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INSIDE



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KEVIN GROENHAGEN PHOTO



Richard and Alisa Branham: Teaching others how to research their roots.

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Branhams share their knowledge of genealogy

By Kevin Groenhagen

Richard and Alisa Branham have traveled to Great Britain five times during the past 12 years. During their last trip, they were having breakfast in Dublin, Ireland, with several New Zealanders and Australians. After discussing genealogy with their fellow diners, the Branhams realized something.

“We decided that Americans, New Zealanders, and Australians are really interested in genealogy because we all migrated,” Alisa said. “If you’re Irish and your family has always lived in a certain county in Ireland, you usually don’t have much interest in genealogy because you know everything. For us, it’s a mystery. We want to know where we came from.”

Of course, many people have an interest in genealogy. However, the Branhams’ interest is at a much higher level than the average person’s interest. In fact, much of their spare time and travel plans are genealogy-related. Richard’s interest in genealogy began more than 50 years ago.

Through his research, he has learned that his ancestor, also named Richard Branham, came from Yorkshire, England, to Virginia in 1661. Alisa became interested in genealogy when the couple married 27 years ago.

Like most couples approaching retirement, several years ago the Branhams discussed what they wanted to do during the next phase of their lives.

“We talked about what we were going to do in retirement and how we could use our skills to serve the public,” Alisa said.

The Branhams decided that one of the things they wanted to do in retirement is teach others about genealogy. Richard retired in February 2017 and is

now Professor Emeritus of Interaction Design, which is part of KU’s School of Architecture and Design. Alisa continues to work full-time for KU’s

School of Education, where she helps K-12 teachers and administrators with the licensure process.

“We are both teachers who love to teach,” Richard said.

“One thing that is unique about us is we both have research backgrounds. Alisa has worked with the Kansas State

Historical Society and understands the research and methodology. I’ve done a lot of research as a designer with corporations, so I have a corporate research background, which is different from university research because a lot of that

is not actionable.”

The Branhams developed a plan to teach a series of classes on genealogy as volunteers.

“We pitched the idea to the Watkins Museum of History and they were really enthusiastic about it,” Alisa said. “They knew it would be good for their members and the class fees would help create a little pool of money for the museum.”

The Branhams are currently in their third year of teaching genealogy classes at the Watkins Museum of History. They teach six or seven classes each year.

“We have multiple goals in teaching these classes,” Alisa said. “The Watkins Genealogy Group serves as a research lab for us because we are learning what people know, what they don’t know, what they’re interested in, and how to present useful material.”

“What we’re trying to do is develop materials that help people understand genealogy,” Richard added. “In teach-

■ CONTINUED ON PAGE FOUR

COURTESY PHOTO



Selfie taken by Alisa Branham at Alnwick Castle, Northumberland, film location for Harry Potter movie.

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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The Branhams

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ing the classes, we have actually been experimenting. We have redone the 'Introduction to Genealogy' class, which we have taught four or five times, each time we have done it based on what we have learned."

According to the Branhams, they have already had a total of about 180 students during the three years they have taught genealogy. The students have been as young as 30 and as old as 95.

"We have a broad range of people in the classes," Alisa said. "We have people who are new to genealogy and we also have a terrific group of very advanced genealogists. Some are very highly educated people who have incredible research skills already. It's a little bit of challenge to bring in materials that are clear enough to help the novice, but detailed enough and advanced enough to be helpful to the advanced-level user. At least half of the

students have taken multiple classes. We also have a core group of about 45 who are very active researchers. Many of them have taken five to 10 classes."

"I've been in research for so long that I take a lot of it for granted," Richard added. "Some research can get complicated really quickly. So, we have to figure out how to simplify it and present it in such a way that people can understand it and use it. That's why we started teaching genealogy in the first place. We wanted to take what we know and share it with lots of other people."

In an effort to share what they know with even more people, the Branhams are doing something new this year by offering a free Genealogy Open House on Saturday, December 8, from 10 a.m. to 1 p.m.

"We'd love to have 15 to 20 people come in a walk-in basis and bring some of their current research," Alisa said. "If they come to the open house and bring us questions that they're trying to solve, we will have six or seven experienced genealogists there who can sit

and talk with them for up to 30 minutes per person. We can give them some help."

On January 12, Richard will lead a class entitled "Understanding DNA Results for Genealogy."

"The DNA class always draws a lot of new people who have taken DNA

tests," Alisa said. "We have a lot of great handouts for that class that will help them interpret the results and learn how to use those results inside the Ancestry.com website. We have several people, including Richard, who have become real experts in interpret-

■ CONTINUED ON PAGE FIVE

Watkins Genealogy Group Class Schedule for 2018-19

Presented by Richard and Alisa Branham. Contact the Watkins Museum of History for Class Registration: web site watkins-museum.org or 785-841-4109. Walk-ins are welcome if space is available, but pre-registration is preferred.

Each class is \$10 for museum members, \$15 for non-members. All fees benefit the Watkins Museum of History Topics are subject to change.

Classes are held from 10 a.m.-12 noon on Saturdays unless noted otherwise.

November 10, 2018 **Advanced Strategies for Genealogy Research**

(New class, Richard). Learn how to develop and solve your research questions. Several case studies will be discussed with examples, including genealogical analysis, DNA strategies, census result strategies, solving brick walls, and using timelines and maps.

December 8, 2018 **FREE Genealogy Open House**

Experts from our group will be available to answer your genealogy questions, beginning or advanced, on a walk-in basis (up to 30 minutes per person). Let us help you get started with family history or break down a brick wall! Brief informational handouts will be available too. 10 a.m.-1:00 p.m.

January 12, 2019 **Understanding DNA Results for Genealogy**

We will look at case studies, talk about what to do with all those "matches" and provide tips and strategies to help students decipher DNA results. We offer a DNA class every year and update it with new information. This is our most popular class!

February 9, 2019 **Sharing our Knowledge**

15-minute presentations on 6-7 topics from Watkins Genealogy Group experts. Alisa will coordinate the schedule. This class will expose the expertise and knowledge of other members of our group. Bring a snack to share and your natural curiosity!

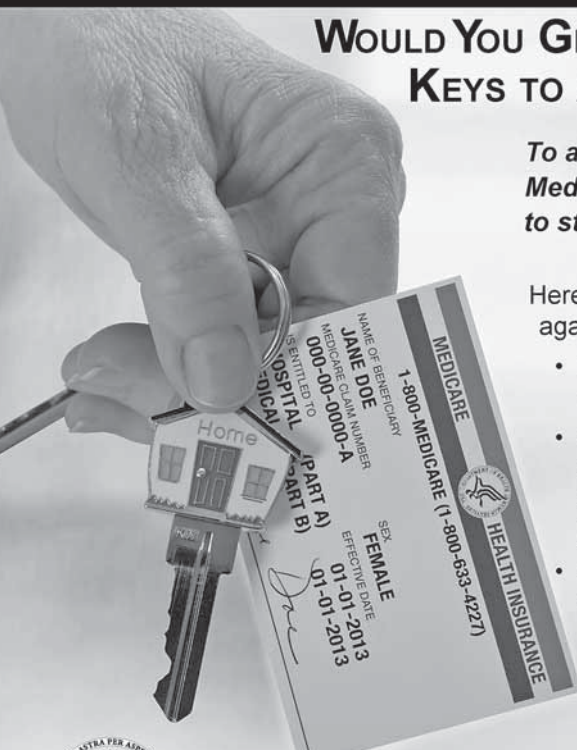
March 9, 2019 **Using Google and Google Maps for your Family History**

(New class, Richard). This topic was suggested by students in the Maps class in March 2018. Richard will explore how to use various Google tools to maximum benefit in your genealogy research.

April 13, 2019 **Publishing Your Family History**

(Repeated class with updates, Alisa). We will have a website or blog started so she can show an electronic publication live in class. We will talk about how to interview family members, and how to preserve old documents. Please bring your own publications and expertise to share with the class.


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The Branhams

■ CONTINUED FROM PAGE FOUR

ing those DNA results and using them to help build family trees.”

Genetic genealogy is relatively new. Two companies began offering DNA testing to genealogists in 2000. In 2007, 23andMe began offering the first commercial autosomal DNA test. AncestryDNA officially launched its own autosomal DNA test in 2012 and now has the largest pool of collected DNA samples.

“The autosomal DNA test is the basic one,” Richard said. “It can help you to identify cousins four or five generations back.”

Autosomal DNA refers to the 22 pairs of non-sex chromosomes found within the nucleus of every cell. Autosomal DNA is inherited equally from both parents.

“We have a great story about a local guy,” Alisa said. “He was adopted and, as an adult in his 50s, decided to look for his biological parents. He had his DNA tested and then took our

DNA class. About two weeks after the class, he figured out who his parents were. He then reached out to them and found out that he has several full siblings. He now has this huge, extended family with people all over the country from this connection he made through DNA. It’s an incredible story. DNA can be a really powerful tool for adoptees.”

The gentleman’s biological parents were just high school students when he was born and they gave him up for adoption. His parents later married and had several other children.

“DNA is the only part of genealogy

that I’m familiar with that is based on science,” Richard said. “The rest is based on historical interpretation.

In other words, you’re interpreting the records. The more context you have, the better your interpretation is. It’s not real science.”

Fortunately, thanks to the Internet, finding genealogical records is much easier today than it was as recently as 10 years ago. And it keeps getting better and better.

“If you’re really serious about genealogy, you have to

get online,” said Richard, who began working with computers more than 50 years ago. “There’s Ancestry.com,

which requires a subscription. One of the reasons that Ancestry has been so successful is because they have such a large database of people and records. There’s also FamilySearch.org, which is free and operated by The Church of Jesus Christ of Latter-day Saints. One of my areas of expertise is human-computer interaction, and I can tell you that their interfaces are some of the best out there. If you’re a beginner, you might start with FamilySearch since there’s no cost involved. A third program, Family Tree Maker, is software that syncs automatically with the Ancestry and FamilySearch databases. Family Tree Maker actually gives you more sophisticated presentations of data. You actually double your power by using this program.”

While the online databases are extremely useful, many records have not yet been digitized. Researchers may have to locate hard copies of those records, including records that are in other countries.

In addition, the Branhams offer a caveat concerning records found online.

■ CONTINUED ON PAGE SIX

COURTESY PHOTO



Richard Branham at Bramham Park, North Yorkshire, England, the ancestral home of his Branham family.

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The Branhams

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“One of the things that we always stress in our classes is that we’re pretty sure more than 95 percent of the family tree information you find online is wrong,” Alisa said. “Most of it is wrong because people cut and paste from other trees. You have to do the research and validate the records and connections.”

The Branhams help their students learn how to do that research.

“We kind of joke with the students and tell them it’s a pretty intensive graduate seminar class because it’s two hours on a Saturday morning,” Alisa said. “We go full bore the whole time. We prepare handouts for every class, so they’ll leave with anywhere from six to 30 pages of material that they can use. We also provide them with a list of videos related to the topic. We’re big fans of Crista Cowan’s ‘The Barefoot Genealogist’ videos on YouTube.”

While the classes are pretty intensive, the Branhams want potential students to know those new to genealogy

are welcomed.

“I personally like people who have no background in genealogy,” Richard said. “We enjoy helping them get started and building their enthusiasm for genealogy.”

“On the other side, it’s the experienced genealogists who drive the liveliest conversations,” Alisa added. “I sometimes wish we had four hours so that we would actually have time to get all the conversation in.”

Even with their extensive experience

with genealogy, the Branhams often find themselves in the role of students in their classes.

“We learn things from both the beginners and experts,” Richard said. “One of the reasons Alisa and I got into this is because if you want to learn, you have to teach. They’ll ask questions that we haven’t thought of or they’ve found something that we haven’t found yet. Some of them also have unique strategies. We always learn from our students.”

In the near future, the Branhams plan to develop new classes for the Watkins Genealogy Group, including a class on German genealogy.

“We also need to get a website up, and we’re considering doing some type of social activity with the most active people in the group,” Alisa said.

For more information about the Branhams’ genealogy classes, see the schedule on page four. To register for any or all of the classes, visit watkins-museum.org/genealogy.

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Genstler Eye Center diagnoses, treats eye diseases

By Billie David

Genstler Eye Center, which has facilities in Topeka and Manhattan, began offering limited services in Lawrence in 2017, and is now ready to open a fully equipped ophthalmologic facility in Lawrence this month.

"Now we can provide more testing and advanced technology to diagnose and treat diseases of the eye," said Shawn Menke, Genstler Eye Center's practice administrator.

"We invested in a 10,000-square-foot building at 2200 Harvard Road," he added. "It was previously a medical building, so we are continuing that building's purpose."

Considering that Dr. Arla Genstler started her practice in 1994 in a tiny office in Topeka with only a couple of employees, and that Genstler Eye Center has now grown to include three facilities in three different locations and employ over 40 people, the

business has undergone considerable growth.

Menke attributes the center's success to its personal touch as well as the reputation of its founder.

"Dr. Genstler is well known for her skill as a surgeon throughout the United States," Menke said, adding that in 2008, she was selected by her peers to be part of a group of 39 U.S. ophthalmologists who attended the Advanced Refractive Invitational in Aspen, Colorado, where the nation's top ophthalmologists met to share their refractive surgery techniques. Refractive surgery refers to surgical procedures to correct vision problems in order to reduce dependence on glasses

and contact lenses. Lasik and cataract surgery are considered refractive surgeries.

The other reason for Genstler Eye Center's success is its emphasis on service. "We have a set of core values that our staff is tasked with utilizing in any given interaction," Menke said. "Service is one of the biggest values that we have. We provide patients with quality care, and they have an excellent experience because of the services they receive. The staff goes above and beyond. I have seen situations where the staff has had to drive

patients home, or where doctors have had to come in at all hours to care for their patients."

Menke's own background has helped him see the value of great service.

"I've been with the center for over 11 years," he said. "I was a licensed adult home care administrator prior to working at Genstler Eye Center. A position at Genstler opened up, and I grew into the role of practice administrator. I love it here. We have a great team, and a great group of doctors."

Menke's experience as an adult home care administrator also gave him a greater understanding and appreciation for the seniors who come to Genstler Eye Center for cataract surgery.

"It helps me understand what they are going through," he said. "The traditionalist generation was the toughest generation with going through WWII, and the depression. I gained so much

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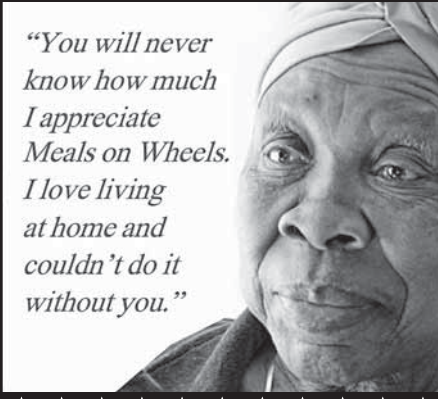
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Dr. Genstler with a patient

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Genstler Eye Center

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appreciation and respect for that generation.”

And it is often members of that generation and the baby boomer generation that Genstler Eye Center treats for many eye diseases, because they are diseases that seniors are prone to having.

“Our primary focus is cataract and refractive surgery,” Menke said. “We diagnose and treat diseases of the eye, like diabetic retinopathy and macular degeneration, which are common diseases for seniors.”

The center uses cutting-edge, customized surgery techniques to address these vision problems.

“One of the most common elective procedures is cataract surgery,” Menke said. “Cataracts develop over time. If you live long enough, you will get cataracts. That’s a disease that can be frustrating, and glasses won’t fix the problem.”

That’s because cataracts are a clouding of the eye’s natural lens, causing

vision loss and even blindness. Cataract surgery involves removing the clouded lens and replacing it with a clear intraocular lens. Some of the newer lenses can even address nearsightedness, farsightedness, presbyopia and astigmatism, helping to improve the patient’s vision and reducing or eliminating their dependence on glasses.

Genstler Eye Center employs the latest in technology for cataract surgery.

“There is a newer technology called FEMTO, which is laser-assisted cataract surgery,” Menke said. “We provide that here, although not everyone is a candidate for that.”

And when the surgery is finished, patients are sent back to their own optometrist.

“Our doctors work with the patient’s optometrist,” Menke said. “They refer to our doctors, and we do the surgery and send them back to their doctors for follow-up. Collaboration is an important part of continuity of care.”

More information about Genstler Eye Center can be found on their website at www.g-eye.com.

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Understanding spouses' benefits

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Marriage is a cultural institution that exists all over the world. Having a partner means sharing many things including a home and other property. Understanding how your future retirement might affect your spouse is important. When you're planning for your fun and vibrant golden years, here are a few things to remember:

If a spouse accepts reduced retirement benefits before starting spouse's benefits (his or her spouse is younger), the spouse will not receive 50 percent of the worker's benefit amount.

Your full spouse's benefit could be up to 50 percent of your spouse's full retirement age amount if you are full retirement age when you take it. If you qualify for your own retirement benefit and a spouse's benefit, we always pay your own benefit first.

(For example, you are eligible for \$400 from your own retirement and \$150 as a spouse for a total of \$550.) The reduction rates for retirement and spouses benefits are different. If your spouse is younger, you cannot receive benefits unless he or she is receiving benefits (except for divorced spouses). If you took your reduced retirement first while waiting for your spouse to reach retirement age, when you add spouse's benefits later, your own retirement portion remains reduced which causes the total retirement and spouses benefit together to total less than 50 percent of the worker's amount. You can find out more on at www.socialsecurity.gov/OACT/quickcalc/spouse.html.

On the other hand, if your spouse's retirement benefit is higher than your retirement benefit, and he or she chooses to take reduced benefits and dies first, your survivor benefit will be reduced, but may be higher than what

your spouse received.

If the deceased worker started receiving reduced retirement benefits before their full retirement age, a special rule called the retirement insurance benefit limit may apply to the surviving spouse. The retirement insurance benefit limit is the maximum survivor benefit you may receive. Generally, the limit is the higher of:

- The reduced monthly retirement benefit to which the deceased spouse would have been entitled if they had lived, or

- 82.5 percent of the unreduced deceased spouse's monthly benefit if they had started receiving benefits at their full retirement age (rather than choosing to receive a reduced retirement benefit early).

Knowing how your finances affect your spouse's can help both of you avoid future impacts on your incomes. When it comes to information, we have over 80 years of experience. Access a wealth of useful information as well as our benefits planners at www.socialsecurity.gov/planners.



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Granny Basketball League invites new players

Women, age 50 and above are invited to attend a Learn-to-Play event for prospective basketball players in the Granny Basketball League. It has been set for 2 to 4 p.m., Sunday, November 11, at the Lawrence Community Building, 115 W. 11th, in downtown Lawrence. The six-on-six competition, based on 1920s-style rules and uniforms, is open to all players regardless of experience. The event will include practice drills, a bench talk explaining the rules and scrimmaging with current players.

The six-on-six rules are based on those from the 1920s, when women's basketball was a milder game. The court is divided into three sections, one each for forwards, centers and guards. Players can have up to two dribbles per possession. Running is not allowed, but "hurrying" is. With an emphasis on safety, players are not allowed to jump or have physical contact. Also, only three fouls are

allowed. The modified league rules also award three points for underhanded "granny shots." Players dress in 1920s-inspired uniforms—black bloomers, middy blouses and sailor-style collars displaying each player's number.

Kansas is home to four teams based in Lawrence, Olathe and Louisburg. The Granny Basketball League is a

non-profit Iowa-based organization founded in 2005. Currently, 30 teams are active in nine states: Iowa, Kansas, Louisiana, Minnesota, Missouri, Oklahoma, Texas, Virginia and Wisconsin. The league provides fun-filled activities that encourage women age 50 and over to stay fit in a non-traditional, social environment. The league provides wholesome, nostalgic and

sometimes humorous entertainment, as well as an outlet for charitable fundraising.

In 2019, the Kansas league will open its fourth season and welcomes new players and teams, as well as volunteers for coaching, refereeing, scorekeeping or helping in other ways. For more information, call 785-832-7909.



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Tips from Angels Care Home Health to help you better understand your Medicare options

If you are new to Medicare—or even if you have been on Medicare for a while - you may find it difficult to figure out what all the plans mean and what the best options are for your evolving health care needs and financial situation.

Medicare is a federal health insurance program. You qualify for it if you are age 65 or older, or if you are younger but have certain disabilities or end-stage renal disease. Unlike other health insurance, Medicare coverage is divided into four parts: A, B, C and D. This allows you to choose which parts you want and avoid duplicating coverage from other insurance. Medicare Part A and B together make up what is called Original Medicare. Here is the breakdown of your Medicare Options:

- **Medicare Part A** (Hospital Insurance) - Covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and home health services.

- **Medicare Part B** (Medical Insurance) - Covers certain doctors' services, outpatient care, medical supplies, and preventative services.

- **Medicare Part C** (Medicare Advantage Plans) - Medicare Part C (also called Medicare private health plans) has to do with Medicare Advantage Plans. These plans are offered by a private company that contracts with Medicare to provide you with all your Part A and Part B benefits. Basically, it's an alternative way of receiving

your benefits. These plans primarily include HMOs, PPOs and Private Fee-for-Service plans.

Take caution if considering a Medicare Advantage Plan. These plans may look good on the surface, but they do have many limitations, such as restrictions on your choice of health care provider. They also place administrative restrictions on physicians, which may compromise the treatment you receive. TIP: Stay enrolled in Medicare Parts A and B and have a Medigap policy to cover any gaps in Medicare coverage.

- **Medicare Part D** (Prescription Drug Coverage) - Medicare Part D adds prescription drug coverage to Original Medicare, which helps to lower your prescription drug costs and protect against higher costs. TIP: The plan finder on Medicare's website automatically does the math to find your best deal.

- **Medigap** (Supplemental Insurance) - Medigap is supplemental insurance to cover some of the out-of-pocket expenses in your Original Medicare coverage, such as coinsurance and deductibles. TIP: Premiums may vary for the same benefits plan, so shop around for the best deal.

When choosing your Medicare options, it is in your best interest to do as much research as you can. You may be torn as to whether you should add a Medigap policy, and if so, which one. And of course, there's the question of the various drug prescrip-

tion plans. As part of your research, you have to take into consideration your own medical needs and priorities. Do you pay a lot for prescription drugs? Do you have a serious medical condition?

All of these factors will influence the type of Medicare options you choose. After evaluating your own medical and financial situation, you can start researching the different plans and what they cover using the Medicare Plan Finder at Medicare.gov or call the Medicare helpline for assistance at 1-800-MEDICARE (1-800-633-4227).

You may also want to get advice from expert sources in your area such as your state's health insurance assistance program or a local agency on aging, which you can find through the government's eldercare.gov website. It's important to know that the 2019 Medicare Open Enrollment period is

from October 7 through December 15.

For more information on the benefits of home health service, please contact Angels Care Home Health, a Medicare-certified agency serving Kaw Valley and the surrounding areas at 620-728-0900 or visit angelscarehealth.com.



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Physical Medicine & Rehabilitation Physician-Physiatrist Jay Jani, M.D., Joins Stormont Vail

Stormont Vail Health is proud to announce that Jay Jani, M.D., has joined its medical team and will practice as a physiatrist at Cotton O'Neil Physical Medicine & Rehabilitation. This is a new specialty being offered at Stormont Vail. Dr. Jani's practice will be located at Cotton O'Neil Kanza Park, 2660 S.W. Third St., Topeka.

A physiatrist or rehabilitation physician specializes in the non-surgical care of neuromuscular conditions—those affecting nerve, muscles, bones, tendons and joints. Physiatrists also specialize in treating patients with complex neurological deficits, including those occurring after stroke, spinal cord injury, traumatic brain injury and orthopedic or neurosurgical procedures. According to the American Academy of Physical Medicine & Rehabilitation, this specialty aims to enhance and restore functional ability and quality of life of those with physical impairments or disabilities.

Dr. Jani knows that being mobile and functionally independent are the most important indicators of success

for his patients.

"People in general are living longer and with that comes an increase in the number of health concerns," Dr. Jani said. "For a majority of the patients I see, mobility, functional independence and quality of life go hand in hand. It is my goal to help my patients live their lives to the fullest."

Dr. Jani received his medical degree in 2001 and his master of surgery in orthopedics in 2005 from the Government Medical College and New Civil Hospital, Surat, Gujarat, India. He completed his residency in internal medicine at Brookdale University Hospital and Medical Center, Brooklyn, New York, in 2010. He completed his residency in physical medicine and rehabilitation at the University of Medicine and Dentistry of New Jersey-New Jersey Medical School, Kessler Institute for Rehabilitation, Newark, New Jersey, in 2013. Dr. Jani is board certified in Physical Medicine and Rehabilitation.

To schedule an appointment with Dr. Jani, a physician referral is required.



Jay Jani, M.D.



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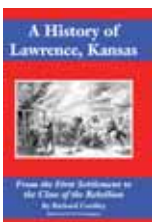
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Kristin Sutton joins the Legend Senior Living family as Kansas and Colorado Regional Healthcare Coordinator

Legend Senior Living™ has announced the hiring of Kristin Sutton as Kansas and Colorado Regional Healthcare Coordinator. She brings more than 12 years of healthcare experience and a passion for senior care to the company.

“I truly believe that I have been called to serve in senior care. I love working in this field because we connect with the residents who live in our communities,” Sutton said.

“They become family to us and we’re gifted the opportunity to work with such an amazing group of individuals each and every day.” Sutton continued. “There’s so much that they have to teach us and I love learning about them, their stories, and their past.”

Sutton began her career as a certified nurse’s aide (CNA) in 2006 as she was earning her bachelor’s degree in nursing at Wichita State University. The hands-on experience she learned delivering care at the bedside has been an asset to her as she has grown into nursing leadership. “I am thankful for the things that I learned as a CNA and it was during this time that I began to realize my calling was in senior care.”

“With more than six years’ experience in clinical operations leadership in multi-state, multi-site organizations, Kristin is a good fit for her new role,” said Theresa Viscardis, Vice President of Kansas, Oklahoma and Colorado Operations for Legend Senior Living. “Moreover, she is intelligent, compassionate, and a great teacher with a deep passion for senior care.”

Sutton’s education and progressive experience throughout her career are exemplary. She has been working as a registered nurse for more than 10 years, and she has successfully taken on leadership roles including charge nurse, director of nursing, and regional clinical director. Her education will continue as she plans to complete her

master’s degree in nursing in 2020. Her responsibilities include providing clinical oversight and leadership to six assisted living/memory care communities in Kansas and two in Colorado. As the Regional Healthcare Coordinator, she assesses outcome metrics to improve processes to align with Legend Senior Living standards.

“Kristin is personally driven to provide quality, clinical outcomes, as proven through evidence-based metrics,” Viscardis said. “Her commitment to delivery of care in a compassionate, dignified manner was clearly apparent. Also, Kristin is a very competent mentor to the Residence Health Care Coordinators and their clinical teams.”

Viscardis and Sutton have set some long-term goals regarding dementia care, which was part of what drew her to the company.

“Legend has several memory care communities leading the way in dementia care and programming,” Sutton said. “I hope to be a part of this exciting work and support the community leaders in finding ways outside of traditional interventions to help improve quality of life for individuals with cognitive impairment.”

Along with the opportunity to develop dementia care initiatives, Sutton said it was essential that the organization’s principles and mission align closely with her own as a healthcare professional.

“It’s a blessing to be a part of Legend’s mission as we work to serve the needs of the whole person—their physical, mental, and spiritual well-being,” Sutton said. “I want to serve in a way that aligns with my personal goals as a caregiver and promotes the well-being of the individuals that I work with every day. This includes the residents, their families, and the staff in our communities, and Legend places value on all of them.”

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GUEST COLUMN

Caring for those with Alzheimer's or a dementia-related illness

By Sarah Randolph

November is National Alzheimer's Awareness Month. Alzheimer's Disease (AD) is a disorder which accounts for 65-80% of dementia diagnoses. Diagnosed by physicians and neurologists with detailed personal history-taking, testing, exams, scans and ruling out of other possibilities, AD is permanent, progressive and can lead to memory, judgment and personality changes. Other common dementias include vascular dementia, Parkinson's dementia and frontotemporal lobe dementia. Currently, five medications are approved to slow the progression of symptoms but do not change the underlying pathology.

Affecting nearly 2% of the U.S. population, research is moving quickly to find treatment and a cure for AD and other dementias. Regionally, Kansas City has one of only 31 National Clinical Research Centers in the country. Kansas is currently the only state without a State Dementia Plan, but a workgroup headed by the Kansas Department for Aging and Disability Services is presenting a comprehensive plan in January 2019. Locally, an Action Committee to Protect Kansans with Dementia is working to ensure Lawrence and Douglas County become leaders in good memory care practices.

What is memory care? Some memory care homes break the mold. Walking into a lovely sun-filled home surrounded by trees, a fire crackling in the fireplace, many visitors are surprised. Two women, one who was a CEO, and another, a former teacher, are discussing the headlines while sipping coffee. One professor emeritus is writing and looking up from time to time to add his thoughts to the conversation. Simultaneously, another professor is in a comfy chair by the oversized windows reading The New York Times cover to cover. Meanwhile, a gifted photographer who lives here, observes all with his camera and hangs new 8 x

10's in the media room for all to enjoy.

Trivia contests to access intact long-term memories, karaoke competitions, daily exercise, music and pet therapy, and evening movies watched together are all staples in this setting. Family and friends are welcomed round the clock and encouraged to join for meals prepared in an open concept gourmet kitchen. Autonomy, dignity, humor and camaraderie are possible in a setting structured to support these principles. This is the ideal of memory care today.

Stigmatizing those with brain change is no longer acceptable. Person-centered care and culture change are taking place in some memory care homes and should be the norm rather than the exception. Based on an experiential model which views everyone as still capable of learning, experiencing pleasure and meaning rather than a medical model which views an individual as suffering a tragic disease. Care is focused on the whole person and is guided from the viewpoint of the person experiencing it. Individuals experiencing dementia value safety while maintaining mental and physical stimulation.

Life history and preferences are important. The more individualized the care, the better. Staff know what time each person likes to get up, how to fix their coffee and made-to-order breakfast and how to help begin a pleasant morning. A family must know that staff members truly care and be able to trust them, so they can return to their role as spouse or child. Living successfully with AD or another dementia related illness must be a partnership between an individual, their family and a supportive care home.

Empirical evidence developed by Dr. Al Powers states memory care homes should have one direct care staff member with every four individuals, yet regulations may only require one staff for 16 individuals. A quality memory care home should employ all their own staff and not meet staffing needs by using agency staff. The management staff should instill a feeling

this is more than a job, it is a sacred trust. Commonly, institutions do not meet these expectations.

Some of my most brilliant friends are living with a dementia related illness. I know a fine man who is engaging, funny and brilliant. He speaks 10 languages and yet lives in one of our memory care homes. He may not remember he's had breakfast already, but he knows what is important. He knows when someone is kindly and respectfully offering him assistance. He knows how to enjoy himself. He feeds the fish in our pond, perhaps forgetting he has fed them several times before that same day. He likes to be outside listening to the birds and the wind in the trees, his face warm with the sunshine or in winter, sitting by the fire enjoying his adult son's visit. He tells amazing life stories and in turn laughs at every joke over dinner with

his friends here. Humor is frequent, joy is deep, living well is possible with a dementia related illness while residing in a supportive memory care home.

- Sarah Randolph is the Executive Director of Bridge Haven Memory Care Homes in Lawrence, Kansas. She is a Certified Dementia Practitioner, a Licensed Adult Care Home Operator and has worked in healthcare for more than 15 years. A Rotarian, a Leadership Lawrence graduate, a Chamber Envoy and a member of the Senior Resource Center Board of Directors, she has begun two support groups and the Action Committee to Protect Kansans with Dementia. Her life mission is to improve care for those living with dementia. Along with her husband, Mike, she is a Lawrence native and Jayhawk. She and Mike have two adult children, Olivia and Julia.

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MAYO CLINIC

It's never too late to gain health benefits that come from quitting smoking

DEAR MAYO CLINIC: My 50-year-old husband has been a smoker for 30 years. He says that quitting now won't do much good. Are there still health benefits of quitting smoking after decades of being a regular smoker?

ANSWER: Your husband will definitely reap significant benefits if he quits smoking—even after 30 years. The health advantages he'll enjoy as a nonsmoker will start accumulating almost immediately after he stops smoking. Although breaking a smoking habit can be hard, he doesn't have to do it alone. Various effective treatments and therapies can help your husband stop smoking.

Tobacco use is the single largest preventable cause of disease in the world. Eighty to ninety percent of lung cancer deaths are the result of smoking. Smoking raises the risk for a number of other cancers, too, accounting for about 30 percent of all cancer-related deaths. Smoking also can lead to a wide array of additional health problems, such as coronary artery disease, heart disease, heart attacks, strokes and chronic lung disease.

If your husband stops smoking, the change will have a big impact on his health. For example, less than an hour after he quits smoking, his heart rate will go down to a normal level. About 12 hours after the last cigarette, the carbon monoxide level in his blood will return to normal. Within two to three weeks of leaving smoking behind, your husband's risk of having a heart attack will start to drop.

Shortness of breath and coughing associated with smoking usually goes away within about nine months. Ability to engage in physical activity

improves, too, and people often feel they have more endurance for physical activity after they stop smoking. In addition, many people who quit smoking experience an improvement in their senses of smell and taste.

Over time, the health benefits will continue to grow. A year after quitting, your husband's risk of coronary artery disease and coronary heart disease will be half that of when he was smoking. Five years out, his risk of stroke will be reduced to that of a nonsmoker. Ten years after quitting, his risk of lung cancer will be dramatically lower than when he was smoking, and the risk of cancers of the mouth, throat and esophagus, bladder, kidney, and pancreas will go down.

Fifteen years past smoking, the overall health risks for someone who has smoked are basically the same as they would have been if that individual had never smoked at all. Given the chance, the body is quite remarkable in its ability to repair and restore itself. If permitted a long enough time smoke-free, the body essentially reverts to that of a nonsmoker.

Research clearly shows that, overall, quitting smoking adds years to a person's life. Depending on how old a person is when he or she quits, as well as the frequency and duration of the smoking, it could increase life span by two to ten extra years. And it's not just adding time; it's adding quality. Many people who quit smoking enjoy better health longer than smokers do.

Although the health benefits are significant and compelling, quitting smoking can be a challenge. The nicotine in cigarettes is addictive. Breaking a smoking habit is hard, especially

if someone tries to do it on his or her own. The best way to quit is to seek help from a health care provider or counselor trained as a tobacco treatment specialist. Those professionals can guide your husband through behavioral therapy and offer approved medication treatments that can help him stop smoking for good.

The bottom line is: No matter how old you are and no matter how long you've smoked, it's never too late to

quit. Your body will thank you for it. - J. Taylor Hays, M.D., Nicotine Dependence Center, Mayo Clinic, Rochester, Minn.

- *Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org.*

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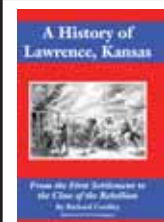
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HEALTH & WELLNESS

Medicinal plant tonics

Herbal tonics are a selection of medicinal plants known to deeply restore, tone, and invigorate the body. An herbal tonic is a preparation of one or more herbs known to holistically promote health and foster the support of the mind and body. There are many



*Dr.
Deena
Beneda*

medicinal plants that can be tonics. Tonic herbs are said to provide energy to help us handle physical and mental stresses. Here are a few key points concerning tonic herbs:

1. A tonic herb supports the body and keeps it healthy.
2. A tonic herb is usually easily digestible and easy for your body to break down.
3. A tonic herb can usually be taken over a long term and are gentle herbs with little or no side effects.

Basically, herbal tonics are herbs that safely promote one's health through regular consumption. Even though the principles of tonic herbs have been around since ancient times, current modern science and theories are examining and demonstrating the effectiveness of tonic herbs.

Some of the most common tonic herbs include turmeric, nettles, Reishi, cat's claw, ginseng, and spirulina. Turmeric is a master herbal tonic that is used for a variety of different health ailments, including as an anti-inflammatory, anti-viral, anti-bacterial, anti-parasite, and anti-fungal. It soothes the systems of the body and promotes health.

Nettles is an excellent remedy for its overall health benefits. It reduces inflammation, is an anti-histamine, has prostate-building qualities, increases energy, and has body-building properties.

Reishi has been well-researched by

modern medicine. It has many therapeutic benefits that have been used for thousands of years. These benefits include boosting the immune system, lung and cardiovascular tonic, and improving cholesterol levels.

Cat's claw is one of the most powerful immune boosting herbs from Central and South America. It has been used for centuries as an herbal tonic to boost the immune system and decrease inflammation.

Ginseng is sometimes called the king of medicinal plant tonics. It is a superior tonic remedy that dates back to ancient times in Asian countries. Ginseng is an adaptogen, so it can energize the spirit or calm the spirit depending on the condition of the body. It can eliminate stress, anxiety, and strengthens the mind.

Spirulina is a blue-green algae that provides the body with a vast number of vitamins and minerals. It is a super food that contains many phytonutrients and enzymes.

Herbal tonics can be in three forms: infusions, decoctions, or tinctures. An infusion is when you steep the plants in water or oil to extract their beneficial properties. One of the most common

infusions is tea. A **decoction** is boiling an herb in water, so the water will then contain the soluble constituents of the plant being boiled. This is a great method for hardier plants such as the reishi mushroom. And finally a tincture is a solution of alcohol or alcohol and water, along with the herb that you are using for medicinal benefits. Tinctures usually take longer to make, from a couple weeks to a couple months.

As winter is quickly approaching, consider taking a tonic to help you strengthen your body throughout the long cold months.

- *Dr. Deena Beneda, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. She can be reached at 785-749-2255.*



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HEALTH & WELLNESS

How to prevent falls and stay active

By Corey Koester PT

Falls are a leading cause of injury among older adults. One in three older Americans fall every year and these falls can lead to many potential injuries, hip fracture being one of them. A hip fracture can be a very serious injury and some studies indicate that as many as 40% of people who were hospitalized from hip fracture do not return

that stimulate our muscles and joints. For many, this can be a simple walking plan. Find an area in your neighborhood or town where you can slowly increase the time and distance you walk each day. Rock Chalk Park and Lawrence Sports Pavilion have great options for both indoor and outdoor walking with their indoor track and paved trail system. If you are walking 20 minutes a day, attempt to slowly increase that time to 30 or 40 minutes per day. If you are walking one mile per day, see if you can increase that distance as tolerated.

Make it Fun: Group Exercise

Another activity you might consider is joining a group exercise class. LMH and the City of Lawrence both offer many different exercise classes that are designed with the older adult in mind, including aquatics, tai chi, fitness, dance, yoga, cycling, Pilates, and Zumba. Try to find a class that is right for you and keeps you coming back for more! Maintaining your strength, flexibility, and balance will help improve your mobility and decrease your risk of falls.

Safety: Basics at Home

Another way to reduce your risk of falls is to evaluate your home environment. Many falls occur in our own homes; and there are simple steps you can take to reduce the number of hazards in your home. The simplest thing you can do is reduce clutter. Remove boxes, newspapers, extension cords, phone cords, and throw rugs from your walkways. These are all items that can

cause you to lose your balance and lead to a fall. Increasing the lighting in your home can also help prevent falls because it allows you to avoid objects that might be hard to see. Use night-lights in bedrooms, bathrooms, and hallways. Make sure you have adequate lighting at any stairways. Adding hand-rails at stairways is also advisable. I would also recommend have a lamp or other lighting within reach of your bed when getting up in the night. Simple bathroom modifications can also be helpful. Installing grab bars for your shower or tub, adding non-slip surfacing to your shower or tub, or adding a shower chair to allow you to sit while showering are all options to increase the safety of your bathroom.

Shoes for Walking

Lastly, consider changing your footwear as part of your fall prevention plan. Do you have a pair of shoes, slippers, or sandals that consistently make it harder for you to walk? Get rid of them! Instead, wear a pair of properly fitting shoes that are sturdy and have non-skid soles. Wearing a pair of sensible shoes can reduce your risk of falling.

Medications: Check with Your Doctor

Medication management can also be an important part of any fall prevention program. Make sure you are

keeping a list of your prescribed medications, over the counter medications, and supplements that you can review with your physician or pharmacist. Some prescriptions and over the counter medications can cause dizziness, dehydration, or interactions with other medications that can lead to a fall. Medications that may increase the risk of fall include blood pressure medications, heart medications, diuretics, muscle relaxants, and sleeping pills. Don't stop or start any medications without consulting your physician.

Self-Confidence: Reduce your Risk for Falling

Falling can be a life changing experience. The greatest predictor of a future fall is a previous fall. One of the hardest things to overcome after a fall is the fear of falling. Oftentimes this fear can be crippling and lead to a further reduction in activity level. However, the worst thing you can do is reduce your activity level or stop exercising altogether. Find ways to keep moving and keep challenging your body. Freedom from falls is never guaranteed but maintaining your activity level and maintaining your self-confidence are great ways to reduce your risk.

- Corey Koester PT is a physical therapist at the Center for Rehabilitation at LMH Health, Therapy & Wellness, Lawrence.



home and are not capable of living independently again. The risk of hip fracture increases with age because bones tend to weaken with age and also because we tend to have physical ailments and medical conditions that worsen with age. The purpose of this article will be to address the most common risk factors for falls and how you can attempt to reduce or eliminate these risk factors. Reducing your risk of falls will likewise reduce your risk of hip fracture.

Walking: A Simple Plan that Works

The first thing you can do to help reduce your risk of falls is to increase your physical activity level. Physical activity can go a long way toward fall prevention. As we age, most of us lose some of our coordination, strength, flexibility, and balance. This loss can be slowed and reduced by finding activities

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JILL ON MONEY

Reflecting on actions of 10 years ago

The traditional anniversary gift for a 10th anniversary is tin or aluminum, so to mark 10 years since the financial crisis, let's make a pinky swear and vow not to turn a tin ear to what happened and learn some important lessons.



Jill
Schlesinger

To mark the occasion, I turned to what I think may become the first big picture, historical account of the event. Columbia University Professor of History Adam Tooze has penned a 600-page analysis of the causes and effects of the financial crisis called "Crash: How a Decade of Financial Crises Changed the World."

Rather than focus only on U.S. events, Tooze highlights how the highly interconnected globe was doomed to feel the impact of the financial crisis "and

the economic, political and geopolitical responses to that crisis are essential to understanding the changing face of the world today."

While a geek like me was delighted to immerse myself in the Tooze tomb, it also made me think, what larger lessons can I learn, 10 years after the global financial cataclysm? I went back to some of my notes and media appearances from the early days of the crisis to see if the advice and analysis I proffered at the time holds up today.

On Sept. 26, 2008, when I was a practicing planner and investment adviser, I was a guest on a TV network. The anchor asked, "Should I pull out of my investments and wait until the storm passes?"

My answer was: "Assuming that you're a long-term investor and don't need to access your money for 10 years, guard against the emotional pull

of the mattress. Look, going through bear markets is the price you pay to be an investor. If you pull out, you risk not participating in the recovery and yes, we will recover from this difficult period."

Soon after, I fielded a lot of angry emails from people who thought that my advice was lousy. More importantly, I started to recognize an underlying fear that I had never experienced in my 20 years in the business. I quickly realized that it was important to acknowledge that the 2008 sell-off was not like a run-of-the-mill bear market.

While I was reluctant to state my innermost anxiety—that the financial system was on the precipice of a major meltdown—I needed to recognize that there was a huge emotional component at work for everyone with money at risk.

When I was on the air a month later, I started the segment differently by saying: "This is a scary and difficult time," and recognized that some may have made the mistake of taking on too much risk.

Then I reiterated that for long-term

investors, sticking to the pre-crisis game plan would serve them well. But at the time, the U.S. stock market was down about 25 percent. Six months later, the magnitude of the loss would double. Of course, with a longer lens, it's easy to see that fighting the urge to sell and remaining with a diversified portfolio makes sense. But in real time, that was hard to do.

Anniversaries of market upheavals should be a time to reflect on both are smart and not-so-smart actions we took—not to gloat but to ensure that we don't repeat mistakes of the past.

- Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@moneywatch.com. Check her website at www.jillonmoney.com.

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FINANCIAL FOCUS

Consolidating accounts leads to clear financial strategy

None of us can completely control all the things that happen to us. Yet, when it comes to achieving your long-term financial goals, including a comfortable retirement, you do have a great deal of power—as long as you follow a clear, well-defined financial strategy. And one way to help build and maintain such a strategy is by consolidating your financial accounts.



Derek Osborn

Over the course of their lives, many people pick up a variety of financial accounts from multiple sources. They might have a few IRAs from different providers, a couple of old 401(k) plans from past employers, an insurance policy (or two) purchased many years ago, and a scattershot of stocks, bonds, certificates of deposit and other investments.

If this picture describes your situation, you may want to think about consolidating. For one thing, having a variety of accounts can run up a lot of fees. Furthermore, you'll have lots of paperwork to keep track of all your accounts, including several different tax statements. Plus, just by having

so many accounts, you risk forgetting about some of them—and if you don't think you'd ever forget about your own money, consider this: Well over \$40 billion in unclaimed cash and property, including 401(k)s, pensions and IRAs, is awaiting return to the rightful owners, according to the National Association of Unclaimed Property Administrators.

But beyond reducing your possible fees, paperwork and potential for lost assets, consolidating your accounts with one provider can give you a centralized, unifying investment strategy, one that can help you in the following ways:

Diversification – If you own several different financial accounts, including IRAs, 401(k)s and online accounts, you might have many similar investments

within them. You might even own a cash-value insurance policy containing investments that closely track the ones you have in the other accounts. This type of duplication can be harmful, because if a market downturn primarily affects one type of asset, and your portfolio is dominated by that asset or similar ones, you could take a big hit. But if you have all your investments in the same place, a financial professional can review your holdings and recommend appropriate ways to diversify your investment dollars. (Be aware, though, that while diversification can reduce the impact of market volatility on your portfolio, it can't guarantee profits or protect against all losses.

Staying on track – With all your accounts in one place, you'll find it easier to keep the big picture in mind and make the moves necessary to help you progress toward your financial goals. Two main actions include buying or selling

investments and adjusting your portfolio to make it more aggressive or conservative, depending on your situation.

Avoiding mistakes – If you own several separate accounts, you could see a loss in one or more of them and overreact by selling investments that could still be valuable to you. But with a consolidated investment platform, you can see more clearly that the impact of a loss may be small, relative to the rest of your holdings.

As we've seen, consolidating your investment accounts with a single provider can have several advantages. So think carefully about bringing everything together—you may find that there's strength in unity.

- Derek Osborn is with Edward Jones, 4106 W. 6th St., Ste. A, Lawrence. He can be reached at 785-841-0382 or Derek.Osborn@edwardjones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Call or visit your local financial advisor today.



Derek Osborn

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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 or email kevin@seniormonthly.net. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

Calling all knitters, crocheters, and quilters who want to gather for a good cause—You are invited to participate with the residents at Arbor Court Retirement Community to create needed blankets for the Pregnancy Center of Lawrence. This is also an opportunity to teach and learn. If you want to learn a new art form, we are here to assist you as well. Arbor Court Retirement Community at Alvamar, 1510 St. Andrews Dr., 2 p.m. LAWRENCE, 785-841-6845

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWALK

The artwalk takes place all across Topeka from 5:30-8:30 p.m. each first Friday of the month—and of course, some businesses open a little earlier or keep their doors open later, but please check individual Facebook pages for information about hours. Find the latest listing of gallery features on our home page—or pick up a printed copy of the artwalk map at any participating business. You can sign up for our monthly Artwalk newsletter to get the updates in your email. TOPEKA, artsconnecttopeka.org

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of the month. See website for participating locations.

LAWRENCE, 785-842-3883
finalfridayslawrence.wordpress.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

Sunday Bingo is 1:45 p.m., Tuesday Bingo is 6:30 p.m. Snack bar available (optional but appreciated). 3800 SE Michigan Ave. TOPEKA, 785-267-1923

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

LEXINGTON PARK

1011 SW Cottonwood Ct., 2 p.m. TOPEKA, 785-273-4545

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 6:45 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

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

2806 North 155th, 7 p.m. BASEHOR, 913-526-0080

EDUCATION

ONGOING

COOKING CLASSES

The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website.

LAWRENCE, 785-843-8544, themerc.coop/classes

ONGOING

FREE INSURANCE COUNSELING

Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug

■ CONTINUED ON PAGE 23



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■ CONTINUED FROM PAGE 22

Program. Stormont Vail Health HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.

TOPEKA, (785) 354-6787

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHES

Lecture and lunch. Lexington Park, 1011 SW Cottonwood Ct.

TOPEKA, 785-273-4545

FRIDAYS

HEALTHWISE TV

“HealthWise TV” offers interviews on health and wellness topics of interest to seniors and caregivers, as well as a 20-minute, low-impact exercise segment. Aired from 9 to 9:30 a.m. On WIBW-TV, Channel 13.

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the third Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.

LAWRENCE, 785-505-2807

NOV 1

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Thursday, November 1, at 2 p.m. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change. Seminars will be held at the Cotton O’Neil Heart Center at 929 SW Mulvane. Call for information, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com.

Light snacks and beverages provided.

TOPEKA, 785-270-4593

NOV 1-DEC 13

FENCING

Fencing is one of only four sports to be included in every modern Olympic game. This class for beginners and experienced fencers in foil, epee

and saber, emphasizes technique, strategy, tactics and psychology. Beginners learn the basics and experienced fencers sharpen their skills. This unique sport provides a chance for exercise and fun. Coach: John Dillard. Class Code 427105. Fee: Lawrence Parks and Recreation, Sports Pavilion Lawrence, 100 Rock Chalk Lane. LAWRENCE

NOV 1

FT. LEAVENWORTH SERIES: MR. POLK’S WAR

A sharp divide characterized the relationship between the home front and the front line during the Mexican-American War of 1846-1848.

Despite advances in communication technology, most Americans viewed war through a romantic lens, which bore little resemblance to the reality of the soldier experience. Greg Hospodor addresses the gulf between those two perceptions and its later implications. Dole Institute, 2350 Petefish Drive, 3 p.m. Free.

LAWRENCE, 785-864-4900

NOV 2 & 3

HOLIDAY WOOD CARVING

Make your own holiday gift or decoration while learning the centuries old art of wood carving. The two day workshop will introduce carving tools, types of wood and various cuts to create a figure of Santa Claus. All materials and tools included. Instructor: Carlan Honaker. Class Code: 427446.

Fee. Lawrence Parks and Recreation, 9 a.m.-3 p.m. LAWRENCE

NOV 5

MODERN WEAPONS IN WWI

The First World War was the first modern war. During WWI many modern weapons were introduced including the airplane. Dr. Mark Hull from Command Staff College in Leavenworth will discuss how the plane became an important weapon in the war. Marvin Auditorium 101A, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8:30 p.m.

TOPEKA, 785-580-4400

NOV 5

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.

TOPEKA, 785-580-4400

■ CONTINUED ON PAGE 24

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■ CONTINUED FROM PAGE 23

NOV 6

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, November 6, at 2 p.m. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change. Seminars will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane. Call for information, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. TOPEKA, 785-270-4593

NOV 6

WELLNESS WORKSHOP – "HEALTHIER (BUT STILL TASTY) EATING FOR THE HOLIDAYS"

Join us for our free quarterly wellness workshop. For the topic this month is how to prepare and eat healthier holiday favorite dishes. Some samples may be included. Space is limited so please enroll in advance. Lawrence Memorial Hospital, 6-7:30 p.m. LAWRENCE, 785-505-5800, lmh.org/events

NOV 10

ADVANCED STRATEGIES FOR GENEALOGY RESEARCH

Part of the Watkins Museum of History's highly popular series of genealogy classes. Learn how to develop and solve your research questions. Several case studies will be discussed with examples including genealogical analysis, DNA strategies, census result strategies, solving brick walls, and using timelines and maps. Registration required. Fee. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-12 p.m. LAWRENCE, 785-841-4109 watkinsmuseum.org/genealogy

NOV 10

MAKING MEMORIES WITH YOUR FAMILY TREE!

Turn your genealogy into a special holiday gift for your family. We will focus on building your family tree to create a poster that displays your ancestors. Register at tscpl.org/register. Topeka Room, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 11 a.m.-noon. TOPEKA, 785-580-4400

NOV 12

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use your library's print and online resources. Receive a pedigree chart and other helpful forms. Bring your laptop or tablet to create a free FamilySearch account. Register at tscpl.org/register. Central Park Community Center Adults, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 5-6 p.m. TOPEKA, 785-580-4400

NOV 13

SENIOR SUPPER AND SEMINAR

This month's topic: SPEAKING FROM THE HEART How to reduce the risk of heart disease, K. Michael Zabel, MD. On the second Tuesday of each month, seniors are invited to come and

dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connectcare@lmh.org. LMH Auditorium, 5-7 p.m. LAWRENCE, 785-505-5800, lmh.org/events

NOV 13

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, November 13, at 2 p.m. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change. Seminars will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane. Call for information, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. TOPEKA, 785-270-4593

NOV 13

TREATY OF VERSAILLES

100 years ago this month the WWI ended with the peace treaty of Versailles. KU History Professor Dr. Nathan Land will discuss how the treaty impacted the future of the world. Rather than bringing a lasting peace, the treaty set the stage for future conflicts. C. Sabatini Gallery, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8 p.m. TOPEKA, 785-580-4400

NOV 15

HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to make an informed decision regarding your Medicare Part D drug coverage every year. Register at tscpl.org/register. Anton 202, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 9:30-11 a.m. TOPEKA, 785-580-4400

NOV 15

ESTATE PLANNING SEMINAR

How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Those attending get a free copy of the book Estate Planning Overview. Carnegie Building – East Gallery, 200 W. 9th Street, 10-11:30 a.m. Register with Lawrence Parks & Recreation. LAWRENCE, 785-832-7920

NOV 15 & 16

AARP DRIVER SAFETY CLASS

The AARP Driver Safety refresher class has

helped millions of drivers age 50+ sharpen their skills and drive safely on today's roads. Senior Resource Center for Douglas County, Lawrence Public Library, 10 a.m.-3 p.m. each day. Fee. Russ T. Hutchins, Instructor. Call 785-312-4627 or email russ724@gmail.com.

LAWRENCE

NOV 19

THE GIFT OF MEMORIES

Looking for the perfect gift for the upcoming Holiday season? What about writing down some memories that you haven't shared with your family. Get inspiration for a project that doesn't have to be overwhelming to be meaningful. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

NOV 26

CARD MAKING WITH CINDY

Learn how to make two greeting cards with the help of a local paper crafter. Register at tscpl.org/register. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12:30-2:30 p.m. TOPEKA, 785-580-4400

NOV 27

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, November 27, at 2 p.m. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare as well as those

considering making a change. Seminars will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane. Call for information, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. TOPEKA, 785-270-4593

NOV 28

2018 KANSAS ELECTIONS CONFERENCE

Explore the 2018 Kansas elections and their implications in this conference with political experts, journalists and strategists from across the state. Panelists will be announced at a later date. This program will be free and open to the public. Dole Institute, 2350 Petefish Dr., 1 p.m. LAWRENCE, 785-864-4900

DEC 4

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, December 2, at 2 p.m. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change. Seminars will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane. Call for information, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. TOPEKA, 785-270-4593

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DEC 3

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

DEC 5 & 6

2018 NATIONAL POST-ELECTION CONFERENCE

The Dole Institute's nationally-recognized Post-Election Conference delves into the key strategies of elections to examine how and why they are won and lost. A panel of journalists, pollsters, campaign strategists and political consultants will visit the institute to dissect the midterms and what the results could mean for 2020. Panelists will be announced at a later date. These panels will be free and open to the public. Dole Institute, 2350 Petefish Dr., 1 p.m.
LAWRENCE, 785-864-4900
doleinstitute.org/event

DEC 8

FREE GENEALOGY OPEN HOUSE

Experts from our group will be available to answer your genealogy questions, beginning or advanced, on a walk-in basis (up to 30 minutes per person). Let us help you get started with family history or break down a brick wall! Brief informational handouts will be available, too. Free. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-1 p.m.
LAWRENCE, 785-841-4109
watkinsmuseum.org/genealogy

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

The Lawrence Irish Session is a lively gathering of musicians sharing Irish traditional tunes each week. Beginners and experienced players are welcome. Come to listen, learn and share tunes and songs of Ireland, and best of all, have a great time. Henry's on 8th, Upstairs in the Pub, 11 E. 8th St., 5:30-9 p.m.
LAWRENCE, lawrencesession.com

THURSDAYS

JUNKYARD JAZZ

Put on your dancing shoes and dance to the sounds of The Junkyard Jazz. American Legion, 3408 West 6th St., 7-8:30 p.m.
LAWRENCE, 785-842-3415

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

Classical guitar player, John Jervis, who plays every Saturday morning, 8-11 a.m. at Panera, 23rd St. and Louisiana St. Enjoy wonderful classical and baroque music.
LAWRENCE

SATURDAYS

COMMUNITY JAM

Totally free and open to the public, the AMA Saturday Jam has become a tradition in the Lawrence music community. All styles and

levels welcome, acoustic instruments only. Americana Music Academy, 1419 Massachusetts St., 3-5 p.m.
LAWRENCE, 785-830-9640
americanamusicacademy.com

NOV 5

MONTY PYTHON'S SPAMALOT

The Tony Award winning Best Musical, Monty Python's Spamalot, begins its search for the Holy Grail in the Fall of 2018. This outrageous musical comedy is lovingly ripped off from the film classic, "Monty Python and the Holy Grail" with a book by Edward Idle and music and lyrics by the Grammy Award winning team of Mr. Idle and John Du Prez. Spamalot tells the tale of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen, and show-stopping musical numbers are just a few of the reasons audiences worldwide are eating up SPAMALOT! Parental Advisory: This performance may include adult content and themes. McCain Auditorium, 1501 Goldstein Circle, 7:30 p.m. Fee.
MANHATTAN, 785-532-6428
k-state.edu/mccain/events/2018-2019

NOV 7

ELF THE MUSICAL

ELF The Musical is the hilarious tale of Buddy, a young orphan child who mistakenly crawls into Santa's bag of gifts and is transported back to the North Pole. Unaware that he is actually human, Buddy's enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity and help New York remember the true meaning of Christmas. This modern-day Christmas classic is sure to make everyone embrace their inner ELF. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

NOV 9

STORY SLAM: ALONE

Stories told live, MOTHT-style, the second Friday of every month, September to May

(except December).. Never the same story, or evening, twice. Adults, 18+ only. Live music & social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire. Admission: Suggested Donation \$5.
LAWRENCE, lawrenceartscenter.org

NOV 11

WYNONNA & THE BIG NOISE

Respected by the millions of fans who are drawn to her music and undeniable talent, Wynonna's rich and commanding voice has sold more than 30 million albums worldwide spanning her remarkable 34-year career. As one-half of the legendary mother-daughter duo The Judds, Wynonna was once dubbed by Rolling Stone as "the greatest female country singer since Patsy Cline." McCain Auditorium, 1501 Goldstein Circle, 7:30 p.m. Fee.
MANHATTAN, 785-532-6428
k-state.edu/mccain/events/2018-2019

NOV 15

LAST FAN STANDING STARRING BRUCE CAMPBELL

Bruce Campbell will be taking his traveling trivia game show, Last Fan Standing, to the Midwest. He will be looking for pop culture fans with the right stuff to compete against each other. Liberty Hall, 644 Massachusetts St., 8 p.m. Fee.
LAWRENCE, 785-749-1972
libertyhall.net/events

NOV 30, DEC 1, 2*, 6, 7, 8, 9*, 13, 14, 15, 16*

ANNIE

Leapin' Lizards! With equal measures of pluck and positivity, Little Orphan Annie charms everyone's heart despite a next-to-nothing start in 1930s New York City. In adventure after adventure, Annie foils evil, finds a new home, and family, and a lovable mutt named Sandy. Songs include *Tomorrow* and *It's a Hard Knock Life*. Theatre Lawrence, 4660 Bauer Farm Dr. Evening performances start at 7:30 p.m. *Indicates a 2:30 p.m. performance
LAWRENCE, 785-843-SHOW
wp.theatrelawrence.com/events/2018-19-season

EXHIBITS/SHOWS

OCT 1-DEC 2

KANSANS GO TO WAR

Discover the impact of World War I on Kansas through images and stories from the library's collection. Alice C. Sabatini Gallery, Topeka & Shawnee County Public Library, 1515 SW 10th Ave.
TOPEKA, 785-580-4400

FARMERS' MARKETS

APR 14-NOV 17

LAWRENCE FARMERS' MARKET - SATURDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. 824 New Hampshire St. April 14-August 25, 7-11 a.m., September 1-November 17, 8 a.m.-noon.
LAWRENCE, lawrencefarmersmarket.org

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

Need help reaching your fitness goals? Lawrence Parks and Recreation has certified personal trainers to help you make your workouts safe, productive and successful. Training and registration are available at all recreation centers. For more information, contact Gayle Sigurdson.
LAWRENCE, 785-832-7920

ONGOING

HEALTHY STEPS MALL WALKING

Walk in a safe, climate-controlled setting at West Ridge Mall, Topeka, 1801 S.W. Wana-maker. Mall walking hours are Monday-Saturday 7 a.m. to 9 p.m. and Sundays 11 a.m. to 6 p.m. Log your visits - at the kiosk in the northwest corner of the lower level - to be eligible for prizes from sponsors West Ridge Mall and Stormont Vail Health. Free.
TOPEKA

■ CONTINUED ON PAGE 26



Our idyllic country setting is safe, beautiful and convenient to Topeka and Lawrence

Living at Prairie Wind is much like living at home. Meals are made from scratch with the most wholesome ingredients available. The home setting allows for close relationships and makes it possible to easily accommodate each senior's preferences in schedule, meals and daily activities. Prairie Wind is owned and operated by a local family with more than 60 years of experience in caring for elders. Let our family care for you or your loved one.

We now offer Adult Day Care for seniors who don't need 24/7 care. We provide a safe place for the senior while the caregiver sleeps, works, runs errands, etc.



prairie wind
senior living inc.

HOME PLUS

5227 SE 77th St., Berryton • 785.862.5318 • prairiewindhome@gmail.com

■ CONTINUED FROM PAGE 25

ONGOING**FREE MEMORY SCREENING CLINIC**

Schedule a free, confidential memory screening at the Cotton O'Neil Clinical Research Center. The screening takes about 20 minutes. You will receive a copy of your results and they can be made available to your physician. By appointment Monday-Friday, 9 a.m.-3 p.m.
TOPEKA, 785-368-0744

ONGOING**WELLNESS COACHING**

Are you trying to make lasting lifestyle changes related to healthier eating, weight loss exercise, smoking cessation or improving your blood pressure, cholesterol or glucose numbers? Consider meeting with a certified wellness coach. LMH offers this service for a fee. To learn more, contact Aynsley Anderson Sosinski, RN at (785) 505-3066 or aynsley.anderson@lmh.org.
LAWRENCE

ONGOING**FIT FOR LIFE**

Exercise in a safe, supervised and non-threatening environment. Physician's medical clearance required. 12 sessions. Fee. LMH Therapy Services.
LAWRENCE, 785-505-2712

ONGOING**ZUMBA GOLD**

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three class different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity 127102 at www.lprd.org.
LAWRENCE, 785-832-7920

DAILY**EXERCISE CLASS**

Lexington Park, 1011 SW Cottonwood Ct., 10 a.m.
TOPEKA, 785-273-4545

FIRST MONDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

Drop in 9:30-11 a.m. at the Downtown YMCA, 421 S.W. Van Buren. Free. No appointment necessary.
TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS**A.M. WALKING CLUB**

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE. Lawrence Parks and Recreation. For more information, contact Stephen Mason.
LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS**PICKLEBALL - OPEN PLAY**

Monday-Friday at the Sports Pavilion Law-

rence. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play.

LAWRENCE, 785-832-7950

MONDAYS, WEDNESDAYS, & FRIDAYS**SENIOR EXERCISES**

Seaman Community Church, 2036 NW Taylor. 9:30-10:15 a.m.
TOPEKA, 785-357-8777 or 785-213-6016

FIRST TUESDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

Drop in 8:30-9:30 a.m. at West Ridge Mall (Food Court, near the restrooms), 1801 S.W. Wanamaker Road. Free. No appointment necessary.
TOPEKA, 785-354-6787

TUESDAYS**FREE BLOOD PRESSURE CLINIC**

Drop in 10 a.m.-noon every Tuesday. Stormont Vail Health's HealthWise Clinic, 2252 S.W. 10th Ave. No appointment necessary.
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**HEALTHWISE EXERCISE CLASS**

This fun workout includes chair aerobics, strength training, balance and flexibility exercises tailored to seniors and others looking to stay fit. 9:30 to 10:45 a.m. Tuesdays and Thursdays at Stormont Vail Health, 1500 S.W. 10th Ave. Cost: \$25 punch card covers 20 drop-in classes. Call for enrollment forms.
TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS**FLEXERCISE**

This exercise program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. Meets from 8:30-9:30 a.m. at East Lawrence Recreation Center, 1245 E. 15th St. Closed. Fee. Enroll at LPRD.org or at East Lawrence Center.
LAWRENCE, 785-856-6030

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

TUESDAYS AND THURSDAYS**VACCINE CLINICS**

Shingrix (shingles), Tdap (tetanus, diphtheria and pertussis (whooping cough)) and Td (tetanus and diphtheria) vaccines are available by appointment and with a Cotton O'Neil physician's prescription. HealthWise Clinic, 2252 S.W. 10th Ave. Call for information.
TOPEKA, 785-354-6787

WEDNESDAYS**OPEN BOCCIE BALL**

Interested in playing bocce ball? There are two public courts at Holcom Park. Equipment can be checked out from the Holcom Park Recreation Center. Beginners are invited to join experienced players for open play on Wednesday nights from 6-8 p.m. Call 832-7940 for information or to make court reservations within 24 hours of playing time.
LAWRENCE

WEDNESDAYS**FREE NUTRITION CLINIC**

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and questions. Appointments available at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.
TOPEKA, 785-354-6787

WEDNESDAYS**FREE MEDICATION CLINIC**

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments available by phone or at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.
TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH**FREE HEARING CONSULTATIONS**

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hearing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday of the month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids.
LAWRENCE, (785)748-8034

THURSDAYS**WELLNESS CLINIC**

Blood pressure checks, weights. Lexington Park, 1011 SW Cottonwood Ct., 12:30 p.m.
TOPEKA, 785-273-4545

FRIDAYS**BLOOD PRESSURE CHECKS**

Arbor Court, 1510 St. Andrews, 8:30 a.m. Open to the public.
LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

Drop in 9:30-11 a.m. at the Southwest YMCA, 3635 S.W. Chelsea Drive. Free. No appointment necessary.
TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

Drop in 8:30-9:30 a.m. at the Oakland Community Center, 801 N.E. Poplar. Free. No appointment necessary.
TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

Drop in 9 to 10 a.m. at the Rose Hill Place clubhouse, S.W. 37th and Gage Boulevard. Free. No appointment necessary.
TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

Drop in 9-10:30 a.m. at the Kuehne Branch (North) YMCA, 1936 N.W. Tyler St. Free. No appointment necessary.
TOPEKA, 785-354-6787

NOV 7**KNOW YOUR NUMBERS - CHOLESTEROL AND GLUCOSE SCREENING**

A drop in screening event that offers both a full lipid (cholesterol) profile and a glucose (blood sugar) from a fingerstick using the Cholestech machine. Results in 5 minutes. A fast of 8-10 hours is recommended. Water and necessary medications are okay. \$20 fee. LMH Main Campus (Outside LMH Gift Shop), 325 Maine St., Wednesday and Saturday, 8-9:30 a.m.
LAWRENCE, 785-505-5800, lmh.org/events

NOV 14**DIABETES HEALTH FAIR**

November is National Diabetes Month. Join our diabetes education group for our annual health fair. You can participate in health screenings, including those for blood pressure, weight, height, blood sugar and BMI. Vendors will provide information regarding diet, exercise, and glucose monitoring and more. This event is free and open to the public. Registration not required. Food will be provided. Lawrence Memorial Hospital, Conference Room A, 6-7 p.m.
LAWRENCE, 785-505-3062

DEC 5**KNOW YOUR NUMBERS - CHOLESTEROL AND GLUCOSE SCREENING**

A drop in screening event that offers both a full lipid (cholesterol) profile and a glucose (blood sugar) from a fingerstick using the Cholestech machine. Results in 5 minutes. A fast of 8-10 hours is recommended. Water and necessary medications are okay. \$20 fee. LMH Main Campus (Outside LMH Gift Shop), 325 Maine St., Wednesday and Saturday, 8-9:30 a.m.
LAWRENCE, 785-505-5800, lmh.org

HISTORY/HERITAGE**NOV 17****NATIVE AMERICAN HERITAGE CELEBRATION**

Immerse yourself in Native American heritage and culture through music, performance and displays of genealogy and history. Leave with tools to help you connect with your own family roots. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 3-5:45 p.m.
TOPEKA, 785-580-4400

HOLIDAY EVENTS**NOV 1-JAN 1****CHRISTMAS TREE EXHIBIT AT THE TERRITORIAL CAPITAL MUSEUM**

A unique display of 150 Christmas trees decorated with Victorian, antique, collectable and themed decorations will be on display at the Territorial Capital Museum, 640 E. Woodson Ave., from Nov. 1 to Jan. 1. The museum hours will be from

■ CONTINUED FROM PAGE 26

10 a.m.-4 p.m. Monday through Saturday and 1-5 p.m. on Sunday. For information call 785-887-6148 or e-mail to lanemuseum@aol.com.

LECOMPTON

NOV 30-DEC 2

NATIVITIES AND NOELS

The seventh annual Nativities and Noels will feature about 700 nativities from around the world, continuous live vocal and instrumental Christmas music, and refreshments. The nativities will include ornaments and miniatures, homemade, electric, children's, and international ones. (Over 90 countries will be represented in the display.) A "seek-and-find" sheet will be given to interested display visitors. Additional Christmas activities are planned: a nativity photo booth, nativity crafts for children, a reading room of Christmas books, a Christmas story teller, and videos about Christ's birth. A Christmas music program for people of all ages will be presented at 7 p.m. on Saturday. Following the close of Nativities and Noels at 7 p.m. on Sunday, a live broadcast of a Christmas Devotional, which will feature music by the Tabernacle Choir at Temple Square and a Christmas message, will be shown. Topeka Stake Center of The Church of Jesus Christ of Latter-day Saints, 2401 S.W. Kingsrow Road. Times: Nov. 30 to Dec. 1, 10 a.m. to 9 p.m.; Dec. 2, 3-7 p.m. Free.

TOPEKA, 785-554-8068

Facebook: Nativities and Noels.

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

FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.
Wyndam Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.
Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

MEETINGS

SUNDAYS

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

OURS dances are held every Sunday evening from 6-9 p.m. at the Eagles Lodge, 1803 W. 6th St. Dances are open to everyone. Admission is \$7 per person. Carry-in meal served at 7:15. LAWRENCE

MONDAYS

BREAST CANCER SUPPORT GROUP

Meets at Presbyterian Manor, 1429 Kasold, 5:30 p.m. Call Dena for more information. LAWRENCE, 785-979-8362

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

OrthoKansasPA.com

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

First Monday between 5:30 and 7:30 p.m. Individual appointments are also available, as well as phone support. No cost. Call Terry Frizzell.

TOPEKA, 785-271-6500; 785-230-6730

FIRST & THIRD MONDAY OF THE MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

GRIEF 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 THE 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 THE MONTH

SPOUSE/PARTNER LOSS

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.
TOPEKA, 785-430-2194

FIRST & THIRD MONDAY OF THE 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 the Senior Resource Center for Douglas County, 2920 Haskell Ave., 2:15-3:45 p.m.
LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

Meets in the library at Pioneer Ridge, 4851 Harvard Rd., at 9:30 a.m. Open to the public.
LAWRENCE, 785-749-2000

TUESDAYS

BREW HA HA!

A coffee group for anyone desiring some fun and coffee at the The Midland Care Center for Hope and Healing. The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.
TOPEKA, 785-430-2194

TUESDAYS

GENERAL GRIEF SUPPORT GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m.
TOPEKA, 785-430-2194

TUESDAYS

INTERGENERATIONAL CHOIR

Sing with KU students. Led by music therapy students from KU. The Intergenerational Choir will rehearse and perform once or twice a semester. Contact Deanna Hanson Abromeit at dhansonabromeit@ku.edu. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m.
LAWRENCE

FIRST TUESDAY OF THE 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 TUESDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

Meets at Lawrence Memorial Hospital, 5:30 p.m.
LAWRENCE, 785-393-1256

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“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+. Clearly, the numbers don't add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

Kaw Valley
Senior Monthly

785-841-9417

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FIRST TUESDAY OF THE MONTH TOPEKA AREA OSTOMY SUPPORT GROUP

Our focus is supporting, assisting, and educating individuals with colostomies, ileostomies, urostomies and continent ostomies. Meets at 6 p.m. at St. Francis Health Center, 1700 SW 7th St.
TOPEKA, 785-295-5555

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
OrthoKansasPA.com

FIRST & THIRD TUESDAY OF THE 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

WEDNESDAYS GRIEF SUPPORT GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.
TOPEKA, 785-430-2194

FIRST THURSDAY OF THE MONTH MAN TO MAN PROSTATE CANCER SUPPORT GROUP - TOPEKA

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.
TOPEKA, 785-230-4422

FIRST THURSDAY OF THE 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 a.m.-1 p.m.

FIRST FRIDAY OF THE MONTH STROKE SUPPORT GROUP

Meet other stroke survivors, their families, and hear guest speakers discuss topics related to recovery. Please contact Randy Williams or Lisa Rundell for more information. Kansas Rehabilitation Hospital, 1504 SW 8th Ave.
TOPEKA, 785-235-6600

SATURDAYS

LAWRENCE BRIDGE CLUB

Bring a partner and join us for an evening of bridge, snacks and prizes. Annual membership fee. First two visits are free. Kaw Valley Bridge Center, 1025 N. 3rd Street, 6:30 p.m.
LAWRENCE, 785-760-4195

ONE SATURDAY EACH MONTH LAWRENCE DEATH CAFE

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death. A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cwhiston@sunflower.com or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl.
LAWRENCE

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

Volunteer service club.
LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver

support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.
TOPEKA, 785-580-4662

SECOND MONDAY OF THE MONTH LMH HEART BEATS

A Cardiac Support Group facilitated by Lawrence Memorial Hospital Cardiac Rehab. Typically meets on the second Monday of the month in Room A on the lower level of LMH from 4:30-5:30 p.m. For more information, call 785-505-2850.
LAWRENCE

SECOND TUESDAY OF THE MONTH LAWRENCE ACTION CIVITAN CLUB

Civitanians have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other CIVITAN project updates, please visit the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan or call Jason.
LAWRENCE, 785-691-8520

SECOND WEDNESDAY OF THE 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 THE 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 THE 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
soroptimisttopeka.org

SECOND THURSDAY OF THE MONTH DEMENCIA SUPPORT GROUP

Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 2920 Haskell Ave., 11 a.m.-noon. Call for questions or to RSVP.
LAWRENCE, 785-218-4083

SECOND THURSDAY OF THE 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 THE MONTH ALZHEIMER'S/CAREGIVER SUPPORT GROUP

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

SECOND SATURDAY OF THE MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD TUESDAY OF THE MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

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

THIRD TUESDAY OF THE 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 THE MONTH CANCER SUPPORT GROUP

Join representatives from Lawrence Memorial Hospital Oncology Center and the American Cancer Society for a general cancer support group. Open to anyone with any cancer diagnoses and/or family members or others affected by their cancer. For more information, contact Liv Frost at 785-505-2807 or email to liv.frost@lmh.org.
LAWRENCE



STICKER ADVERTISING

Place your message on the front cover of Senior Monthly with a 3" x 3" sticky ad. The January and February 2019 issues (must do both) are available. Call Kevin at 785-841-9417 for more information.

■ CONTINUED FROM PAGE 28

THIRD WEDNESDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of the 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 THE 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 FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.

LAWRENCE, 785-235-1367 or (800) 798-1366

THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

The purpose of Jayhawk Model Masters is to promote the building and safe operation of radio controlled (RC) model aircraft. In addition, we strive to fulfill our civic responsibility to the community, and support worthwhile projects. Our club meetings are open to the public and are held on the third Saturday of each month. Breakfast starts at 8 a.m. and the meeting at 9 a.m. We meet in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Fee for breakfast.

LAWRENCE, 785-312-4840

jayhawkmodelmasters.com

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367, EXT. 130

FOURTH THURSDAY OF THE 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

tgstopeka.org

FOURTH THURSDAY OF THE 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 THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of the 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, contact Jim Miller at 785-478-0651 or Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting.

TOPEKA

LAST WEDNESDAY OF THE MONTH WARM UP WEDNESDAYS GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.

TOPEKA, 785-430-2194

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. Clinton Place, 2125 Clinton Pkwy., 1-4 p.m. For more information call or text 785-505-0893.

LAWRENCE

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m.

TOPEKA, 785-783-8300

kansasdiscovery.org

NOV 4

LIFE CELEBRATION MEMORIAL SERVICE

A service remembering and honoring loved ones who have passed from this life in our community. Featured speaker, Dr. Harold Ivan Smith, grief specialist and popular speaker who is on the teaching faculty at Saint Luke's Hospital in Kansas City and is the author of a variety of books on grief and loss. Dr. Smith will provide practical help on coping with the holidays. Refreshments provided. Sponsored by Great Lakes Caring Hospice. Great Overland Station, 701 N Kansas Ave. Program begins at 3 p.m.

TOPEKA

NOV 7

2018 DOLE LEADERSHIP PRIZE

The Dole Leadership Prize is awarded annually to an individual or group whose public service leadership inspires others. The award comes with a \$25,000 prize. The recipient of this award will be announced at a later date. Dole Institute of Politics, 2350 Petefish Dr., 2 p.m. Free and open to the public.

LAWRENCE, 785-864-4900

NOV 9

HARVEST DINNER & BAZAAR

Chicken fried steak, mashed potatoes & gravy, green beans or corn, salad, roll, homemade pie or cake, and drink. Fellowship Hall at Kansas Avenue United Methodist Church, 1029 N. Kansas Ave., 4:30-6:30 p.m. \$8.00 Adults, \$4.00 Children under 10.

TOPEKA, 785-234-0507

TOURS/TRIPS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

Every Thursday, Watkins volunteer Michele Montour introduces visitors to the amazing architecture of the Watkins Building and some of our fascinating exhibits. This tour is a short, free, and fun way to spend time Thursday afternoons soaking up some local history! Watkins Museum of History, 1047 Massachusetts St., 2-2:30 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org

FIRST SATURDAY OF THE MONTH

DISCOVER WITH DOLE

Drop by the Dole Institute on the first Saturday of each month for an interactive, kid-friendly visit to discover uniquely themed items in the museum and archives. Activities include crafts, puzzles, coloring, and museum gallery activities. Families with young children encouraged! All programs and events at the Dole Institute are free and open to the public. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.-12 p.m.

LAWRENCE, 785-864-4900, doleinstitute.org

SECOND SATURDAY OF THE MONTH

FREE SATE EAST SIDE BREWERY TOUR

East Side Brewery offers tours on the second Saturday of the month at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.

LAWRENCE, 785-550-9718

freestatebrewing.com

NOV 10

FALL MIGRATION-WATERFOWL IN DOUGLAS COUNTY

Situated under the central flyway, Kansas sees thousands of waterfowl and shorebirds passing through during fall migration. Our local

reservoirs and wetlands are important stops along the route. Both casual nature lovers and experienced birders are welcome to join us for a morning at the Baker Wetlands and Clinton Lake. Our guide will be Ranger Bunnie Watkins, lover of all things outdoors. Bunnie has decades of experience as a park ranger and natural resource manager with the Army Corps of Engineers. This trip will include time outdoors; some hiking and observation stops. Participants should plan on dressing for the weather and their comfort. In the event of significantly poor weather conditions, the trip is postponed to November 17. Class code: 427464. Fee. Departs from Holcom Recreation Center, 2700 W. 27th Street, 9 a.m.-1 p.m.

LAWRENCE

NOV 17

PAOLA WINE AND BREW RENDEZVOUS

Leave the kids at home and enjoy a night on the town. Local wineries and breweries will provide the drink. The night includes live music, a silent auction, and food trucks. Paola Chamber Of Commerce, 15 W. Wea St., 7-10 p.m.

PAOLA, 913-294-4335

paolachamber.org/events

MAR 16-25

SHADES OF IRELAND

From vibrant and history-filled Dublin, across rolling green hills to the dramatic coast, experience all of the charms of Ireland on this magical tour of the Emerald Isle. Choose from a selection of Killarney's best restaurants with our Diner's Choice program. See the Atlantic from the stunning 700-foot Cliffs of Moher. Experience the world-famous beauty of the Ring of Kerry. Explore Dublin with a local guide, either by foot or on a panoramic city tour – it's your choice! Journey to historic Blarney Castle, lean back and kiss its famous stone! Please call 832-7909 to request a brochure for prices and detailed itinerary. Registration Deadline: September 10, 2018. Lawrence Parks & Recreation Department. Fee.

LAWRENCE, 785-832-7920

VETERANS DAY EVENTS

NOV 11

VETERANS DAY PARADE

The oldest Veterans Day observance in the nation and the largest parade west of the Mississippi. Historic Downtown Leavenworth, 416 Cherokee St., 10:30 a.m.-12:00 p.m. Free. LEAVENWORTH, 913-758-2948 lvetsparade.com

NOV 11

VETERANS DAY PARADE

Honoring those who have served our nation over the past 100 years, including those who served in Korea, Vietnam, Iraq, and Afghanistan. Focusing on those men and women who sacrificed to secure America's freedoms. The general parade route is from 7th to 11th and Massachusetts St., 11 a.m.

LAWRENCE, LawrenceVeteransDay.org

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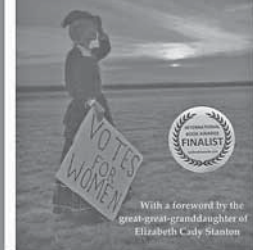
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**Sons of The American Revolution**

Can you trace your family tree back to a point of having an ancestor who supported the cause of American Independence during the years 1774-1783? If so, please consider joining the Sons of the American Revolution. Local contacts can guide you through the membership process.

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In this season of giving, help a loved one with Social Security

By Norm Franker

Social Security District Manager in Lawrence, KS

During the holiday season, we surround ourselves with family and friends, some of whom may rely on us for a number of reasons. An aging parent might need help clearing snow. A sibling may require help after a surgery. And as we get older, our family members may need help managing their finances. In fact, more than eight million people who get monthly Social Security or Supplemental Security Income (SSI) benefits need help managing their money.

If you have a loved one who cannot manage their finances, you may be able to become a representative payee. We thoroughly investigate people who apply to be representative payees to protect the interests of Social Security

beneficiaries, because a representative payee receives the beneficiary's payments and is given the authority to use them on the beneficiary's behalf.

Social Security appoints a representative payee to manage Social Security and SSI funds only. A payee has no legal authority to manage non-Social Security income or medical matters.

As a representative payee, you must know what the beneficiary's needs are so you can decide the best use of benefits for their care and well-being. This is especially important if the beneficiary doesn't live with you. Each year, Social Security may ask you to complete a form to account for the benefits you've received. You can either fill out the form and return it to Social Security or go online at www.socialsecurity.gov/payee to file the report.

Due to a recent change in the law, we no longer require the following payees

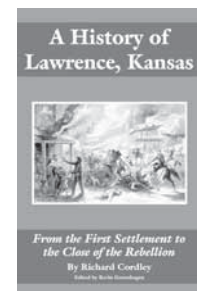
to complete an annual Representative Payee Report:

- Natural or adoptive parents of a minor child beneficiary who primarily reside in the same household as the child;
- Legal guardians of a minor child beneficiary who primarily reside in the same household as the child;
- Natural or adoptive parents of a disabled adult beneficiary who primar-

ily reside in the same household with the beneficiary; and

- Spouse of a beneficiary.

Taking care of family is something we do all year long, not just during this holiday season. Becoming a representative payee is a selfless act of kindness. You can read more about becoming a representative payee at www.socialsecurity.gov/pubs/EN-05-10076.pdf.



The History of Lawrence, Kansas

by Richard Cordley

Available at the Watkins Museum of History, 1047 Massachusetts St., Downtown Lawrence.

Reserve Your Space Today!

For the "2019 Senior Resources Directory," a special pull-out section that will be available in the January 2019 issue of Kaw Valley Senior Monthly.

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Helping veterans and active duty military members

By Norm Franker

Social Security District Manager in Lawrence, KS

Every year on Veterans Day, we honor the people who risk their lives to protect our freedom. Social Security honors veterans and active duty members of the military every day by giving them the respect they deserve. Social Security's disability program is an important part of our obligation to wounded warriors and their families.

For military members who return home with injuries, Social Security is a resource they can turn to. If you know any wounded veterans, please let them know about Social Security's Wounded Warriors website. You can find it at www.socialsecurity.gov/woundedwarriors.

The Wounded Warriors website answers many commonly asked questions, and shares other useful information about disability benefits,

including how veterans can receive expedited processing of disability claims. Benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

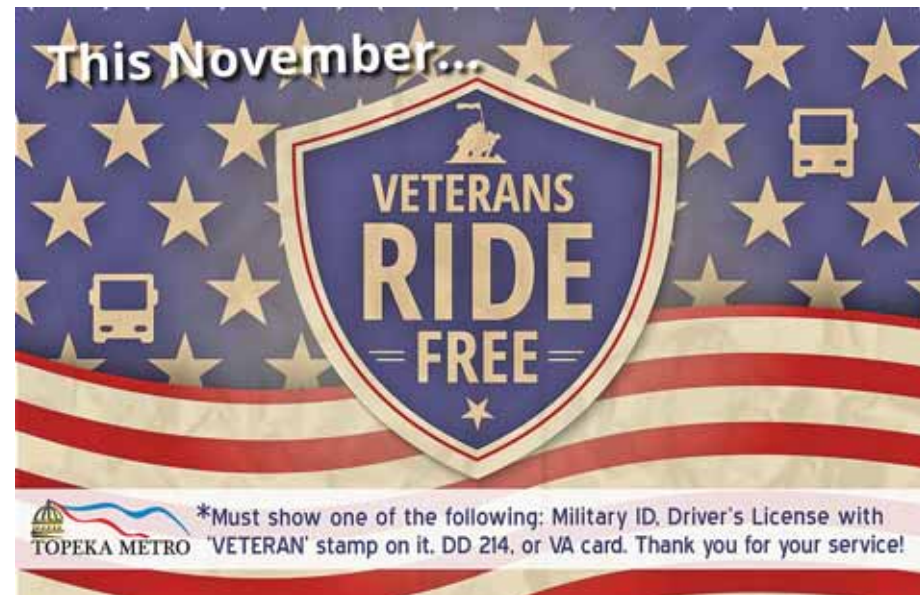
The expedited process is used for military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling condition. Active duty status and receipt of military pay doesn't necessarily prevent payment of Social Security disability benefits. Although a person can't receive Social Security disability benefits while engaging in substantial work for pay or profit, receipt of military payments should

never stop someone from applying for disability benefits from Social Security.

Social Security is proud to support veterans and active duty members of

the military. Let these heroes know they can count on us when they need to take advantage of their earned benefits. Our webpages are easy to share on social media and by email.



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RICK STEVES' EUROPE

Off the beaten track in Switzerland

By Rick Steves

Tribune Content Agency

Mountainous Switzerland is well-known for its cows, chocolate, and stunning scenery—but there's more to enjoy. Here are some lesser-known Swiss travel treats.

Experience Swiss military readiness. To protect its prized neutrality in the tumultuous 20th century, Switzerland wired its roads, bridges, and tunnels so they could be destroyed with the push of a button—they tried to make the whole country an impenetrable mountain fortress. Most of these military installations—big guns in barns, air strips hiding like the Batmobile, and even hospitals buried deep in the mountains—are now tourist attractions, such as Fortress Fürigen near Lucerne.

Go topless on an alpine train. While Switzerland has many impressive train trips and fancy “panoramic” cars, the most thrilling ride is in an open-top car. You'll be awestruck both at Switzerland's alpine wonders and its ability to tame nature with its railroad engineering. These topless or skylight-equipped trains run only in summer, and in just a few spots (such as along stretches of the Bernina Express route, stretches of the Glacier Express route,

and up the Brienz Rothorn excursion route that climbs from the shores of the Berner Oberland's Lake Brienz).

Walk a ridge. One of Switzerland's most glorious hikes is the walk along the ridge called Schynige Platte to the cable-car station high above Interlaken in the mountainous Berner Oberland region. You're virtually tightrope-walking along a skinny ridge for several hours. On one side are lakes; on the other is a mountain panorama of dramatic cut-glass peaks. And ahead, you may hear the long legato tones of an alphorn announcing that a helicopter-stocked mountain hut is open ... and the coffee schnapps is on.

Get the big-city perspective. Zürich affords a peek at Swiss solutions to persistent urban problems. As you stroll down the main drag, you'll see designer boulders breaking through the sidewalk. These aren't decorative; they're there to stop the cars of thieves from crashing into jewelry stores for a grab-and-run. Around the corner, public toilets have blue lights. This prevents junkies from shooting up there: Under blue wavelengths, they can't see their veins.

Walk the path of a hermit monk. A century ago, a hermit monk inhabited a humble church in a cave just under a mountaintop plateau called Ebenalp,

high above the town of Appenzell. A cliff-hugging path leads around the corner to the humble guesthouse that was built—right into the vertical cliff side—to accommodate pilgrims who had hiked up to pray with the monk. While the guesthouse isn't currently accepting overnight stays—and its restaurant is undergoing renovations that may close it for a while—the hut's setting is impressive enough to merit the excursion.

Ride a high-mountain summer luge. Ascending Mount Pilatus, near Luzern, is worth it for the heavenly views alone. But for extra thrills, hit the summer-fun zone of Fräkmüntegg, an area on the mountain's north slope. Here you'll find Switzerland's longest summer luge ride: Sit yourself in a sled-like go-cart, grab the joystick brake, then scream back down the mountainside on a banked stainless-steel course. Then take the lift back up and start all over again. Nearby is a park with 10 fun ropes courses and plenty of options for novices.

Ponder some insane art. Lausanne's Collection de l'Art Brut is unique in Europe. In 1945, the artist Jean Dubuffet began collecting art he called brut—untrained, ignoring rules, highly original, produced by people free from artistic culture and fashion trends living in psychiatric hospitals and prisons. Visiting his collection, you'll wander through halls of fascinating doodles and screaming colors, marveling at the talent of people our society has locked up as “criminally insane.”

Relive the Swiss old days. At the Ballenberg Open-Air Folk Museum (an hour east of Interlaken on Lake Brienz), traditional houses, schools, churches,

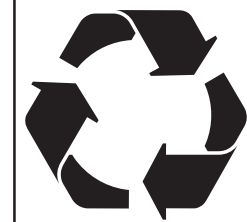
and shops from all over Switzerland have been moved to a huge park. The layout is just like the country: French in the west, Italian in the south, and so on. Each dwelling is furnished, old-time crafts are kept alive, and goat herders are tooting their slender stretch alphorns. It's Swiss culture on a lazy Susan for the hurried visitor, and a great rainy-day option in the Berner Oberland.

Climb the Eiger ... the easy way. You don't need to be a rugged mountaineer to climb the ultimate alpine cliff face—you just need train fare. For a century, a thrilling train has tunneled up through the inside of the Berner Oberland's Eiger mountain. Halfway up, the Jungfrauoch train stops to let travelers hang out the window and enjoy the views clinging to the infamous north face of the Eiger. After a few minutes, the train carries on, taking you about as high as you can get mechanically in Europe: 11,300 feet. The air is thin, and anything goes atop the Jungfrauoch.

- Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

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Hearing Loss Affects One In Three American Adults

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JAY'S MUSICAL MEMORIES

So thankful

By Jay Wachs

The leaves have changed color and more and more of them are on the sidewalks and streets than on the trees as the days go on. Thanksgiving is around the corner and that means it is time to remember and share the things for which we are grateful.

First, I am grateful for my family. I am the proud father of two daughters and one son who are all doing well and living independently. My older daughter, Melanie, is the midday host at LawrenceHits.com on weekdays from 9 a.m. to noon and also manages the creative services department for our company. I am also grateful for my health and my business alliances with Checkers Foods, Kaw Valley

Senior Monthly, and TV25. My gratitude extends to my colleagues, clients, acquaintances, and friends and I wish them all well as the holidays approach.

This year we had some big losses, the biggest of which was the loss of Aretha Franklin back in September. I am grateful to have met, interviewed, and shared time with her on several occasions during my broadcast career. She was a class act with a treasure chest full of hits and her music will forever be a blessing to all of us. We also lost Yvonne Staples at age 80, Vic Damone at 89, Neil Simon at 91, and Burt Reynolds at 82. May they all rest in peace.

If you like the holidays, boy have we got something for you. The minute Halloween ended on October 31, our seasonal holiday station launched for

its 6th year in operation. Visit www.santastation.net or download our free APP to hear 24/7 holiday music.

Between November 1 and Thanksgiving, we will include some Thanksgiving favorites including:

- Over The River and Through The Woods
- We Gather Together
- Count Your Blessings

After Thanksgiving, we remove those titles and focus solely on Christmas.

There is still time to submit Christmas music for the Santa Station. If your church choir, youth choir, orchestra, or ensemble has songs in an mp3 format, please send them to: briarcliffgroup@gmail.com

and we will include them in our music mix. If you would like to wish a family member, friend or co-worker a happy holiday, you can also submit that for free. If you want to advertise your business, please email: jay@lawrencehits.com.



Aretha Franklin

This is truly the season of giving and we hope you will all support our sponsors and remember to keep your purchases as local as possible this holiday season.

Happy Thanksgiving!

- Jay Wachs is the founder and general manager of LawrenceHits.com, an app-based and online oldies radio station serving Lawrence and Douglas County.

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WOLFGANG PUCK'S KITCHEN

A solution for your weeknight supper

With the new school year in full swing and kids involved in a whirlwind of after-school activities, it can often seem like precious little time remains to put a good home-cooked dinner on the family table. That's a shame, since shared meals have always been one of the best ways to bring family members closer together.



Wolfgang
Puck

Fortunately, a smart solution to this very modern challenge can be found in an ancient Chinese cooking technique: stir-frying. Think about it for a moment: Even in the finest Chinese restaurants that you know, do you ever really have to wait very long for the food to arrive at your table?

Stir-frying makes perfect sense for a quick, easy dinner. Small pieces of food cook in moments when stirred continuously in a large, hot pan. Add some aromatic seasonings that blossom enticingly on contact with heat, along with a few traditional Asian sauce ingredients, and a delicious main dish is ready to serve just minutes after you start heating the pan.

That pan doesn't even have to be hemispherical-shaped Chinese wok. I find it easy to stir-fry in any skillet large enough to hold all the pieces of food in a single layer so they cook evenly; the curved sides help ingredients fall back into the pan during continuous, brisk stirring. The equipment and the cooking process aren't much of a challenge. But I must admit that, when searching for stir-fry recipes, many people find themselves daunted by lengthy lists of sometimes hard-to-find ingredients. That's even sometimes true of recipes from my own Asian-inspired restaurants like Chinois, where we always aim for the utmost authenticity.

At home, though, it's OK to take

some shortcuts; as long as they don't shortchange the quality of the results. That's why I'm happy to share versions of two of my favorite stir-fry recipes that I've adapted especially for the home kitchen, to give you authentic Chinese results without the need to go on any kind of special shopping expedition. You'll find the most out-of-the-ordinary ingredients—bottled hoisin sauce and rice vinegar—in the Asian foods section of any well-stocked supermarket.

Both recipes are simple and surprisingly healthy, featuring lean proteins fresh vegetables. You can also vary the recipes as you like, substituting ground turkey, pork, lamb or beef for the ground chicken; and strips of chicken breast or lean beef for the shrimp, along with other quick-cooking vegetables you prefer.

May your stir-frying lead to many delicious, enjoyable and easy family meals ahead!

LETTUCE WRAPS WITH SWEET-AND-SPICY GROUND CHICKEN

Serves 4

2 tablespoons peanut oil or canola oil
1 pound (500 g) ground chicken
2 tablespoons minced garlic
1 tablespoon minced ginger root
1/2 to 1 teaspoon crushed red pepper flakes, optional

Kosher salt
Regular or low-sodium soy sauce
3 tablespoons hoisin sauce
1/3 cup (85 mL) orange marmalade
2 tablespoons rice vinegar
1 teaspoon toasted Asian-style sesame oil
8 medium-sized iceberg lettuce leaves, free of any tears, rinsed and patted dry

1 medium carrot, peeled and shredded
2 green onions, trimmed and thinly sliced diagonally

Preheat a large skillet over medium-high heat. Add the oil and, as soon as it begins to shimmer and swirls easily

when the skillet is gently turned to coat the bottom evenly, add the chicken, garlic and ginger, along with red pepper flakes to taste. Stir continuously with a sturdy wooden spoon, breaking up the chicken into small particles, until the meat loses all its pink color, 3 to 4 minutes.

Stir in salt and a little soy sauce to taste. Add the hoisin, marmalade, rice vinegar and sesame oil, and continue stirring until thoroughly combined.

Arrange the lettuce leaves in cup shapes side by side on a large serving platter. Divide the mixture among the lettuce cups, and scatter carrot shreds and scallion slices on top of the chicken. Serve immediately.

SHRIMP AND VEGETABLE STIR-FRY

Serves 4

2 tablespoons peanut oil or canola oil
1 pound (500 g) medium-sized fresh shrimp, peeled and deveined

Kosher salt

Freshly ground black pepper

1 tablespoon minced garlic

1 tablespoon minced ginger root

1 green bell pepper, halved, stemmed, seeded, deveined, and cut into strips 1/4 inch (6 mm) wide

1 red, orange or yellow bell pepper,

halved, stemmed, seeded, deveined, and cut into strips 1/4 inch (6 mm) wide

1 pound (500 g) snow peas, trimmed
1/4 cup (60 mL) hoisin sauce
4 cups (1 L) steamed white rice
1 tablespoon toasted sesame seeds

Preheat a large skillet over medium-high heat. Meanwhile, lightly but evenly season the shrimp with salt and pepper.

Add the oil to the skillet and, as soon as it begins to shimmer and swirls easily when the skillet is gently turned to coat the bottom evenly, add the shrimp, garlic and ginger. Stir continuously with a sturdy wooden spoon, turning the shrimp, until they begin to turn pink, about 1 minute.

Add the bell pepper strips and snow peas, and continue stirring briskly just until the shrimp are bright pink and white and the vegetables are glossy and tender-crisp, 2 to 3 minutes longer. Add the hoisin sauce and continue stirring briefly until it is glossy and coats the shrimp and vegetables evenly.

Serve the shrimp and vegetables immediately over steamed rice, garnishing with sesame seeds.

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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.

HUMOR

Giving Alma Mater a Boost

Light flashed on Camden Manuel's huge mahogany desk in an office in a building on Wall Street.

"Yes, Fay," he said

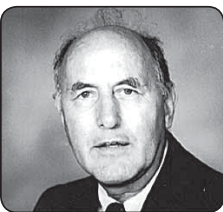
"There's a Dean Ima Farseer on the line. From a community college."

"I'll take it. Put her through."

Click.

"Dean Farseer, what a pleasant surprise. Are you in New York?"

"No, Camden, I'm back here in Letongaloosa. Thanks for taking my call."



Larry
Day

"It's always a pleasure. How are the Leopards doing this season?"

"Not well, as usual. But they keep trying."

"That's the important thing."

"I suppose."

"Is there something I can do to help?"

"Not with the football team, Camden, but perhaps something else."

"I'll be happy to try to help. What's the problem?"

"We have a money problem."

"How much do you need?"

"That's not the problem. We have too much money."

"Wow. Now that IS a problem."

"You remember reading about Eloise Simplekins, the woman who made millions as a pre-cleaning ladies' cleaning

lady"?

"Yes. Eloise and I chatted at an alumni party some time back."

"And Ribby Von Simeon, the millionaire who has that land with the reconstructed ship outside of town?"

"And Brett Timert, the guy who inherited a pile of money from his adoptive Basque parents?"

"Yes, I remember. They're good guys, all three of them."

"Well, they want to give Letongaloosa Community Junior College a million dollars each."

"That's a lot of money."

"I'll say. Our last big alumni contribution was \$850 from Old Doc Coggin's will."

"So, how can I help?"

"We need advice. There will be lawyers and hand-out-seekers and IRS agents all over the place."

"Give me a couple of days. I'll talk to some people and get back to you."

"We'll all appreciate your help."

Camden did some digging and called Dean Farseer a week later.

"Dean Farseer, this is Camden. I have a suggestion: You designate one building on campus for each of the donors and plan an official naming ceremony for each. If they agree, you could space the naming programs out so that the university will get maximum exposure from the mass media and the public."

"That's a good idea. But there's a problem. Many of the best buildings are already named for pioneer professors, former deans and such. The faculty, and perhaps the community, would make a fuss if we dropped those traditional names."

"Other institutions have had that problem," said Camden. "They solved it by giving the buildings hyphenated names with the pioneer name listed first. Names like Parson-Walters Hall and Peabody-James Hall."

"Wow! Now we're getting somewhere. Thank you!"

"Keep in touch, and let me know how things go."

Time passed, and then one day Camden got an engraved invitation to attend the naming ceremony for Tilden-Simplekins Hall. Months later the university invited Camden to the dedication of Kleghorn-Von Simeon Hall. Quite a bit later came the naming of Thompson-Timert Hall.

Camden had been right. The public turned out for the dedication programs and the mass media, including some national media, covered the events. Dean Farseer gained university administration approval and was invited by a number of other universities to speak about the success of the building naming idea.

More time passed. Camden didn't hear from Dean Farseer. And he didn't see any more about Letongaloosa Com-

munity Junior College in the national mainstream media. Then one day a white envelope arrived at his office. The envelope contained an engraved invitation to a building-naming ceremony, but didn't specify the name.

When Camden arrived at Letongaloosa Airport he was met by the mayor in a stretch limo and a delegation of city officials. Also, on the airport tarmac were representatives of the LCJC faculty and administration. The mayor joined Camden in the limo for the ride back to town. The procession drove to campus and stopped at a speakers' platform in front of a new dormitory building.

The mayor escorted Camden to the platform and a microphone.

"My fellow citizens," said the mayor. "Thank you for joining us on this auspicious occasion as we designate this fine new facility Camden Manual residence hall."

- 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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MY PET WORLD

Socializing and training a fearful dog

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: What causes a 6-year-old dog to go blind in less than a week? Is there anything we can do to fix it? The vet says she has SARDS. - J. Vozzo, Henderson, NV

Dear J: While several conditions can cause your dog to go blind quickly, if your veterinarian says your dog has Sudden Acquired Retinal Degeneration (SARDS), then that is the culprit of your dog's disability. This condition can affect any breed/mixed breed of dog and is the result of the destruction of the rods and cones in the retina, which results in sudden blindness. Many dog owners report seeing an increase in appetite and water consumption a week or two before the blindness. There is no treatment and no way to reverse blindness caused by SARDS.

Please know your dog is not in any pain and does not need to be euthanized. Animals can adapt to blindness, especially when their owners do a few key things. Here are a few tips.

First, don't move the furniture around or leave baskets of laundry or shoes in odd places. Push in the chairs to the dining room table after your meals. The more the space stays the same, the quicker she will adjust.

Second, use sound and scent to help her know where she is going. Put a bell or something scented, like a car freshener, on the door she uses to go out and relieve herself. The scent will help her find her way to the door (always use the same scent) and the bells will let her know the door is open and she can go out.

Next, keep water and food dishes in the same place, so she can easily find them. In fact, if she gets disoriented, take her to the door where she relieves herself or her food dishes, so she can get her bearings again.

Finally, block her access to the stairs using baby gates and to inground pools using covers or fencing. Provide some short stairs to the bed or couch, if she is allowed on them. Learning stairs will be her hardest task, so be patient. You can use treats on each step to coax her along.

Hope this helps.

Dear Cathy: I have three 1-year-old cats, all littermates. One of the girls, Mona, throws up from time to time; sometimes it's just liquid. We haven't discovered the cause, but it's better since we switched to a limited ingredient diet. Sometimes I think it's "scarf and barf" because it looks like undigested food. Other times, when it's just liquid, we're not sure. She's still active and still eats and drinks. At the last

visit to the vet, they gave her fluids and said she had a slight fever. They said it could be inflamed bowels and if it continues, they may have to do an abdominal ultrasound.

Her brother, Farley, eats, drinks, plays and is otherwise healthy. However, he frequently has softer bowels and diarrhea. All cats are fed dry and wet food. I know they say that wet food can cause softer stool, but can it cause diarrhea? Any help would be greatly appreciated. We're deep in vet bills at this point. - Gina, Pittsburgh, PA

Dear Gina: Some pets are more sensitive to food than others and so any diet can cause gastric distress, depending on the pet's sensitivity to the food. A limited ingredient diet can be helpful.

It can be distressing to have exorbitant vet bills with no answers and not knowing what to do next. I have always had what I refer to as a "bottom-up" vet rather than a "top-down" vet. What that means is my vet is willing to try the least expensive thing first, rather than put my pet and my pocketbook through

a host of tests that may reveal nothing. If the cheaper solution doesn't work, then we move on to the big tests for answers.

So, ask your vet this question: "If we do the ultrasound and discover that my cat has inflamed bowels, what is the treatment?"

Often times, treatment is a diet change or a medication to reduce inflammation. If that is the case, then ask your vet if you can try those treatment recommendations first, before the big tests. I think that is a very reasonable request, as it won't take long to see if the treatment works and it gives you time to think about how to pay for the ultrasound, if it is still needed.

Keep me posted.

- *Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.*

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Look for us!

Think your income-related Medicare premium is incorrect?

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Medicare is our country's health insurance program for people age 65 or older. Certain people younger than age 65 can qualify for Medicare, too, including those with disabilities and those who have permanent kidney failure.

If you're a Medicare beneficiary who has been informed that you must pay more for your Medicare Part B or Medicare prescription drug coverage premium because of your income, and you disagree with the decision that you need to pay a higher premium amount, you may request an appeal. The fastest and easiest way to file an appeal of your decision is by visiting www.socialsecurity.gov/disability/appeal.

You can file online and provide documents electronically to support your appeal. You can also file an appeal online even if you live outside of the United States. You may also request an appeal in writing by completing a Request for Reconsideration (Form SSA-561-U2) at www.socialsecurity.gov/forms/ssa-561.html.

If you don't have access to the internet, you can request a copy of the form by calling us at 1-800-772-1213 (TTY 1-800-325-0778).

Learn more by reading our publication Medicare Premiums: Rules for Higher-Income Beneficiaries at www.socialsecurity.gov/pubs/EN-05-10536.pdf.

Know someone who hasn't signed up for Medicare yet? They can use our online Medicare application if they:

- Are at least 64 years and 9 months old;

- Want to sign up for Medicare but do not currently have ANY Medicare coverage;

- Do not want to start receiving Social Security benefits at this time; and

- Are not currently receiving Social Security retirement, disability, or survivors benefits.

Remind them that they should sign up for Medicare three months before

reaching age 65, even if they are not ready to start receiving retirement benefits. They can opt out of beginning to receive retirement benefits now once they are in the online application. Then they can apply online for retirement benefits later.

You can learn all you need to know at www.socialsecurity.gov/benefits/medicare and easily share these resources with family and friends.



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Can you trace your family tree back to a point of having an ancestor who supported the cause of American Independence during the years 1774-1783? If so, please consider joining the Sons of the American Revolution. Local contacts can guide you through the membership process.

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WHAT MEDICARE DOES NOT COVER

Many individuals enrolling in Medicare, assume the program will pay for all their insurance claims. Although Medicare does cover most health care services, the following are some of the things **NOT** covered by original Medicare Parts A and B.

HEARING CARE. Although Medicare does cover ear-related medical conditions, it does NOT cover routine hearing exams, hearing aids or exams to be fitted for hearing aids.

DENTAL CARE. Original Medicare does NOT cover most routine dental services and supplies. This includes dentures, oral exams, cleanings, extractions, fillings, and root canals. Medicare Part A (hospital insurance) might pay for certain dental services that you get while you may be in the hospital.

EYE EXAMS. Medicare does NOT cover routine eye exams for glasses or contact lenses. Coverage is limited to ophthalmological expenses such as cataract surgery.

FOOT CARE. Medicare generally does NOT cover routine care for feet such as callus removal.

LONG TERM CARE. Also known as custodial care, Medicare does NOT cover long-term care services performed at home or nursing home care. Medicare may cover limited stays in rehabilitation facilities, following a hip replacement for example.. However, if you become seriously ill or/and need custodial care, Medicare does NOT provide coverage for those services.

INTERNATIONAL COVERAGE. Original Medicare does NOT cover medical costs while living or traveling outside of the United States.

Other non-covered items include cosmetic surgery, acupuncture and other alternative treatments, and most chiropractic services. You can find a complete list at www.medicare.gov.

When Medicare is your primary health insurance plan, you must pay out of pocket for the items above that are not covered services, unless you have additional coverage. For example, many Medicare Advantage (Part C) Plans offer coverage for services that do not come with Original Medicare such as dental or vision care.



Century Health Solutions is a subsidiary of Stormont Vail Health, Topeka, and provides free Medicare Educational Seminars. We are your local expert in Medicare planning and can help you find the best option for your personal situation. Call us at 785-270-4593 with questions or to sign up for a free seminar. Our business hours are Monday-Friday, 8:00am-4:30pm.

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GOREN ON BRIDGE

WITH BOB JONES

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AGGRESSIVE PRE-EMPTION

Neither vulnerable, West deals

NORTH

♠ Q J 9 8 4

♥ Q 10 7 2

♦ K J 9 3

♣ Void

WEST

♠ 7 5

♥ 5 3

♦ 10 8 6 5

♣ K 10 8 4 2

EAST

♠ K 6 3 2

♥ J 9 8

♦ 7 4 2

♣ 6 5 3

SOUTH

♠ A 10

♥ A K 6 4

♦ A Q

♣ A Q J 9 7

The bidding:

WEST	NORTH	EAST	SOUTH
3♣	Pass	Pass	Dbl
Pass	4♣	Pass	5♣
Pass	6♣	Pass	7♥
All pass			

Opening lead: Three of ♥

Aggressive, even wild, pre-emption is all the rage in today's tournament world. The perpetrators brag about their many successes but tend not to mention the failures. The failures aren't nearly as much fun. West's flighty pre-empt triggered an amazing show of force by North-South, ending in a poor grand slam. The pre-empt guided the play.

South won the opening trump lead and drew three rounds of trumps, ending in his hand. He cashed the ace of spades, the ace of diamonds, and the ace of clubs, discarding a low diamond from dummy. Declarer overtook the queen of diamonds with dummy's king and discarded his remaining spade on the jack of diamonds. At this point West had followed suit to one spade, two hearts, and three diamonds. Perhaps expecting all of West's remaining cards to be clubs, South confidently led dummy's queen of spades for a ruffing finesse against the king. This was a winner, and South quickly claimed his contract.

This was not a success for the aggressive pre-empt. Without the pre-empt, North-South might have had room to discover the big hole in the spade suit and stop in a small slam. Even if they bid the grand slam, there would be losing options in the play. Declarer might try to ruff out the king of clubs, for example, or get tangled up in a cross ruff. We'll never know, but certainly the pre-empt did not gain for East-West.

(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001.)



Winter is fast approaching and if you have a family member or friend who needs a safe place to live before the snow flies, consider an assisted living apartment at Hillside Village of De Soto. We are conveniently located along K-10



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PUZZLES & GAMES

CROSSWORD

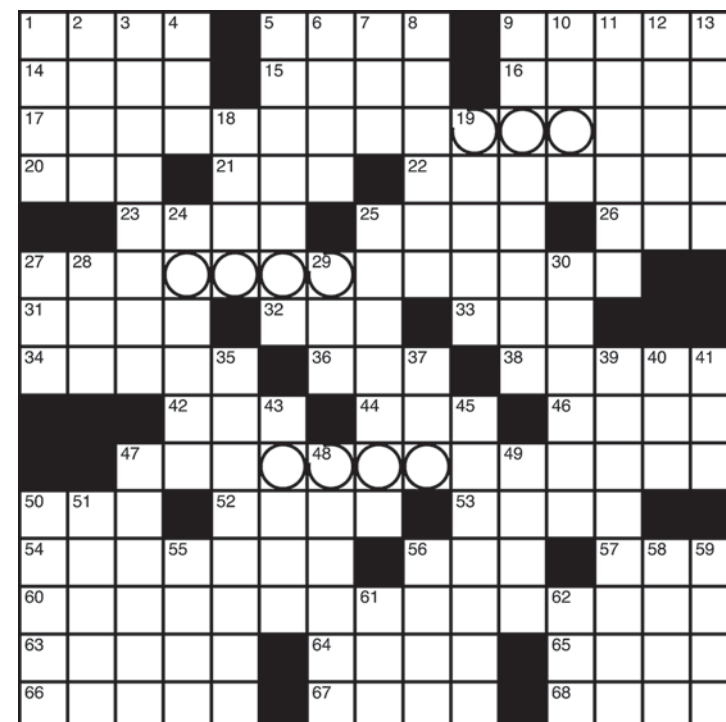
Across

- 1 Sherbet flavor
- 5 Exhalation of relief
- 9 Rumor, to a rumor mill
- 14 With 5-Down, "Spanglish" actor
- 15 Capital of Samoa
- 16 Vitality
- 17 Annual Time honoree
- 20 "___ who?!"
- 21 Throw in
- 22 Selection for a reading
- 23 Like LAX and JFK
- 25 ___ colada
- 26 Plant, as seed
- 27 Nickname of a Nobel-winning novelist
- 31 Under the intended pitch
- 32 DVR button
- 33 Mogadishu is its cap.
- 34 "Shush!"
- 36 Concern for an orthodontist
- 38 NFLer again in 2016
- 42 Old tape initials
- 44 Detective Spade
- 46 Greek letter that would be last in English
- 47 Doesn't get confused, as facts
- 50 "The Greatest" boxer
- 52 ___-chic: hippie-influenced fashion style
- 53 Knee-baring skirt
- 54 Letterman's successor
- 56 Like a texter who types ":-("
- 57 Winter illness
- 60 Verbal nudge found in each set of puzzle circles
- 63 Trusty mount
- 64 Advertising award
- 65 Gradually withdraw
- 66 Makes by working
- 67 Green Hornet's sidekick
- 68 Betting numbers

Down

- 1 Gym class punishment, perhaps
- 2 Cannes concept
- 3 Off-molded almond

- confection
- 4 Ambulance letters
- 5 See 14-Across
- 6 Apple with earbuds
- 7 Picture file suffix
- 8 Something stuck in a bonnet
- 9 Misses military roll call, maybe
- 10 Rob ___: cocktails
- 11 "Whatever works"
- 12 Wolfgang Puck's restaurant
- 13 Pitched
- 18 Inaugural recitation
- 19 Puts on the museum wall
- 24 One born there
- 25 "Guernica" muralist Pablo
- 27 Rank below cpl.
- 28 ___ franaise
- 29 "Family Guy" daughter
- 30 Like the '69 N.Y. Mets
- 35 Diver's sickness
- 37 Bit of butter
- 39 Found a new home for, as an unwanted present
- 40 Olympics entrant: Abbr.
- 41 Yoga class need
- 43 Baseball or golf



- 45 Nearsighted cartoon character
- 47 Off-___: askew
- 48 Cornball routine
- 49 Executive's confidante
- 50 Make ___ for: argue in favor of
- 51 Ton of, slangily
- 55 "It's ___ fun"
- 56 Foul mood
- 58 Set the pace
- 59 Coffee servers
- 61 Suffix with pay or Cray
- 62 Couple

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

JUMBLE

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

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

CANRH

○ ○ ○ ○ ○

ROFEY

○ ○ ○ ○ ○

PEHANP

○ ○ ○ ○ ○

COSLIA

○ ○ ○ ○ ○

A: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

8
25

THE TRUMPETER COULDN'T FIND A REPLACEMENT TRUMPET IN PARIS BECAUSE THEY ONLY SOLD ---

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

SCRABBLE G R A M S

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A₁ E₁ U₁ T₁ D₂ D₂ P₃

A₁ E₁ I₁ W₄ R₁ R₁ C₃

A₁ I₁ Y₄ C₃ L₁ M₃ G₂

A₁ I₁ C₃ S₁ S₁ T₁ P₃

A₁ E₁ O₁ L₁ R₁ T₁ T₁

1st Letter Triple

Double Word Score

PAR SCORE 255-265
BEST SCORE 323

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

For more information on tournaments and clubs, email NASPA-North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website-www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com

Answers to all puzzles on page 42

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

JUMBLE ANSWERS

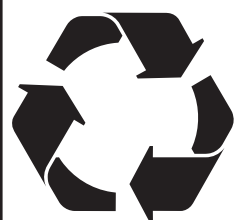
Jumbles: RANCH, FOYER, HAPPEN, SOCIAL

Answer: The trumpeter couldn't find a replacement trumpet in Paris because they only sold -- FRENCH HORN

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SCRABBLE GRAMS SOLUTION											
U ₁	P ₃	D ₂	A ₁	T ₁	E ₁	D ₂	RACK 1 =	61			
A ₁	I ₁	R ₁	C ₃	R ₁	E ₁	W ₄	RACK 2 =	64			
M ₃	Y ₄	A ₁	L ₁	G ₂	I ₁	C ₃	RACK 3 =	80			
S ₁	P ₃	A ₁	S ₁	T ₁	I ₁	C ₃	RACK 4 =	61			
R ₁	E ₁	T ₁	O ₁	T ₁	A ₁	L ₁	RACK 5 =	57			
PAR SCORE 255-265								TOTAL	323		

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

MY ANSWER

Sin, including drug abuse, blinds us to its consequences

By Billy Graham

Tribune Content Agency

Q: Maybe I'm just from a different generation, but why on earth would any young person turn to drugs? Don't they know they're endangering their lives and may even destroy them? It doesn't make sense. - Mrs. S.G.

A: Young people today face issues and temptations that those of us who are older seldom faced, and the consequences are often disastrous. Almost every day I receive at least one letter or e-mail telling of a life or a family that's been ripped apart by drugs or alcohol, or some other demonic scheme.

Why (you ask) don't young people realize the dangers they face from drugs or other sources? The problem isn't limited to young people; how many older people do you know whose lives have been wrecked by alcohol or

marital infidelity, in spite of the obvious risks? Why do we keep doing things we know will destroy us, as has happened since the beginning of the human race?

One reason, I'm convinced, is because sin blinds us to its consequences. We see what it does in the lives of others, but we think that somehow we will be the exception. But we won't be, and the evidence is all around us. The Bible's warning is true: "You may be sure that your sin will find you out" (Numbers 32:23).

Pray for our nation's young people. Pray, too, for their parents, and for all who seek to guide them—teachers, youth workers in churches, and so forth. Most of all, pray that we may be examples to them of what it means to follow Jesus Christ and experience His peace and joy. And may each of us follow Paul's admonition to his young friend Timothy: "Flee the evils desires of youth and

pursue righteousness, faith, love and peace" (2 Timothy 2:22).

- Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.

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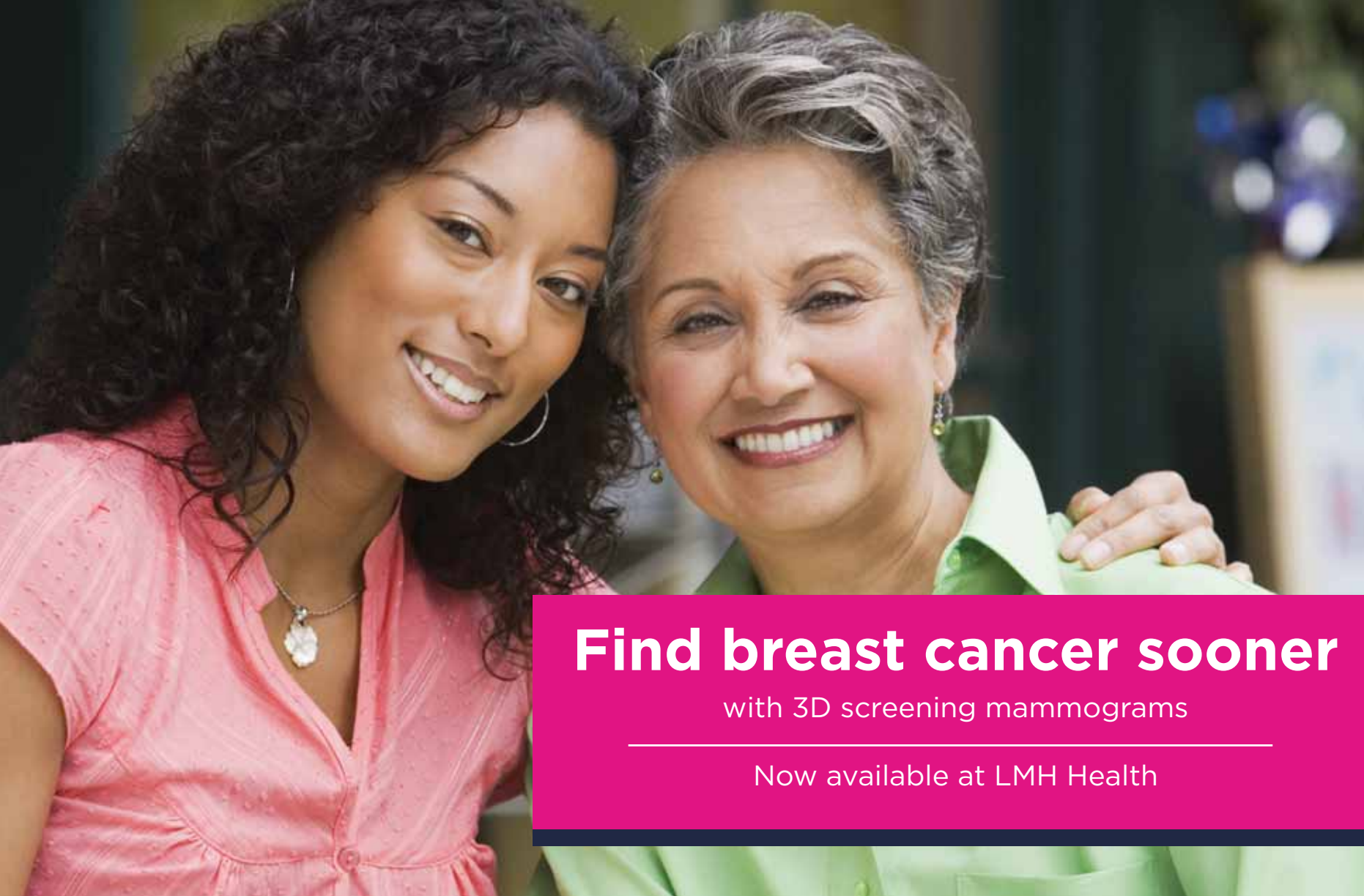


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