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November 2012

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Vol. 12, No. 5

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Amazing Aging!

For Seniors and Those Who Love Them



Dillens offers five more opportunities for CHAMPSS cardholders

KEVIN GROENHAGEN PHOTO



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offers old
spin on
music.**

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SENIOR
profile

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New business invites customers to go back in time

By Kevin Groenhagen

On September 1, a portal opened in Topeka. Once visitors enter that portal, they can hear oldies music playing on either a radio or phonograph, touch thousands of vinyl records, and see numerous toys, concert T-shirts, and other items from a bygone era.

Did someone in Topeka invent a device for time travel? Not quite. The portal is part of a new business.

"People love to reminisce," said Charlie Dieker. "That's why we call our business Time Machine Records & More. We want people to step in and go back in time."

Dieker and his business partner and fellow baby boomer, Brent Smith, are both longtime collectors of long play (LP) microgroove records.

"Brent has been collecting for 37 years," Dieker said. "I've been collecting for about 25 years. We first met about 25 years ago. I bought a few records from him via a friend of mine. More recently, that same friend had a little get together which was like a show and tell where we brought some neat things that we had collected. Brent was there and we started chitchatting. He said that he was thinking about opening a store. I said that I was thinking about the same thing, but that I didn't have

enough inventory to do it. I said that I knew a great place. I was looking at this location for a long time. It used to be a sports card shop, but was vacant. I loved the location since it faces 21st Street and faces Washburn Avenue. So I brought him down here and he loved the location, too. We started getting serious about opening a business. I always say that the stars aligned and things worked out."

Part of the stars aligning concerned Dieker and Smith having collections that complemented one another.

"He and I overlap really well," Dieker explained. "I have a strength in earlier doo-wop music, which is hard to find, but still popular. I have grown to enjoy some of the older doo-wop music from the 50s. I think the harmony and sound is very intriguing and interesting. That's why I got involved in collecting doo-wop, and I have a nice selection of that. I then go from there to the 60s and 70s rock 'n' roll. Brent sort of starts at the 60s and 70s rock, and then carries over into the newer music in the 80s. We started Time Machine Records & More with our own personal music collections and memorabilia, which is fairly diverse. We also have been fortunate enough to buy three nice collections



Charlie Dieker (above) and Brent Smith opened Time Machine Records & More on Sept. 1 in Topeka.

over the last month or so. That's going to be the bloodline because you have to keep buying if you're selling."

Dieker believes Topeka has been without a true vinyl record shop since the early or mid 90s. That would have been just a few years after compact discs (CDs), which store digital music files, began outselling vinyl records.

According to *Billboard*, in 2010 the sales of CDs fell by nearly 20% for the fourth year in a row. Meanwhile, "Digital album downloads fared better, posting 13% growth to 86.3 million from the 76.4 million scanned during 2009."

Given the dominance of digital music files and the convenience of

■ CONTINUED ON PAGE FOUR

Find Out What They Have To Say

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

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

~Cynthia Shepard, daughter of Charles and Donna Eissler



Resident at Legend at Capital Ridge

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~Marva Early, Power of Attorney and Executor for Aunt

"If anyone I know is considering assisted living for themselves, or a loved one I make sure I tell them about Legend at Capital Ridge. I let them know how happy we are and how much better physically and mentally my mother is. Yes, she is happy to be here too!"

~Lynn McKinsey daughter of current resident

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Kevin L. Groenhagen
Editor and Publisher

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Time Machine Music

■ CONTINUED FROM PAGE THREE

downloading music on computers and other electronic devices, it might seem a bit counterintuitive to open a record store in 2012. However, Dieker noted that vinyl is making a comeback.

“Vinyl has a personality of its own,” he explained. “It’s different from CDs or anything else. Vinyl carries with it a persona. The album covers have biographical information on the artists in the group. Sometimes there are inserts such as posters or

cards that you can pull out. Usually the front and back covers are very interesting and lively, which, of course, helps sell the record. An album usually has anywhere from four to eight songs on a side. You probably don’t listen to just the one hit on that side. You usually listen to the whole side, so you’re entrenched in that type of music for a good 20 or 30 minutes. It’s not like you’re going from one hit to the next like they do now with MP3 files. Then, if it’s one of your favorite groups, you usually flip over the

■ CONTINUED ON PAGE FIVE

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Time Machine Music

■ CONTINUED FROM PAGE FOUR

album and listen to a whole hour of their music.”

Dieker also pointed to the nostalgia associated with vinyl albums.

“When people see those covers and hear the music, they go back in time,” he said. “A lot of times, they go back to a distinct place. It may correlate with an event they were a part of. I would say that 80 to 85 percent of those who come in here are 50 or older. What we have excites the base of that age group. They love to come in because they go back in time. Vinyl is personal to them. A lot of them will hold onto their albums even if they don’t have a phonograph because they were a part of them when they grew up. They feel very attached to them.”

But how does the sound of analog recordings on vinyl compare to digital recordings?

“We truly believe that vinyl has the best sound over any other type of recording,” Dieker said.

Some may be skeptical of Dieker’s preference. However, according to ehow.com, “By definition, analog

is natural sound, and vinyl records produce a less artificial sound reproduction.” In addition, “Vinyl’s wide grooves accurately capture the waveforms of the original recording.”

In addition to the vinyl LPs, Time Machine Records & More has about 1000 45s and about 100 picture sleeve 45s for sale. Also, beginning in November, the store will begin selling phonographs, needles, styluses, and cartridges.

As far as the “& More” of Time Machine Records & More, the store has shelves full of memorabilia. The hundreds of items include Beatles collectibles, Kiss collectibles, autographed items, comic books, collectible glasses, a 1933 Sears & Roebuck pinball machine, a recently acquired *Tupelo Daily Journal* newspaper announcing the death of Elvis Presley, a Spike Jones drum set from the late 1930s or early 1940s, a 1962 Grape Nuts trading card box with Johnny Unitas on the front, a Superman record player, a Cracker Jack bat from the 1920s or 1930s, and Coca-Cola signage, including a sign with the Sprite Boy. The Coca-Cola and Nesbitt’s Orange Soda items came from a Minnesota distributorship.



Time Machine Records & More’s inventory includes thousands of LPs, hundreds of 45s, and a wide selection of memorabilia.

The owner had stored them away and never opened them.

“The size of the store is not huge,” Dieker said. “We would rather be a small fish in a large pond. We want to have the store plumb full of stuff.”

And if you happen to buy any records or memorabilia at the store, your cash will not be placed in an electronic cash register. Keeping with

the theme, an antique, mechanical version sits on the counter.

Time Machine Records & More is located just to the east of Henry T’s at 1501 SW 21st Street, Suite 108. The business hours are from 11 a.m. to 7 p.m. Tuesday through Friday, 10 a.m. to 7 p.m. on Saturday, and 1 to 4 p.m. on Sunday. Dieker and Smith can be reached at (785) 286-7718.

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Blassingame's desire to give back leads to home care business **Blassingame**

By Billie David

When Topeka resident Bev Blassingame looks back over her life and the people who have helped and inspired her along the way, she feels a deep sense of gratitude and a desire to give back.

It was this desire to give back that prompted her to open her new business, Blassingame Home Care, with her husband, Roy.

"I've been very blessed," Blassingame said. "God has been good to me. I have had health issues since I was 40—cancer and heart problems—but I've come through all of those things with help from friends and family."

Blassingame remembers with special fondness the unconditional love she received from her grandmother, who, as a young widow, raised five children by herself. Independent by nature, she resisted going into a nursing home when she grew older, but found it necessary after a hospital stay and a stint in rehab. There she made friends with the staff, whom

Blassingame remembers as being exceptional caregivers. To this day, Blassingame holds as a standard the way staff members helped her grandmother and strives to emulate that.

So when, in her position as executive director in an assisted living community, she saw a need to help people who wanted to stay in their own homes as long as possible, she decided to step up.

"A lot of people came in looking at assisted living, but many of those people wanted to stay home," she said. "There was a pull at my heart. I just wanted to help them."

So, drawing upon what she learned from running a housecleaning business for five years in the 1990s, she decided to open Blassingame Home Care.

"I just knew it was time," she explained.

The business opened in November of 2011, and it took off from there.

"The year has just flown by," Blassingame said. "I put in a notice at the assisted living place and I was going



Client Marilyn Fletcher with caregiver Jamie Richardson

to take six weeks to get everything ready, but as soon as people found out we started getting calls. Every month our business has grown."

Blassingame attributes the growth of the business to referrals from satisfied clients such as Marilyn Fletcher,

■ CONTINUED FROM PAGE SIX

who said, "Bev is interested in our needs and took the time to get to know us and found a good fit for us with Jamie. Bev followed up to be sure we were happy with our services."

Blassingame Home Care provides non-medical care in the client's home as well as in independent or assisted living communities and nursing homes. Clients can sign up for help anywhere from one hour every two weeks to 24 hours a day seven days a week.

The services Blassingame Home Care offers include companion care to assist with activities such as hobbies, going out to watch a movie, reading and Bible study. Homemaking services also provide help with chores such as cleaning, laundry, shopping and pet care.

For those who need help with more intimate issues, personal care



Blassingame

In addition to these services, Blassingame Home Care participates in the Cleaning for a Reason project, which provides free housecleaning for women battling cancer. Blassingame provides free monthly housecleaning for two women at a time for four months.

Blassingame is also a member of the American Cancer Society's Road to Recovery program, which provides free transportation for cancer patients to their medical appointments. She encourages others to volunteer as well by calling 1-800-227-2345.

Because she and other family members have a history of heart disease, Blassingame also supports Go Red for Women, which helps educate women on heart health. She encourages people to go to the organization's

services can help with things like bathing, dressing, toileting and medication reminders. The business also provides transportation to help clients get to medical appointments, the beauty salon, shopping and getting together with friends.

luncheon fundraiser on December 7. More information about the luncheon can be obtained at 785-383-5283.

You can find more information about Blassingame Home Care by visiting the website at www.blassingamehomecare.com or by sending an email to Blassingamehomecare@gmail.com. You can also call the office at 785-286-2273. To schedule a presentation, one can call 785-383-5283.



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A Social Security card and number lesson The hunt is afoot for Medicare Part D

Norm Franker
Social Security District Manager in Lawrence, KS

Are you looking to replace your Social Security card just because you don't have it? Then rest assured: you really don't need to replace it. What's most important is that you remember your Social Security number.

Remember, during your formal education, when you used to memorize passages from a book, or answers for a test? In the same way, you should memorize your Social Security number. Knowing your Social Security number is important when it comes to work, taxes, banking, and other types of business. Treat your number as confidential information and keep it protected.

Memorizing your number means you don't need to carry your Social Security card with you unless you need to show it to your employer. Keep it in a safe place with your other important papers.

If you really do need to get a replacement card, it's easy to apply for a new one. Simply complete an Application for a Social Security Card (Form SS-5) and show us original documents proving your U.S. citizenship or immigration status, age, and identity. The application includes examples of documents you may need; you can find the application at www.socialsecurity.gov/ssnumber. Then, take or mail your completed application and documents to your local Social Security office. We will mail your

Social Security card to you.

If your card is lost or stolen, you can apply for a replacement for free. However, with some exceptions, you

are limited to three replacement cards in a year and 10 during your lifetime.

Learn more at www.socialsecurity.gov.

By Norm Franker
Social Security District Manager in Lawrence, KS

Hunting season is open. But rather than hunting for game, may we recommend setting your sights for the Part D Medicare prescription drug plan that's best for you? You'll have more time than usual this year, because open season is lasting longer than usual.

If you currently are enrolled in Medicare and are considering changes to your Medicare Part D plan, act now. The "open season" runs from November 15 to December 7.

The Medicare Part D prescription drug program is available to all Medicare beneficiaries to help with the cost of medications. Joining a Medicare prescription drug plan is voluntary, and participants pay an additional monthly premium for the coverage.

While all Medicare beneficiaries can participate in the prescription drug program, some people with limited income and resources also are eligible for Extra Help to pay for monthly premiums, annual deductibles, and prescription co-payments. The Extra Help is estimated to be worth about \$4,000 per year. Many people qualify for these big savings and don't even know it.

To figure out whether you are eli-

gible for the Extra Help, Social Security needs to know your income and the value of any savings, investments, and real estate (other than the home you live in). To qualify, you must be receiving Medicare and have:

- Income limited to \$16,755 for an individual or \$22,695 for a married couple living together. Even if your annual income is higher, you still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where your income may be higher include if you or your spouse:

- Support other family members who live with you;

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

- Resources limited to \$13,070 for an individual or \$26,120 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count your house or car as resources.

You can complete an easy-to-use online application for Extra Help at www.socialsecurity.gov. Click on Medicare on the top right side of the page. Then click on "Get Extra Help with Medicare Prescription Drug Plan Costs." To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask

for the Application for Extra Help with Medicare Prescription Drug Plan Costs (SSA-1020). Or go to your nearest Social Security office.

And if you would like more information about the Medicare Part D prescription drug program, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-

486-2048).

So this open season, hunt for something that could put an extra \$4,000 in your pocket — bag the best Medicare prescription drug plan for you and see if you qualify for the Extra Help through Social Security. That's a trophy worth displaying in your den.

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Over the river and through the woods to www.socialsecurity.gov Great ways to 'green' your holiday season

By Norm Franker

Social Security District Manager in Lawrence, KS

Kids are back in school, and in the breezy afternoons, you can find them raking leaves, or jumping in them. It's that time of year. Soon, on the way to Thanksgiving dinner, children may be singing in the back seats of cars: Over the river and through the woods to Grandmother's house we go ...

Did you know that the original song had children in a horse-drawn sleigh on their way to Grandfather's house?

A lot has changed since those days. Take the Internet, for example. A generation ago, no one would have considered mapping out directions on the web, or ordering a package online, delivered directly to the destination. No one would have imagined doing business with Social Security with a computer.

This Thanksgiving Day, after you've enjoyed your feast and exhausted conversation, why not show Grandma and Grandpa how easily they can use www.socialsecurity.gov to avoid unneeded trips to a Social Security office.

For starters, you can take them to the online Retirement Estimator, a tool that helps them figure out how much they may get in monthly benefits depending on when they retire. It's available at www.socialsecurity.gov/estimator.

Or tell them about the hot new service everyone is talking about: the new online Social Security Statement. It provides a record of past earnings, along with projected earnings for future years to give an estimate of future Social Security benefits. It's available at www.socialsecurity.gov/mystatement.

You also can show them our library of online publications containing all the information they need to know about an array of Social Security, retirement, and Medicare subjects. You can see our publications at www.socialsecurity.gov/pubs. If they were thinking about retirement, you may want to show them just how knowledgeable you are by suggesting they read the publication, When To Start Receiving Retirement Benefits, at www.socialsecurity.gov/pubs/10147.html.

And if they're ready to retire, take them to www.socialsecurity.gov/applyonline, where they can apply online for retirement benefits in as little as 15 minutes — that may

be less time than it takes to brew a pot of coffee and slice a pumpkin pie. Once they click the "submit" button, they're done. (And so are you.)

As you're preparing to go over the river, through the woods, or across town to visit family this Thanksgiving Day, consider inviting www.socialsecurity.gov to the gathering.

Sodium is already part of processed foods and cannot be removed. About 90 percent of Americans eat more sodium than is recommended for a healthy diet. Too much sodium increases your risk for high blood pressure. So, learn where sodium is hiding, and make healthier choices.

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SIMPLE STEPS TO REDUCE SODIUM

(ARA) - With trees dressed in fall finery and homes adorned in holiday hues of silver, gold and red, fall and winter are colorful times. This year, why not "green" your holiday by adopting some eco-friendly traditions? From making holiday meals with organic ingredients to wrapping gifts in recycled paper, it's easy to find ways to celebrate the season and be kind to Mother Nature at the same time.

Earth-friendly feasting

Americans are embracing organic foods for many reasons, from better taste on their plates and improved health in their homes, to the gentler impact on the environment associated with the production of organic produce and meats. If you've never tried organic dining before, give your family—and the earth—the gift of going organic this holiday season. And if you prefer organic foods throughout the year, there's no need to set the habit aside just because of the holidays.

From main dishes of responsibly raised poultry and line-caught fish, to side dishes of sustainably grown vegetables and grains, it's easy to serve a holiday meal that's good for your family and the environment. Companies like Simply Organic offer options for every aspect of holiday feasting, including mixes for gravies, dips and dressings, organic spices, flavorings, extracts and sauces. You can find holiday-appropriate organic products and recipes at www.simply-organic.com.

Decorating with heart

Some traditional holiday decorations can be less than friendly for the environment, but a cut tree is not necessarily one of them. Consider that the production of artificial trees consumes large quantities of resources and creates wasted by-product. Also, keep in mind most tree lots sell trees raised on farms, so natural forests are not impacted by the tree you buy off the lot. When it comes time to dispose of your tree, consider mulching it yourself, rather than just setting it out on the curb.

What would the holidays be with-

out bright lights? But those little bulbs can consume lots of energy. Switching to LED lights will reduce the amount of power it takes to keep your home twinkling brightly this holiday season. And a bonus of LED lights: they last longer, so you won't have to buy new strands every season.

Guilt-free giving

Gift-giving and the goodwill it brings are at the heart of the holidays, but that good feeling often also comes with ripped wrapping paper, pounds of packaging materials and a lot of energy consumed in shopping. It is possible, however, to give gifts with minimal impact on the environment - and your conscience. Handmade gifts are not only more eco-friendly, they show the recipient that you cared enough to invest time and effort in creating something unique. But if you're not handy, look for gifts that are energy-efficient (like solar-powered items or gadgets that use rechargeable batteries), come with minimal packaging, are made of sustainably harvested natural materials, or that are locally produced.

Intangible gifts can also be "green." Instead of gifting the cooking enthusiast in your life with a new set of pots and pans, sign him up for a cooking class and attend together. Give your gardening fan a "gift certificate" redeemable for your help when spring planting season arrives.

Greening your holiday season will take some thought and time, but giving yourself and your loved ones a more environmentally responsible holiday season will be something you can celebrate throughout the year.

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Boomers: Shifting household needs create home design opportunities

(ARA) - Boomers expect to stay in their homes and live independently into their later years, but in the midst of change that is occurring in their households, it's easy for them to lose focus on planning for their own future housing needs.

New research by The Hartford shows that 40 percent of boomers have experienced or anticipate experiencing family member changes in and out of the home, mostly related to their children. However, 70 percent of boomers have not made design changes to their living space, perhaps due to the fact that they don't know if their children will move back home, notes Jodi Olshevski, gerontologist at The Hartford. Changes that increase your home's livability allow you to stay in your home longer and make living easy for people of all ages, sizes and abilities.

"Most of us want to stay in our homes as we age, which often requires making the design choices to help us do that," says Olshevski. Moving, remodeling or simply redecorating, all present opportunities to

incorporate design factors that make your home comfortable and safe for everyone you care about, from small children to older individuals. While a life transition might cause you to halt your plans for improvements, Olshevski recommends taking the opposite approach and using it as an opportunity to incorporate more accessible design into the home.

By following the principles of universal design—what's good for people of all ages, sizes and abilities—you can make sure your home is more livable across your lifetime, and can stand up to any life changes that come your way.

Olshevski recommends concentrating on three design elements in order to accommodate changing needs over a lifetime:

- **Adaptability.** Is your home flexible and functional for family and friends now and in the future? For example, if you're installing a new bathroom sink, you might consider storage space in the cabinet underneath. You may also want to make sure the cabinet opening is at

least 36 inches wide, which allows a wheel chair to slide in between the doors when open and makes the sink accessible to all. Or, if you're installing new kitchen countertops, think about choosing a design with multiple heights to increase flexibility and comfort for things such as standing for food preparation or sitting to check for recipes on the computer.

- **Ease.** Any components you add to your home should be easy to use. For example, improvements like pull-out drawers for easy access in kitchens and bathrooms can help make reaching for items easier. If you're replacing door handles or faucets, opt for lever style handles that are easier to turn.

- **Openness.** Open floor plans are becoming more the trend, but it's not just for style reasons. More open space means additional room to maneuver, eliminating obstacles for those who have mobility challenges. Improvements like rounding edges on countertops can also help eliminate sharp objects that could cause injury. Recognizing both that people are

living longer and wish to remain in their homes, and seeing the types of transitions that families have gone through over the past few years, The Hartford has dedicated a section of its website to helping people make their homes more livable across a lifetime, meeting the needs of every age and everyone. More resources for getting your home ready for the rest of your life can be found at www.thehartford.com/lifetime.

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PERSONAL FINANCE

How might the election affect your investment outlook?

Election Day is drawing near. As a citizen, you'll want to cast your ballot for those candidates who best represent your views on a range of important issues. But as an investor,



Harley Catlin and Ryan Catlin

you might be wondering how the election's outcome might affect one specific area — your financial outlook.

There's no simple answer, of course. But a look back in time does reveal some points of interest. Most notably, the stock market and the

economy have performed well, on average, under every combination of Democrats and Republicans in Washington. But there are differences — specifically, the economy has historically grown faster under Democratic presidents and when Democrats had the majority in Congress. On the other hand, inflation has historically been lower during Republican presidencies and congressional majorities, resulting in improved performance for the bond market.

Still, these tendencies don't necessarily have predictive power. Furthermore, when assessing the long-term effect on investment prices, there's strong evidence that market forces — such as corporate earnings, consumer spending and interest rates — are more important than politics or elections.

Consequently, you'll want to stay

current on these market forces as you monitor your investment strategy over time.

But wait — won't your tax situation change, based on who wins the election? Specifically, won't there be changes related to how your investment earnings are taxed?

At this stage, it's hard to predict what these changes might look like, if they happen at all. Keep in mind that the next president, no matter who he is, will need to get his plan through Congress, so whatever emerges in the way of tax changes may look considerably different than what either candidate proposes.

That's also the case for other policy changes, and it's one of the main reasons that you shouldn't "play politics" with your investment portfolio. It's difficult to guess what will happen to policy — and the consequences are frequently different than intended.

Ultimately, your investment success will depend less on the decisions made by a president or Congress and more on the decisions that you make. So, instead of thinking about what the financial markets might do

if one party is in power, or focusing too much on how your investment taxes may change if one candidate is elected president, cast your "vote" for solid investment principles, such as buying quality investments, holding them for the long term, staying aware of your risk tolerance and, especially, diversifying your holdings. While diversification can't guarantee profits or prevent losses, it can help reduce the effects of volatility on your portfolio — which will make it easier to establish a strategy and stick to it.

Like many people, you'll be interested in the outcome of the election. But when it comes to taking charge of your financial future, don't wait for Washington. You're in charge — you're the one who will need to gather the resources and get the professional help necessary to keep your investments aligned with your long-term financial goals. Don't be distracted by the political rhetoric — and use your power wisely.

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

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HEALTH & FITNESS

Choose Wisely: Power Chairs (and Other Mobility Devices)

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Laura Bennetts

Now, many older adults are choosing to use “power mobility devices” (electric wheelchairs, power chairs and scooters) to move about the community. These greatly improve the quality of life, but they differ in cost and quality, so you should give the decision to buy one careful thought and planning.

Beware of anyone who says they can get you a power mobility device easily or for free. The process is usually lengthy and it is never completely free. But it can be affordable: Often, in fact, insurance will help pay for a power chair, or for another mobility device. But to qualify for this insurance help, you must show that your mobility has declined. So you should consult your doctor, and also an occupational therapist.

And here’s a small tip: Buying from a local company is generally wise because it helps to ensure that you’ll have access to local repairs and servicing.

Assess Your Need

If you’re considering getting an electric wheelchair, scooter, or power chair—a “power mobility device,” which I’ll call a PMD—you need to ensure that you get the right device. Your doctor and an occupational therapist (OT) will help you consider the following issues:

Mobility: What’s your mobility level? Can you still walk? If you have poor balance, you may need a PMD that is easy to mount and dismount,

with a seating system that provides a lot of support and comfort. An OT can help ensure that you’re safe to get on and off the device you choose.

Strength: Are your arms strong enough to drive a PMD? You need more arm strength to drive a scooter than a chair, so, if your arms are weak, a power chair or electric wheelchair may be more appropriate for you.

Flexibility: How flexible are your arms, legs, hips, and hands? If your arm flexibility is poor, you may be unable to drive a scooter. Driving a power chair requires at least one hand to move a joystick. If you’re unable to use either hand, an electric wheelchair gives you other options. The flexibility in your hips and legs will help the OT decide what kind of seat you need.

Eyesight: Do you have trouble seeing? Is your peripheral vision intact? Vision is important in considering how safely you can use a PMD. Your vision also determines what kind of controls you can use. Many PMDs have small controls that are difficult to see. An OT can help you make sure that you get controls that are easy to see and use.

Hearing: Can you hear a car honking or a pedestrian calling out to you? Your OT will help you adjust to any hearing problems so that you can use your PMD as safely as possible.

Therapy: Could physical or occupational therapy improve your mobility enough that you don’t need a wheelchair or scooter? A physical therapist can help strengthen your legs and improve your balance, so you may not need a PMD. An OT can help you move around safely in your home. A PMD is a last resort, not a first choice. And you need to be as strong as possible whether or not you use a chair or a scooter.

Get the Right Device

Here are your power mobility options:

Electric Wheelchair: This is a PMD powered by a battery and controlled with an electronic device, usually a joystick (but there are other steering options as well). An electric wheelchair is high-tech equipment for long-term use. It typically has four to

six wheels and can be used indoors and outdoors. There are varied seating options for people who have posture problems (including options for reclining or tilting) and there are usually options for leg supports, including elevated leg rests and specialized foot supports. Electric wheelchairs are often very heavy, which makes them durable and stable, but impossible to carry. They generally do not fold, which means they cannot be easily transported in a standard car.

Power Chair: This is also battery powered and (usually) controlled with a joystick, but it usually has only one type of supportive seating. The user sits upright with his or her feet on a small platform without reclining or tilting. The chair is very heavy and cannot be folded.

Scooter: Some scooters have three wheels and others have four wheels. Some are designed for use outdoors and others are designed for indoor use, with a tighter turning radius. Scooters are usually controlled with handlebars, like bicycles. To use a scooter, a person must have decent postural control in the back and abdomen and be able to sit upright comfortably.

Consult a Professional

PMDs differ in many ways, but one thing is true for all of them: Drivers of electric wheelchairs, power chairs and scooters must quickly sense, recognize and react to each and every situation encountered, just as if you were driving a car. For this reason, power mobility devices are not appropriate for everyone.

If your doctor prescribes a PMD for you, an occupational therapist can help you find the device is right for your needs. OTs work with you and your doctor and a medical equipment company to get you the right chair or scooter.

If you already have a power mobility device, there are many things you can do to keep yourself safe when using it! That topic will be addressed in next month’s column.

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

HEALTH & FITNESS

The Five-Flavor Berry

Schisandra Chinensis’s common name is “five-flavor berry.” It does have other names, such as Chinese Schizandra, Five-Flavor-Fruit, Five-Flavor-Seed, and Fructus Schisandrae Chinensis. Its Chinese name, “five-flavor berry,” comes from the fact that its berries possess all five basic flavors: salty, sweet, sour, pungent (spicy), and bitter.

increases energy, as well as physical performance and endurance. Schisandra is used for preventing early aging and increasing lifespan; normalizing blood sugar; helping the cardiovascular system; and stimulating the immune system. Schisandra is a well-known liver tonic and has been used for treating var-



Dr. Farhang Khosh

This plant is a native species to the forests of Northern China and Far East Russia. It grows mainly in some shade with moist, well-drained soil.

Schisandra has a been used throughout history dating back to ancient times with its classification in the classic Yellow Emperor’s Study of Inner Medicine, an encyclopedia of healing plants. Ancient literature mentions the hunting tribes of Northern China would take supplies of the dried berry on long hunting trips during cold weather. By eating the Schisandra berries, it helped them to improve their night vision, to reduce hunger, thirst, and exhaustion. The berries were thought to light the hunter’s internal fires and strength. Schisandra is also mentioned as a traditional Russian folk remedy for diabetes. Currently, an enormous amount of the berries are used in Russia for the manufacture of juices, wines, extracts, jellies, and sweets. In Korea, the berries are used in a Korean tea. In Japan, this plant is used as a remedy for colds and seasickness. Schisandra also has been used in soft drinks and is a common ingredient found in many supplements.

Schisandra fruit is used as medicine. In traditional Chinese medicine, it is considered one of the 50 fundamental herbs. There are hundred of uses in Chinese medicine for Schisandra. One of the ways that Schisandra fruit is used is for increasing the body’s resistance to disease and stress. The plant also

Alzheimer's Care Update by Scott Schultz

“My Dad is becoming forgetful. Does this mean he has Alzheimer's disease?”



Scott Schultz, President, ComfortCare Homes of Baldwin City

As we age, many of our physical capabilities diminish. Memory is thought to be one of those capabilities. But just because someone may have a harder time remembering some things does not mean he or she has Alzheimer’s. The most recent studies we’ve seen indicate that approximately one in eight Americans today aged 65 and older has Alzheimer’s disease. It is the fifth leading cause of death in that age group.

If you suspect your father’s condition might be serious, we recommend you make him a doctor’s appointment and ask for a complete diagnostic workup. In some cases symptoms can be reversed if caused by treatable conditions such as depression, drug interaction, thyroid problems, excess use of alcohol or certain vitamin deficiencies. A lapse in memory is not always disease related.

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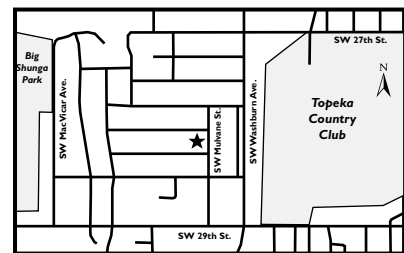


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RETIRE SMART

Alphabet soup of financial designations

What's better: a CFP or a CPA-PFS? What's the difference between a fee-based financial adviser and a fee-only one? Being a consumer of financial services these days can be maddening. One reader asked, "Can you give me a rundown about what these designations mean so I can select the right type of adviser to help me with my retirement planning?"



Jill Schlesinger

Absolutely. Let's start with the basics: There is a difference between a license and a designation. Conducting certain sales activities in the securities and insurance industries can require both state and federal licensing. Additionally, those who are Registered Investment Advisers (RIAs) are licensed to provide advice and must put their clients' interests first ("the fiduciary standard"). Those licenses require passing standardized tests and some continuing education. However, many professionals engaged in providing financial advice

also rely on outside designations, which are often more rigorous than the licensing exams, in order to differentiate themselves from those who sell product versus those who sell advice.

The financial professional designations include:

CFP® certification: The Certified Financial Planner Board of Standards (CFP Board) requires candidates to meet what it calls "the four Es": Education (through one of several approved methods, must demonstrate the ability to create, deliver and monitor a comprehensive financial plan, covering investment, insurance, estate, retirement, education and ethics), Examination (a 10-hour exam given over a day and a half; most recent exam pass rate was 59.1 percent), Experience (three years of full-time, relevant personal financial planning experience required) and Ethics (disclosure of any criminal, civil, governmental, or self-regulatory agency proceeding or inquiry). CFPs must adhere to the fiduciary standard.

CPA Personal Financial Specialist (PFS): The American Institute of CPAs® offers a separate financial planning designation. In addition to already being a licensed CPA, a CPA/PFS candidate must earn a minimum of 80 hours of personal financial planning education and

have two years of full-time business or teaching experience (or 3,000 hours equivalent) in personal financial planning, all within the five year period preceding the date of the PFS application. They must also pass an approved Personal Financial Planner exam.

Chartered Life Underwriter® (CLU®)/Chartered Financial Consultant® (ChFC®): Available for insurance agents who want to demonstrate a deeper knowledge base. The CLU is more insurance-focused, while the ChFC is broader. Both require designees to take eight college-level courses on all aspects of financial planning from The American College in Bryn Mawr, Penn., and then complete continuing education. Neither requires a comprehensive exam.

Membership in the National Association of Personal Financial Advisors (NAPFA): Becoming a member of NAPFA maintains a high bar for entry: Professionals must be RIAs and must also have either the CFP or CPA-PFS designation. Additionally, NAPFA advisers are fee-only, which means that they do not accept commissions or any additional fees from outside sources for the recommendations they make. Fee-only advisers can charge based on an hourly or flat rate, or based on a percentage of your portfolio value, often called "Assets Under Management" (AUM). Either method is fine with NAPFA; however, if the adviser collects a commission from an insurance company

or a fee from a mutual fund company as part of the financial plan, then that adviser is precluded from membership.

In addition to being fee-only, NAPFA advisers must be fiduciaries and must provide information on their background, experience, education and credentials, and are required to submit a financial plan to a peer review. After acceptance into NAPFA, members must fulfill continuing education requirements.

The requirements make NAPFA members among the tiniest percentage of registered investment advisers, with only 2,500 total current members. I asked John Ritter, NAPFA board member and public policy chair about setting the bar too high, making it too exclusive a club. He responded that NAPFA advisers want "to be the ones carrying the torch, in front of the industry."

Certainly, you can get good advice from someone without these designations, but knowing what they mean can help you ask the right questions about the services and fee structures they provide, so you can make an educated choice.

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

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MAYO CLINIC

Bruising easily can be normal but sometimes signals an underlying problem

DEAR MAYO CLINIC: Lately, I seem to bruise very easily. Is this something I should see my doctor about or be concerned with? I am 54 and in excellent health.

ANSWER: Bruising easily can be normal in some people and becomes more common as we age. But bruising easily may also signal an underlying medical problem. You probably should have this problem evaluated by your primary care doctor, especially if the bruising developed recently or has become more frequent or more severe.

Bruises form when small blood vessels, called capillaries, near the skin's surface are broken by the force of injury or impact. When this happens, blood leaks out of the vessels and shows up as a bright or dark red, purple or black mark on the skin. Eventually, the body reabsorbs the blood, and the mark disappears. Arms and legs are the most common place for bruises. Generally, harder blows cause larger bruises. However, if you bruise easily, a minor bump—one you might not even notice—can result in quite a bit of discoloration.

Certain people are simply more prone to bruising, which should not be cause for concern. Also, bruising easily can result from the aging process. Over time, tissues that support the body's capillaries begin to weaken, and capillary walls become more fragile, making them more vulnerable to being broken. In addition, skin becomes thinner as you age and loses some of the protective fatty layer that helps cushion blood vessels from injury.

That said, your ease of bruising could be medically important. When bruising easily starts suddenly, happens relatively frequently, or if the bruises are unusually large or painful, you should consult a doctor.

Your doctor will likely have you describe your symptoms, examine current bruises and ask for information about any history of bleeding problems in you or your family. You should bring a list of the medications you are taking to the appointment, as some drugs can increase your risk of bruising.

For example, blood-thinning med-

ications such as aspirin, warfarin and clopidogrel reduce the blood's ability to clot. As a result, bleeding from capillary damage might take longer than usual to stop—which allows blood to leak out and cause a bruise. Corticosteroids containing drugs which are used to treat various conditions, including allergies, asthma and eczema, can cause the skin to thin, making it easier to bruise. Certain

dietary supplements, such as fish oil and ginkgo, also can increase bruising due to a blood-thinning effect.

Depending upon the outcome of your initial assessment, your doctor might recommend blood tests to investigate further. Or, your doctor may suggest you see a hematologist, a doctor who specializes in blood disorders, for additional evaluation. Alternatively, your doctor might recommend that you just continue to monitor the situation without additional assessment or treatment for the time being.

Bruising easily can have a wide range of possible underlying causes, including blood-clotting problems or

a blood disease. But it could also be a harmless condition. The best course of action is to see your doctor and have your situation evaluated. - William Nichols, M.D., Hematology, Mayo Clinic, Rochester, Minn.

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

NOV 9-17

VERONICA'S ROOM

This chilling mystery thriller by the author of Rosemary's Baby explores the thin line between fantasy and reality, madness and murder. Students Susan and Larry find themselves as guests enticed to the Brabissant mansion by its disolute caretakers the lonely Mackeys. Please call for dates, times and ticket prices. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. TOPEKA, (785) 357-5211 www.topekacivictheatre.com

MORE INFO

NOV 10

¡SOFRITO! DAVID GONZALEZ WITH LARRY HARLOW AND THE LATIN LEGENDS BAND

¡Sofrito! is a rousing combination of storytelling, music, dance and audience participation. Onstage, Gonzalez tells traditional stories from Latin America and tales from his childhood in the Bronx. These stories bring to life some of the rich culture and imagery that resonates through the Latino world. Larry Harlow and the

Latin Legends Band spice up the mix with salsa, bomba, jibaro, funk, soul and rap music. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787 lied.ku.edu/events/sofrito.shtml

NOV 14

STRAIGHT NO CHASER

If the phrase "male a cappella group" conjures up an image of students in blue blazers, ties, and khakis singing traditional college songs on ivied campuses... think again. Straight No Chaser reinvents the idea of a cappella on the modern pop landscape. Topeka Performing Arts Center, 214 SE 8th Avenue. TOPEKA, (785) 234-2787 www.tpactix.org

MORE INFO

NOV 23-DEC 23

A CHRISTMAS STORY

Humorist Jean Shepherd's memoir of growing up in the midwest in the 1940s follows 9-year-old Ralphie Parker in his quest to get a genuine Red Ryder BB gun under the tree for Christmas. Ralphie pleads his case before his mother, his teacher and even Santa Claus himself, at Goldblatt's Department Store. Please call for dates, times, and ticket prices. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. TOPEKA, (785) 357-5211 www.topekacivictheatre.com

NOV 24

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NOV 30

RIBBONS & BOWS

Ottawa Suzuki Strings Presents "Ribbons & Bows" A Christmas Concert Friday, Dec. 2, 2011 at 7 p.m. Ottawa Municipal Auditorium Reception at Carnegie Cultural Arts Center immediately following performance. 5th & Main. Fee. OTTAWA, (785) 242-0242

NOV 30-DEC 16

SOUND OF MUSIC

When a high-spirited postulant serves as governess for the seven children of a widowed naval Captain, her energy and joy capture the heart of the stern Captain. With a Nazi threat looming, the family's narrow escape over the mountains to Switzerland on the eve of World War II provides one of the most thrilling and inspirational finales ever presented in the theatre. Theatre Lawrence, 1501 New Hampshire. LAWRENCE, (785) 843-7469 www.theatrelawrence.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m. TOPEKA, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

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

start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays, 2050 SE 30th St. TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m. TOPEKA, (785) 296-9400

WEDNESDAYS

PINECREST APARTMENTS

924 Walnut, 12:30-1 p.m. EUDORA, (785) 542-1020

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m. TOPEKA, (785) 235-9073

WEDNESDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 7 p.m. LAWRENCE, (785) 842-3415

FRIDAYS

EAGLES LODGE

1803 W. 6th St., 7 p.m. LAWRENCE, (785) 843-9690

FRIDAYS

ARAB SHRINE

Mini Bingo 6:30 p.m. , Regular Bingo 7 p.m. TOPEKA, (785) 234-5656

SUNDAYS & TUESDAYS

MOOSE CLUB

1901 N Kansas Ave, 6 p.m. TOPEKA, (785) 235-5050

■ CONTINUED ON PAGE 19

■ 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

TUESDAYS & THURSDAYS, AUG 14-OCT 11

BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI

LMH Therapy Services now offers this one hour class that will focus on balance exercises with Tai Chi movements incorporated. Designed to be fun as well as improve functional strength and balance. Instructors are Registered Physical Therapists who will assist you with progression through the appropriate level of exercises for you. Fee. Advance enrollment required as class size is limited. LAWRENCE, (785) 749-5800 www.lmh.org

NOV 1

SKILLBUILDERS: PERSONAL SAFETY AND HOME SECURITY

Led by Sgt. Gary Squires from the Douglas County Sheriff's Office. Feeling safe in your home and secure when elsewhere is important to one's peace of mind. ID theft, scams and keeping alert for unusual events will be discussed. Learn practical changes to make your home safer and more accessible. Skillbuilders is a series of educational and support programs for those adjusting to changes in their lives due to the loss of a loved one. The loss may be due to death, an illness or other circumstances that have placed limitations on a spouse, child or a significant relationship. The programs are a variety of practical topics, such as legal and financial, with those that discuss the feelings that accompany loss. All programs are lead by

local professionals. Skillbuilders will meet on Thursdays from 10-11:45 a.m. in the Gallery of the Lawrence Public Library. Attend all of the programs or only those that are of interest. There is no charge for the programs and registration is not necessary. Transportation is available by calling the Douglas County Senior Services, 842-0543. Skillbuilders is sponsored by the Outreach Services of the Lawrence Public Library, Visiting Nurses Association and the Douglas County Senior Services. For more information on Skillbuilders or any of the programs, call Pattie Johnston at the Library. LAWRENCE, (785) 843-3833 ext. 115

NOV 5

WHAT YOU NEED TO KNOW ABOUT MEDICARE ADVANTAGE

This free presentation will cover what types of Medicare Advantage programs there are, program coverage including prescriptions, the differences between Medicare Advantage and Medicare Supplement (Medigap), how to enroll, leave or switch a plan, as well as what seniors need to know before enrolling. Speaker will be Jim Richmond, President, Managed Care Partners, Inc.. Advance enrollment requested to due seating limitations. Lawrence Memorial Hospital, 1:30-3 p.m. LAWRENCE, (785) 749-5800

NOV 6

UNDERSTANDING AND MANAGING DIABETES

November is Diabetes Awareness month. The American Diabetes Association estimates there are almost 26 million people in the U.S. with diabetes or about 8.5% of the population. Enjoy a complimentary dinner while exploring the latest trends in diabetes nutrition as well as an update on diabetes care. Program speakers are: Matthew Harms, MD, Nancy Donahey, RD, LD, CDE and Pat Hohman, APRN, CDE, CPT. Several companies that provide diabetic medications and testing supplies will also be on hand

with displays, information and to answer questions about their products. Advance registration required due to limited seating. The program is free. Lawrence Memorial Hospital. Exhibits: 5:30 p.m., light dinner: 6 p.m., program: 6:30-8 p.m. LAWRENCE, (785) 749-5800

NOV 8

FUNDAMENTALS OF ESTATE PLANNING

Provides an overview of the options in arrang-

ing your affairs: what happens under intestate succession if you die without a plan; the uses of either a Will or Revocable Living Trust; an overview of probate administration; the impact of estate taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid

■ CONTINUED ON PAGE 20

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Oct. 15-23, 2013 - \$825
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November 26-30, 2013 - STBA

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eligibility might affect your assets. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1 1/2 hours with time for questions. Tonganoxie Public Library, 303 South Bury Street, 6-7:30 p.m. TONGANOXIE, (913) 845-3281

NOV 8 SKILLBUILDERS: MANAGING YOUR MONEY

Led by Barbara Braa, Trust Office at CornerBank. Financial issues can be a source of confusion and anxiety. Find answers to basic financial questions, lessen confusion on financial and banking terms and what financial issues you should know more about and how they may affect you. If changes are needed due to a change in your life, what do you need to do and who do you need to ask? This is a safe and comfortable place to find the answers. See November 1 description for more information about Skillbuilders, including its mission, program location, time, etc. LAWRENCE, (785) 843-3833 ext. 115

NOV 15 BASIC PERSONAL FINANCE & INVESTING

Provides an overview of financial planning considerations, including: financial goal setting; investment options such as stocks, bonds, mutual funds, and ETFs; risk tolerance and capacity; and diversification, asset allocation, and rebalancing of an investment portfolio. While the focus is on saving and investing for retirement, the principles apply to other long-term financial goals, such as providing for a child's college education. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1 1/2 hours with time for questions. Tonganoxie Public Library, 303 South Bury Street, 6-7:30 p.m. TONGANOXIE, (913) 845-3281

NOV 15 SKILLBUILDERS: HANDLING THE HOLIDAYS

Led by Paul Reed, chaplain with Visiting Nurses Association. When life changes, holidays can be a challenge. What do I do when the holidays have become a source of anxiety or discomfort? How do I get through the holidays when I am alone or life has changed so much? Paul will help you understand your feelings about loss and the holidays. He will give examples of how others have faced the holidays when times have been stressful and will give suggestions on how to understand yourself at this time. See November 1 description for more information about Skillbuilders, includ-

ing its mission, program location, time, etc. LAWRENCE, (785) 843-3833 ext. 115

NOV 17 ALL ABOUT WOMEN

Join several LMH departments and physician practices for an educational event just for women. Session topics include: preventive care, varicose veins, hot flashes, incontinence and pelvic pain, time management for busy women, enhancing relationships, midwifery, fitness and a fun quiz show. Continental breakfast, exhibits, door prizes and giveaways. Advance registration requested due to space limitations. Fee. Lawrence Memorial Hospital, 8 a.m.-Noon. LAWRENCE, (785) 749-5800

NOV 27 DON'T LET HIP PAIN SLOW YOU DOWN

Join LMH and Ortho Kansas, PA's new physician, Stephan Pr6, for a program to find out more about a relatively new, minimally-invasive approach to surgery known as hip arthroscopy. This outpatient procedure gives doctors a clear view of the inside of a joint and thus helps them to diagnose and treat joint problems and thus relieve ongoing hip pain. This program is free but advance registration is requested. Lawrence Memorial Hospital, 6:30-8 p.m. LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

JAN 1-DEC 31 FREEDOM'S FRONTIER & KANSAS-NEBRASKA ACT EXHIBITS

Pre-statehood exhibit. Documents and exhibits providing insight into the Bleeding Kansas and pre-statehood era star in Lawrence newly refurbished 1904 Carnegie Library, 200 W. 9th St. LAWRENCE, (785) 865-4499 www.freedomsfrontier.org

OCT 5-JAN 27 LASTING IMPRESSIONS

Lasting Impressions, prints from the Pruitt Collection. Event cost: Free Gallery Hours: Tuesday 10 a.m.-7 p.m. Wednesday-Friday 10 a.m.-5 p.m. Saturday & Sunday 1-4. 17th & Jewell Streets TOPEKA, (785) 670-1124 www.washburn.edu/mulvane

NOV 10 HOMEMADE HOLIDAYS CRAFT SHOW

It's the 14th Annual Homemade Holidays. Get an early start holiday shopping with over 125 crafters featuring the finest in handmade crafts. Ottawa Middle School, 13th & Ash, 9-4 p.m. OTTAWA, (785) 242-8618

DEC 1 5TH ANNUAL MULVANE MERRIMENT
5th Annual Mulvane Merriment, the event will feature displays of art work for sale and a silent auction items are available on the Mulvane Art Museum website. Holiday treats will be on sale that day. Event time: 10 a.m.-6 p.m. Fairlawn Shopping Center, 5331 SW 22nd Place. TOPEKA, (785) 670-1124 www.washburn.edu/mulvane/

HEALTH & FITNESS

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 JAZZercise 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

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

FRIDAYS BLOOD PRESSURE CHECKS

Drury Place, 1510 St. Andrews, 8:30 a.m. Open to the public. LAWRENCE, (785) 841-6845

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 7 CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$6/test. HealthSource room, Lawrence Memorial Hospital, 8:30-10 a.m. LAWRENCE, (785) 749-5800

DEC 5 CHOLESTEROL SCREENING

See November 7 description. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, (785) 749-5800

HOLIDAY EVENTS

NOV 19-DEC 30 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 2 at 2 p.m. 640 E Woodson. LECOMPTON, (785) 887-6275 www.lecomptonkansas.com

NOV 23-25 HOLIDAY ART SALE

Come see the artwork of local artists at the Lumberyard Arts Center Holiday Art Sale held from November 23-25th! This event will also be held during the Festival of Lights Parade on November 24th. It will be held every day from 6 p.m.-9 p.m.. Don't miss this chance to experience a little taste of Baldwin City art and culture! 718 High St. BALDWIN CITY, (785) 594-3186 www.lumberyardartscenter.org/events

NOV 30-DEC 1 LIVING BETHLEHEM

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. This event is a community event. All are welcome to come! 1001 E. Logan Street. OTTAWA, (785) 242-8313 ottawabilechurch.org/bethlehem.htm

NOV 30-DEC 8 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. Costs: TBD per person. Call and reserve your spot! Doors open at 6 p.m., Dinner at 6:30 p.m. 124 SW Clay. TOPEKA, (785) 368-8888 www.topeka.org

DEC 1 CANDLELIGHT VESPERS

Come attend the 82nd annual Christmas Candlelight Vespers performed by students of Baker University. It will be held at First United Methodist Church on Eighth and Grove streets. The program will include performances by the Baker Concert Choir, Baker Chamber Choir, Baker Orchestra, Baker Percussion Ensemble, Baker Brass Ensemble, Baker Speech Choir, Little Big Band Jazz Ensemble, Buel A. Hill Quartet and University Community Choir. This event will be free and a must see for everyone! BALDWIN CITY, (785) 594-8330

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souvenirs will also be on sale! The trains are enclosed but not heated so visitors are reminded to dress accordingly. Tickets can be purchased at the depot on Dec. 1 & 2 or online on our website. 1515 W High St. BALDWIN CITY, (913) 721-1211 www.midland-ry.org

DEC 1-23 FESTIVAL OF NATIVITIES

Over 300 unique nativity sets created from a wide variety of materials. Don't miss the crafts sale. Centenary United Methodist Church, 245 4th St. LAWRENCE, (785) 843-0276 www.visitlawrence.com

DEC 2 CANDY CANE HUNT

It is rumored that Santa will be leaving candy canes around downtown area. Come join us as we search for hidden candy canes. Be sure to come at 12 a.m. as the hunt will start at that time. Pre-registration is required for this event. Bags will be provided to put the candy canes in. 3rd & Main Streets. OTTAWA, (785) 242-1939 www.orcottawaks.org

DEC 2-5 GINGERBREAD HOUSE FESTIVAL AND VIEWING

The Annual Eldridge Hotel 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 8th. Public Viewing Times: Friday, December 3rd.

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10 a.m.-6 p.m.; Saturday, December 4th: 10 a.m.-6 p.m.; Sunday, December 5th: 12-7 p.m.; Monday, December 6th: 10 a.m.-6 p.m. Carnegie Building, 200 W 9th.
LAWRENCE, (785) 843-7359

DEC 5

CAPITOL FEDERAL HOLIDAY CONCERT

Treat the entire family to an evening of festive holiday music featuring traditional chestnuts along with a few surprises. Jeremy Starr, Guest Conductor, Brandon Ridenor & Rich Ridenor, Soloist. Event Time: 7:30 p.m. Admission fee. White Concert Hall, 17th & Jewell Streets.
TOPEKA, (785) 232-2032
www.topekasympphony.org

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.

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 TUESDAY 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 TUESDAY 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.
TOPEKA

FIRST & THIRD 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.

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3-4

p.m.

TOPEKA, (785) 232-2044

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 5:30-6:30 p.m.

TOPEKA, (785) 232-2044

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF EACH MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve 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 at the United Way building, 2518 Ridge Ct. 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.
LAWRENCE, (785) 832-1692

WEDNESDAYS AND SUNDAYS

OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)

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

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

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

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST & THIRD THURSDAY OF EACH MONTH

TRANSITIONS SUPPORT GROUP

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

NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

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

SECOND TUESDAY OF EACH MONTH

HERBS STUDY GROUP

An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing

■ CONTINUED ON PAGE 23

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■ CONTINUED FROM PAGE 22

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 WEDNESDAY OF EACH MONTH

MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH

DIABETES EDUCATION GROUP

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

SECOND WEDNESDAY OF EACH MONTH

SOROPTIMIST INTERNATIONAL OF TOPEKA

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

SECOND THURSDAY OF EACH MONTH

CAREGIVERS SUPPORT GROUP

Learn more about caregiving, share your caregiving ideas and learn new ones. Find out about living options for your loved one and share comfort among others who are going through the same things. Refreshments are provided. Meets at The Windsor of Lawrence, 3220 Peterson Rd. Call to RSVP.
LAWRENCE, (785) 272-9400

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 & 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

SECOND SATURDAY OF EACH MONTH

HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD 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 6:30-7 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
www.tgstopeka.org

FOURTH THURSDAY OF EACH MONTH

CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF EACH MONTH

RETIRED GOVERNMENT EMPLOYEES

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

VETERANS DAY EVENTS

NOV 10

KANSAS FREEDOMFEST & BENEFIT CONCERT

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LEAVENWORTH, (913) 608-4473
www.kansasfreedomfest.com

NOV 11

VETERANS DAY CELEBRATION

The Great Overland Station has partnered with American Legion Post 421 to present the Veterans Day Celebration. The ceremony will begin at 2 p.m. and be held on the All Veterans Memorial. In the case of inclement weather, the ceremony will be moved inside the Station. 701 N. Kansas Ave.
TOPEKA, (785) 232-5533
www.greatoverlandstation.com

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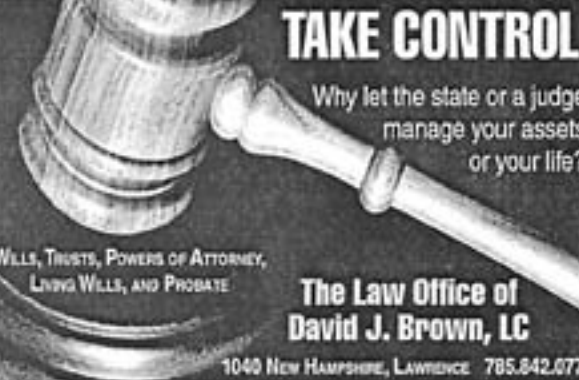
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PET WORLD

Dog's fungal infection best treated as early as possible

Q: My German Shepherd was just diagnosed with blastomycosis. The vet is concerned and says he's not optimistic. Of course, we're very concerned. Any advice? - S.H., Louisville, KY

Q: I adopted my domestic short hair cat as a stray. Sable was quite sick for the first few months as a young kitten. I had her spayed at 9 months and declawed (I know I'm awful). Since the surgery, she's become quite a biter. Every time something happens, like I go away on vacation, the biting gets worse. Sable is punishing me. Even her play involves biting. Can you help? - M.L., Tampa, FL

A: Smart as we are, we're not cats. Often, when kittens are brought up by people, they never learn not to bite. If Sable had bitten another kitten in her litter or Mom, she would have learned her lesson instantly. Not being feline, we have a difficult time replicating that instant communication.

Certified cat behavior consultant Pam Johnson-Bennett, of Nashville, TN, host of "Psycho Kitty" on Discovery Channel in the UK, explains that

the biting might increase when you're away because of a lack of stimulation while you're gone, or maybe anxiety plays a role - not because Sable is punishing you.

"It's important to teach your cat what is appropriate for play, chase, pounce and bite," Johnson-Bennett says. "Play (with Sable) with a pole toy at least once a day. If you won't be home, offer a variety of toys. Do consider that cats—while they are independent—can get lonely."

If your cat bites you, offer no attention except a stern, "No." Then calmly walk away. Don't create a chase game.

The best instructor remains a feline. Consider adopting another cat as a pal for Sable. If you do, introduce the cats very gradually, says Johnson-Bennett, author of "Think Like a Cat: How to Raise a Well-adjusted Cat - Not a Sour Puss" (Penguin Publishing, New York, NY, 2011; \$18).

By the way, you did a great thing by taking in this kitten, but the declaw was not necessary. Amputating part of a kitten's toes is, indeed, awful.

Q: We bought a leopard gecko from a pet store. Spotty is fun, but

we really can't pick him up; he's so squirmy. Any advice? - C.J., Chula Vista, CA

A: "Maybe Spotty won't be so hesitant if every time you reach slowly into the cage you have a mealworm or waxworm in your hand," suggests Liz Palika, of Oceanside, CA, author of "Leopard Geckos for Dummies" (Wiley Publishing, Hoboken, NJ, 2007; \$9.99).

Waxworms are especially appealing—like candy for geckos. But don't overdo it, or you could have a sick or overweight lizard. The training process could take several weeks.

"Meanwhile, when you go to clean the cage, don't chase Spotty with your hand or he'll be fearful," says Palika. "Just place a paper cup in the cage and gently herd him in."

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

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HUMOR

It's Time to Tell the Truth

By Serena Jitters

I appreciate *The Kaw Valley Senior Monthly* giving me this opportunity to clear my conscience. It's a confession that's long past due. Back in 2002 I plagiarized Larry Day's very first humor column.



Larry Day

My name is Serena Jitters. I'm a retired freelance business writer. Last month when Larry commemorated the 10th anniversary of his humor column, he listed "DINKs and FIGs," as his first piece. I've been reading Larry's column ever since I stole his first one.

Back in November 2002, I stole "DINKs and FIGs" and published it word for word under my own byline in a small business publication called the *Angus Business Report*.

Angus McPeters owns the publication. In October 2002 Angus had given me a \$300 advance to write a cutting edge piece for the first online version of the *Angus Business Report*.

"It won't come out in print?" I asked.

"Nope. Publishing online is the wave of the future," said Angus.

"Whatever," I said. "When do you want it?"

"Yesterday," he said.. Angus was well known for hitting writers with short deadlines. I had two days.

I didn't tell Angus that I had never filed an article online before. I just hustled around trying to find a topic that would be "cutting edge" that I could research, write, and submit within 48 hours.

I talked to my sources and went through a bunch of business journals looking for something innovative. I needed a topic I could adapt and rewrite. That's perfectly legitimate. You can adapt something that's already in print as long as you put a

different angle on it. Fiction writers do that all the time. There are only half a dozen plot lines in all of fiction—novels and short stories all come from one of those plot lines.

I found nothing in current business publications. Angus said he wanted something cutting edge. I knew he'd reject anything that was routine.

After forty six hours I still had nothing. Then in an online search about current income trends I came across the terms DINKs and FIGs.

I pulled up an abstract of the original article. It said DINKs stands for "double income, no kids." The term refers to a young, affluent segment of society. The term FIGs stands for "fixed income geezers," an older, much less affluent financial status. I scurried to find the article that the abstract came from. It was titled "DINKs and FIGs," by Larry Day, and had been published that month, October 2002, in the *Kaw Valley Senior Monthly*.

"It's perfect," I said to myself. "Angus will LOVE it. From the title it looks like the article puts a young affluent population together with an older less affluent population. And it uses cutting edge terms. That's just what I'm looking for."

But by then my deadline was only minutes away. There was no way I

could read, and rewrite the article, much less do any of my own research. So I pulled up the October 2002 online edition of the *Kaw Valley Senior Monthly* and cut and pasted the article "DINKs and FIGs" into my own submission file. Without even reading it I changed the typeface and reformatted the article. I substituted my byline for Larry Day's. Then I clicked "send."

Angus loved the piece. "It's really cutting edge," he wrote me in an e-mail. "I'm giving you a \$100 bonus."

As soon as that edition of *Angus Business Report* went online, readers—not a large population admittedly—wrote in saying they loved seeing humor in the journal for the first time.

Angus and I couldn't figure out what they were talking about. It

looked like a straight forward piece of business journalism to us. Cutting edge, yes. But humorous?

I decided to go back and check out the *Kaw Valley Senior Monthly* again and looked for the original article. Only THEN did I realize that I had stolen a humor piece, not a business piece. That's when I started reading Larry's humor columns.

Then last month when I read Larry's 10th anniversary piece I decided it was time for me to come clean. I called him up and confessed. He thought it was hilarious.

- 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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WOLFGANG PUCK'S KITCHEN

Preparing a Native American-inspired meal

Indians were the first Americans, the native culture of our continent. And, from my perspective as a chef, there is so much about Native Americans for which I have to be thankful. Without them and the early gathering and cultivation they practiced, we wouldn't have such ingredients as



Wolfgang Puck

corn, beans, tomatoes, squashes, chili peppers, and various kinds of berries, among other produce. Of course, they hunted and even domesticated turkeys—which some early American legislators, including Ben Franklin, preferred to name the national bird over the eagle.

So please allow me to suggest this home-cooked meal featuring your favorite indigenous ingredients. Two of mine, beans and tomatoes, contribute their special character to my satisfying, colorful, and delicious recipe for a one-dish meal: Pan-Seared Fish Fillets with White Bean Ragout and Cherry Tomato Vinaigrette.

Though there are three separate elements to this recipe, as the name suggests, each is very simple to prepare. You start out by cooking the beans, which you should first pick through the evening before to remove any stones or debris, and then soak overnight in cold water. Then, as they near the end of cooking, you can quickly stir up the tomato vinaigrette. Finally, you quickly pan-sear the fish fillets in a little olive oil, and assemble the dish just before serving.

The recipe makes a spectacular main course for a casual dinner party or a family supper alike. And, as a bonus, with the garlic and basil it includes you can also feel perfectly confident serving it on Columbus Day!

PAN-SEARED FISH FILLETS WITH WHITE BEAN RAGOUT

AND CHERRY TOMATO VINAIGRETTE

Serves 6

WHITE BEAN RAGOUT:

- 1 pound dried cannellini beans, soaked in water overnight
- 1/4 pound bacon, cut into large chunks
- 1/4 cup extra-virgin olive oil
- 2 large organic carrots, cut into 1/4-inch dice
- 2 organic celery stalks, cut into 1/4-inch dice
- 1 large red onion, cut into 1/4-inch dice
- 1/4 cup finely chopped garlic
- 3 tablespoons tomato paste
- 2 bunches organic spinach, thoroughly washed, stems removed
- 2 cups vegetable broth or organic chicken broth
- 1 tablespoon kosher salt
- 1 teaspoon freshly ground black pepper

CHERRY TOMATO VINAIGRETTE:

- 1/2 cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons lemon juice
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 pint ripe cherry tomatoes, quartered
- 1/4 cup chopped sun-dried tomatoes
- 6 large basil leaves, stacked rolled, and thinly sliced lengthwise into chiffonade strips

PAN-SEARED FISH:

- 6 fresh fillets sea bass or other mild, firm-fleshed white fish, each 6 to 8 ounces
- 3 tablespoons extra-virgin olive oil
- Kosher salt
- Freshly ground white or black pepper

First, prepare the White Bean Ragout. Thoroughly drain the soaked beans. In a large saucepan over medium-high heat, saute the bacon over medium heat until it renders some of its fat and begins to brown slightly along the edges. Add the drained beans and 5 cups of fresh cold water. Bring to a boil over high heat; then, reduce the heat to a brisk simmer and continue cooking for 45 minutes. Place a colander over a large heatproof bowl and drain the beans, reserving the cooking liquid. Pick out and discard the pieces of bacon.

Heat the olive oil in a large saucepan over medium-high heat. Add the carrots, celery, onion, and garlic and saute, stirring frequently, until the onion is translucent, about 8 minutes.

In a small bowl, blend the tomato paste with 1/2 cup cold water. Add the mixture to the vegetables in the saucepan along with drained beans, cooking liquid, and broth. Season to taste with salt and pepper. Bring to a boil, reduce the heat, and simmer briskly, partially covered, until the beans are tender and the mixture has reduced by about one fourth, about 20 minutes. Once you have begun cooking the fish, stir in the spinach leaves and simmer until they wilt, about 3 minutes.

While the beans are reducing, prepare the Cherry Tomato Vinaigrette: In a large bowl, whisk together the olive oil, vinegar, lemon juice, salt, and pepper. Stir in the fresh and sun-dried tomatoes and the basil. Set aside.

For the fish, brush the fillets on both sides with 1 tablespoon oil and season with salt and pepper. In a heavy skillet large enough to hold all the fillets, heat the remaining 2 tablespoons oil over medium-high heat. Add the fillets and cook until the fish flakes easily when tested with a fork but is still moist at the center, 3 to 5 minutes per side depending on thickness.

To serve, ladle the white bean mixture into each of 6 large heated soup plates. With a large metal spatula, carefully transfer a fish fillet to each plate. Spoon the tomato vinaigrette on top of each fillet. Serve immediately.

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TRAVEL TROUBLESHOOTER

A flight attendant took my camera and I want it back

Haijun Shan's camera is missing - forcibly gate-checked on a recent flight. The camera isn't covered under the airline's contract. Is Shan out of luck?



Christopher Elliott

Q: I need your help with a missing camera. I flew from Boston to Minneapolis on US Airways. When I boarded the flight in Boston, the overhead bins were full. A flight attendant told me I would have to gate-check my carry-on bag.

I didn't have time to remove my camera—the attendant just asked me where I was going and took the bag from me quickly.

When I arrived in Minneapolis, the camera was gone. I filed a report with US Airways, but it now says it won't reimburse me for the camera, because it isn't liable for the loss under its contract. That doesn't seem fair. Can you help? - Haijun Shan, Minneapolis

A: You're right, it isn't fair. US Airways, like other major airlines, has a provision in its domestic contract of carriage—the legal agreement between you and the airline - that it isn't liable for electronics in your checked bag. So if you had willingly checked your camera in your carry-on, you'd be out of luck.

But you intended to carry your camera on the plane. So basically, US Airways was forcing you to check an item for which it wouldn't assume responsibility. That's not an ideal situation.

I mediated a similar case with US Airways years ago, and it got me into all kinds of trouble. A flight attendant had also forcibly gate-checked a bag that contained valuables, which were then pilfered. The airline refused

to replace them, citing its contract. Eventually, the airline compensated the passenger, but only after a public and very messy fight with yours truly.

Let's take a moment to understand what probably caused this problem: luggage fees. If airlines included the first checked bag in the price of their tickets, then more passengers would check their bags, freeing up overhead bin space.

If you're ever in a situation like this again - and I hope you aren't - try to slow things down. The attendant is in a hurry, preparing the cabin for departure. But you aren't. Don't let go of the bag until you're sure all of your valuables are with you.

I reviewed the correspondence between you and US Airways. The customer service representatives responded to your inquiry with a series of form letters that invoked their contract. You were getting nowhere.

I contacted US Airways on your behalf. It has agreed to cover the lost camera.

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

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WORDS OF WISDOM

"It is easier to turn free men into slaves than slaves into free men; easier to lose the readiness to work than to acquire it; easier to lose courage than to regain it."

- Eric Hoffer

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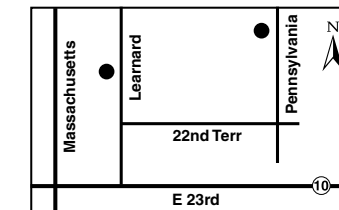


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<p>Old 56</p> <p>Family Restaurant 2227 S. Princeton St. 912 S. Chestnut Ottawa, KS 66067 Olathe, KS 66061 785-242-7757 913-390-9905</p>	<p>WEMER'S BBQ</p> <p>Voted Best BBQ in Lawrence</p> <p>University Daily Kansan Top Of The Hill 2011 2120 W. 9th St. • Lawrence • 785-842-0800</p>
<p>Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.</p>	

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

GUEST COLUMN

Bridge Haven to hold free memory screenings

In partnership with the 10th annual National Memory Screening Day, Bridge Haven Memory Care Residence will be offering free confidential memory screenings to the public on Tuesday, November 13 from 2 p.m. to 5 p.m., in support of National Alzheimer's Disease Awareness Month.



Robert Wilson

National Memory Screening Day serves as an important starting point for discussions about memory concerns and lifestyle changes—diet, managing stress, physical and mental exercise—that may help people age successfully.

What is a Memory Screening?

Memory screenings are a significant first step toward finding out if a person has memory problems. A face-to-face memory screening averages five to ten minutes, and consists of questions and tasks to assess memory, language skills, thinking ability and other intellectual functions. The qualified person who conducts the screening will review the confidential results. Since a memory screening is not used to diagnose any

particular illness, individuals with below-normal scores are encouraged to pursue further medical evaluation with their healthcare professional.

Why are Memory Screenings Important?

According to the Alzheimer's Foundation of America (AFA), it is estimated that missed diagnoses of dementia may be as high as 90 percent. Screening is a safe and easy way to reassure healthy people, or it directs other individuals to appropriate clinical resources for a comprehensive exam. Early recognition of mild cognitive impairment provides an opportunity for healthcare professionals to treat this condition, and possibly slow memory decline. Some memory problems can be readily treated, such as those caused by vitamin deficiencies or thyroid problems. Other memory problems may result from causes that are not reversible, such as Alzheimer's disease. Early detection and diagnosis may make it easier to treat.

Who Should Be Screened?

Memory screening is recommended for anyone concerned about memory loss, or for those people who believe they may be at risk due to a family history of Alzheimer's disease or a related illness. If caregivers, family or friends have noticed a change in their loved-one's memory capabilities, this may be a good opportunity to screen their memory function now and for future comparisons.

According to an AFA survey of caregivers, 81% of respondents reported that the individuals they cared for experienced symptoms of Alzheimer's disease for one year or more before being diagnosed. Nearly half of caregivers thought it was a normal part of aging, but it is not. If you are a caregiver for someone you suspect may have memory problems, consider getting them a free memory screening.

Twelve Warning Signs of Dementia

The Alzheimer's Foundation of America (AFA), a leading resource for individuals with Alzheimer's disease or other related illnesses, promotes detection of memory problems by identifying these warning signs:

- Trouble with new memories
- Relying on memory helpers
- Trouble finding words
- Struggling to complete familiar actions
- Confusion about time, place or people
- Misplacing familiar objects
- Onset of new depression or irritability
- Making bad decisions

- Personality changes
- Loss of interest in important responsibilities
- Seeing or hearing things
- Expressing false beliefs

Get Your Memory Screening

Free confidential memory screenings are available Tuesday, November 13 from 10 a.m. to 5 p.m. at Bridge Haven Memory Care Residence, 1126 Hilltop Drive, Lawrence, KS 66044. For more information call Sarah Randolph at 785-371-1106.

Remember to get your free memory screen! Realize that some people who have memory challenges may "forget" about the memory screening. If you are a caregiver, family member or friend help your loved-one with reminders, or even volunteer to bring them.

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

Santa's recruiting helpers in the Topeka area

Thousands of good girls and boys of all ages are hoping they make Santa's 2012 Christmas Bureau list.

The Christmas Bureau has been connecting generous adopters with people in need since 1941. In its inception, 445 families were adopted. In 2011, the number of families assisted was 2,900. Over 9,000 men, women and children were adopted through a combination of private adoptions by individuals, church groups, and companies; and through collaboration with a myriad of community partners including: Salvation Army, Doorstep, Topeka Rescue Mission, Let's Help and others.

"The impact of Christmas Bureau on our community is amazing," said Miriam Krehbiel, United Way of Greater Topeka president and chief executive officer. "Everyone wins, from the family in need who is hoping for a Christmas miracle to the adopters who gain the joy of giving back."

At its core, Christmas Bureau is made possible by hundreds of volunteers who work together to make little miracles happen all throughout our community.

"Some of our volunteers are with us months in advance working to improve the Christmas Bureau experience for everyone," said Tom Baumgartner, United Way of Greater Topeka volunteer engagement director. "Our volunteers put in countless hours planning, helping families register, matching adopters to adoptees and wrapping presents. Our volunteers even help train other volunteers. It truly brings out the best in people."

Most of our volunteer opportunities are about four hours in duration. Volunteers rank high on the wish list for Mr. Baumgartner. Dozens of volunteers are still needed to assist with the intake process, which begins Friday, November 2 at the Antioch Family Life Center (9 a.m. to 1 p.m.)

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and Let's Help (3 to 7 p.m.). Intake ends on Saturday, November 10. Data entry for the Christmas Bureau happens at Let's Help in their computer lab and runs from November 5-13. Shifts for data entry are from 1-5 p.m. or 5 to 8 p.m. during the week and 9 a.m. to noon and noon to 3 p.m. on Saturday November 10.

To become a volunteer go to www.unitedwaytopeka.org or contact Tom Baumgartner at (785) 273-4804, ext. 113.

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Senior Olympians compete

Around 800 athletes competing in 18 sports participated in the Kansas Senior Olympics (KSO), which is sponsored by Parks and Recreation of Topeka.

Individual and doubles competition took place September 19-30, while the team sports competition took place October 1-4. 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.

Athletes who met preset requirements at the Kansas Senior Olympics qualify to participate in the National Senior Games in Cleveland, Ohio.

Parks and Recreation of Topeka has posted the results for the 2012 KSO online at <http://parks.snco.us/DocumentCenter/View/250>.

WORDS OF WISDOM

"Only when the human spirit is allowed to invent and create, only when individuals are given a personal stake in deciding economic policies and benefitting from their success—only then can societies remain economically alive, dynamic, progressive, and free. Trust the people. This is the one irrefutable lesson of the entire postwar period, contradicting the notion that rigid government controls are essential to economic development." - Ronald Reagan

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

JUMBLE ANSWERS

Jumbles: TONIC SUEDE
ANYHOW CHROME

Answer: In any boxing match, the referee is the only -- ONE WHO "COUNTS"

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November 3 & 17: Auction starts at 3 p.m. outside, inside at 4:30 p.m.

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