

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

November 2011

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INSIDE

Amazing Aging!
For Seniors and Those Who Love Them
A free publication of the Jayhawk Area Agency on Aging, Inc.
Advisory, Action and Awareness on Aging for Elders, Intention and Daughter Councils

FALL 2011

Kansas Secretary on Aging Shawn Sullivan: Fresh Face, Fresh Ideas

KEVIN GROENHAGEN PHOTO



Bud Klein takes Honor Flight to World War II Memorial

See story on page three

SENIOR
profile **R**

The Fall 2011 issue of *Amazing Aging!*, the Jayhawk Area Agency on Aging's newsletter, is included in this month's *Senior Monthly*. See inside.

Visiting Nurses will open a new branch office in Topeka in November. This is a natural outgrowth of what the organization has been doing since its inception in Douglas County 42 years ago. - page 6

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Klein fulfills mission to visit World War II memorial

By Kevin Groenhagen

In 2009, Harold "Bud" Klein, Lawrence, joined 39 other World War II veterans on a flight from Kansas City to Washington, D.C. That one-day trip is one that Bud had hoped to make for many years.

Born and raised in Ottawa, Kan., Bud was attending Ottawa University when the Japanese bombed Pearl Harbor on December 7, 1941. He and his childhood friend both played football for the university. Bud's fiancée, Lorene, was also a student at the university. Lorene, a Wellsville native, met Bud on a blind date during the summer of 1940. Lorene later decided to transfer from Kansas Wesleyan University and join Bud at Ottawa University.

Bud and Lorene tied the knot one month after the U.S. entered World War II. His childhood friend and teammate stood up with Bud as his best man.

A few months later, Bud was drafted into the Army.

"I went into the service in 1942 as a buck private," Bud said. "I was sent to a military school in Hattiesburg, Mississippi, to learn the Army's administration procedures. I went from there to Oregon and Washington, and

got into an active unit that was just being activated. We were all a bunch of buck privates. Fortunately, with my background and experience at the administration school, they thought I would be a good first sergeant."

In fact, Bud's promotions came in rapid succession, and he became a first sergeant less than a year after entering the service.

After serving two years in the United States, Bud and his unit, the 506th Air Service Squadron, learned they would be leaving the country. In fact, they would join a part of the war that is often described as being "forgotten": The China-Burma-India Theater.

The Japanese invaded China in 1937. In 1941, the United States decided to support China in its war with Japan with Lend-Lease funds. When the Japanese moved that summer to take bases in French Indo-China, the U.S., Britain and the Netherlands placed an oil embargo on Japan, which cut off 90 percent of its supplies. In response, Japan captured Rangoon, Burma, in March 1942, which cut off the Allies' overland supplies from India to China via the Burma Road.

"The purpose of the China-Burma-India campaign was to create and preserve an air corridor between China



Bud Klein, right, and other World War veterans visited the National World War II Memorial in Washington, D.C., with Bob Dole, who represented Kansas in the United States Senate from 1969 to 1996

and India that could be used to ferry/airlift vital war supplies to bases located in China," Bud explained. "Alternate routes had been shut down by the invading Japanese army and navy. The active front in China served to force Japan to keep hundreds of thousands of troops stationed in China, thus reducing deployment to the Pacific islands, where they could be used

against incoming American forces."

On June 29, 1944, Bud and the other troops with the 506th Air Service Squadron boarded the USS *General A. E. Anderson* and headed for Melbourne, Australia. The unarmed ship picked up an escort in Australia and then continued on to India. They reached Bombay on August 7.

Bombay (now Mumbai) is on the

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Bud Klein

■ CONTINUED FROM PAGE THREE

west coast of India and the squadron's final destination, Shamshearnagar in Assam Province, is in eastern India, so the squadron's journey was far from over.

"We had to travel all the way across India to get to Assam Province," Bud said. "We traveled by train. The latrine was a hole in the floor. You would do your job while the train moved down the tracks. We then had to get on a barge to go up the Brahmaputra River to get to Shamshearnagar, where we would share a base with the British."

Members of the squadron initially lived in bamboo huts called *bashas* at Shamshearnagar.

"A week or two later after arriving at Shamshearnagar, a monsoon destroyed most of our bashas, so I lived in a tent for most of my 1 1/2 years there. I think monsoon season lasted four or five months. We refer to ourselves as 'webbed-feet' because we had to wade in the water and mud so much."

Ironically, while much water fell from the sky, there was little suitable water available to the squadron for other uses.

"We were each assigned a bucket of water about once a week to do our bathing and shaving," Bud said.

The appearance of the troops also changed a bit, but not from lack of bathing.

"Before we got off the boat they gave us an anti-malarial treatment," Bud said. "We took a pill once a day to keep us from getting malaria. We all turned yellow. We came back to the U.S. in the winter, but we all looked like we had tans."

Food was also an issue with the squadron.

"Occasionally, some of our kitchen help would go hunting so we could have something other than that Australian bully beef that they fed us," Bud said.

"Bully beef," a term from the United Kingdom, is derived from the French term *boeuf bouilli* (boiled beef). In the U.S. we know it as canned corned beef.

Of course, in addition to seeing to his men's living conditions in Assam Province, First Sergeant Klein had to ensure that they worked to fulfill their

military mission.

"Our personnel were all experts in certain areas of aircraft repair. We had engine specialists, electrical specialists, sheet metal specialists, and so on. We had men from almost every state and the union, so I was dealing with New Yorkers, Californians, Texans, southerners, and so forth. I had taken a Dale Carnegie course after my service, so I had had prior experience with how to win friends and influence people."

"We performed what was called third echelon maintenance," Bud continued. "The units themselves that were flying the planes performed daily service. But if they needed engine repair or had a failure of some part, they called on us. If a plane would go down, we had field service units that could go out and cannibalize parts off of the fallen aircraft. We kept the planes flying as well as we could. I think one time they said 75 percent of our aircraft were constantly in service. We worked on 15 to 20 different types of aircraft."

Those aircraft included B-24s, B-25s, B-29s, C-46s, C-47s, C-109s, P-47s, and P-51s.

The cargo planes carried supplies, including food, ammunition, and even mules for the ground forces, to China. The supplies were usually air-dropped.

"Some of our men volunteered to be kickers," Bud said. "They would ride on C-46s and C-47s and kick stuff out of the backdoor. They had to hold on. Normally, the Indians would do this. Several times the crews would come back and say that the kickers failed to hold on. They went down with the products."

"Our pilots also had to fly over 'The Hump,'" Bud continued. "The Hump was the eastern end of the Himalayan Mountains. They weren't used to flying at such high altitudes. Sometimes they would have too heavy of a load. We had what we called an aluminum trail from India and across The Hump, aluminum being downed aircraft. They are still finding downed planes there. I read recently where they finally identified some that were missing in action."

As the squadron's first sergeant, Bud often had to fly on the planes himself.

"Our unit was broken up into several mobile units and we paid our

men once a month," he said. "We paid them in rupees, which is Indian money. An officer and I were assigned to go out to where these men were to pay them. We both wore side arms just in case the plane went down."

By coincidence, Bud's brother-in-law, his wife's twin brother, was with another air service squadron in India. They were able to see each other two or three times and even made a trip together to Calcutta.

Bud and his squadron were packed and ready to go into northern China in August 1945 when they learned that new bombs had been used on Hiroshima and Nagasaki. The war ended several days later.

"After the war ended, we went down to THE Calcutta area," Bud said. "We had a lot of supplies and aircraft to dispose of. We had new aircraft down there that had never been flown. We weren't going to bring them back to the States, so we just cut them into pieces with blowtorches while we waited to be shipped back to the good ole USA."

Bud received his discharge from the Army in February 1946. His ser-

■ CONTINUED ON PAGE FIVE



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Bud Klein

■ CONTINUED FROM PAGE FOUR

vice record shows that his decorations include the World War II Victory Medal, the Asiatic-Pacific Campaign Medal, the Good Conduct Medal, the Central Burma Campaign Medal, the India Burma Campaign Medal, and the American Service Medal. He also qualified as an expert on the .45 Thompson submachine gun and as a sharpshooter on the M-1 carbine.

Unfortunately, Bud's teammate and best man did not return from the war.

"He was a gunner on a B-17," Bud said. "His plane went down off the coast of Africa and they never found him."

Bud enrolled at the University of Kansas in April 1946 and graduated from the School of Business in 1948 with a degree in accounting. He stayed in the Air Corps Reserves for another three years after being discharged from the Army.

"After graduating, I applied for a direct commission and became a second lieutenant," Bud said. "In 1947, the United States Air Force became a separate branch of the military, so

I served as a second lieutenant in the Air Force Reserves for four years."

In addition to serving in the reserves, Bud joined the marketing division of Skelly Oil Company in Kansas City, where he worked for 10 years.

"Skelly's home office was in Tulsa," he said. "When they closed the Kansas City marketing office, I was given the choice of going to the home office. We checked it out, but we had already started our family and had deep roots in Johnson County, so I left Skelly and later worked for Kaw Transport, a trucking management company, as a vice president for operations and public relations. I was with them for 15 years and retired from there.

In 2004, the U.S. National World War II Memorial in Washington, D.C., opened to the public. Former U.S. Senator Bob Dole, a World War II veteran, and Frederick W. Smith, the president and CEO of FedEx Corporation and a former U.S. Marine Corps officer, led the effort to raise corporate funding for the memorial.

After the memorial opened, Earl Morse, a physician assistant and retired Air Force captain who worked in a Department of Veterans Affairs clinic

in Springfield, Ohio, often asked World War II veterans if they had plans to visit the memorial. When he realized that few veterans were going to be able to visit the memorial, he offered to fly two veterans to D.C. He then pitched his idea to fly veterans to Washington to a local aeroclub of 300 private pilots at a local Air Force base. That led to the founding of the Honor Flight Network.

Shortly after Lorene passed away, Bud applied for a spot on a plane to visit the National World War II Memorial through the Honor Flight Network.

"That was one part of my life that I hoped I could experience before I passed on," Bud said.

Bud was selected for a flight and, on September 30, 2009, he and 39 other World War II veterans met at the Kansas City airport to fly to D.C.

"Some of the veterans were in wheelchairs and some were handicapped, so they had a companion for about every four veterans or so," Bud said. "Bob Dole was very involved in getting this monument. He was there to greet us at the memorial. They put together a DVD of our visit to Washington. It was done very professional-

ly. I get choked up every time I watch that video, especially when the patriotic music plays."

Bud also got a bit emotional as he read the following paragraphs from a Kansas City Star article about his Honor Flight:

"Honor Flight represents a cinnamon-sweet sentiment with a sell-by date.

"The nation's surviving World War II veterans are dying at a rate of perhaps 1,000 a day, according to Department of Veterans Affairs' estimates. Many of the approximately 2.3 million remaining, Honor Flight founders believe, still would like to visit the memorial dedicated in 2004 on the National Mall in Washington.

"Yet many do not have the physical or financial ability to do that.

"The reaction among the veterans who fly to Washington on Honor Flights often is profound, as it appeared to be for many of those Kansas City area veterans who returned just before 10 p.m. While a few were visibly fatigued, many more were buoyant, greeting families with beaming smiles and grinning in the face of flashing cameras.

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Visiting Nurses to open office in Topeka

By Billie David

Visiting Nurses will open a new branch office in Topeka in November. This is a natural outgrowth of what the organization has been doing since its inception in Douglas County 42 years ago.

"It's our mission to provide services to people in the community to help them stay in their own homes," said Judith Bellome, CEO of Douglas County Visiting Nurses, which provides area citizens with home health care, hospice and private duty services. "We have always served people in Douglas County and over the county line in the areas around the county. We are a mobile health care service, so we can go anywhere we have staff."

When Visiting Nurses saw an increasing number of referrals from the Topeka area—from places such as Stormont Vail, Cotton O'Neil Clinics and the Health Department—the time seemed right to expand services to the

area. Visiting Nurses also gets referrals from KU Medical Center, where most of the higher level trauma patients are transferred to from the Topeka area hospitals and these patients need home care services in the area when discharged back home. Visiting Nurses accepts Medicare and Medicaid patients and admits patients being discharged from a hospital or facility on weekends. It can be very difficult for facilities to find home health organizations willing to do so.

"We didn't expand before because we served primarily Douglas County," Bellome explained. "But we can expand now because we are large enough and strong enough."

This is important, she said, because Visiting Nurses takes Medicaid patients, and as a not-for-profit organization they are now large enough to absorb some of the losses associated with providing services for Medicaid clients. Through fundraising efforts

and grant funding, Visiting Nurses also serves those who can't take advantage of the safety net Medicaid provides—the working poor who make too much money to qualify for Medicaid but who cannot afford to pay for medical insurance.

Expanding to Topeka presents no financial risk to the organization, Bellome said, because there is very little overhead. Visiting Nurses already has a clinical team providing service to Topeka area residents.

Visiting Nurses (the name on their permit says Douglas County Visiting Nurses Association, Inc., their logo says Visiting Nurses, but most people know them as VNA, Bellome said) has always been able to serve people within a 100-mile range of the home office in Lawrence and also has serves clients in Ottawa and Tonganoxie. The decision was made to apply for permission from the State of Kansas and

Medicare to open the branch office in Topeka because the demand is large enough and we want to be an active part of that community.

"We hope to be in our new location in Topeka sometime in November," Bellome said, adding that are planning to hold an open house, possibly in December. Invitations will go out to physicians, discharge planners and the general public to come see our location, meet our staff and ask questions about our services.

Janet Cairns, RN will be the Director of the new branch office in Topeka. Cairns has been with Visiting Nurses for over 10 years and has been a manager for six years.

Visiting Nurses can be reached at the Lawrence location at 200 Maine Street, Suite C, by calling 785-843-3738. Their Topeka number is 785-234-2700.

Please call if you have any questions about services available and watch for information on their location and open house in Topeka.



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Finding gift ideas for the impossible-to-shop-for person

(ARA) - Shopping for holiday gifts would be a lot more fun—and so much easier—if you knew exactly what you wanted to get for everyone. But there's a good chance your list includes an impossible-to-shop-for friend or family member.

If you've struggled in the past to find the perfect gift for this person, you may have resorted to giving gift cards they applied to their everyday shopping, or asking them to give you a wish list.

Tackle those impossible-to-shop-for people on your list with a new approach to finding good—and unexpected—gift ideas with the following tips:

- Head to the public library and browse through magazines that cater to his special hobbies. Pay close attention to ads and products in the articles. If you see something you don't think he has already, make a mental note to scope out his house or work area the next time you're visiting, just to make sure. Or chat with someone else who shares his hobby and would know if you've discovered the perfect gift that he'll use and appreciate.

- Go online and visit shopping sites like CouponHeaven.com, which features hundreds of niche stores. For example, CouponHeaven.com allows you to sort shopping opportunities by stores and categories, and you can browse the latest specials. You can also find great ideas from coupon codes and discounts posted for sites like Barnes and Noble for the book lover, Gardener's Supply for the green thumb and even Joann Fabric for the crafty person.

- Take her out for a window-shopping experience, disguised as a walk through the mall for exercise, or as a trip to purchase gift ideas for other

people on your list. Pay close attention to anything she takes a second look at—whether it's clothing, beauty items, household items or even exercise equipment. Make mental notes on those items, and either schedule a trip back to the store to purchase the item she was interested in, or head home and look the store up on CouponHeaven.com to see if any coupon codes or discounts are available for that store or item. Since she's al-

ready invested an interest in the item, you'll know it will be enjoyed and used after she unwraps it during the holiday season.

- If the person on your hard-to-shop-for list lives far away, preventing you from looking around his house or taking him window-shopping, then start investigating his life. Call his friends and family and interview them. Check out his postings on social networking sites to see if he's

mentioned any interests you could follow up on. Paying attention is key to finding the perfect gift, so make notes whenever you can.

Don't delay in trying these holiday gift idea finding tips, because the earlier in the year you start, the more ideas will be presented to you. And if you come across several gifts that could work, write those ideas down, so you're prepared for next year's holiday season.

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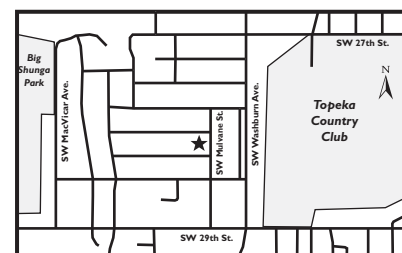
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Social Security announces 3.6 percent benefit increase for 2012

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 60 million Americans will increase 3.6 percent in 2012, the Social Security Administration announced October 19. This is the first cost-of-living adjustment since 2009.

The 3.6 percent cost-of-living adjustment (COLA) will begin with benefits that nearly 55 million Social Security beneficiaries receive in January 2012. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2011.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$110,100 from \$106,800. Of the estimated 161 million workers who will pay Social Security taxes in 2012, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

Information about Medicare changes

for 2012, when announced, will be available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

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For caregivers: Dollars and sense about Medicare

(ARA) - Taking on the role of caregiver for an aging, disabled or seriously ill loved one can be emotionally challenging—and financially baffling. You want to ensure your loved one receives the best medical care available, yet hold down expenses at the same time. And if the person you care for has Medicare, you'll want to make sure you know how to best use it to help with medical expenses.

You can start by learning the basics. Ask Medicare, a service created by the Centers for Medicare & Medicaid Services at www.medicare.gov/caregivers offers plenty of tips for the nation's 66 million caregivers. The site features practical information such as enrolling in Medicare, choosing a prescription drug plan, finding state and local caregiving resources, how to get access to in-home services, and more.

Ask Medicare offers a handy primer on Medicare benefits:

- Medicare Part A (hospital insurance) is for inpatient care in hospi-

tals, including room costs and meals. Skilled nursing facilities, hospice and some home health care are also covered under Part A.

- Medicare Part B (medical insurance) is for ambulance services, doctor's services, outpatient care and some home health care. Also covered are tests, shots and services to help maintain your health, including pap tests, flu shots and various cancer screenings.

- Medicare Part C (private Medicare Advantage HMO or PPO plans) covers Part A, Part B, and other services. Some Part C Medicare Advantage plans also cover prescription drugs.

- Medicare Part D (prescription drug coverage) helps pay for brand-name and generic prescriptions.

Ask Medicare can also direct you to supplemental programs, including:

- Medicare Savings Programs (MSPs) help pay Medicare expenses and, in some cases, deductibles and coinsurance for those who qualify and are available in all states. Go

to www.medicare.gov/caregivers and click on "Caregiver Topics," then "Support for Caregivers," and "Financial Help for Caregivers" to learn more.

- State Health Insurance Assistance Programs (SHIPs) offer free health insurance counseling. To find the SHIP office in your area, visit www.cms.gov/ContactCMS for useful phone numbers and websites.

- Other state and federal programs that can cover additional needs. Many people qualify for support from Social Security, Medicaid, the Supplemental Nutrition Assistance Program, and in-home services pharmacy programs. The National Council on the Aging's website helps Americans determine their eligibility for a wide range of support programs. Go to www.benefitscheckup.org.

"Signing your loved one up for the Medicare program that best fits her needs is one of the best things you can do as a caregiver," says Susie Butler, acting deputy director, Partner Relations Group, Office of Public

Engagement, Centers for Medicare & Medicaid Services. "The Ask Medicare site has information specifically for caregivers from Medicare billing questions to savings programs or help paying out-of-pocket health care costs."

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Medicare Open Enrollment is October 15 - December 7

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may be able to save money, get better coverage, or both.

Starting this year, Open Enrollment starts earlier—on October 15th—and lasts longer (7 full weeks) to give you enough time to review and make changes to your coverage. But, also starting this year, you will need to make your final selection for next year's Medicare coverage by December 7. This change ensures Medicare has enough time to process your choice, so your coverage can begin without interruption on January 1.

If you typically use the December holidays to discuss health care options with family or friends, plan now

to move that conversation earlier. And remember that Medicare is available to help.

- Visit www.medicare.gov/find-a-plan to compare your current coverage with all of the

options that are available in your area, and enroll in a new plan if you decide to make a change.

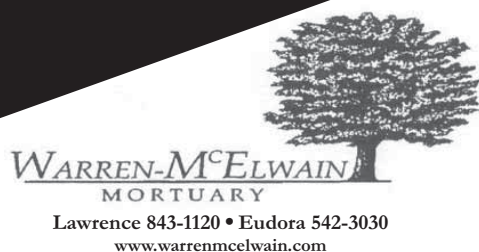
- Call 1-800-MEDICARE (1-800-633-4227) 24-hours a day/7 days a

week to find out more about your coverage options. TTY users should call 1-877-486-2048.

- Review the Medicare & You 2012 handbook. It is mailed to people with Medicare in September.

- Get one-on-one help from your State Health Insurance Assistance Program (SHIP). Visit www.medicare.gov/contacts or call 1-800-MEDICARE to get the phone number.

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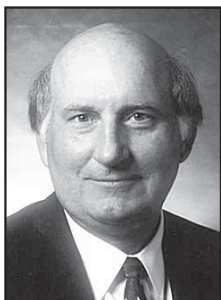


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Lawrence Public Library sponsors MyStory

Historic events and their affect on government policy, popular culture, and the economy are well documented. These same major events influence the personal values, behaviors, and relationships of the people who experience them. MyStory returns this year to explore the impact of significant personal and historic events of the past 60 years. Participants will identify and discuss which events were most influential for them. Personal writing assignments are encouraged, as well as textiles, painting or scrapbooking, to record these aspects for posterity. Everyone has a story to tell. MyStory is designed to provide insight to our history, culture and selves.

Sponsored by the Lawrence Public Library, in partnership with Babcock Place and Presbyterian Manor, MyStory will cover those flashpoint moments that influenced our lives. There will be a series of six programs. The programs will be held at Babcock Place, 1700 Massachusetts at 3:00 p.m. on Tuesdays in November. A

special event, "Story Quilts, Sharing Your Memories in Quilts," will be presented on Wednesday, November 16, at 6:30 p.m at Presbyterian Manor, 1429 Kasold Drive. There is no fee for participation and registration is not required.

- November 1: History Through Our Eyes
- November 8: The 1940s
- November 15: The 1950s
- November 16: Special Event: Story Quilts
- November 22: The 1960s
- November 29: My History, Your History, Our History

MyStory is an annual program that promotes the importance of recording personal history. It has been developed with a commitment to the documenting of individual lives as a means of illuminating the significance and the influence that all have had on our history. For more information on the MyStory programs, please call Pattie Johnston at the Lawrence Public Library, 843-3833 extension 115 or Gayle Sigurdson, Babcock Place, 832-1682.

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PERSONAL FINANCE

Try to avoid these scary investment moves

If you have kids — or even if you don't — you've probably celebrated Halloween. Of course, you may find the ghouls, witches and creepy impersonations of celebrities to be more amusing than alarming, but, as you go through life, you will find

investment, it will probably already be cooling off. And whether it's hot or not, it might not be appropriate for your individual needs and risk tolerance.

- **Trading too frequently** — If you're constantly buying and selling investments to maximize your profits, you may end up actually minimizing your success. Frequent trading will run up commissions and other investment costs — and the greater your expenses, the lower your real rate of return. Plus, by always adding and subtracting investments to your portfolio, you'll find it difficult to follow the type of long-term, consistent, comprehensive strategy that's necessary to help you attain your objectives, such as saving for retirement.

- **Starting too late** — As an investor, you'll find that time is one of your greatest allies. The earlier you start saving and investing for your goals, the better your chances of attaining them. "Save early and save often" may sound like a cliché, but it's good advice.

- **Taking a "time out" from investing** — Whether it's a market slump, a political trauma, a natural disaster or some other event, you can always find a reason to head to the investment sidelines for a while until things cool off, straighten out or return to what seems like "normal." Depending on your goals, not participating in the market may cause you to miss out on any opportunities that the market can present. At times, it can be tough to stay invested, but over the long run, a steady, disciplined approach can be a good strategy.

Halloween comes and goes in a single day. But by steering clear of these menacing investment moves, you can help take some of the fear out of investing and make it a more productive experience.

- *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

some things that are generally frightening — such as investment moves that are misdirected or go awry.

Here are some potentially scary investment moves to avoid:

- **Investing too aggressively** — In the investment world, here's one of the fundamental truths: The greater the risk, the greater the potential reward. So, by investing aggressively, you can potentially achieve greater returns. But if you invest too aggressively, you can, quite simply, get burned and lose your principal.

- **Investing too conservatively** — You can't invest with no risk. However, you can find investments that offer a higher preservation of principal in exchange for little or no growth potential. But if your portfolio is full of these vehicles, you may never achieve the growth you need to reach your long-term goals.

- **Failing to diversify** — If your portfolio mostly consists of the same type of investment, and a downturn hurts that particular class of assets, you'll take a big hit. But by spreading your dollars among an array of investments you can reduce the effects of volatility on your overall holdings. Keep in mind, though, that diversification can't guarantee a profit or protect against loss.

- **Chasing "hot" investments** — By the time you hear about a "hot"

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HEALTH & FITNESS

Pain-free hands: solutions for carpal tunnel

Thanks to the computer revolution, carpal tunnel syndrome is a famous disorder. The popular image of a carpal tunnel sufferer is someone who spends countless hours in front of a computer, hands glued to



Laura
Bennetts

a mouse and a keyboard. But carpal tunnel syndrome affects many others as well.

An inflamed carpal tunnel in your wrist can cause your hands to hurt, tingle, or feel numb. Night pain may be the first sign. This can be so severe that it wakes you repeatedly. And numbness in your fingers may keep you from easily buttoning your shirt or turning the pages of a book. Your hand can feel so weak that you're unable to write or slice fruit for very long. These are classic carpal tunnel symptoms.

The Troublesome Tunnel

The carpal tunnel is a sheathed area in your wrist made up of bones, ligaments, and soft tissue. The purpose of this tunnel is to provide a safe path for the nerves, arteries and tendons that control your hand. This tunnel is lined with a tissue called synovium which, moistened with synovial fluid, minimizes friction on the delicate nerves and tendons that guide your hand motions. If the lining of this tunnel becomes inflamed, the tunnel grows narrower, squeezing the median nerve whenever you move your wrist or forcefully grip an object. This pressure can rapidly weaken your grip and spark chronic pain and numbness.

What Should You Do?

There are two solutions when you have this problem—and the sooner you act, the better. The first solution is to stop or limit the activity that

causes the irritation, and the second solution is to decrease the inflammation in the tunnel.

What causes carpal tunnel syndrome? By now, most people know that repetitive motions like typing, assembly-line work, playing a musical instrument, and using a computer mouse or scissors can inflame the carpal tunnel. And some medical conditions, including diabetes, arthritis and thyroid problems, can spur carpal tunnel pain. Pregnancy and menopause are also risk factors.

Get Help From An Occupational Therapist

Occupational Therapists are hand specialists. So it's a good idea to get help from an Occupational Therapist, both to learn what activities are irritating your wrist and to get treatment. The irritating activity might be sleeping with your hand curled under your pillow, or driving your car with your wrists bent upwards. If so, your Occupational Therapist (OT) might ask you to wear soft splints at night or hold your wrists in a neutral position when you drive.

For some people, these solutions may be enough to heal the carpal tunnel and stop the pain. But if simple adjustments of this kind aren't enough, there are other treatments that can help as well.

Healing Modalities

Other OT treatment modalities that help decrease inflammation include ultrasound, Anodyne light therapy, and iontophoresis. Ultrasound is a technique that uses sound waves to increase circulation. Anodyne light therapy increases circulation by shining infrared light deep into the affected area. Iontophoresis decreases inflammation with ionic currents that deliver

anti-inflammation medication to the inflamed area.

Once the pain and swelling are reduced, the next step is to strengthen your arm and hand.

A Firmer Grip

Carpal tunnel syndrome can make your hand very weak. To determine how much strength you need to regain, your therapist can use a dynamometer to measure your grip strength, to see how your strength compares to the normal grip strength of a person of your age, sex, and trade. If you're a carpenter, for example, you may need 120 to 140 pounds of grip strength. If you work at a computer, you may need 75 pounds of grip strength.

Carpal tunnel pain can reduce your grip strength to as little as five pounds. To recover your normal strength, you may need to commit yourself to exercising for four to six weeks. Your occupational therapist will guide you in a sequence of exercises that will improve your strength without triggering pain.

If You Have Surgery

Sometimes carpal tunnel problems don't respond to either therapy or

medications. In extreme cases, surgery may be needed to enlarge the carpal tunnel to relieve the pressure on the median nerve. After surgery, to remedy any remaining muscle weakness or pain, the doctor will send you to an OT to ensure full recovery. Prescribed exercise programs seldom take more than four to six weeks of effort, but during these weeks you need to push yourself, with an emphasis on home exercise. It can be hard to break the habit of relying just on your stronger arm. With the guidance of your Occupational Therapist, your hand pain can resolve and your grip strength return full force.

- Laura Bennetts, PT, MS, has been a physical therapist since 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see the LTS website at www.LawrenceTherapyServices.com and feel free to email Laura with your therapy questions c/o laurabennetts@hotmail.com.

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HEALTH & FITNESS

Best way to treat migraines is to prevent them

At least once in a lifetime people have had a migraine headache. Migraine headaches are common phenomena. Migraine headaches are about three times more common in women than in men. Migraine headaches may date all the way back to caveman times. The practice of trepanation, which is drilling holes into

light, blurred vision, and increased sensitivity to sound.

Approximately one-third of people who suffer from migraine headaches perceive an aura—transient visual, sensory, language, or motor disturbances signaling the migraine headache. Some patients will have prodromal symptoms, which can occur hours to several days before the migraine headache and include depression or euphoria, fatigue, craving certain foods for example chocolate, stiff muscles, dizziness, gastrointestinal symptoms, and the desire to sleep.

The underlying cause of a migraine headache is still unknown. However, there are several triggers that are associated with the headache, including stress, fatigue, blood sugar irregularities, dehydration, serotonin imbalance, or hormonal influences such as menses or pregnancy. For many years my main focus has been on food being a trigger (food intolerances) to bring on the migraine headaches in some individuals. This is a field where more research needs to be done.

The best way to treat migraine headaches is to prevent them. Preventive treatments include lifestyle changes, including exercise, drinking plenty of water, and changing the diet. Certain nutritional supplements and medicinal plants are helpful to prevent migraines. Relieving stress through biofeedback, yoga or mediation are also treatments.

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

Dr.
Farhang
Khosh



a skull, was a standard treatment for headaches. Some scholars have speculated this drastic procedure might have been a migraine treatment, based on cave paintings and on the fact that trepanation was a historical migraine treatment in 17th-century Europe.

Migraine headaches were described in ancient Egypt. Hippocrates first described a visual aura that can precede the migraine headache and the relief that is brought about through vomiting. One doctor's (Abulcasis) suggestions for treatment of migraine headaches would be either an application of a hot iron to the head or insertion of garlic into an incision made in the temple. In the Middle Ages, the migraine was recognized as a medical disorder. Avicenna described the migraine headache in his textbook, *Qanoon of Medicine*, as "... small movements, drinking and eating, and sounds provoke the pain... the patient cannot tolerate the sound of speaking and light. He would like to rest in darkness alone."

Migraine headache can happen anywhere at any time. Typically, the migraine headache is unilateral (affecting one half of the head) and pulsating and lasting from 5 to 72 hours. Symptoms from a migraine headache include nausea and vomiting, pain that is unilateral, throbbing, moderate to severe, increased sensitivity to

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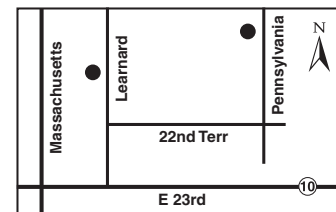


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RETIRE SMART

Maximize Social Security benefits by understanding spousal, survivor benefits

I get a huge number of questions from readers about Social Security's spousal and survivor benefits. Rightly so, because these very important features of Social Security can create powerful amplifying effects that boost lifetime benefits significantly.

This month, I'll answer some of the most frequently-asked questions on how Social Security works for mar-



Mark
Miller

ried couples. However, Social Security's rules are complicated; a visit to your local Social Security office is in order if you're planning to file for spousal or survivor benefits.

QUESTION: What is the spousal benefit, and when can I receive it?

ANSWER: As a spouse, you are entitled to receive the greater of your own benefit or half of your spouse's benefit. And many of the rules on spousal benefits revolve around the full retirement age (FRA)—the age at which you can receive retirement benefits that aren't reduced by early filing penalties.

If you have reached your FRA, you can choose to receive only your spouse's benefits and continue accruing delayed retirement credits on your own Social Security record. You

could then file for your own benefits at a later date and receive a higher monthly benefit based on the effect of delayed retirement credits. However, you cannot elect to receive spousal benefits below your FRA and later switch to your own benefits.

Spousal benefits are reduced if you file before your own FRA. For example, if your FRA is 66, you could receive 35 percent of your higher-earning spouse's unreduced benefit at age 62. The amount of the benefit increases at later ages up to the maximum of 50 percent at your FRA.

QUESTION: Can I file for spousal benefits if my spouse (the higher earner) isn't yet at the full retirement age? If so, how much will my spousal benefits be reduced?

ANSWER: Assuming your spouse has already filed for benefits and your full retirement benefit is less than 50 percent of your spouse's full benefit, you can file for the spouse's benefits even though your spouse is not yet at the FRA. The amount of reduction is based on your age at the time you claim the benefit.

QUESTION: Can I file for spousal benefits if my spouse isn't receiving Social Security?

ANSWER: The answer is no—with a very important caveat. Let's say the higher-earning spouse wants to continue delaying taking benefits past his or her FRA. The higher earner could do what is called a file-and-suspend. Here's how it works:

1. The lower-earning spouse files for benefits at age 62.

2. The higher-earning spouse files for benefits at his/her FRA but immediately files a notice to suspend benefits.

3. The lower-earning spouse elects to receive spousal benefits (half of the higher-earning spouse's benefit).

4. The higher-earning spouse continues to accrue higher payments for whatever point he or she elects to begin receiving benefits.

Although this approach is completely kosher under Social Security's rules, it makes sense only if the spousal benefit would be higher than the individual's own benefit. The result can be much higher combined lifetime benefits for the couple.

QUESTION: If my wife has not worked full time most of her life, can she qualify for Medicare at age 65, and does she get half of my Social Security?

ANSWER: If you are at least 62 years old, your wife becomes eligible at age 65 for Medicare based on your employment record. She could receive the free Part A hospitalization coverage, and pay for Part B medical coverage. On Social Security, she would be eligible to receive 50 percent of your Social Security benefit at her own FRA.

QUESTION: What is the survivor benefit?

ANSWER: When a spouse dies, the survivor is entitled to receive the greater of his or her own benefit, or 100 percent of the spouse's benefit, including any cost-of-living increases earned along the way. If the higher-earning spouse delays filing until the

FRA or beyond, then the surviving spouse's lifetime benefits will be increased substantially.

Maximizing the survivor benefit is an especially important consideration for women. Men not only tend to be the higher wage earners but also tend to die at younger ages than women. In many cases, this means that a delayed filing by a man can be a critical way to boost lifetime retirement security for older women—a time of life when overall income can decline sharply.

Social Security provides 90 percent or more of income for 47 percent of all elderly unmarried women who receive benefits.

QUESTION: At what age should I apply for survivor benefits?

ANSWER: You can receive full survivor benefits when you reach your own FRA (typically 66). You can receive survivor benefits as young as age 60, but the benefit will be reduced. According to the Center for Retirement Research at Boston College, widow(er)s are guaranteed at least 71.5 percent of their deceased spouse's FRA benefit if they claim the survivor benefit before their FRA, and at least 82.5 percent if they claim the survivor benefit after their FRA.

- Mark Miller is the author of "The Hard Times Guide to Retirement Security." He publishes <http://retirementrevised.com>, recently named the best retirement planning site on the web by Money Magazine. Contact him with questions and comments at mark@retirementrevised.com.

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MAYO CLINIC

Determine risk of developing blood clots before discontinuing blood-thinning medication

DEAR MAYO CLINIC: I've had two blood clots in two years, but in the past nine months have had no problems. How long do I need to be on warfarin? I'm worried about another blood clot but don't like taking medication.

ANSWER: Blood clots in veins are common and have a tendency to recur, particularly once you stop taking blood-thinning (anticoagulant) medication. Determining how long you should remain on an anticoagulant, such as warfarin (Coumadin), can be complicated. The risk of developing another blood clot if warfarin is stopped has to be balanced against the risk of bleeding complications if the medication is continued. The decision also depends on what caused the clot, as well as your preferences about taking medication.

Warfarin is a drug that decreases the blood's ability to clot and helps prevent blood clots from forming in blood vessels. Although it won't dissolve blood clots that have already formed, warfarin can keep existing clots from becoming larger.

The first issue to consider is the presence of risk factors which may contribute to the development of your blood clots. Risk factors can be divided into either acquired or inherited categories. Acquired risk factors may be temporary, such as surgery or injury. If so, treatment with warfarin for three to six months is usually enough. However, some acquired risk factors may be permanent, such as incurable cancer. In that situation, lifelong blood-thinner therapy is typically recommended.

A number of inherited conditions increase the tendency for forming blood clots. They are divided into mild and aggressive categories. For mild conditions, treatment with warfarin is typically limited to three to six months. For more aggressive inherited clotting conditions - such as deficiencies of certain proteins or some genetic mutations—a longer duration of warfarin is recommended.

In all of these situations, treatment

recommendations are fairly straightforward. Yet, some people with blood clots do not have an acquired or an inherited reason for forming clots. Instead, the clots seem to form for no particular reason. Because the clotting has no good explanation, predicting if these people will have another blood clot is difficult. In this situation, the risk of recurrent blood clots should be weighed against the risk of bleeding on blood-thinner therapy when deciding how long to continue warfarin treatment.

A typical approach is to complete three to six months of treatment. At that point, you and your health care provider should discuss how well you're tolerating the medication. Issues to consider include whether you've had bleeding complications and whether the dosing of warfarin has been easy or if multiple dosing changes have been required.

Your preferences should also be taken into account. People typically fall into one of three categories. Some want to stay on warfarin because they fear another clot. Others want to stop warfarin due to the inconvenience of taking and monitoring the medication. And some are torn between the two extremes and don't know exactly what to do.

For the third group, additional testing can help determine their risk of further blood clots. A blood test called fibrin D-dimer measures the level of ongoing clotting in the blood. If D-dimer is elevated one month after stopping warfarin, the annual risk of recurrence is about 10 percent. If D-dimer is normal, the risk of recurrence is about 3 percent.

Ultrasound imaging, which uses sound waves to create pictures of the inside of your body, including the veins, can also be useful. If an ultrasound shows that the previous blood clot is gone, the risk of recurrence is quite low. If the clot is still present, the risk of recurrence is higher.

Before you decide, talk to your doctor about these topics to help determine your risk of developing blood clots in the future and the role that ongoing anticoagulant medication can

play in reducing that risk. - Robert McBane, M.D., Cardiovascular Diseases, Mayo Clinic, Rochester, Minn.

- Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu,

or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit www.mayoclinic.org.

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SENIOR CALENDAR

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

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

ART/ENTERTAINMENT

OCT 21-NOV 5

PRESCRIPTION: MURDER

A thriller by William Link & Richard Levinson. A brilliant psychiatrist and his mistress hatch a plot to murder his neurotic, possessive wife that depends on a bizarre impersonation to create a perfect alibi. Lt. Columbo and the doctor engage in a cat and mouse duel of wits until the doctor succeeds in having Columbo removed from the case. But Lt. Columbo has "one more thing" to ask and he's not about to stop until he gets all of his questions answered. 6 p.m. Dinner & 8 p.m. Show Friday & Saturday 7 p.m. Show Wednesday & Thursday 12:30 p.m. Brunch and 2 p.m. Show Sunday. Topeka Civic Theatre & Academy.

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<http://www.topekacivictheatre.com>

NOV 5

ANDA UNION

Part Mongolian history lesson, part concert hall recital. AnDa Union's powerful performances are a masterful re-imagining of nearly forgotten styles of traditional Mongol music. Harkening back to the days of Genghis Khan, this rich heritage of ancient music is intermingled with the modern influences of the many disparate tribes of both Inner and Outer Mongolia. Pre-performance: Come early and enjoy an exhibit on China, 6:30 p.m. The Lied Center, 1600 Stewart.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu/season/index.shtml>

NOV 5-20

"CRAZY FOR YOU"

The last adult show of the season is the story of Bobby Child, a well-to-do 1930's playboy, whose dream in life is to dance. And despite the serious efforts of his mother and soon-to-be-ex-fiancée, Bobby achieves his dream! This high energy comedy includes mistaken identity, plot twists, fabulous dance numbers and classic Gershwin music, such as "I Got Rhythm," "They Can't Take That Away From Me," "Someone To Watch Over Me," and "Embraceable You." Tickets go on sale October 17. Please call for times and ticket prices. 700 Zoo Parkway, Gage Park.

TOPEKA, (785) 368-0191

<http://www.topeka.org/parksrec/hocker>

NOV 6

2 FRIENDS TOUR MICHAEL W. SMITH & AMY GRANT

Multi-platinum recording artists Amy Grant and Michael W. Smith have announced plans for a multi-city U.S. tour that will reunite these two iconic singer/songwriters for the first time on the road together (for a non-holiday tour) in more than two decades. Undoubtedly a landmark experience for music fans, the tour showcases two

of Christian music's most recognized and beloved artists who have, together, won nine GRAMMY® Awards and sold more than 47 million albums. Topeka Performing Arts Center, 214 SE 8th Avenue.

TOPEKA, (785) 234-2787

<http://www.tpactix.org>

NOV 8

SINBAD IN CONCERT

Sinbad In Concert presented by the African American Male Leadership Council. Actor and comedian Sinbad arrived on the comedy scene with a "hit 'em in the face" style of comedy that has kept audiences laughing in the aisles for over the past two decades. Sinbad tells stories, and boy does he tell stories! Event time: 8 p.m. Topeka Performing Arts Center, 214 SE 8th Avenue.

TOPEKA, (785) 234-2787

<http://www.tpactix.org>

NOV 9

AN EVENING WITH DAVID SEDARIS

As one of America's foremost humor writers and recurring contributors to PRI's *This American Life*, David Sedaris has become somewhat of a superstar in the literary world. Always a sold-out performer at the Lied Center, it is easy to see why he has been nominated for three Grammy Awards for best spoken word and best comedy album for recorded public presentations of his novels. The Lied Center, 1600 Stewart.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu/season/index.shtml>

NOV 12

SUZANNE FARRELL BALLET

Suzanne Farrell, renowned muse of legendary 20th-century ballet choreographer George Balanchine, works to preserve the legacy of his illustrious works through her company located at the Kennedy Center in Washington, D.C. The Lied Center, 1600 Stewart.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu/season/index.shtml>

NOV 19

A KEVIN WILLMOTT FILM - THE ONLY GOOD INDIAN

The story is set in Kansas during the early 1900s. A teenaged Native American boy is

taken from his family and forced to attend a distant Indian "training" school to assimilate into White society. Event Time: 7 p.m. 1515 SE Monroe Street.

TOPEKA, (785) 235-3939

NOV 19

ETHEL

For its invigorating artistry and inventive programming, ETHEL is recognized as America's foremost post classical string quartet. Using amplification and improvisation in its performances, the ensemble boldly explores new synergies between tradition and technology. The Lied Center, 1600 Stewart.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu/season/index.shtml>

NOV 25

THE OAK RIDGE BOYS CHRISTMAS SHOW

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

TOPEKA, (785) 234-2787

<http://www.tpactix.org>

NOV 25-DEC 23

A CHRISTMAS CAROL

Welcome to the world of Charles Dickens, a story we all know and love, now set to music overflowing with Christmas feelings to carry in our hearts all year long. 3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

DEC 2-18

WHITE CHRISTMAS

Bring the whole family to this heartwarming musical adaptation of a beloved and timeless film that features 17 Irving Berlin songs. The dazzling score features Blue Skies, I Love A Piano, How Deep Is the Ocean and the perennial favorite, White Christmas. Theatre Lawrence, 1501 New Hampshire.

LAWRENCE, (785) 843-7469

<http://www.theatrelawrence.com/season/currentseason.html>

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(785) 842-3415

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE
10:30 AM-12 NOON, (785) 760-1504

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

1305 KANSAS AVE., TOPEKA
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(785) 234-5656

SUNDAYS & TUESDAYS

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■ CONTINUED ON PAGE 19



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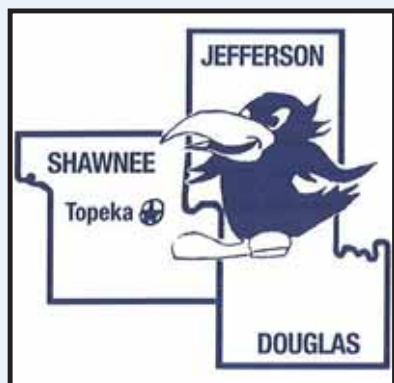
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Amazing Aging!

For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

FALL 2011



Our Mission

Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- Is a 501(c)3 non-profit organization
- Is funded by tax-deductible contributions, federal funds, under state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability



KDOA Secretary Shawn Sullivan enjoys hands-on interaction with seniors on his many nursing home visits. Here he visits with seniors at Shepherd's Center in Cimarron, Kansas.

Kansas Secretary on Aging Shawn Sullivan: Fresh Face, Fresh Ideas

Do not be fooled by Shawn Sullivan's youthful appearance. Although less than a year into his first term as Kansas Secretary on Aging, he is likely one of the best prepared individuals in recent history to handle the job. Sullivan hit the ground running. He solicited informa-

tion from those working directly with seniors, formed active committees and has already instituted changes to improve the lives of both aging and disabled Kansans.

At the tender age of 16, Sullivan, whose mother is an RN, obtained his CNA (certified

nursing assistant) certification and worked evenings, nights, weekends and summers in an Alzheimer's unit at a nursing home in Douglas, Kansas. He continued to work in nursing homes throughout his high school and college years. When

CONTINUED ON PAGE THREE

A Message from Jocelyn Lyons, JAAA Executive Director

November is National Family Caregivers Month. Former first lady Rosalind Carter once said, "You have either been a caregiver, you are a caregiver, you will be a caregiver or someone will care for you."

Reading the statement, I reflect back on my early adult years watching my mother care for my great-grandmother and other elder family members, often wondering why the family called upon my mother to provide attendant care, home-making, meal planner/preparer services, etc. However, as a young person I do not once recall thinking I would become my mother one day and take up the banner as the family caregiver.

My caregiving began fourteen years ago, caring for my terminally ill husband. Although

I use the term "caregiving" I saw myself upholding my marriage vows as a spouse. Little did I know that, following his death, I would become my mother, caring for my elders.

I provided approximately four years of care to my mother with in-home dialysis treatment. I was a long distance caregiver to my step-father making weekend trips to Omaha these past two years, until recently when other family members stepped up to assist. I provided care to my father who, due to glaucoma, was nearly blind yet passed away this past year because of other health problems. But the one who has benefited more from my love and care these past eight years has been "Gran," my 104-year-old grandmother.

Gran often said, if you want

to get something done, you should ask the busiest person!!! She couldn't have made a better selection!!! As a working caregiver, there are often sacrifices made, and stress can be overwhelming. I felt at times that I was the only person going through such a journey. Then my heart melted from the love and appreciation from my loved ones acknowledging all that was done to help them stay as independent as possible. Did I mention feelings of guilt for feeling so selfish?

One can ask how I handled everything while employed. After all, I was caring for three individuals, one out of state, at one time. No I didn't wear a Wonder Woman suit, there was no magic potion, looking back it was simple: "Grace." No it was not always easy. I would have the most beautiful pity party, but I had JAAA's Caregiver Specialist who had a chair waiting on me five days per week!

Gran transitioned to a nursing facility at the age of 103. But my caregiving did not end.

Yes, I may no longer be the cook, homemaker or provide attendant care, but my visits continue, shopping continues, keeping abreast of her medical needs/treatment and handling her personal business continues.

Fortunately, Gran has no dementia and can direct me in her care. Her body has grown older, but her mind is clear. Gran states she doesn't know why she is still alive. My simple response to her is that God is not finished with her yet. This petite lady has advised me, taught me, and is my biggest cheerleader by keeping me encouraged. She truly taught me that age is just a number because up until recently, Gran never considered herself old.

Gran may be tired, but she is long from being finished. As her caregiver and a former caregiver to other loved ones, I have been blessed. But fellow caregivers, like Gran has told me and you've heard it so many times before, "Take care of yourself."



Lyons

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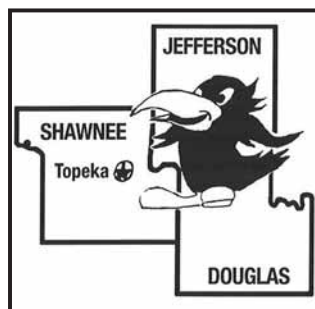
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Marsha Henry Goff, editor

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Sullivan

CONTINUED FROM PAGE ONE

it came time in college to decide what he was going to do in life, he says simply, "I chose to make a difference."

Sullivan graduated from K-State with a BS in business and a minor in gerontology. He later received a master's in applied gerontology from the University of North Texas, one of the first academic departments of gerontology in the nation. He came to KDOA from Kansas Masonic Home in Wichita, where he served as executive director. Under his leadership, that home was honored by KDOA with a PEAK award for its efforts in culture change embracing person-centered care. He also served as executive director of Lyons Good Samaritan Center

and Newton Presbyterian Manor when they won PEAK awards.

He has recently instituted PEAK 2.0, a program that changes PEAK from a "feel good" award to a five-step program that offers financial incentives to encourage nursing homes to become patient centered. Patient centered care provides a more homelike environment which gives patients more control over their daily lives, e.g., allowing them to decide when they go to bed at night, get up in the morning and when they eat.

Sullivan sees the challenges he faces as "great opportunities" to better seniors lives by enabling them to age in their homes where they are happiest. He clearly intends to change statistics that show 5 per cent of Kansans over 65 are in nursing homes, the 6th highest rate — or 6th worst — in the nation. The national aver-

age is 3.8 per cent. Curiously, it appears to be the most populous Kansas counties, where services abound to help seniors remain in their own homes, that have the highest rates of seniors in nursing homes.

His best advice to seniors and their prospective caregivers is: "Don't wait for a crisis. Be prepared for the time when you will need long-term care and know what help is available before you need it."

Sullivan has been working with Lt. Gov. Colyer, KDHE Secretary Moser, SRS Secretary Siedlecki, and Division of Health Care Finance Director Andy Allison to re-shape the state's Medicaid program. He recently announced two main objectives of KDOA:

1. Improve quality care and services and achieve savings by integrating and coordinating

chronic care through a holistic approach, across multiple settings, focused on outcomes.

2. Align financial incentives to focus on outcomes and prevent premature placement in nursing homes.

Updating the Medicaid program is essential to better serve seniors and preserve the system. Because of KDOA Secretary Sullivan's long, hands-on experience in caring for older Kansans, our state's seniors can be confident that any changes made will better serve their needs.

[Editor's Note: You may pick up a copy of Explore Your Options at Jayhawk Area Agency on Aging, 2910 Topeka Boulevard, Topeka, KS, various locations, including senior centers, throughout the communities JAAA serves, or phone 235-1367 in Topeka or 1-800-798-1366 outside Topeka to have a copy mailed to you.]



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JAAA employee Jean Stueve takes the plunge to benefit Special Olympics

For the last three years, Jean Stueve, JAAA Fiscal Supervisor, has been braving the frigid waters of Longview Lake in Kansas City, Missouri, while participating in the Polar Bear Plunge. The annual "Celebration of Polar Bears" benefits Special Olympics, a cause dear to Stueve's heart because her 16-year-old niece, Leah, who has autism, benefits greatly from the social outlet Special Olympics provides. Prior to taking the plunge, Stueve solicits donations from family and friends to support the program.

"Special Olympics doesn't just benefit the participants, but their families as well," says Stueve, who plans to take the plunge again on January 28, 2012. She admits that she and

other "polar bears" do not stay in the water long. Dressed in colorful costumes, she and other participants dash through the freezing water to high-five wet-suit-clad water rescuers positioned in a line in four-foot deep water.

"You can't believe how cold the water is!" Stueve exclaims. "It takes your breath away, but, as soon as we are out of the water, support people are there to wrap towels and blankets around us, escort us to heated tents and give us warm beverages."

She is grateful that Special Olympics has enabled her sister to bond with the parents of other Special Olympians, but it is clearly for love of Leah that Jean Stueve takes the icy plunge.



Jean Stueve and the father of a Special Olympian, both dressed as square dancers, brave the frigid waters of Longview Lake while participating in the annual Polar Bear Plunge fundraiser for Special Olympics. Note the ice floes in background.

Topeka Area Continuity of Care and
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Congressional Corner with Lynn Jenkins

As I travel Kansas, I hear from folks who have tightened their belts, and they want their Government to do the same. Back in April, the House passed our budget, the Pathway to Prosperity, which does just that. Our plan sought to end budget gimmicks, cut spending by \$6.2 trillion, reduce the deficit by more than \$4 trillion, simplify our tax code, and establish a plan to modernize the American people, but it is a Social Security, Medicare and Medicaid. While not perfect, this was a real plan with real solutions to real problems, and Kansans deserve a fact-based conversation about it. Yet, much of the talk around our plan, specifically the changes to Medicare, have been based on misinformation and scare tactics. Medicare will always be one of the most important social contracts with the American people, but it is a 1965 health care delivery system operating in the 21st Century. We need to preserve Medicare for today's seniors, but modernize it for the next generation of Americans. To ensure that current seniors' benefits are unchanged, Congress must begin making these changes soon, and this budget was an attempt to do so.

Under our plan, anyone over the age of 55 will see NO CHANGES whatsoever. However, when folks 55 and under reach retirement age, they will be enrolled in a new kind of health care program similar to that members of Congress enjoy. These future Medicare recipients will choose from a list of guaranteed coverage options and given the ability to pick the plan that works best for them. Depending on income, Medicare would pay a portion of the premium on that plan. The "premium-support payment" would be adjusted so those with lower-income would receive more assistance and wealthier beneficiaries would receive less. While not easy, fixing this problem is a necessity. If we want our children and grandchildren to have the same opportunities we have enjoyed, we must act quickly to restore solvency to our budgets and modernize the social safety nets.

of guaranteed coverage options and given the ability to pick the plan that works best for them. Depending on income, Medicare would pay a portion of the premium on that plan. The "premium-support payment" would be adjusted so those with lower-income would receive more assistance and wealthier beneficiaries would receive less. While not easy, fixing this problem is a necessity. If we want our children and grandchildren to have the same opportunities we have enjoyed, we must act quickly to restore solvency to our budgets and modernize the social safety nets.



Rep. Lynn Jenkins

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Tom and Marcella Ryan: Too busy running their bed and breakfast to retire

In 1986, at an age when many couples are thinking of retirement, Tom and Marcella Ryan of Valley Falls converted their barn into a 9-room bed and breakfast. "We were phasing out of farming," Marcella explains, "and initially thought about building apartments so we'd have rent income. My sister suggested a bed and breakfast instead. At the time, there were only six in the whole state."

Appropriately naming their bed and breakfast "The Barn," the couple doubled its size to 18 rooms in 1989 by building an addition which also included a large indoor heated swimming pool and hot tub. The barn currently boasts 21 rooms

and a host of repeat guests who return year after year to enjoy The Barn's beautiful and restful atmosphere, both inside and out. The 35-acre grounds are graced with a water garden, flowers, hammocks and swings. Indoors, art, plants and comfortable furnishings invite guests to read, play games or visit. Guests are served delicious breakfasts and dinners and are allowed to bring their own food for lunch and snacks.

The Barn has been a family affair since its inception. Daughter Patricia, now a nurse at Stormont Vail, worked in the bed and breakfast's office and as head cook for 22 years. Son Tom III, like his parents, does

CONTINUED ON PAGE SEVEN



Photos from top, clockwise: Tom and Marcella Ryan relax in the dappled-shade of their water garden; The Barn offers cozy places to read or visit; The Barn's large indoor pool; The Barn Bed and Breakfast, Valley Falls, sits on 35 beautifully-landscaped acres.

Call Kevin at (785) 841-9417 for information about advertising in the next issue of Amazing Aging!

The Barn

CONTINUED FROM PAGE SIX

everything required in the operation of a bed and breakfast, but Tom notes that his son is exceptionally good at computers. You can see Tom III's work and read more about The Barn

at <http://www.thebarnbb.com>. Marcella notes that The Barn hosts church groups, scrapbookers, rug hookers, beading groups and quilting guilds who meet to quilt. It is also a popular site for family reunions and recently served as the gathering place for one family celebrating their matriarch's 100th birth-

day. The Barn has been the site of 55 weddings and receptions, but consideration for other guests no longer allows those celebrations. During its years in business, The Barn has hosted over a half-million guests.

Tom and Marcella Ryan have no plans to retire. Tom says,

"Marcella and I love the business and really enjoy the guests. We get so many repeat guests that we feel like everyone is family. We are still running about 16,000 guests per year and are already taking some reservations for 2015. As we slow down and are unable to carry our workload we just hire more people."

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785-272-6100

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Being a caregiver can be challenging and stressful, but help is available

By Marilyn E. Thomas

JAAA Family Caregiver Specialist

It's Thanksgiving week and you come home to see Dad who is now a widower and lives alone. Your most recent visits have gone well; Dad looked great, the home has been fairly clean and tidy. Now that it has been a year since Mom's passing, you are noticing some things going on with Dad and the household. This is a typical scenario with adult children living long distance from an aging parent or loved one.

Contacting the Area Agency on Aging in the area is your first point of reference when

seeking options in helping your loved one to remain living independently in their home. Often times older adults just need a little assistance to accomplish this.

Being a caregiver can be challenging and stressful. But it can also be rewarding. Supporting or helping an older adult stay independent requires looking at what is needed. Some ideas to help you get started are to ask questions about meals ... does he or she prepare them or can you get meals delivered, such as "Meals on Wheels." You can ask if the neighbors are involved in providing services. Be sure you include your loved one's

involvement in the decision-making process. Other issues to be addressed are transportation, home upkeep, safety, money and bill paying, as well as personal care and mobility.

Some caregivers provide 24-hour a day care to their loved one and those caregivers need to take care of themselves too. The National Family Caregivers Association offers three tips for family caregivers: 1) Believe in Yourself — try to maintain a positive attitude by recognizing your strengths and limitations; 2) Protect Your Own Health — both physical and emotional health; 3) Reach out for Help — rather than being a sign of

weakness, asking for help demonstrates strength and awareness of your own abilities and limitations.

Caregiver support groups can provide relief. Caregiving can also be rewarding in developing a stronger relationship with your loved one and you can find joy and small pleasures in doing things like sharing a meal together, taking time to laugh and getting to know more about the other person, and building memories that last a lifetime.

November is National Caregivers Awareness Month. You can support a caregiver by of-

CONTINUED ON PAGE NINE

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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.

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440.0400 • www.lexingtonparkcommunity.com

How to be a patient advocate

By Marsha Henry Goff

A parent quickly learns to be a caregiver because caring for a child's needs is the natural thing to do. But when the family flips upside down and the parent who cared for the child now needs the child to care for him or her, the reversed roles seem anything but natural to both parent and child.

Giving up control to a child is a difficult thing for a parent to do. Taking control is equally difficult. Fortunately, giving up or taking total control is rarely necessary and everyone is happier when the patient and caregiver can work together as a team.

When I first began accompanying Mom to her doctor's appointments, I noticed the doctor often addressed his remarks and questions to me. When that occurred, I turned to Mom and posed the question to her or, if I answered, added, "Mom could have answered this, but she didn't hear your question."

It is demeaning to an older person to be "talked over" rather than "talked to" so do not allow that to happen. Respect is a two-way street.

A patient advocate must learn to be politely assertive. Do not be intimidated if you lack medical training because your intimate connection and knowledge of your parent can prove invaluable to the doctor in diagnosing problems and determining treatment. If you think something is wrong — either with diagnosis or treatment — it usually is.

Many patients and caregivers are reluctant to seek a second opinion with regard to a medical diagnosis, but a diagnosis labels the patient and sometimes the labels are wrong. Up to 30% of patients are given a different diagnosis when they consult another doctor for a second opinion. My friend Jane's mother was diagnosed with Alzheimer's Disease and prescribed the drug Aricept. When it did not seem to be helping, Jane made an appointment with a geriatrician who removed her mother from Aricept and several other of the many medications she was taking. Her mother's condition improved.

Should you always get a second opinion? Of course not. However, if the treatment does not appear to be working or the patient's condition is worsening, as was the case with Jane's mother, a second opinion may be a good idea.

Both patient and caregiver should know what information is in the patient's written medical records. I was on vacation in California when my sister Vicki phoned to tell me Mom was in the hospital and had weighed in at 70 pounds.

"That can't possibly be right," I said, "I've only been gone two days."

Our late mother was a small woman whose normal weight was 90 pounds. I called Mom in her hospital room and she, highly indignant, said, "They weighed me in a sling and I told them my foot was on the bed."

I insisted they reweigh Mom

and the next day when she was weighed, her weight was near normal. However, until I had the inaccurate 70 pound weight removed from her records, several medical personnel who subsequently saw her — a dietitian, a therapist, even her orthopedic surgeon — diagnosed her with "failure to thrive" based solely on her erroneously recorded weight of 70 pounds.

The therapist at a nursing home, where Mom was sent for physical therapy before returning home, told me my mother

would be in the nursing home long term. She had not even seen Mom, but was relying solely on the "failure to thrive" diagnosis in Mom's medical records. Happily, within two weeks, Mom was back at her home where, by her choice, she lived alone although using an electric wheel chair.

Did I always make the right decisions as Mom's caregiver and patient advocate? No, I did not. But I tried and that is all Mom expected of me. And it is all that any caregiver should expect of him- or herself.

Caregiver

CONTINUED FROM PAGE EIGHT

offering respite so that he or she can take an evening to do something enjoyable away from their caregiving duties. Most caregivers are married with families of their own and finding time to do something for themselves can be challenging.

To learn more about caregiving services or if you need a case manager, contact Jayhawk Area Agency on Aging at 785-235-1367 or 1-800-

798-1366.

[Editor's Note: Marilyn Thomas is one of the featured speakers at a three-part community education series at Baldwin Healthcare and Rehabilitation Center, 1223 Orchard Lane, Baldwin City, Kansas. Marilyn's presentation at 2:00 p.m. on November 5th will educate area caregivers on what services are available to them to help with their physical and emotional trials in dealing with a loved one, whether their loved one lives at home or in a nursing facility. All caregivers are invited to attend.]

Amazing Aging strives to provide readers with the information they need to live independent and productive lives. We also seek to feature stories of seniors who are active as workers, volunteers or engaged in hobbies. If you know a senior you would like to see featured in a future issue, please contact editor Marsha Henry Goff at mhgingk@netscape.net or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.



Craig Weinaug writes a message to Leo, who is sitting in the wheeled cart from which he sold pencils and other items.

The unlikely friendship that helped produce an Oscar-nominated film

By Marsha Henry Goff

The long-ago friendship that developed between Leo Beuerman, a crippled dwarf, and Catherine Weinaug, a KU professor's wife, was surprising to everyone except Catherine's son, then a boy but now Douglas County Administrator Craig Weinaug. He says he was never surprised at anything his mother did. She had a strong, energetic faith and never shied away from recruiting others to help her move mountains.

Leo was born on January 6, 1902. By age 10 he began to lose his hearing and by 28 he was deaf. At maturity, he stood 3 feet 3 inches tall and weighed 60 pounds. He invented devices — including a mini-elevator that helped him up and down the steps at his rural farm house near Lakeview — where he lived with his brother and sister.

With the help of his nephew, Leo adapted an ancient tractor so he could drive to town and back, carrying the little cart from which he conducted his watch repair business and sold pencils and other items on the sidewalks of down-

town Lawrence. Occasionally, he would stay in town all night, sleeping in his cart. One night as he was sleeping, he was pulled from his cart and brutally beaten and robbed. He suffered head cuts and other injuries and was hospitalized.

When tender-hearted Catherine read of the attack, she sent flowers to Leo at the hospital, but felt she needed to do more. One day, learning he had been dismissed from the hospital, she followed vague directions given to her by a store clerk to find Leo's home and visit with him. She was appalled that Leo transported himself about the two-room house on a small wheeled platform and slept leaning against a wooden orange crate. She conversed with him by writing notes on the pad he pressed into her hands.

He was thrilled to have company and asked her, "Will you come again? Will you be my friend?"

"Our friendship is just beginning," Catherine answered and meant it. She enlisted help from her husband, Charles, and sons, Carl and Craig, as well as members of a Sunday School class of university students she taught. One

CONTINUED ON PAGE 11



Help is available to assist you in choosing the best Medicare Part D Drug Prescription Insurance!

Enrollment period is from October 15 to December 7 for an effective coverage date of January 1, 2012.

It is a good idea to compare plans each year to see if you are enrolled in the best Part D plan for your prescription drug needs.

Low income individuals may be eligible for financial assistance in paying Medical Part A & B premiums, co-pays and deductibles as well as help in paying Medicare Part D (prescription drug) expenses.

**Individual's monthly income: \$908 - \$1,361
Savings: less than \$12,640**

**Couple's monthly income: \$1,226 - \$1,839
Savings: less than \$25,260**

If your income is near these amounts, contact one of the numbers below for help completing the Medicare Savings Program or Extra Help application

**1-800-MEDICARE
(TTY: 1-877-486-2048)**

**Jayhawk Area Agency on Aging
235-1367 or 1-800-798-1366**

**Douglas County Senior Services
842-0543**

Sunday, the Weinaugs took Leo to church where he sat between two students who wrote condensed versions of the pastor's sermon for Leo. Then he went to the Weinaugs' home for dinner.

He had his first tub bath there. Charles lifted Leo into the tub and left him splashing with glee, while Catherine washed and dried his clothes. "They were almost dry before Leo called Charles to help him out of the tub," Catherine said. "I was beginning to fear he had drowned!"

Leo emerged from his long soak with a big smile on his face and, according to Catherine "left enough dirt in the tub to plant flowers."

He ate dinner seated on three encyclopedias. And when he spent the night, sleeping upright while resting his back against an overstuffed chair instead of his orange crate, his earsplitting snores kept the Weinaugs awake and evoked howls from the family's dog.

Leo became a frequent visitor at the Weinaug home and one day Catherine mentioned to her neighbor, Russ Mosser, who was part-owner of Centron Films in Lawrence, that Leo's story might make a good movie. She furnished Mosser with Leo's autobiography, which she had encouraged him to write, and photos of Leo.

Trudy Travis, a gifted writer who recently died at age 90, was assigned to write a script. She followed Leo, watching him struggle with chains to lower and raise his cart onto his tractor and seeing him interact with his customers, most of whom were children.

"Leo Beuerman," a 14-minute short documentary, was nominated for an Oscar in 1969. The film is still available on DVD and is often used as a motivational tool by businesses.

Leo was totally blind during the last years of his life and friends communicated with him by writing on his back. He lived in a nursing home and helped support himself by making leather key chains and bead necklaces which were sold in local stores.

A bronze plaque, sculpted by art-

ist Jim Patti, sits in the sidewalk at the northeast corner of 8th and Massachusetts where Leo frequently sat in his cart. The wording on the plaque was objected to by some who believed the words represented a negative stereotypical view of handi-

apped persons. Leo's friends argued that there was no shame in any form of honest labor and said the words were simply Leo's way of identifying himself. The plaque features an image of Leo in his cart along with his words reproduced in his own

handwriting: *Remember me — I'm the little man gone blind. I used to sell pencils on the street corner.*

Both Leo and Catherine are gone now, but neither will be forgotten by those who knew them and the story of their unlikely friendship.

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Mondays 9:00-1:00; Wednesdays 9:00-11:00

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- Red Carpet Library Service
- Health Department Clinics
- Healthwise 55 Presentations
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■ CONTINUED FROM PAGE 18

EDUCATION

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

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

TOPEKA, (785) 354-5225

OCT 13-NOV 17

KANSANS OPTIMIZING HEALTH - LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Thursdays October 13-November 17, 1:30-4:00 p.m. Do you have or care for someone with arthritis, diabetes, heart or lung disease or other chronic condition? This six-week KDHE program developed by Stanford University and facilitated by LMH and Lawrence Housing Authority representatives will cover self-care strategies to reduce pain, deal with fatigue, exercise safely, eat well, manage stress, use medications effectively, and set and meet personal goals. Participants should be working in partnership with a healthcare provider before attending this class. Advance enrollment required as class size is limited. Fee. Thursdays, Babcock Place, 1700 Massachusetts St., 1:30-4 p.m.

LAWRENCE, (785) 749-5800
<http://www.lmh.org>

NOV 3

SKILLBUILDERS: PERSONAL SAFETY AND HOME SECURITY

Presented by Gary Squires, Douglas County Sheriff's Office. Skillbuilders is a series of educational and support programs designed to assist those who are adapting to life changes due to the loss of a spouse or a loved one or is now the primary decision maker because of illness or limitations. There is no registration for Skillbuilders. You may attend all of the programs or only those which you find of interest. Transportation may be arranged by calling Douglas County Senior Services, 785-842-0543. For more information about Skillbuilders, please contact Pattie Johnston at the Lawrence Public Library, 843-3833 extension 115 or Kim McMinnville at VNA, 843-3738. Skillbuilders is sponsored by the Senior Outreach Services of the Lawrence Public Library, the Douglas County Visiting Nurses, Rehabilitation & Hospice and the Douglas County Senior Services. Skillbuilders programs held at the Lawrence Public Library Gallery Room from 10-11:45 a.m.

NOV 10

SKILLBUILDERS: KNOW YOUR ELECTRONICS

Presented by Best Buy. See November 3 Skillbuilders listing for more information concerning location, transportation, etc.

NOV 10

NUTRITION ROUNDTABLE: UNDERSTANDING THE "MY PLATE" METHOD OF EATING

Earlier this year, a more simplified system of understanding how to eat healthfully was introduced by the USDA. Join LMH Registered Dietitian as she explains this new "My Plate" method of eating and answers questions about this. Free but advance registration is recommended. Lawrence Memorial Hospital, Meeting Room D North, 6:30-7:30 p.m.

LAWRENCE, (785) 749-5800
<http://www.lmh.org>

NOV 11

UNDERSTANDING AND MANAGING DIABETES

Join the LMH Diabetes Education Center for their annual update on diabetes. Topics include the latest trends in nutrition and diabetes care. Speakers are Matthew Harms, MD, Nancy Donahey, RD, LD, CDE, and Pat Hohman, ARNP CDE. Several diabetic supply companies will be on hand to showcase diabetes care products and answer questions. There are a limited number of lunches available. We will enjoy "café dining" immediately preceding the presentation. The education program starts promptly at noon. To secure a lunch and a seat, it is recommended to pre-register 48 hours in advance. Lawrence Memorial Hospital, Meeting Room A, 11 a.m.-2 p.m.

LAWRENCE, (785) 749-5800
<http://www.lmh.org>

NOV 16

OVERVIEW OF OSTEOPOROSIS

Osteoporosis affects a significant number of senior adults, both male and female and can be disabling as well as painful. Joan Brunfeldt, MD of Reed Medical Group and a certified bone densitometrist will share the latest information about the disease, its mechanisms and complications as well as screening, treatment and prevention strategies. In addition Suzie Craig, PT from Kreider Rehab will review the role of weight-bearing, strength and flexibility exercises. She will also educate on awareness of posture and body mechanics, and what can be done to prevent the effects of osteoporosis. Advance registration required due to room size limitations. Lawrence Memorial Hospital, Meeting Room A, 6:30-8 p.m.

LAWRENCE, (785) 749-5800
<http://www.lmh.org>

NOV 17

SKILLBUILDERS: CELEBRATION & REMEMBRANCE

See November 3 Skillbuilders listing for more information concerning location, transportation, etc.

NOV 17

THE FORGOTTEN VA PENSION FOR SENIOR VETERANS

Presented by Drury Place at Alvamar. Workshop presenters Ron Crabtree and Bill Bass are speakers on the subject of benefits issued by the Department of Veterans Affairs. Join us for a special community workshop designed for veterans and windows of veterans. Learn how to qualify for special veterans aid and attendance benefits. Reservation required. Drury Place at Alvamar, 1510 St. Andrews Dr. LAWRENCE, (785) 841-6845

EXHIBITS/SHOWS

JAN 21-DEC 31

150 THINGS I LOVE ABOUT KANSAS

This special exhibit will commemorate the 150th anniversary of Kansas statehood. 6425 SW 6th Avenue.

TOPEKA, (785) 272-8681
<http://ksks.org>

NOV 3-DEC 31

ROBERT SUDLOW - HEART OF THE PRAIRIE

A selection of prairie themed artworks by Kansas' landscape painting icon Robert Sudlow. Admission is free. 3113 SW Huntoon. TOPEKA, (785) 233-0300

NOV 12

13TH ANNUAL HOMEMADE HOLIDAYS CRAFT SHOW

Sponsored by the Ottawa Middle School AAA Program. Over 125 booths. Ottawa Middle School, 13th and Ash, 9 a.m.-4 p.m. OTTAWA, (785) 242-8618

NOV 26

HOLIDAY ART SHOW

The Baldwin Community Art Council will hold their annual sale on November 26 from 10 a.m.-7 p.m. in the Lumberyard Arts Center in downtown Baldwin City. The Festival of Lights Parade will take place at 6 p.m. 718 High St. BALDWIN CITY, (785) 766-1793
<http://www.baldwinarts.org/>

HEALTH

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE

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

TUESDAYS

BLOOD PRESSURE CLINIC

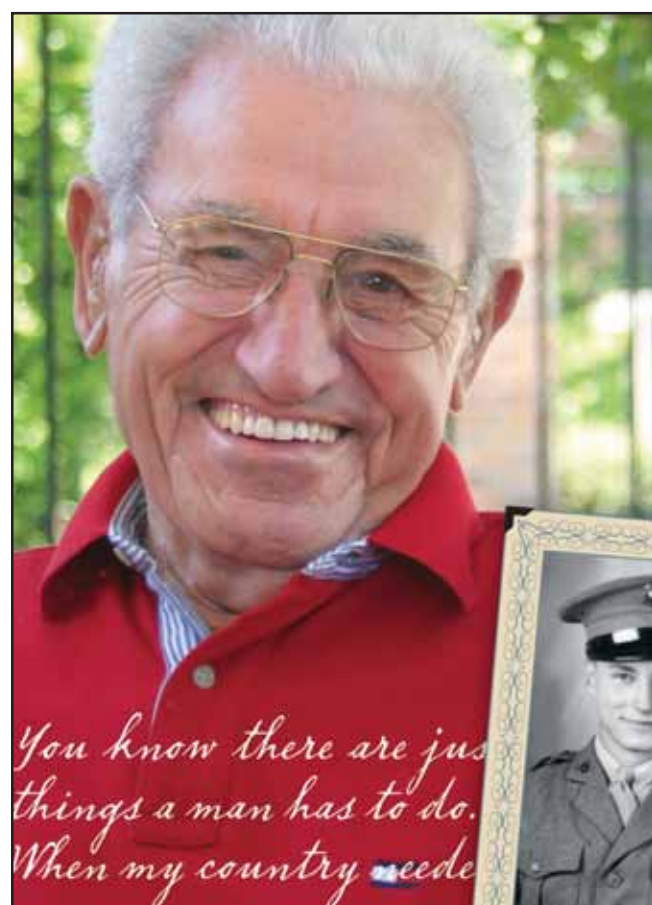
HealthWise 55 Clinic. 10 a.m.-1 p.m. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, (785) 354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

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

■ CONTINUED ON PAGE 20



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Supporting Independence.*

You know there are just things a man has to do. When my country needs

CONTINUED FROM PAGE 19

TUESDAYS AND THURSDAYS**FREE BLOOD PRESSURE CLINIC**

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

LAWRENCE, (785) 856-6030

FIRST THURSDAY OF EACH MONTH**BLOOD PRESSURE CLINIC**

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

TOPEKA, (785) 354-6787

FIRST & THIRD FRIDAYS OF EACH MONTH**HEALTH CHECKS**

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

TOPEKA, (785) 233-1750, EXT. 252

SECOND THURSDAY OF EACH MONTH**BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH**MEDICATION CLINIC**

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH**BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH**BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH**BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free.

TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH**NUTRITION CLINIC**

Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.

TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH**BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free.

TOPEKA, (785) 354-6787

NOV 2**CHOLESTEROL SCREENING**

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$6/test. Drop into the LMH Healthsource Room, main level. Lawrence Memorial Hospital, 8:30-10 a.m.

LAWRENCE, (785) 749-5800

NOV 4**BONE DENSITY SCREENING**

Advance appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Note: this is NOT the same as a DEXA scan which is ordered by a physician and scans the hips and the spine. That is done through Radiology. Healthsource Room, 9-11 a.m.

LAWRENCE, (785) 749-5800

NOV 16**BONE DENSITY SCREENING**

See November 4 description. Healthsource Room, 9-11 a.m.

LAWRENCE, (785) 749-5800

NOV 21**BONE DENSITY SCREENING**

See November 4 description. Healthsource Room, 4-6 p.m.

LAWRENCE, (785) 749-5800

HISTORY/HERITAGE**NOV 8****PEDIMENTS AND IMPEDIMENTS - KANSAS HISTORY THROUGH ARCHITECTURE WITH CHRISTY DAVIS**

A Statehood Speakers Bureau event presented by the Kansas Humanities Council. Take a new look at Kansas history through the untold story of the state's historic buildings and the intriguing people who built them. How did past economic cycles affect construction? How did the cultural heritage of town founders influence community planning and development? The presentation will explore new ways of appreciating and preserving the state's rich architectural heritage. Sponsored by Shawnee Town Museum, 11110 Johnson Drive, 7 p.m.

SHAWNEE, (913) 248-2360

<http://www.shawneetown.org>**HOLIDAY EVENTS****NOV 12****13TH ANNUAL HOMEMADE HOLIDAYS CRAFT SHOW**

Sponsored by the Ottawa Middle School AAA Program. Over 125 booths. Ottawa Middle School, 13th and Ash, 9 a.m.-4 p.m.

OTTAWA, (785) 242-8618

NOV 18-DEC 31**WINTER WONDERLAND AT LAKE SHAWNEE**

See the one million lights and dazzling displays while winding through a two-mile scenic drive. Event runs 6-10 p.m. Open seven days a week. Admission fee. Lake Shawnee Recreational Area, 3435 SE East Edge Road.

TOPEKA, (785) 232-0597

NOV 19-DEC 31**CHRISTMAS IN HISTORIC LECOMPTON**

Three floors of old-time Christmas decorations and trimmings and Vesper music performance. Fifteen foot, native Red Cedar Christmas tree. Vespers Music performance is on December 4 at 2 p.m. 640 E Woodson.

LECOMPTON, (785) 887-6275

NOV 20**2011 HOLIDAY BAZAAR**

Kick off the holiday shopping season and discover creative gifts. Handmade gifts, crafts and baked goods. Community Building, 115 W 11th St.

LAWRENCE, (785) 832-7920

NOV 25**HOLIDAY CEREMONY AND SANTA'S ARRIVAL**

The holiday season officially begins with the "rescue" of Santa off the rooftop of Weaver's Department Store, 901 Massachusetts.

LAWRENCE, (785) 842-3883

NOV 28-DEC 1**FESTIVAL OF TREES**

Annual display and auction of uniquely decorated Christmas trees. Local artists display their one of a kind Christmas trees. Auction benefits Shelter Inc. Liberty Hall, 642 Massachusetts.

Lawrence, (785) 843-2085

DEC 1-3**HOLIDAY HAPPENINGS**

A traditional Victorian candlelight dinner, live music, a mansion tour, hot cider and cookies by the fireside, handcar rides, a hot fudge sundae for dessert, and more. Reservation limited to 72 per evening. Call and reserve your spot! Doors open at 6 p.m., Dinner at 6:30 p.m. Old Prairie Town at Ward Meade, 124 NW Clay.

TOPEKA, (785) 368-2437

DEC 1-4**FESTIVAL OF TREES**

View over 65 beautifully designed Christmas trees and wreaths, purchase homemade baked goods and products made by local vendors in the Mistletoe Market and Bakery. Enjoy holiday entertainment, Candy Cane Lane (a craft area sponsored by Hobby Lobby), and visit the Silent Auction. Don't miss this Holiday tradition for the family. Agriculture Hall, 17th & Polk.

TOPEKA, (785) 266-8686

DEC 2-4**THE BETHLEHEM PROJECT**

The Bethlehem Project is held to celebrate Christmas by making the coming of Jesus real for everyone. The event is held outside in the crisp, clean air, under the stars, with luminaries lit around the pond. As the visitors interact with the many Bethlehem natives, they begin to really experience the birth of Christ. After the Bethlehem tour concludes, guests are welcome to enjoy hot chocolate and cookies. If you want to bring a large group (over 20 people) please call ahead. 1001 E. Logan Street.

OTTAWA, (785) 242-8313

<http://ottawabiblechurch.org/bethlehem.htm>**DEC 2-5****GINGERBREAD HOUSE FESTIVAL AND VIEWING**

The Annual Gingerbread House Festival and Auction benefiting Big Brothers Big Sisters of Douglas County. Local talent builds and donates amazing Gingerbread creations to be placed up for charity auction at an elegant seasonal gala on December 8. Carnegie Building, 200 W 9th.

LAWRENCE, (785) 843-7359

DEC 3**2011 HOLIDAYS IN WELLSVILLE**

A whole weekend of holiday events not far from Ottawa. Festivities include Tree Lighting Ceremony, Wellsville Tour of Homes, Home Lighting Contest, Business Window Decorating Contest. Holiday Craft Show, Pictures with Santa, Entertainment Junior & Luetta Crist Christmas Drawing and Local Girl Scout Bake Sale.

WELLSVILLE, (785) 883-2462

DEC 3**DOWNTOWN LAWRENCE OLD-FASHIONED CHRISTMAS PARADE**

Bring the entire family and enjoy the annual Old-Fashioned Christmas parade. Features exclusively horse-drawn carriages, wagons and coaches decorated for the season. Santa is the parade's grand finale. Downtown.

LAWRENCE, (785) 838-9400

<http://www.lawrencechristmasparade.org>**DEC 3****HOLIDAY ART FAIR**

Annual Lawrence Art Guild's Holiday Art Fair. Great place to find special holiday gifts. Strolling musicians add to the ambience of this event. 940 New Hampshire.

LAWRENCE, (785) 843-2787

<http://www.lawrenceartscenter.com>**DEC 3****SANTA EXPRESS**

Please visit our website for this year's schedule for the Midland Railway Santa Claus Express trains.

In addition to the 12-mile round trip train ride, each child will have a chance to visit Santa in his special rail car and have their pictures taken with him. The Baldwin Santa Fe Depot souvenir shop will be open for those wishing to get train-related souvenirs and Christmas gifts. The trains are enclosed but not heated so visitors are reminded to dress accordingly. 1515 W High St.

BALDWIN CITY, (913) 721-1211

<http://www.midland-ry.org>**DEC 3-18****FESTIVAL OF NATIVITIES**

View over 300 nativity sets during this annual festival and shop the craft sale. Weekends only. Centenary United Methodist Church, 245 Elm St.

LAWRENCE, (785) 843-1756

DEC 4**87TH ANNUAL HOLIDAY VESPERS**

KU holiday tradition. Features the KU Symphonic Choir and the KU Symphony Orchestra. Two performances, 2:30 and 7:30 p.m. Lied Center of Kansas, 1600 Stewart.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>**DEC 4****HOLIDAY HOMES TOUR**

This event, which benefits the Health Care Access Clinic, will showcase holiday decorating ideas from a variety of traditions at several exclusive locations in Lawrence. Arts and crafts and homemade baked goods will also be available for purchase at Corpus Christi Catholic Church with all of the proceeds also going to the clinic.

LAWRENCE, (785) 841-5760

DEC 4**MEET FATHER CHRISTMAS**

Meet Father Christmas at the Mulvane General Store and take a photo with him while shopping for unique gifts. Please call for more information. Event time: 11 a.m.-1 p.m. Mulvane General Store, 124 NW Fillmore.

TOPEKA, (785) 368-3888

<http://www.topeka.org>**DEC 4****SANTA ARRIVE BY TRAIN**

Santa arrives on the Union Pacific Train. Children's activities, games, crafts, refreshments and photos with Santa. Children 12 & under free; Adult regular admission price. 1-3 p.m. Great Overland Station, 701 N Kansas Ave.

TOPEKA, (785) 232-5533

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LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH

Midland Adult Day Care, 319 Perry St., 10 a.m.
 Vermont Towers, 1101 Vermont St., 1 p.m.
 Cottonwood Retirement 1029 New Hampshire,

2 p.m.
 Babcock Place, 1700 Massachusetts St., 3 p.m.
THIRD WEDNESDAY OF EACH MONTH
 Brandon Woods, 1501 Inverness Dr., 10:30 a.m.
 Prairie Commons, 5121 Congressional Circle, 1 p.m.
 The Windsor, 3220 Peterson Rd., 2:15 p.m.

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

MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS WATER AEROBICS CLASSES

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

FIRST MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

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

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

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

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

FIRST TUESDAY OF EACH MONTH LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

care, library and educational services. Meets at 3 p.m. in Conference E of LMH.
 LAWRENCE, (785) 830-8130

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

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

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

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

TUESDAYS & THURSDAYS WATER AEROBICS CLASSES
 OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool

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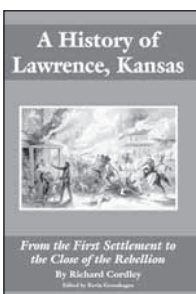
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with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124.
LAWRENCE, (785) 838-7885
www.OrthoKansasPA.com

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

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

**FIRST WEDNESDAY OF EACH MONTH
OLDER WOMEN'S LEAGUE**

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

**WEDNESDAYS AND SUNDAYS
OLDSTERS UNITED FOR RESPONSIBLE
SERVICE (O.U.R.S.)**

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6-9 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

**THURSDAYS
GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle. 3-4 p.m.
TOPEKA, (785) 232-2044

**FIRST THURSDAY OF EACH MONTH
LAWRENCE AREA PARTNERS IN AGING**

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

**FIRST AND THIRD THURSDAY OF EACH
MONTH**

TRANSITIONS SUPPORT GROUP

Co-sponsored by Brewster Place and Heartland Hospice as a group to help people move from confusion to confidence no matter their loss or life changes and challenges. Meets at 3 p.m. in the main chapel at Brewster Place, 1209 SW 29th St. Call Terry Frizzell of Heartland Hospice of Topeka for more information.
TOPEKA, (785) 271-6500

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

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

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

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

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

For those who have lost loved ones. Sponsored

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

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

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

**SECOND & FOURTH TUESDAY OF EACH
MONTH**

GRIEF SUPPORT GROUP

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

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

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

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

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

**SECOND & FOURTH TUESDAY OF EACH
MONTH**

SCRAPBOOK MEMORIES

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

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

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

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

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

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

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

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

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8 p.m., Main-

stream 8-10 p.m. Contact Frank & Betty Alexander.
LAWRENCE, (785) 843-2584
www.happytimesquares.com

THIRD MONDAY OF EACH MONTH

ACTIVE PRIMETIMERS

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

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

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

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

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

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

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

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

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free! NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.
LAWRENCE, (785) 843-7481

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

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

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

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

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

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11 a.m.-1 p.m. For more information about the Widowed Persons Service Program, please call Julie.
TOPEKA, (785) 357-7290

FOURTH MONDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

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

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

**FOURTH WEDNESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

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

**FOURTH THURSDAY OF EACH MONTH
TOPEKA GENEALOGICAL SOCIETY**

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

**FOURTH THURSDAY OF EACH MONTH
CHRISTIAN WIDOW/WIDOWERS
ORGANIZATION**

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

**FOURTH FRIDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meet-

■ CONTINUED ON PAGE 23

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ing. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller. LAWRENCE, (785) 478-0651

SECOND & FOURTH FRIDAY OF EACH MONTH ALZHEIMER'S/CAREGIVER SUPPORT GROUP

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

FOURTH FRIDAY OF EACH MONTH

AARP CHAPTER 1696

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

NOV 10

TOPEKA WOMEN'S CONNECTION: FROM GADGETS TO GOURMET LUNCHEON

Julie Clanton from the Kitchen Gallery will be demonstrating new kitchen gadgets, with music by Kelly Engelke and her daughter Hailey. The Speaker will be Sharon Minton, survivor of the recent Joplin tornado. Reservations must be made by November 7 by calling Jeannie at (785) 233-1387 or Ann at (785) 266-1522. Cost of lunch is \$13. Program is free. Topeka Shawnee County Public Library, 11:30 a.m.

VETERANS DAY EVENTS

NOV 5

11TH ANNUAL CHEROKEE VETERANS

A Native American Pow Wow honoring all veterans and those now serving. Dancing will begin with the Gourd Dancing (Art Norquay-Lakota-Head Gourd Dancer) with Horseshoe Lake Drum as Host Drum (all drums welcome). Grand Entry will be at 7:30 p.m. with Galen (Prairie Band Potawatomi) and Sue Hubbard (Choctaw) as Head Dancers. Guest Honored Veterans - Greg & Evelyn Ramirez. Also crafts and concessions. Event Time: 6:30-10 p.m. Admission is free. 700 Zoo Parkway. TOPEKA, (785) 266-8148

NOV 5-11

VETERANS DAY CELEBRATION

The 2nd largest Veteran's Day celebration in

Kansas is in downtown Ottawa. Celebrate Veteran's Day in Ottawa. It kicks off with a parade through downtown stopping at the Veterans Memorial, making its way to Forest. 401 S Main St. OTTAWA, (785) 242-5419 <http://www.ottawavets.org>

NOV 11

VETERAN'S DAY CELEBRATION

Veterans Day Program. Program presented by ROTC USD 501 and special guest Gov. Sam Brownback. Light refreshments will be served. The museum will be open to the public from 1-3:30 p.m. Admission free. Great Overland Station, 701 N Kansas Ave. TOPEKA, (785) 232-5533 <http://www.greatoverlandastation.com>

NOV 11

VETERAN'S DAY PARADE

Largest/oldest observance west of the Mississippi River. Celebrating 11/11/11 with annual parade in historic downtown Leavenworth. LEAVENWORTH, (913) 651-0410 <http://www.lvetsparade.com>

MISCELLANEOUS

APR 6-DEC 7

SENIOR WEDNESDAY AT THE ZOO!

You're never too old to visit the Topeka Zoo and we have just the event for Senior Citizens. All seniors are invited to join us the first Wednesday of each month and enjoy coffee and an educational chat. Program is free with zoo admission. Event time: 9:30 a.m. TOPEKA, (785) 368-9134 <http://www.topekazoo.com>

NOV 4

SENIOR RESOURCE FAIR

Sponsored by Topeka Area Continuity of Care and Jayhawk Area Agency on Aging. Representatives from over 40 hospital and community-based health and social services will be exhibiting. Bags with coupons and giveaways will be distributed to the first 200 attendees. Admission is free and open to the public. Fairlawn Plaza Mall, 21st and Fairlawn, 10 a.m.-2 p.m. TOPEKA, (785) 213-9704

NOV 4 & 18

ASSISTANCE WITH 2012 MEDICARE PART D PLANES AND ENROLLMENT

Sponsored by Douglas County Senior Services, Inc. Beneficiaries will be seen on a first-come, first-served basis. Please bring your Medicare card and a list of your current medications,

including dosage information. Drury Place at Alvarado, 1510 St. Andrews Dr., 9 a.m.-12 p.m. LAWRENCE, (785) 842-0543

NOV 5

TAILS ON THE TRAIL

Tails on the Trail is a fundraiser for the Helping Hands Humane Society. This is a 5K Run/Walk. Please call for more information and time. Shawnee North Community Center, 300 NE 43rd St. TOPEKA, (785) 286-0676

NOV 18

NOT WITHOUT LAUGHTER BY LANGSTON HUGHES WITH SANDRA WIECHERT

"Literature with Kansas Connections" TALK book discussion series from the Kansas Humanities Council. Set in the fictional Kansas town of Stanton—purportedly based

on Hughes' Lawrence boyhood experiences—the novel follows Sandy as he negotiates a world of prejudice and segregation, struggling to be the best he can be despite the realities of racial inequality and poverty. 299 pp. Aldersgate Village, 7220 SW Asbury Dr., 2 p.m. TOPEKA, (785) 478-9440

NOV 26

BIZARRE BAZAAR

Annual event with 100 local and area artists selling their creations. Shop one-of-a-kind, handmade works that range from contemporary to bazaar. Two stages feature music by area musicians as you shop. Lawrence Arts Center, 940 New Hampshire. LAWRENCE, (785) 843-2787

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OrthoKansas receives accreditation in magnetic resonance imaging

OrthoKansas, PA has been awarded a three-year term of accreditation in magnetic resonance imaging (MRI) as the result of a recent review by the American College of Radiology (ACR). MRI is a noninvasive medical test that utilizes magnetic fields to produce anatomical images of internal body parts to help physicians diagnose and treat medical conditions.

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ity, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report they can use for continuous practice improvement.

The ACR is a national professional organization serving more than 34,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

More than 650 athletes participate in Kansas Senior Olympics

More than 650 athletes competing in 18 sports participated in the Kansas Senior Olympics (KSO), which is sponsored by Parks and Recreation of Topeka and is now in its 28th year. This year's participants ranged in age from 49 to 94. Individual and doubles competition took place September 21-25, team sports competition took place September 29-October 2, and the golf competition took place September 30. The event was headquartered at the Big Gage Shelterhouse, Gage Park, 10th and Gage, in Topeka with venues throughout the city.

The KSO is a multi-sport event that promotes fitness, good health, participation and excellence in senior athletes ages 50 years and older.

The Kansas Senior Olympic games were established in 1984 by Parks and Recreation of Topeka and the Senior Adult Program. Over the years, the games and programs have been an avenue for thousands of athletes and participants to continue or begin their competitive journey to a healthier lifestyle.

KSO'S mission is to continue to provide an outlet for those seeking fitness through sports. Topeka is the only sanctioned site in Kansas for athletes to qualify for the National Senior Games.

Parks and Recreation of Topeka has posted the results for the 2011 KSO online at <http://www.topeka.org/pdfs/2011KSOResults.pdf>.

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GUEST COLUMN

Redefining 'Aggressive Medical Care'

We are reaching a point in modern medicine where the concept of "Aggressive Care" at the end-of-life needs to be re-defined. When we think of aggressive med-



Jerry
Old, MD

sive pain management, more aggressive symptom management, insistent wound care, and more aggressive "quality of life" care.

Thirty years ago when I was in medical school, hospice was seen as "alternative medicine." I remember one of my professor's great concern about the group of renegade hospice nurses going around giving people morphine! Now, with the creation of the newest medical specialty of hospice and palliative medicine in 2006, hospice has become standard of care—a very fast transition for the medical field. Little wonder its purpose is still frequently misunderstood.

Hospice care and aggressive care are not opposites. The goals are just different. The goal in hospice is neither to cure the disease nor to extend life expectancy beyond all reason. With hospice, the goals become things such as preservation of dignity, allowing the patient to maintain control, to stay at home, and recognizing the

ical care, we often think of all the amazing technology that can be used to prolong "life" in the 21st century. However, Hospice care, while usually seen as opposite of "aggressive care," is in reality also aggressive care.

The modern hospice movement, while recognizing the futility of life support and ineffective therapies at the end-of-life, is not "No Care." It is often more care—more aggres-

sive care doesn't it!

The word "palliative care" literally means "to cloak" or surround the patient with caring. Even the term "comfort care" comes from the Latin "com forte" or to "care with strength."

A recent study has shown that people with similar medical conditions enrolled on hospice in a timely manner, actually lived LONGER than their counterparts who continued the traditional aggressive treatments such as chemotherapy or high risk surgeries and procedures.

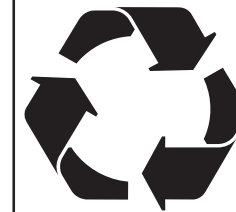
Most of us have heard of the "DNR" (Do Not Resuscitate) order that can be placed on a patient's chart. The general interpretation of this order is that it means to do "nothing" medically for the patient. I much prefer the newer term "AND" which stands for "Allow Natural Death." DNR is negative—do not do things! "AND" is much more positive—it implies allowing a natural process, but being active about it

by aggressively keeping the patient comfortable in all ways possible.

We must recognize that "Aggressive Hospice care" is not an oxymoron! Payment sources will continue to divide aggressive and non aggressive medical therapies, but medically and realistically, that line is becoming less and less clear.

We thank all those dedicated hospice employees and volunteers at Hospice Care of Kansas and the nearly 70 hospices across the state for the "Aggressive Hospice Care" that they are providing to their patients and families.

- Jerry Old, MD is chief consulting medical officer with Hospice Care of Kansas and on staff at the KU School of Medicine - Wichita. He is a nationally recognized author and speaker on end-of-life issues. He practiced in Arkansas City for 25 years.



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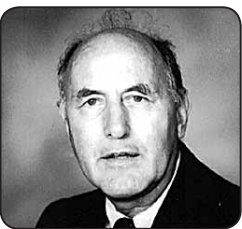


HUMOR

Typo Trouble

You see typographical errors everywhere—in newspapers, in magazines, in books, in church bulletins, in brochures, even on billboards along the highway. Here's an example of a typo from an obituary in a rural weekly newspaper: "...she has gone to her final roasting place."

Melvin Hardy got into serious typo trouble because a typo put Baxter



Larry
Day

Springs in the national spotlight. The typo didn't show up in a newspaper, brochure, or a magazine. It showed up on a legal document—a traffic citation—to be exact.

Mel is clerk of the Baxter Falls Municipal Court. Baxter Falls is on Highway 17/33 about 40 miles from here. It's a strung-out town and a lot of Baxter Falls businesses are located along Highway 17/33 as it passes

through the south side of town. Speed signs begin about a half mile from town. The highway speed limit of 60 mph drops to 50 mph then to 45 mph then to 35 mph then to 30 then to a school zone speed limit of 20 mph—all in less than a mile.

As municipal court clerk, Mel ran the office and kept track of such things as printing traffic citations. One afternoon just at quitting time the printer gave Mel a proof sheet of a new batch of traffic citations. The printer wanted the proofs back first thing the next morning. Mel had a date with Gretchen for 5:30 p.m. Mel carefully proofread the side of the citation with the little boxes where the officers write in the details of the violation. He didn't pay much attention to the back portion of the citation where it gives the driver instructions on how to pay the fine.

The driver is told that he/she has been charged with a traffic violation and has a right to appear, a right to plead not guilty, and a right to a trial. The rest of the instructions tell the driver how to plead guilty and how to send the money to the municipal court.

At the bottom of the citation is an appearance plea of guilty waiver. The driver can waive his/her right to a trial by signing the citation and paying the fine.

That's where young Melvin Hardy messed up. In the quick proofread he gave of the waiver paragraph, Mel missed a typo. The citation said: "I understand that I have a right to a **trail**," instead of saying, "I understand that I have a right to a **trial**."

Mel sent the job back to the printer without fixing that typo. The printer printed the citations and Baxter Springs officers began issuing them. One of the first of the newly printed citations went to Kip Harman. He was cited for traveling 45 mph in a 35 mph zone on Highway 17/33. It was bad luck for young Melvin Hardy that Kip Harman got one of the first citations containing the "trail" typo.

Kip Harman is a metropolitan newspaper reporter who retired to become a freelance writer. On the day he got stopped, Kip had driven to Baxter Falls looking for material for a feature story. When Kip spotted the typo he knew he had found a story.

Kip showed up in Baxter Falls Mu-

nicipal Court for his trial.

When it was his turn to address the judge Kip said, "Your honor, I'd like the Chisholm Trail."

"What?" asked the judge.

"The traffic citation says I have the right to a **trail**. I choose the Chisholm Trail, your honor."

An animated discussion ensued. Kip insisted on his right to a "trail." The judge threatened to send Kip to the lock-up for contempt. A chagrined Melvin Hardy tried to mediate.

In the end Kip quit demanding a "trail," and paid the fine. He had his story. It turned out to be a bigger story than Kip realized. Writers for a nationally televised late night comedy show spotted the "trail" story in a magazine.

The writers recreated Kip's "trail" trial in the Baxter Falls Municipal Courtroom for their "stranger than fiction," segment of the show. Millions of Americans watched and laughed.

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

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TRAVEL TROUBLESHOOTER

She declined the insurance, then she signed for it

Ted Van Anne's wife isn't an experienced traveler, but she knows she declined the optional car rental insurance. So why is Dollar charging her an extra \$20 a day for her car? And can the charge be reversed?

By Christopher Elliott
Tribune Media Services

QUESTION: My wife recently rented a car in Columbus, Ohio, from Dollar Rent A Car. When I made the reservation for her, I specifically told them we did not want their extra insurance coverage.

My wife is not a frequent traveler so she called me at the rental car counter that day to ask me if she should accept their insurance coverage charges that they were trying to add to the contract. Since our current auto insurance policy covered rental cars, I told her not to accept their charges.

She specifically told the Dollar Rental car agent in Columbus to not include the \$20 a day insurance coverage on her rental agreement. However, these charges were added.

I have contacted Dollar regarding an insurance charge of \$104, but they refuse to make any type of adjustment or issue a refund. The customer service person at Dollar said my wife's electronic signature when she checked out the car is proof that she wanted the insurance coverage. The Dollar counter in Columbus has a small electronic signature unit, and my wife would have had to scroll through many, many pages to see various charges via this tiny signature box unit.

What steps can I take to get a refund? - Ted Van Anne, Colleyville, Texas

ANSWER: The technology your wife used at the time of her rental should have helped her instead of leaving her with an overcharge of \$104.

Car rental companies have installed electronic counter systems in order to avoid any misunderstandings with customers. Dollar's included a series

of digital screens that had to be read and acknowledged before finishing the rental process.

Two of the screens dealt with any additional options purchased, their daily cost, and then the estimated rental total, including all options, taxes and fees. When I checked with Dollar, it said it moved to the new system to better explain charges and to disclose any potential issues, such as traffic or toll violations.

If your wife wasn't used to the system, she probably remembers what it was like before these countertop gadgets. Back then, you simply told the agent you were declining the insurance, and then the employee fixed the contract.

The Dollar employee should have informed your wife that she needed to decline the options on the screen, and cautioned her to read the options carefully. Instead, she may have hastily clicked "accept" several times, in the mistaken belief that she was looking at the right contract.

She would have had several opportunities to see the final rate and then make a correction at the end of the rental process and when she returned the car. Waiting until after she returned from her trip limited her options for recovering the insurance fee she was wrongfully charged.

At the same time, it is in a car rental company's interests to keep the rental process as confusing as possible. Why? Optional insurance is highly profitable to car rental companies, so the more drivers sign up for it - even accidentally - the more money a location makes. I think there's no question that Dollar could have been clearer about its insurance. I've used the digital screens myself and there's a lot of small print; if you're in a hurry, it's asking a lot to read the whole document.

Still, your wife should have done her due diligence. And so should anyone else who rents a car in this age of surprise surcharges.

I contacted Dollar on your behalf. A representative said although the com-

pany's records show your wife signed off on the insurance, "It is quite evident that Mr. Van Anne will continue to escalate this issue and remains very concerned with how he feels this charge was applied."

Dollar refunded the \$104.

- 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 mag-

azine and the co-founder of the Consumer Travel Alliance, a non-profit organization that advocates for travelers. Read more tips on his blog, elliott.org or e-mail him at chris@elliott.org. Christopher Elliott receives a great deal of reader mail, and though he answers them as quickly as possible, your story may not be published for several months because of a backlog of cases.

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WOLFGANG PUCK'S KITCHEN

Subs perfect for a casual Italian dinner

By Wolfgang Puck

Tribune Media Services

Americans love to eat good Italian food—maybe by preparing a big lasagna at home, or going out for pasta or pizza at their favorite local spot. But I'd like to suggest that you prepare it more casually, and economically, by making another great Italian contribution to American food: submarine sandwiches.

Subs are among the many culinary gifts Italian immigrants brought to our country. Long, crusty rolls stuffed with meat or other delicious fillings were popular lunches in the Northeast, and various theories exist as to why they came to be called subs. Most plausibly, the underwater craft were built in area shipyards where many Italian Americans worked. As the sandwiches spread nationwide, they acquired other names, as well, including hoagies (after Philadelphia's World War I Hog Island shipyard); grinders, New England slang for a dockworker; and heroes, probably referring to the treat's heroic proportions.

Whatever you call the sandwich, it starts with a good crusty roll about 10 inches long. Find an Italian bakery in your neighborhood, or buy a longer, slender Italian loaf or French baguette and cut it into individual portions.

Sub fillings, hot or cold, are incredibly varied and include all sorts of Italian deli meats and cheeses; thinly sliced roast beef or turkey; grilled chicken breast, fish, or shrimp; tuna salad or egg salad with roasted peppers; or vegetarian versions with thinly sliced fresh, grilled, or pickled vegetables.

Among my favorite fillings are big, juicy Italian meatballs cooked in tomato sauce, nestled into oven-warmed rolls lined with provolone cheese. If you like, you can also garnish them

with sliced tomatoes, roasted bell peppers, pickled pepperoncini, and even the thinly shredded iceberg lettuce so many sub shops add to everything.

You'll get perfectly succulent, flavorful meatballs by following the recipe I share here. Cook them in my favorite tomato sauce; or, if time is short, substitute a good-quality store-bought marinara sauce.

And I know you might be wondering how a chef born in Austria comes by a good, authentic Italian meatball recipe. Well, look up my birthplace, St. Veit—you'll see I grew up only about 30 miles from the Italian border, and I've loved that cuisine since childhood. Add the fact that I'm now a U.S. citizen, and I'm almost as Italian-American as can be.

MEATBALL SUBS

Serves 4

- 4 tablespoons unsalted butter
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 4 slices Italian bread, crusts discarded, cut into small dice
- 1/4 cup milk
- 2 pounds lean ground beef
- 1 large cage-free egg, lightly beaten
- 1/4 cup freshly grated Parmesan cheese
- 1 tablespoon each chopped fresh parsley, basil, and thyme leaves
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon freshly ground black pepper
- 5 cups Wolfgang's Favorite Tomato Sauce (recipe follows)
- 4 individual hoagie rolls
- 8 thin slices provolone cheese
- Freshly grated Parmesan cheese

In a medium skillet over medium heat, melt the butter. Add the onion and garlic and saute until tender but

not yet browned, about 5 minutes. Transfer to a small bowl and set aside to cool.

In a large mixing bowl, combine the bread and milk. Set aside until the milk has been absorbed, about 10 minutes.

Add to the mixing bowl the onion-garlic mixture, beef, egg, Parmesan, herbs, salt, sugar, and pepper. Stir until thoroughly combined.

Moistening your hands with cold water, roll about one-eighth of the mixture into a large, even meatball and place it on a large plate or baking sheet. Repeat with the remaining mixture to make 8 meatballs in total.

In a large saucepan over medium heat, bring the tomato sauce to a gentle simmer. One at a time, carefully lower the meatballs into the sauce. Reduce the heat to a very gentle simmer, cover, and cook until the sauce has thickened and the meatballs are done, about 45 minutes.

About 30 minutes before the meatballs are done, preheat the oven to 350 degrees F. About 10 minutes before the meatballs are done, use a bread knife to split the rolls open lengthwise without cutting completely through them; open out the rolls a bit, put them on a baking sheet, and warm in the oven for 5 minutes. Then, arrange 2 slices of provolone inside each roll and warm a few minutes longer to melt the cheese.

With a slotted spoon, transfer the meatballs from the sauce to the rolls, placing 2 meatballs inside each. Spoon some sauce over the meatballs, gar-

nish with Parmesan, and close each sandwich. Serve immediately, cutting each sandwich crosswise in half if you like.

WOLFGANG'S FAVORITE TOMATO SAUCE

Makes about 6 cups

- 1/4 cup extra-virgin olive oil
- 2 small onions, minced
- 6 garlic cloves, minced
- 2 tablespoons tomato paste
- 4 pounds fresh Roma tomatoes, peeled, seeded, and diced
- 2 cups organic chicken broth, heated
- 16 fresh basil leaves, rinsed and patted dry
- 6 tablespoons unsalted butter, cut into small pieces
- Salt
- Freshly ground black pepper

In a large saucepan, heat the oil over medium-high heat. Add the onion and saute until tender, about 5 minutes. Add the garlic and cook 1 minute longer. Stir in the tomato paste and then the tomatoes, cook for 2 to 3 minutes, and then stir in the broth. Simmer briskly until the sauce is thick, 20 to 30 minutes, stirring occasionally.

Stack the basil leaves, roll up lengthwise, and cut across very thinly to make a chiffonade. Stir the basil into the sauce. Piece by piece, whisk in the butter. Season to taste with salt and pepper.

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PET WORLD

Separation anxiety can be treated

QUESTION: We're well into our 60s and recently moved into a retirement community. We no longer have pets. The dog next door barks, cries and howls when her owner, a widow, goes

as dogs desperately vocalize as if they're in pain (in a sense, they are), chewing on themselves, eating through drywall, even losing bladder and/or bowel control.

This dog may have separation issues. This anxiety may have worsened or first appeared when your neighbor's husband passed away. Regardless, the dog is clearly anguished.

There's little doubt that the widow and her pet are hyper-attached, and your friend apparently isn't aware that help is available for her companion. What disturbs me is that if this dog had diabetes or heart disease, no one would doubt the need for treatment. Serious separation anxiety is no different. With medication and behavior modification, this dog can get significantly better.

Although the diagnosis seems clear, it should be confirmed by a veterinarian. I don't know the dog's age, but perhaps there are other contributing factors that need to be explored. Once the problem is confirmed as separation distress, either the vet can initiate treatment, or refer the owner to a veterinary behaviorist or a AVSAB (American Veterinary Society of Animal Behavior) member veterinarian with a special interest in behavior.



Steve Dale

out. I told the neighbor about this problem and her only response was that she loves her dog, and that since her husband died, her pet is all she has left.

She mentioned that the dog sometimes chews on herself.

I tried to explain that her little poodle mix sounds like she's going to die when my neighbor leaves the house. Many other neighbors hear this barking, too. Any advice? - V.S., Miami Beach FL

ANSWER: Thank you for understanding this dog's suffering. Indeed, suffering is the right word. I've seen many videotapes of dogs with serious separation distress, and it's heart-wrenching. The anguish is palpable,

While treatment doesn't solve such distress overnight, in time both the dog and the neighbors will feel more relaxed.

QUESTION: My dog is being treated for lymphoma with a third round of chemotherapy from the University of Missouri College of Veterinary Medicine. He's starting to show resistance to the drugs. A friend said he heard good news on your radio show about lymphoma in dogs. Can you tell me more? - R.F.

ANSWER: New York City-based veterinary oncologist Dr. Philip Bergman wonders where in course of the treatments your dog is expressing resistance. If this is occurring during the third treatment in the initial round of chemo, he says, "That's extremely worrisome."

The initial chemotherapy round for dogs lasts either 19 or 25 weeks. In 90 percent of the cases, dogs then go into remission for an average of nine to 11 months. Sometimes, though, remission may barely occur, or might last for only a month. In other cases, remission can last for years.

When such dogs get sick again, chemo is administered a second and a third time. Bergman explains that by the third go around, resistance is common. "The tiny bits of lymphoma that survive are immune to the affects of the drugs each time, so we essentially help to support these super-tough cells," he says. Finally, they do win out."

Still, along the way it may be possible for a veterinary oncologist to tweak the treatment.

I'm not sure what you heard on the radio, I did mention the fairly new use of bone marrow transplants for dogs with lymphoma, which began at North Carolina State University College of Veterinary Medicine. The procedure's overall affect is still being studied. By the way, my radio show site is www.petworldradio.net.

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

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For caregivers: Tips on long-term planning

(ARA) - For 66 million Americans, taking care of an aging, seriously ill or disabled family member or friend is a part of daily life. Fortunately there are numerous resources that can make the process easier.

Caregivers can start by turning to Ask Medicare, a service created by the Centers for Medicare & Medicaid Services (CMS) that offers a number of useful resources through its website at www.medicare.gov/caregivers. The site gives caregivers tips on how to make the most of the Medicare program and offers tips on managing chronic illnesses, finding and paying for nursing home and assisted living care, finding local organizations that support caregivers and much more. Representatives of the program also offer recommendations to help caregivers deal with short and long-term financial issues:

- Talk with the person you are caring for about legally authorizing you to make decisions about his or her medical care. Discuss personal wishes and develop a living will to provide

direction on the kind of health care the person desires and needs. Having this plan legally developed can make it much easier for you to make decisions in the future, especially for loved ones who are unable to speak for themselves.

- Get started; contact your State Health Insurance Assistance Program in your area by visiting www.medicare.gov and clicking on "Help and Support" or "Useful phone numbers and websites." Also visit www.agingwithdignity.org for a "5 Wishes" document that can help you talk with family members about how they want to be treated.

- Review finances and health care accounts. Medicare can reduce many out-of-pocket expenses for your loved one, but it does not cover everything. Make a monthly and yearly list of all income sources, such as Social Security and pensions, as well as monthly and yearly expenses, savings and investments that impact the overall financial picture.

- Learn which types of services

are paid for. Visit "Caregiver Topics," "Paying for Care" and "Which expenses are covered" sections on the Ask Medicare site. Deductibles, co-payments and nursing home care are not covered by Medicare.

- Keep detailed notes of medications, appointments, doctors and other medical treatments. Share this information with other family members or friends who might be able to step in and help you as a caregiver if needed.

- Start focusing on preventive care such as tests, shots and screenings once you have a future plan in place.

Medicare covers preventive care items such as flu shots, bone mass measurements, glaucoma tests and other screenings. To learn more, visit the Ask Medicare site to find "How Medicare Supports Various Types of Care."

- Learn how to get the best value from the Medicare program. Ask Medicare also offers practical information about enrolling your loved one in Medicare, choosing a prescription drug plan, finding state and local resources and a free e-newsletter with the latest Medicare updates.

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PUZZLES & GAMES

CROSSWORD

ACROSS

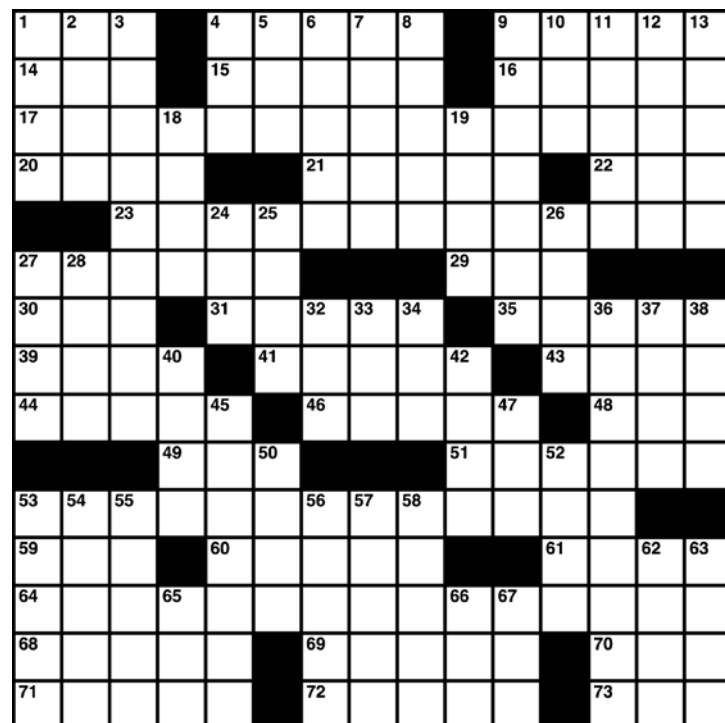
- 1 Kilmer of "Batman Forever"
- 4 Nostalgic soft drinks
- 9 Latish wake-up time
- 14 Object of a conquistador's quest
- 15 Conjure up
- 16 As a friend, to Francois
- 17 What older baseball pitchers might do?
- 20 "Scarborough Fair" herb
- 21 Huey, Dewey and Louie, e.g.
- 22 Dull routine
- 23 Fetch Halloween costumes from the attic?
- 27 Mice and lice
- 29 Quick-flash link
- 30 French land mass
- 31 Early pamphleteer
- 35 Big name in baseball cards
- 39 "Can I get a word in?"

- 41 Muffler
- 43 Intimate apparel purchase
- 44 Wrinkle-prone fabric
- 46 Work with one's hands
- 48 NATO founding member
- 49 Classy org.?
- 51 Dulles alternative
- 53 Post snide comments on a blog?
- 59 Italian diminutive suffix
- 60 "Pagliacci" clown
- 61 Dundee denials
- 64 Join the high school wrestling team?
- 68 Early Indo-European
- 69 Actress Dunne
- 70 Volstead __: Prohibition enabler
- 71 Campfire treat
- 72 Enjoyed, as a beach blanket
- 73 "Go for it!"

DOWN

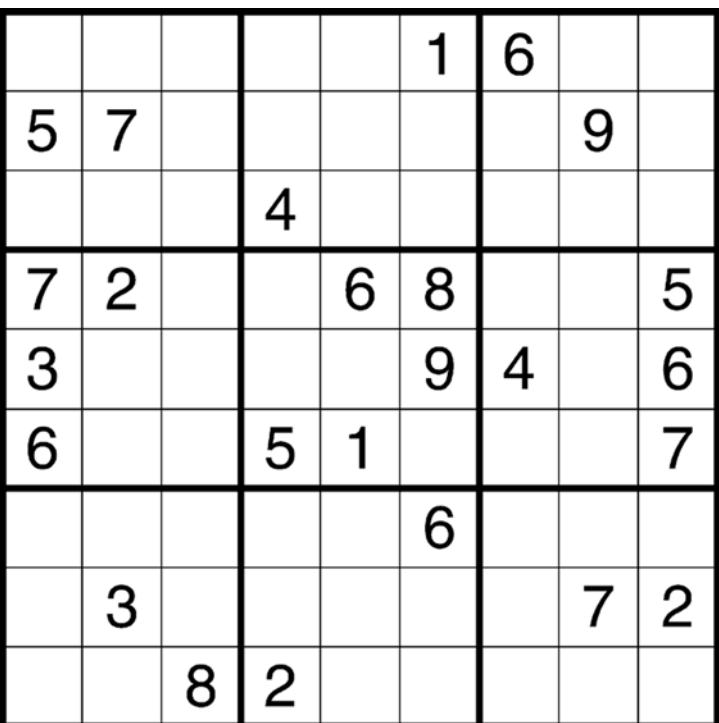
- 1 Swears
- 2 Certain stage solo

- 3 Scratch
- 4 Composer Rorem
- 5 HTC smartphone
- 6 Mr. Fixit's genre
- 7 "Don't remind me"
- 8 Attach, in a way
- 9 Most likely to crack
- 10 Bring down the curtain
- 11 Tiny Pacific republic
- 12 Rally, as a crowd
- 13 Thin sprays
- 18 Think
- 19 Actress Swenson
- 24 Fall (over)
- 25 Geneticist's concerns
- 26 Art colony town
- 27 Medicine chest item
- 28 K-12
- 32 "Ew!"
- 33 Mary Bobbsey's older daughter
- 34 Poetic preposition
- 36 Keeps at it
- 37 Galileo Galilei Airport city
- 38 Attention __
- 40 Choice reading?
- 42 Casino game
- 45 Its largest moon is Triton
- 47 Drops on a blade?
- 50 Each



- 52 Monument word
- 53 Gyro essentials
- 54 Render weaponless
- 55 Godzilla's stomping ground
- 56 "Wait __ Dark": 1967 film
- 57 Pageant trophy
- 58 "Okey-__!"
- 62 Verb-to-noun suffix
- 63 Droop-nosed fliers
- 65 Mr. Potato Head piece
- 66 "Small Craft on a Milk Sea" musician
- 67 Home viewing room

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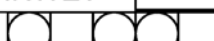
SUDOKU: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

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JUMBLE

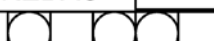
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

INWET

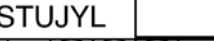


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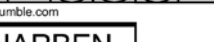
KEDAC



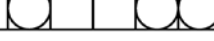
STUJYL



NARBEN



A: _____ OF "_____"



THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

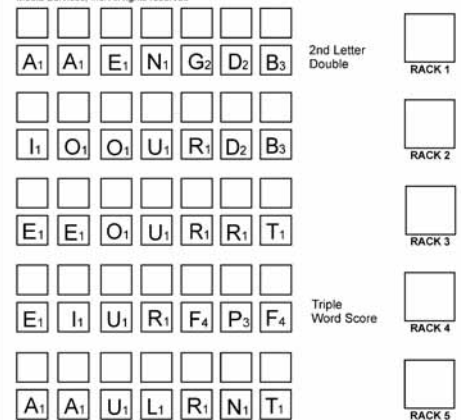


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

A: _____ OF "_____"

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PAR SCORE 245-255
BEST SCORE 331
FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blank" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

For more information on books, clubs, tournaments and the school program go to www.scrabble-assoc.com or call the National SCRABBLE® Association (631) 477-0033.

Answers to all puzzles on page 34.

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PUZZLES & GAMES

BRIDGE

What a Difference a Lead Makes

By Tannah Hirsch

Tribune Media Services

North-South vulnerable. South deals.

NORTH

- ♠-A J 10 9 5
- ♥-K J 8 6 4
- ♦-3
- ♣-A 8

WEST

- ♠-Q 6
- ♥-10 3
- ♦-A 10 7 5 4
- ♣-K 10 9 2

EAST

- ♠-K 8 4 3 2
- ♥-9
- ♦-K 8 6
- ♣-Q J 7 4

SOUTH

- ♠-7
- ♥-A Q 7 5 2
- ♦-Q J 9 2
- ♣-6 5 3

The bidding:

SOUTH	WEST	NORTH	EAST
Pass	Pass	1♠	Pass
2♥	Pass	6♥	Pass
Pass	Pass		

Opening lead: Ace of ♦

In the past decade, the most successful team in American bridge has been Nick Nickell-Dick Freeman/Jeff Meckstroth-Eric Rodwell/Bob Hamman-Paul Soloway. On this deal from the final of the Spingold a few years ago, they were trailing by 71 International Match Points with only 16

boards to play. This early deal started them on a dramatic comeback.

Their opponents had reached four hearts on the North-South cards, making 11 tricks. When Meckstroth held the North hand with his team needing big swings, he took a reasonable gamble and, when Rodwell responded to his opening one-spade bid with two hearts, he leaped to the small slam.

When, some years ago, we asked the great Benito Garozzo about opening leads against a slam, he replied: "If you hold a singleton, lead it. If not and you hold an ace, lead that." We don't know whether this deal has changed his opinion!

When the ace of diamonds held the first trick, West shifted to a club, but it was too late. Rodwell won with the ace, drew two rounds of trumps and led a spade toward dummy. West inserted the queen and declarer won with ace and continued with two spade ruffs in hand and two diamonds ruffs in dummy, dropping the king of diamonds. The jack of spades was covered by the king and ruffed, dummy's remaining club was discarded on the queen of diamonds and declarer claimed 12 tricks.

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

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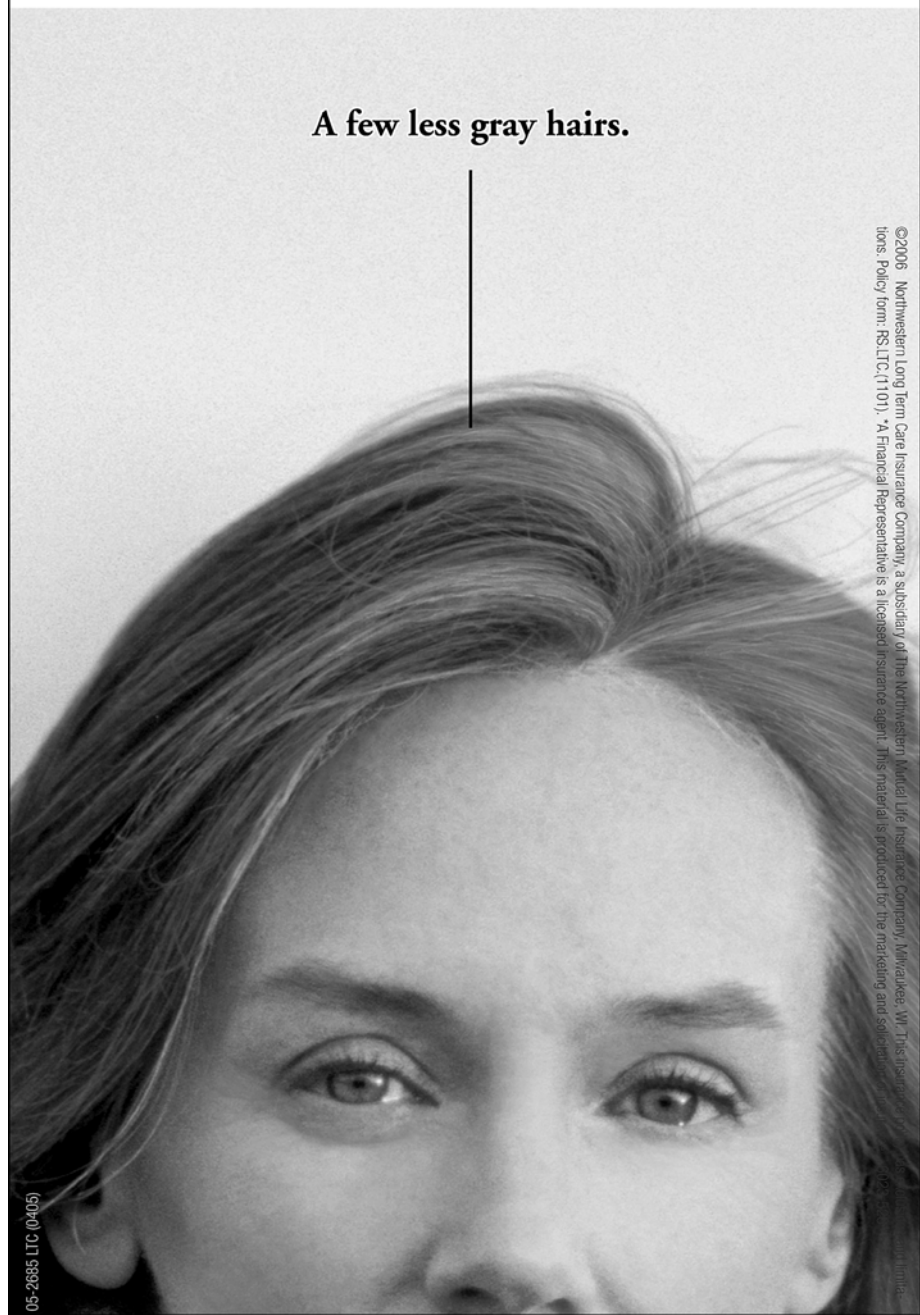
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7	2	4	3	6	8	9	1	5
3	1	5	7	2	9	4	8	6
6	8	9	5	1	4	2	3	7
2	9	7	8	3	6	5	4	1
4	3	6	1	9	5	8	7	2
1	5	8	2	4	7	3	6	9

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October 13- Taking Care of Your Car (at Westside 66) -Richard Haig

-Westside 66

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

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B ₃	A ₁	N ₁	D ₂	A ₁	G ₂	E ₁	RACK 1 =	62
B ₃	O ₁	U ₁	D ₂	O ₁	I ₁	R ₁	RACK 2 =	60
R ₁	E ₁	R ₁	O ₁	U ₁	T ₁	E ₁	RACK 3 =	57
P ₃	U ₁	F ₄	F ₄	I ₁	E ₁	R ₁	RACK 4 =	95
N ₁	A ₁	T ₁	U ₁	R ₁	A ₁	L ₁	RACK 5 =	57
PAR SCORE 245-255							TOTAL	331

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JUMBLE ANSWERS

Jumbles: TWINE CAKED JUSTLY BANNER

Answer: Why the bank's earnings fell - LACK OF "INTEREST"




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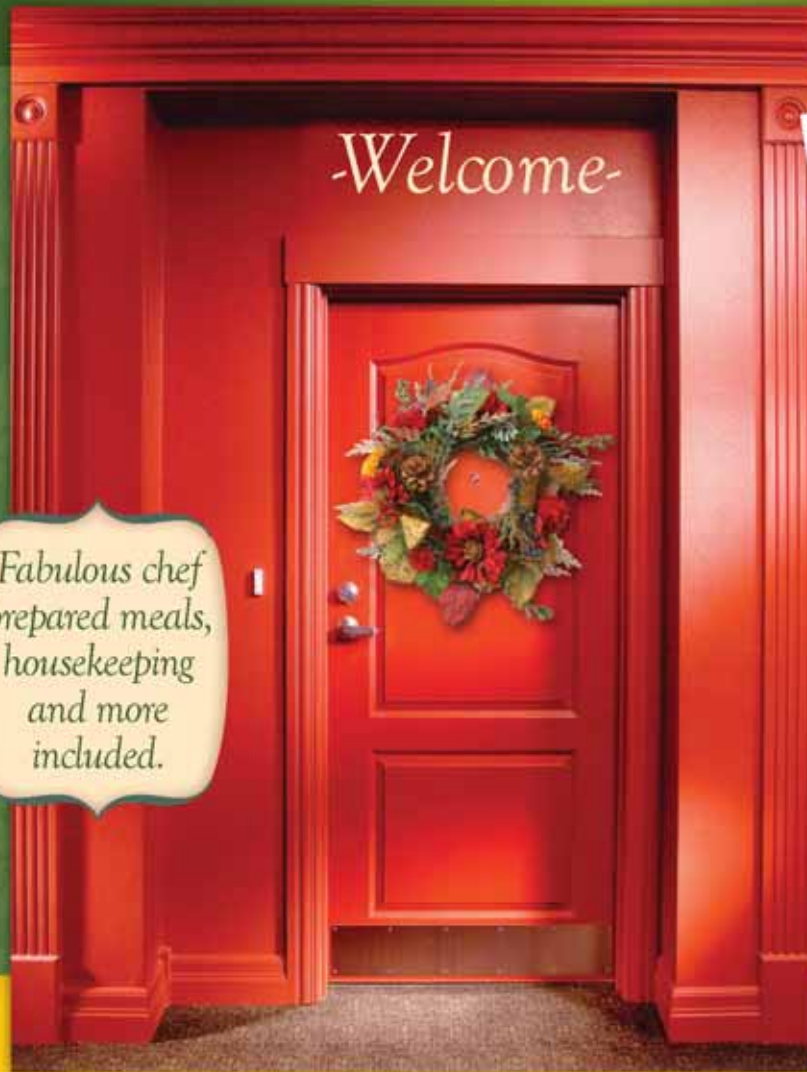
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