there is a gap in medical care following a hospital stay for injury, illness or surgery. Often, they are well enough to be released from the hospital, but not well enough to immediately return home. Topeka Presbyterian Manor is bridging this gap with the new Post-Acute To Home (PATH™) program. Topeka Presbyterian Manor is owned and operated by Presbyterian Manors of Mid-America.

PATH helps seniors by providing a place for them to transition from hospital to home and provides a variety of services, including physical, speech and occupational therapy; orthopedic and neurological rehabilitation; cardiac recovery and post-surgical care. These services help individuals regain

their functionality, and in many cases, allow them to return to their previous lifestyle.

"The PATH program benefits the entire community," said Tom Bechtel, Topeka Presbyterian Manor executive director. "We are able to offer area seniors a continuum of recovery care that allows them to more easily transition back to their normal lives."

Those who participate in the PATH program will be partnered with a specialized intake coordinator, who works with physicians and family members throughout the admissions process. Next, the Topeka Presbyterian Manor team of physicians, registered nurses, therapists and social workers tailors individual recovery programs to meet each individual's personal and medical

needs. The team holds regular conferences with family members to ensure loved ones are kept informed of goals and progress.

"One aspect of the PATH program we are most proud of is our commitment to reducing re-admissions," said Bechtel. "We complete thorough pre-admission assessments, help individuals reach discharge goals and follow up on progress after they have returned to their homes."

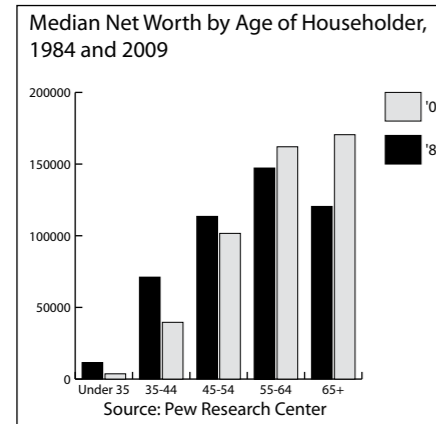
The PATH program is available in 17 Presbyterian Manors of Mid-America senior living communities throughout Kansas and Missouri.

Topeka Presbyterian Manor is a member of Presbyterian Manors of Mid-America Inc., an organization with more than 60 years of experience

serving seniors. PMMA offers a variety of living options and a continuum of health services.

For more information on Topeka Presbyterian Manor, or its senior lifestyle, services and programs, please call 785-272-6510 or go to TopekaPresbyterianManor.org. Topeka Presbyterian Manor accepts Medicare; please call to speak with a staff member who can help determine eligibility.

Topeka Presbyterian Manor, and all PMMA-affiliated and -operated senior living and health service communities, are operated on a non-discriminatory basis, and provide accommodations and services to individuals without discrimination due to race, color, religion, sex, age, national origin, ancestry, disability or any other unlawful reason.



## Race to End Senior Hunger



**Saturday, June 22, 2013**  
**Heartland Park Topeka, 4:00 p.m. to 7:00 p.m.**  
 An "adults only" summer event of drag racing, live music, food and refreshments

**Tickets: \$40.00** (Your \$40 purchase will impact six seniors)  
 Please call us today at (785) 295-3980 or visit our website [www.meals-on-wheels-inc.org](http://www.meals-on-wheels-inc.org) for more information.

### Sunflower Plaza Tower

**Gracious Senior Living!**

**Apartments Available for Rent now.**

**Must See to Believe!**

- 62 years and older
- 1 Bedroom Apartment
- All utilities paid
- Rent based on income
- Smoke-free living

- Planned activities
- Friendly Management
- Service Coordinator
- 24-hour emergency maintenance

- Convenient laundry facilities
- Extra Storage
- Community room with kitchen

**Call Cindy McCullough for more information.**  
**785-242-6655 • 701 S. Poplar • Ottawa, KS**

## The American Speech-Language-Hearing Association recognizes May as Better Hearing & Speech Month.

Celebrate by having **YOUR** hearing evaluated.

Call NuSound Hearing Center for your FREE hearing consultation today.

**Belinda Gonzales, HIS**  
**5950 SW 28th Street, Ste. A**  
**Topeka, KS 66614**  
**(785) 783-8121**  
**www.nusoundhearing.com**

### Don't Know Much About Lawrence's History?

Read Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* (1895)

Now available at

**The Watkins Community Museum of History**  
 1047 Massachusetts Street • Lawrence • 785-841-4109

**Hours:** Tuesday, Wednesday, Friday and Saturday, 10 a.m.–4 p.m.; Thursday, 10 a.m.–8 p.m.; Closed Sunday, Monday and Holidays

## 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.



# PUZZLES & GAMES

## Each Trick In Each Time

By Tannah Hirsch  
Tribune Media Services

Both vulnerable. North deals.

would have preferred an initial response of four hearts by South. When, instead, South chose the delayed jump to game, showing a stronger hand, we cannot blame North for driving to slam.

Any lead other than a trump by West would have doomed the slam. Since East was likely to hold some cards, a plain-suit attack has much to recommend it. Declarer won the opening lead in hand, crossed to the ace of clubs and ruffed a club. A trump to the queen was followed by another club ruff, but unfortunately the king of clubs did not drop.

Declarer continued by advancing the queen of diamonds, and East had no recourse. If he took the ace, his forced diamond return would permit declarer to discard a spade from hand, win in dummy and ruff another club to set up a long club on the table for another spade discard.

Ducking proved no better. Declarer led a low spade to the queen, losing to the king. He ruffed the ace of diamonds return and ran the ten of spades. When that won, declarer had eight heart tricks, two spades and a trick in each minor.

- Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2010 Westridge Drive, Irving, TX 75038. E-mail responses may be sent to gorenbridge@aol.com.

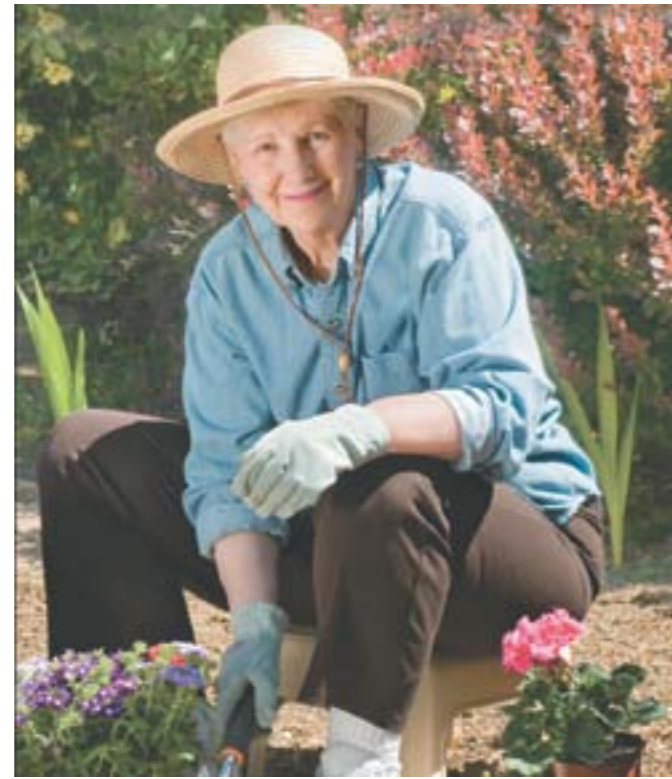
© 2013 Tribune Media Services, Inc.

The bidding:  
NORTH EAST SOUTH WEST  
1♣ Pass 1♥ Pass  
1♠ Pass 4♥ Pass  
4NT Pass 5♥ Pass  
6♥ Pass Pass Pass

Opening lead: Eight of ♥

We think South was to blame for reaching a poor slam on this deal from a European tournament. But a reprieve at trick one allowed declarer to display impressive technique to land the contract.

Without a side-suit ace or king, we



## Maintenance-free living is just the beginning.

At Presbyterian Manor, changing your address doesn't change who you are. It gives you the chance to live an active life on your own terms. Townhomes or apartments are available to fit your lifestyle and budget — with access to assisted living or skilled nursing, if ever needed.

You'll feel a true sense of community, with a range of social, educational, spiritual and fitness opportunities, including optional services:

**MEALS • HOUSEKEEPING  
TRANSPORTATION • AND MORE!**

We help seniors make these their best years. How can we help you?

Together, we'll find the answers.



785-841-4262 | 1429 Kasold Drive | Lawrence, Kansas 66049  
785-272-6510 | 4712 SW Sixth Avenue | Topeka, Kansas 66606  
www.justaskpresbyterianmanors.com

# PUZZLES & GAMES

## CROSSWORD

### Across

- 1 Minister's home
- 6 Inst. that turns out lieutenants
- 9 Poker game similar to Texas Hold 'em
- 14 Polynesian greeting
- 15 Rock music's \_\_\_ Fighters
- 16 Tied, as shoes
- 17 Crest dispensers
- 18 Ceremonial uniform
- 20 Turf grabbers
- 22 Yo-yo string feature
- 23 Necktie knot
- 25 Tidal return
- 28 Ample shoe width
- 29 Temple with a minaret
- 31 PC key for getting out of trouble
- 34 Way up
- 37 Emanation detected by psychics, so they say
- 38 NCAA Elite Eight team
- 42 \_\_\_ no good

### Down

- 43 Kept secret
- 44 Faux \_\_\_: blunder
- 45 Main thoroughfare
- 48 41-Down sound in the comic "B.C."
- 49 \_\_\_ of the land
- 50 Parent whose kids have moved out
- 57 Civil rights org.
- 58 Work that ridicules folly
- 59 Dashboard device, and a hint to the starts of 18-, 23-, 38- and 50-Across
- 64 Carryalls
- 65 Out of port
- 66 What to add when the -Across gets low
- 67 Create, as a statute
- 68 Back at the track
- 69 The USA's 50
- 70 Takes in tenants

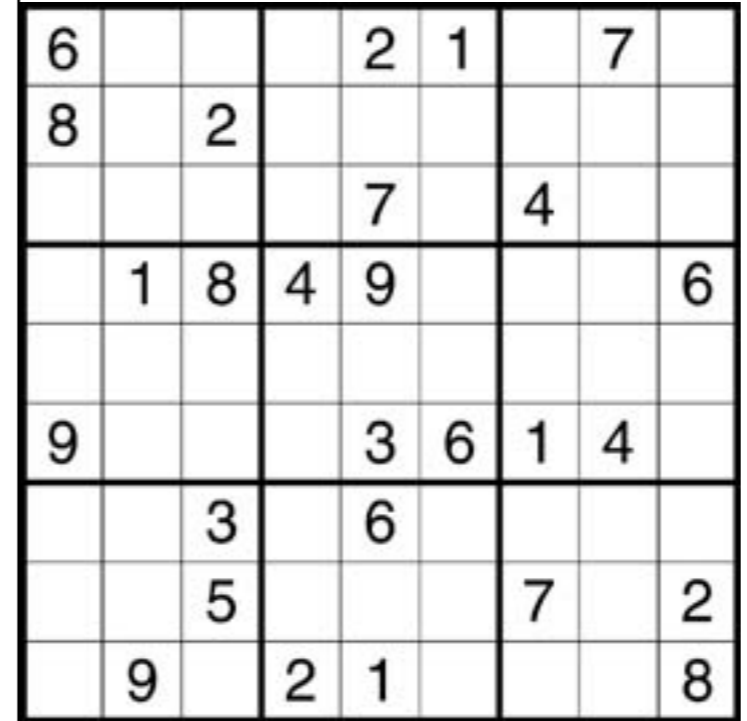
### Bop-\_\_

- 3 \_\_\_ Prize
- 4 Grain bundle
- 5 How latitude lines run
- 6 On vacation
- 7 "This \_\_\_ be the last time": Stones lyric
- 8 Goes it alone
- 9 Rookie's mentor
- 10 Make a dent in
- 11 Poker "bullet"
- 12 Bucks and rams
- 13 Commercials
- 19 Weaver's machine
- 21 Seven, in Sinaloa
- 24 Approaches
- 25 Supply with gear
- 26 Sac between a bone and tendon
- 27 Cop's rounds
- 30 Gal of song
- 31 The same
- 32 Old sporty Toyota
- 33 Spiteful, as gossip
- 35 "\_\_\_ tree falls ..."
- 36 Swanky
- 39 Fish eggs
- 40 High hours?
- 41 Threat to tiny workers
- 46 '80s Cold War leader
- 47 Song spelled with arm



- 51 Spark providers
- 52 Pull on
- 53 Rosetta \_\_\_
- 54 Giant
- 55 Standing upright
- 56 Concludes one's court case
- 59 Detergent brand
- 60 Jeep or Land Rover, briefly
- 61 Superlative suffix
- 62 Lion sign
- 63 Dollar sign shape

© 2013 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.

**JUMBLE** THAT SCRAMBLED WORD GAME  
by Mike Argrillon and Jeff Knorr

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

YOILD  
YUCIJ  
NERBAN  
VORGEN

Answer: A "O O O O O" O O O O

HOW THE DEFENDANT DESCRIBED THE PANEL HEARING HIS CASE.

**SCRABBLE** G R A M S

PAR SCORE 225-235  
BEST SCORE 299

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 3- to 7-letter word from the letters in each rack. Add points of each word using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Stars" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

**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

Answers to all puzzles on page 34  
**www.seniormonthly.net**

**SUDOKU SOLUTION**

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

**CROSSWORD SOLUTION**

MANSE	OCS	OMAHA
ALOHA	FOO	LACED
TUBES	FULL	DRESS
CLEATS	LOOP	
HALFWINDSOR	EBB	
EEE	MOSQUE	
ESC	STAIR	AURA
QUARTER	FINALIST	
UPTO	SATON	PAS
ARTERY	ZOT	
LAY	EMPTY	NESTER
	ACLU	SATIRE
FUELGAUGE	TOTES	
ATSEA	GAS	ENACT
BETON	STS	RENTS

**SCRIBBLE BRAND GRAMS SOLUTION**

A <sub>1</sub>	P <sub>1</sub>	P <sub>1</sub>	L <sub>1</sub>	I <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	RACK 1 =	83	
U <sub>1</sub>	N <sub>1</sub>	H <sub>1</sub>	O <sub>1</sub>	L <sub>1</sub>	Y <sub>1</sub>		RACK 2 =	12	
V <sub>1</sub>	A <sub>1</sub>	G <sub>1</sub>	U <sub>1</sub>	E <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 3 =	61	
H <sub>1</sub>	A <sub>1</sub>	U <sub>1</sub>	E <sub>1</sub>	U <sub>1</sub>			RACK 4 =	60	
S <sub>1</sub>	Q <sub>1</sub>	U <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	K <sub>1</sub>	Y <sub>1</sub>	RACK 5 =	83	
PAR SCORE 225-235								TOTAL	299

**JUMBLE ANSWERS**

Jumbles: DOILY JUICY BANNER GOVERN  
 Answer: How the defendant described the panel hearing his case -- A "GRAND" JURY  
 © 2013 Tribune Media Services, Inc.



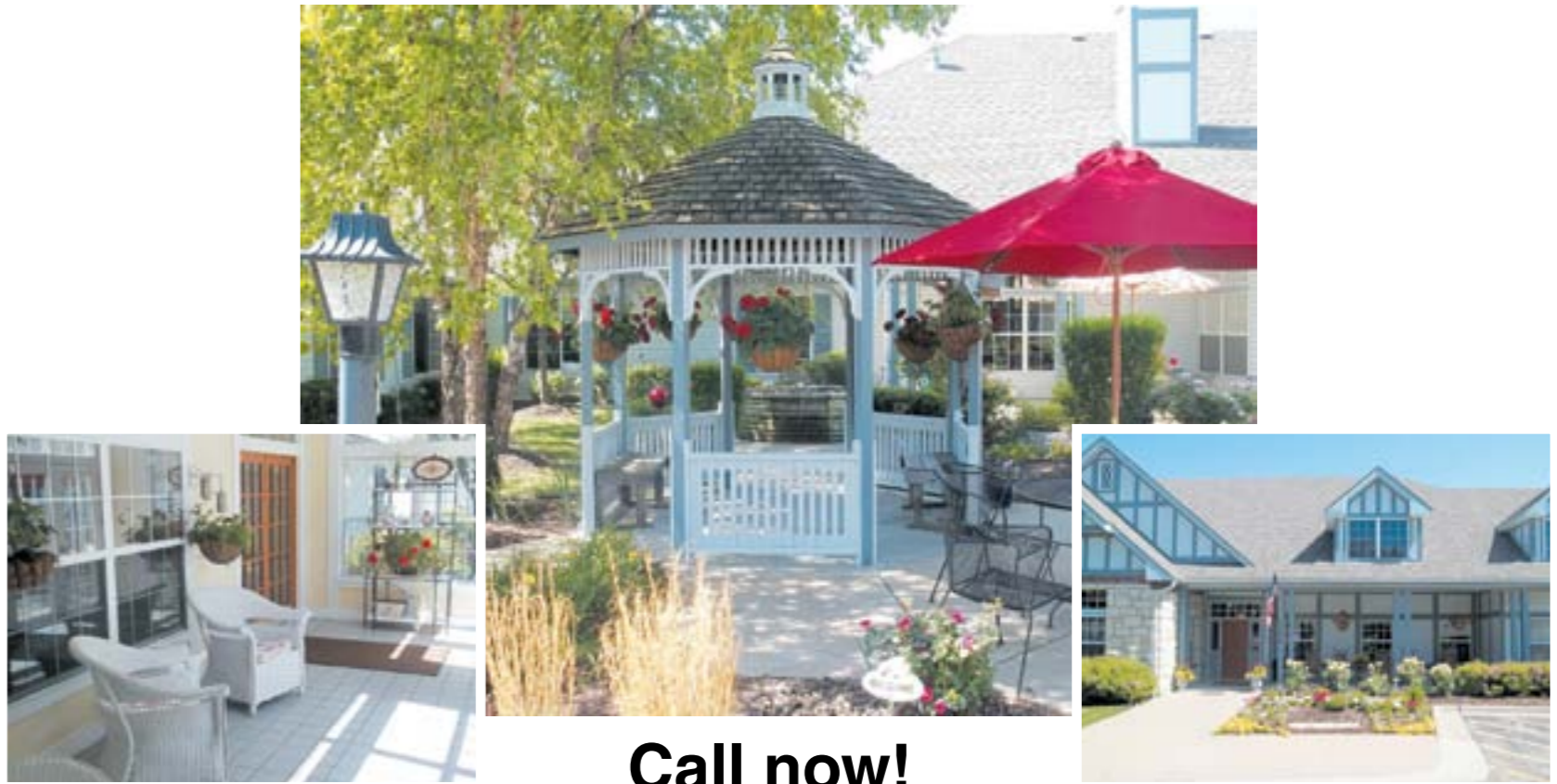
**TOO  
COLD?  
TOO  
HOT?**

When it's too cold or too hot to venture outside to pick up a copy of Kaw Valley Senior Monthly, don't worry. You can read Senior Monthly online. Just visit our website at [www.seniormonthly.net](http://www.seniormonthly.net).

Become a fan of Senior Monthly on Facebook or follow us on Twitter and we'll let you know when each new issue of Senior Monthly is available online.

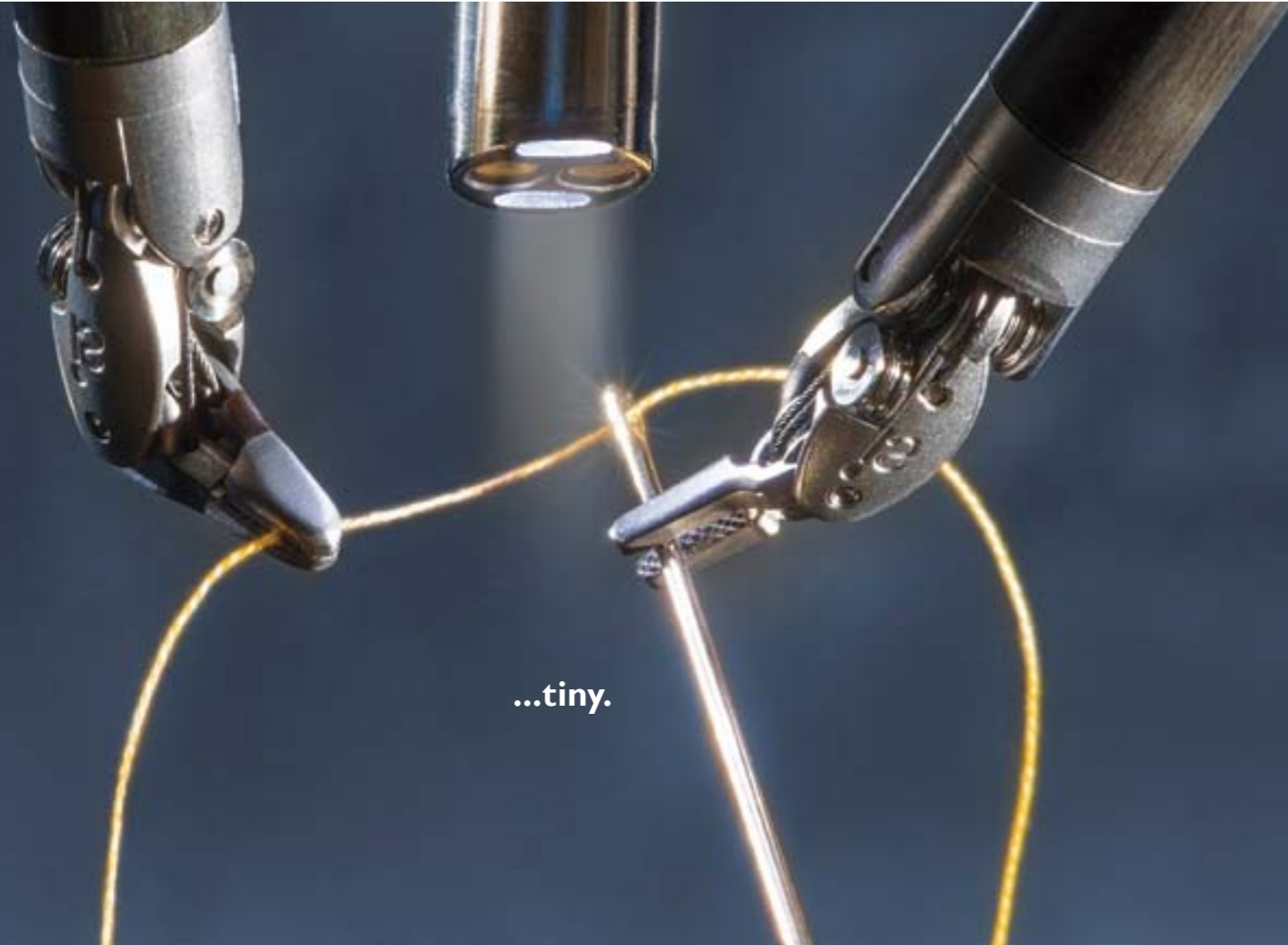


*For your peace of mind with assisted living and memory care needs.*



**Call now!**  
**Suzy Jach: 785-832-9900**  
 Join us for complimentary lunch and tour  
**The Windsor Assisted Living and Memory Care**  
 3220 Peterson Rd. • Lawrence • [legendseniorliving.com](http://legendseniorliving.com)

Our **biggest** advancement in surgical care is really very...



...tiny.

With our new da Vinci® Surgical System, surgeons at Lawrence Memorial Hospital are treating more conditions than ever with a minimally invasive approach. Robotically enhanced visualization, precision and control mean many operations result in shorter recovery, less pain and tiny scars.

From robotics to the wide range of laparoscopic and traditional surgeries, we bring board-certified expertise to every procedure. To find a surgeon and learn more about da Vinci robotically assisted surgery, visit [www.lmh.org/surgicalservices](http://www.lmh.org/surgicalservices).



325 Maine Street • Lawrence, KS 66044

