Kaw Valley Take One Home With You Called Take One Home With You Ca

October 2014

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 14, No. 4

INSIDE



Midwest Beltone, a child company of Beltone, recently expanded in the state of Kansas, with new locations in Lawrence, Topeka, Olathe, and Overland Park. - page 6

A Look at Books	.26
Business Card Directory24,	25
Calendar	.18
Estate Planning	.12
Goren on Bridge	.32
Health & Fitness16,	
Humor	
Jill on Money	.14
Kiplinger's on Travel	
Mayo Clinic	
Personal Finance	
Pet World	
Puzzles and Games	
Wolfgang Puck's Kitchen	

Sheryl Williams experiences inspire her to become a personal trafiner. See story on page three

www.seniormonthly.net



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



"Making new friends is the best part of my day."

Legend Senior Living communities are filled with opportunities to add fun and conversation to your life.

Chat with a friend over coffee or tea, enjoy a stroll through the beautifully landscaped courtyard or share a meal in the restaurant-style dining room.

With Legend, you can have it all.

Call Today to Schedule Your Free Tour and Lunch.

Legend Senior Living Residences www.legendseniorliving.com



1931 SW Arvonia PI **Topeka, KS 66615**

(785) **272-9400**



3220 Peterson Rd Lawrence, KS 66049

(785) **832-9900**

KAW VALLEY SENIOR MONTHLY

For Williams, the highlight of her day is going to the gym

By Kevin Groenhagen

ix years ago, a walk from one build-Ding to another on campus would wind Sheryl Williams, a librarian and archivist at the Spencer Research Library at Kansas University.

"Over the years I had gained weight gradually, but at some point when I turned 60 I was quite overweight," said Williams, who has worked at the library for 35 years. "I had a thyroid problem diagnosed, and I was really unhappy with my energy level and the way I felt. I felt like I very much had to do something, but I really didn't know what to do. I started thinking about working out. I had never been in a gym in my life. I never considered myself an athletic person. So the first challenge was seeing if I could get myself into some type of exercise program. I had been at KU for a long time, but I didn't even know where the gym was. I finally figured out where is was and got myself through the door at KU's Ambler Student Recreation Fitness Center."

Initially, Williams found the thought of going to the gym intimidating. She didn't know what the machines did, she thought ner weight would make her stick out like a sore thumb, and she was a bit older and less fit than the college students.

"Once I got there, I started riding an exercise bike because it was the only piece of equipment I knew how to use," she said. "My son was a KU student and he used the gym a lot when he was there, so I kept asking him questions. One day he said, 'You know, mom, I really think you should get a trainer."

She was initially reluctant to follow her son's advice, but then noticed a sign by the drinking fountain in the gym.

"It was an advertisement for their training program," Williams said. "It said, 'You don't have to do it alone.' That really spoke volumes to me. So I went into the office and asked to have a trainer. Their trainers are students, who often are in the exercise science programs and have certification as trainers. I was really fortunate to get a wonderful trainer, Alex Miller, an exercise science major who worked with me for the next three years. He helped me to realize that I could do things like planks, push-ups, and lunges, sometimes breaking exercises down into simpler moves until I mastered them. He always supported



me, challenged me, and helped me to what I was doing." gradually lose weight, become stronger, more flexible, and more energetic. It was an amazing experience for me.."

"I also learned early on that no one was looking at me while I exercised," she continued. "They're all focused on their own thing. They couldn't care less

Williams went from dreading the thought of working out in a gym to working out four days a week with her trainer. After her first trainer graduated, her second trainer helped her with a running program.

■ CONTINUED ON PAGE FOUR

COME LIVE WHERE THE PRICE IS RIGHT

Arbor Court Retirement Community at Topeka

(Formerly Drury Place Retirement Apartments)

Studios as low as \$1500

One bedroom as low as \$1700

Two bedrooms as low as \$1975

MAKE YOURSELF A HOME IN THE COMFORT OF OURS!!!



4200 SW Drury Lane (Located 1 blk. West of 15th and Gage) Topeka, Ks. 66604

785-273-6847

Andrea Graham, Executive Director



Kevin L. Groenhagen

Editor and Publisher

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

Contact us:

MAIL

2612 Cranley St. Lawrence, KS 66046

PHONE/TEXT 785-841-9417

E-MAIL

kevin@seniormonthly.net

Sheryl Williams

■ CONTINUED FROM PAGE THREE

"She helped me start running because I wanted to lose that last bit of weight," Williams said. "I had never run before in my life. She ran in a 5K run with me in Topeka. It was great. I'm not saving that it was it wasn't hard, but it was amazing to me that I could do this."

"fit classes" at the gym.

"My favorite one is 'Body Pump,' which is weightlifting with music," she said. "It's endurance weightlifting where you work all the different muscles. It's hard. It's challenging."

All of Williams' hard work has paid

"I went through this transformation," she said. "I didn't lose weight overnight. It took me three years to lose 94 pounds. It happened very gradually. I had to combine the exercise with very careful eating. I thought that I was already eating very carefully. I

paying attention more closely to what I was eating. I went to a nutritionist and began keeping a food diary."

that I used to not eat breakfast," she continued. "I just wasn't hungry when I first got up. Working with my trainer, I realized that it was better to eat breakfast. You can't get in your car and go without putting gas in it. It's kind of the same thing. Your body needs fuel for Williams also started signing up for energy. I started eating a healthy snack in the morning and then again in the afternoon. That really helped because by dinnertime before, I was starving and would eat too much."

In addition to the weight loss, Williams has seen other benefits related to her exercise regime.

"I take the stairs everywhere," she said. "When I was 60, I wouldn't have been able to walk up four flights of stairs. I would have had to take the elevator. Now when I walk up flights of stairs I don't even think about it. I also live several blocks from KU and have to work on some Saturday mornings. wasn't eating a lot of things that were It's very difficult to park on campus on bad for me, but I really had to start game days, so I'll walk from home. I

have given talks on exercise to groups at KU and I tell them that we have a huge advantage since KU is on a hill. "One of the big changes I made was Some get frustrated since they have to walk up the hill, but think of it as a wonderful opportunity for exercise." Williams also had high blood pres-

sure. However, after looking at her last two tests, she reports that her doctor said he wouldn't be in business if more people had her results.

Williams also believes that her exercising helped her after her husband died unexpectedly two years ago.

"I think the exercise helped a great deal with depression, grieving, and anxiety," she explained. "I had all of that, but the exercise was a lifeline for me."

Over the past six years, Williams has had five different trainers at KU, all of whom she says have been excellent. Her current trainer, Bert Brogden, is working with her on a strength training program. involving heavy lifting, and cardio work with a program called tabata, and high intensity interval training.

"Bert is incredibly supportive of me, **Sheryl Williams** and helps me focus on being healthy, **Sheryl Williams** maintaining a positive approach to CONTINUED FROM PAGE FOUR

exercise, and teaching me new things, Williams said. "Again I'm not alone, was not a student, with support from

and it makes such a difference. " her trainer, she asked to take the class Williams' positive experience with and received approval to do so.

her trainers has led her to take a step "It took a lot of studying," she said. that she never would have dreamed of "I'm a humanities person, so I never when she first walked into the gym. studied sciences like anatomy, physi-

"This has changed my whole life ology, or kinesiology. But as I probecause I realize now that I was living my gressed through this program, I've life defined by what I thought I couldn't also become really interested in how do," she said. "This has helped me look at the body moves and works, and which my life differently and realize that I have muscles do what. It's very interesting potential that I wasn't aware of. Because to me. I think if I were younger I might that experience has been so powerful for go into an exercise science program or me, I want to share it with other people a physical therapy program.' That's what led me to decide to become a Williams passed the exam in May

and is now a certified personal trainer personal trainer myself." Williams learned that the Amblerthrough the American Council on Student Recreation Fitness Center Exercise. During the summer, she offers a class for students to help them approached Gayle Sigurdson, who had study to for their exams to become cer-just joined Lawrence Parks and Recre-

tified personal trainers. Although she ation to develop programs for people ■ CONTINUED ON PAGE FIVE age 50 and older, and expressed her interest in doing one-on-one personal

training part-time.
"What I'm real

"What I'm really interested in is working with people who are closer to my age, although I would certainly work with younger people," Williams said. "My whole motivation for getting into personal training is to help people who were like me, feeling that they couldn't get into exercise, or we're too intimidated by a gym environment

And sometimes having trainers who

are young, even if they're good trainers. can be hard. There are times when you might feel more comfortable working with someone closer to your own age." Williams plans to begin one-on-one

personal training through Lawrence Parks and Recreation in January. Since she will continue working full-time at KU, the training will be available during the evening on weekdays and on weekends. The training will be available at all four of Parks and Recreation's facilities. To register for the training, call Sigurdson at (785) 832-7920.

When asked what advice she has for people who want to begin or augment an exercise program, Williams offered the following:

- Get involved with whatever physical activity is enjoyable to you. If you don't like running but do like walking, then start walking. If you like bike riding, do that. The point is to be as active as you can be during the day.
- You are never too old to start an exercise program. You can learn new things, and you might even like them.
- Being physically active improves your health, gives you more energy for your day, helps you cope with life's difficulties, builds your self confidence, and feels good.
- · You don't have to do it alone. Work out with a friend. Join a gym. Work with a trainer. Go to the Lawrence Parks and Recreation facilities.
- If it is important, you will make

Starting at



NEUVANT HOUSE

Person Centered Care





Our person centered care allows each resident to live comfortably and thrive in a place that feels like home while providing the most advanced methods of care

One campus, two specialties of care.

WEST HOUSE

Designed to care for individuals living with Alzheimer's and dementia

EAST HOUSE

Designed to care for individuals living with advanced physical needs.

KEY FEATURES

- · Beautiful campus with a secure environment
- · Private suites and bathrooms
- · Open kitchen design
- · Nutritious home-cooked meals
- · Engaging programs and activities · 24 hours staff and assistance

· Personalized care and schedules

Learn more about Neuvant House

Take a video tour at www.NeuvantHouse.com

Matt Stephens C 785-856-7900

YOU RIGHTFULLY EARNED IT. **NOW RIGHTFULLY KEEP IT.**

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

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

Call or visit your local financial advisor today.



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



4828 Quail Crest Place, Ste B Lawrence, KS 66049

www.edwardiones.com



Edward **Iones** MAKING SENSE OF INVESTING

• Physical Therapy for Pain Problems • Therapeutic Training to Improve Your Walking Ability Expert Solutions for Hard-to-

The **Happy Home** Program

Therapy In Your Own Home

Accomplish Home Chores Expert Advice on Home &

• Expert Home Safety Assessment

Bathroom Safety Equipment

 Your Own Therapist-Assisted Home Strengthening Program Feel Better, Move Better, Live Better!

Covered by Medicare Part B. Not restricted to the home-bound.

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

www.lawrencetherapyservices.com



Lawrence

814 High St., Suite A **Baldwin City**



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

We offer lay-away and delivery. VISA

In Business Over 40 Years

BATE'S FURNITURE

We now carry

Custom-sized

Lift Chairs!



Moving? Downsizing?

We also buy furniture!

Karl Behring, Manager



1216 Biltmore Drive, Lawrence, KS 66049

6 • October 2014 KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY October 2014 • 7

Midwest Beltone expands in the state of Kansas

By Billie David

Midwest Beltone, a child company of Beltone, has recently expanded in the state of Kansas. Midwest Beltone has offices located throughout the Midwest, but most recently settled in Lawrence, Topeka, and Olathe. Beltone is one of the oldest hearing aid manufacturers in North America. Its research and development department has created some of the newest, most advanced hearing-aid technology in the Industry.

"Beltone is going into its 75th year," sales manager Brad Jackson said. "We have been around since 1940.'

The company manages to stay on the cutting edge of the latest technological advances in part through its association with Apple.

"That's what sets Beltone apart," Jackson said, adding that their research and development team works with Apple to take advantage of the similarities between computer and hearing aid technology.

"Apple knows that the hearing aid industry is important, so important

ComforKare

that they actually approached Beltone rather than Beltone approaching them," he added. "We take pride that we were the first in the industry to work with

During the month of October, National Audiology Awareness Month and National Protect your Hearing Month, Beltone will feature one of the results of that collaboration. the Beltone First.

Beltone First is the first made-foriPhone hearing instrument. It's capable of linking with the iPhone, iPad and iPod to stream sounds directly to the hearing aid from the Apple product. Patients can also discreetly control the audio from phone calls, music and movies wirelessly.

"It's the best, smartest, smallest hearing instrument in the world," Jackson

Other products that patients can check out from Midwest Beltone's website include the micro-Invisa and the Beltone Promise.

Midwestbeltone.com provides a detailed description of each of these products. Office locations, information

Bringing back porch sitting and lemonade drinking.

Personalized memory care in a real bome.



The Beltone First

about symptoms of hearing loss, and the opportunity to request an appointment online for a free evaluation can all

be found on the website.

Midwest Beltone hearing evalu-ASSISTED LIVING SKILLED NURSING INDEPENDENT LIVING

■ CONTINUED ON PAGE SEVEN

Midwest Beltone

ations are more detailed than most screenings.

"Our evaluations are the most comprehensive in the industry," Jackson

CONTINUED FROM PAGE SIX

They include a lifestyle evaluation to help determine background and individual needs. An ear inspection is performed to check for earwax buildup and the possible need for a physician referral. A speech understanding assessment measures the ability to understand speech in different environments. Lastly, a pure tone test is conducted to measure hearing loss across the sound spectrum.

After the full hearing evaluation, if the patient's hearing isn't within the normal range, the practitioner will perform a bone-conduction test to check for problems with middle and inner ear functioning.

"It takes all of the guesswork out," Jackson said about the thorough exam. "Sometimes a person will think they have a hearing problem when in actuality they may need to see a physician. If the patient needs hearing aids we sit down with them and tell them exactly what's going on."

After that, if the assessment warrants

it, the patient can have a demonstration right there in the office. The demonstration provides the patient with the opportunity to hear with the instruments. We often ask that a family member or friend accompany the patient so that during the demo the patient can hear a familiar voice while wearing the instruments. This allows the patient to get a true understanding of how hearing instruments can enhance their hearing

"Hearing loss is not just frustrating for individuals, but also for their families," said Jackson. "Family members and friends are welcome to accompany the customer to evaluations and fittings. We like to get the family involved because they can help with the rehabilitation process."

Jackson advises people age 50 and older to have their hearing checked annually. Because everyone's hearing is different and is affected by factors such as genetics and working environments, these evaluations can help people understand what the problem is and what they can do about it.

Detecting the problem early enough can also help slow down hearing loss because of a factor called auditory deprivation.

"It happens when hearing loss isn't treated," Jackson said, explaining that when hearing loss occurs, the ability to understand also worsens because as the brain stops processing sounds it also starts forgetting how to process it.

"It's a matter of 'if you don't use it you lose it," Jackson said.

In addition, studies have shown that individuals with untreated hearing loss are not only more likely to suffer from

falls and loss of balance, but also to develop Alzheimer's and other forms of dementia.

The connection between hearing loss and dementia isn't clearly understood yet. Speculation ranges from the possible existence of an underlying cause that impacts both, to overwhelming the brain when it tries to process sound, to simply contributing to the social isolation that can accompany hearing loss.

Nevertheless, the studies show that hearing aids can actually delay and even prevent dementia.

Midwest Beltone, headquartered in O'Fallon, Illinois, was founded by Brad McMillin in 1984. McMillin comes from a long line of hearing care providers, including his grandfather.

Midwest Beltone has 50 locations in Kansas, Missouri, Illinois, and Tennessee, and the individual locations work very much like franchises. Appointments for the hearing evaluations can be made online or by calling 1-800-

Brewster at Home is a single source for help with many of life's demands.

- · Access to a network of care with trusted providers for

Brewster at Home is all about making your life - in your home

CALL 785-274-3303 TODAY!



Services include:

- · A "passport" to Brewster Place, Topeka's leading retirement community, for social, cultural and wellness activities
- Discrete technology-based health monitoring services

and around the town — easier, healthier, and more satisfying.

www.BrewsterAtHome.org





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

1021 SW Fleming Court · Topeka, Kansas 66604 440.0400 - www.lexingtonparkcommunity.com

Hance of Buldwin Cty comfortcarebaldwin.com comfortcareottawa.com BREWSTER (AT HOME 785 594 2603 🚷 🗜 785 242 1809 🔀 👍

8 • October 2014 KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY <u>October 2014 • 9</u>

Meals on Wheels hosts Volunteer Appreciation Luncheon

Meals on Wheels of Shawnee and Jefferson Counties held a Volunteer Appreciation on September 11 at the Big Gage Shelter House to show thanks to the volunteers for their continued support and dedication to the Meals on Wheels program. Jeff Scott, a Meals on Wheels volunteer, was the keynote speaker. Atria Hearthstone Senior Living provided lunch for the special guests.

There are over 1,200 shining stars in the Meals on Wheels program—volunteers who freely commit their time to brighten the days of homebound individuals with a friendly smile and delivery of a well-balanced meal. "We are excited about recognizing those dedicated volunteers during our annual Volunteer Appreciation Luncheon," said Heidi Pickerell, president and CEO. "In 2013, over 15,000 hours were recorded by 1,221 individual and corporate volunteers. Those hours are valued at \$334,756. That savings allowed 55,793 additional meals to be on a little, old lady's feet at her request

In 1992, Meals on Wheels created the Reuter Award to honor a volunteer for his or her exceptional dedication. The annual award is named for Karl and Irene Reuter, who drove over 40,000 miles during the course of their many years of service. This year, Meals on Wheels recognized Don and Shirley Moses for their commitment to the organization with the Reuter Award. The Moses' celebrated their 58th wedding anniversary in September. The couple first delivered meals as substitute drivers in Wisconsin in 1969 and continued their service when they moved to Oklahoma in 1978. It is no surprise that after returning to Topeka in 1987, the couple began delivering Mobile Meals in 1988. At that time, Don was a member of the Topeka West Rotary Club and was acquainted with Karl Reuter. Don stated that he believes in the Rotary International motto: "Service above self," and putting slippers

when delivering her a hot meal is, indeed, service. Shirley expressed that Meals on Wheels is one of the best things she does and the one thing she just won't give up because she enjoys getting to know the people she serves, which enables her to be aware when something isn't right.

In 2007, Meals on Wheels began to recognize the many corporations that give their time, money, and other resources. Each year, Meals on Wheels presents the Corporate Citizen Award to an organization that exemplifies exceptional community citizenship

by their dedication to the homebound and senior individuals served by Meals on Wheels. This year, Meals on Wheels presented the award to the City of Topeka and Mayor Larry Wolgast accepted it. The City of Topeka has delivered Meals on Wheels since 1991. City employees, as organized by Sarah Schoeberl as part of our Corporate Volunteer Program, deliver meals over their lunch hour. Their commitment to Meals on Wheels is just one example of how city employees work to enhance the quality of life through-





Left to right: Tava Weidenbaker, marketing director of Atria Hearthstone, a resident and pie recipient, and Carol Ronnebaum.

Whatever the Season, Whatever the Reason!



Meals on Wheels

of Shawnee and

Your affordable option for hot, healthy and delicious meals

Call today: (785) 295-3980

Meals on Wheels and good nutrition can help you:

- Remain independent in your home
- Avoid hospitalizations
- Assist with management of chronic illness

RURAL DELIVERY AVAILABLE



Please contact us. if vou'd like to become a meal delivery volunteer!

www.meals-on-wheels-inc.org











Make Vintage Park Your First Choice For Assisted Living

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

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

Call Vintage Park today!

OTTAWA



BALDWIN CITY Vintage Park at Baldwin City

321 Crimson Ave. Baldwin City, KS 66006 785-594-4255

www.vintageparkbaldwin.com

2250 S. Elm Ottawa, KS 66067

Vintage Park at Ottawa 785-242-3715 www.vintageparkottawa.com

Vintage Park at Tonganoxie Tonganoxie, KS 66086 120 W. 8th St.

TONGANOXIE

913-845-2204 www.vintageparktonganoxie.com

Residents at senior communities receive free pies on National Senior Citizen's Day

Residents at a number of Topeka senior communities recently received a special treat in recognition of National Senior Citizen's Day.

Local real estate agent Carol Ronnebaum of Coldwell Banker/Griffith and Blair American Home and TopekaSeniorLiving.com delivered the pies. Ronnebaum is a Certified Senior Housing Professional, a designation that denotes an agent who is specially trained and skilled in helping seniors and adults 55+ with downsizing services, late-in-life moves, home sales, and relocation.

"I wanted to provide a special treat to area elders who live at some of the senior communities I work with regularly," said Ronnebaum. "Many of these folks have been a part of the Topeka area for many years and have helped to make it a great place for us all to live. I simply wanted to say thank you and let them know that they were appreciated and cared about."

National Senior Citizen's Day is a

national holiday first recognized by the U.S. Congress and proclaimed as such by President Ronald Reagan in 1988. The decree states that seniors should be celebrated and recognized in the U.S. every August 21.

Bailey's Bakery, Cafe and Sports Bar of Hoyt freshly baked the pies, which were delivered to residents at local senior communities, including Atria Hearthstone and Lexington Park Independent Living.

> Retired & Senior Volunteer Program (RSVP) of Shawnee & Douglas Counties

Put your lifetime of experience to work serving critical community needs.

Call 785.228.5124 or mail rsvp@unitedwaytope





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



just 15 minutes from both Lawrence and Kansas City. Situated in a quiet residential neighborhood, we offer 38 assisted living apartments starting at just \$3,000 per month. Our building has numerous common areas including a sunroom,

library, front porch, backyard patio and garden area, and paved walking paths. We also offer 49 skilled nursing beds, all of which are Medicare Part A certified. Onsite physical, occupational, and speech therapy is provided six days a week by Genesis Rehab Services.

Call 913-583-1260 ext. 116 today to schedule a tour!





33600 W. 85th Street • De Soto, KS www.hillsidedesoto.com



KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

Trick, don't treat, cyber criminals Kansas Advocates for Better Care to hold fundraiser

By Kristine Warren

Social Security District Manager in Topeka, Kansas

Kids and kids at heart look forward to the end of October, when we use tricks and treats in equal measure to celebrate Halloween. No doubt, you'll be passing out treats to costumed hobgoblins and hooligans in your neighborhood this Halloween night. But be careful that you're not fooled by a different kind of trickster looking for a larger handout—such as your identity.

October also is Crime Prevention Month and National Cyber Security Awareness Month. So it is the perfect time to remind you to safeguard your personal information—whether it's online, on paper, or given out in person. Don't share your personal information, such as your full name, date of birth, mother's maiden name, and your Social Security number, with



Gentle & Comfortable Care

Cosmetic Dentistry

Teeth Whitening

Insurance Processed

New Patients & Emergencies Welcomed

Mention you saw this ad in Senior Monthly



www.pkvdds.com

anyone unless you are certain it is safe. Shred paperwork that includes personal information before throwing it out. And never reply to emails claiming to be from Social Security and asking for such information. Finally, don't carry your Social Security card or number with you. These tips should help reduce 4338); TTY 1-866-653-4261 your risk of identity theft.

Services Include:

Personalized Care

• Medication Assistance

a family table

• Private & Semi-private bedrooms

• Daily supervision by RN and LPN

· Fresh home-cooked meals served at

• 24 Hour Care by Certified Staff

• Social interaction and activities

Fire sprinkler and door security

· Licensed and inspected by the

Kansas Department on Aging

• Personal Laundry Service

growing crimes in America. If you think you've been the victim of an identity thief, you should contact the Federal Trade Commission at www.ftc. gov/bcp/edu/microsites/idtheft. Or you can call 1-877-IDTHEFT (1-877-438-

Learn more about identity theft by tricks

steal more than a sack of candy. Being dance, and live and silent auctions for the victim of identity theft can be hor- an afternoon of relaxed fun. All prorifying. Enjoy the treats, but avoid the ceeds from Stand By Me support care-

Identity theft is one of the fastest- reading the publication, Identity Theft (KABC) will hold its annual "Stand By And Your Social Security Number, Me" charity event on Sunday, October available at www.socialsecurity.gov/26, from 2-5 p.m. at Maceli's in Law-Be cautious of tricksters trying to Stand By Me offers up live music,

giver training for better quality elder care, guidance for elders and families dealing with long-term care decisions or problems, and published resources and advocacy aimed at improving the quality of care that elder Kansans receive.

Auction guest emcee Kim Murphree. owner of the Lawrence-based Murphree Network, will lead the live auction bidding on items such as artwork by renowned crop artist Stan Herd, a one-week stay in a Taos, N.M., condo, a football autographed by members of the Kansas City Chiefs Ambassadors (Retired Players), tickets for performing arts events at Johnson County Community College and the KU Lied Center, KU basketball autographed by Coach Bill Self, Kansas Public Radio airtime, Big Band Jazz Tickets, New Theatre Restaurant Tickets, children's books autographed by local artist Stephen Johnson, and much more.

Light refreshments will be served and entertainment provided by The Fabulous Torque's.

Kansas Advocates for Better Care ous support of Stand By Me donors," Board President Linda Carlsen said. "Through their sponsorships and the donated auction items, KABC can continue its public education efforts focused on issues such as elder abuse and financial fraud. These funds also support our efforts to advocate for quality care and increased nurse staffing in Kansas nursing homes."

> Sandy Praeger will be honored at the event with the 2014 KABC Caring Award.

"This is our opportunity to publicly thank Sandy Praeger for her many years of leadership and work in promoting good quality health and long-term care for older Kansans," said Linda Carlsen, KABC president. "She has made it a priority to advocate for government accountability in fulfilling its oversight and enforcement roles for long-term care, support quality standards for the long-term care workforce, and promote greater access to healthcare and support services for elders living at home." As a new legislator, Praeger was mentored by KABC founder, Petey Cerf. Praeger worked with Mrs. Cerf to pass several bills which supported independence—enabling elders to receive care at home—and better care policies for elders living in nursing homes. While chair of the Senate Committee on Health, Praeger supported creation "KABC is grateful for the gener- of the Home and Community Based

to provide elder and disabled Kansans with quality long-term supports and

Praeger is the sixth recipient of organization's highest award. Past recipients include journalist Dave Ranney; former Secretary of the Kansas Department of Social and Rehabilitation Services Dr. Robert Harder; University of Kansas professor Dr. Rosemary

Services waivers that continue today Chapin; former Kansas Gov. Mark Parkinson, and former Kansas Congressman Dennis Moore.

There is no cost to attend Stand By Me. All donations are appreciated. The event is open to the public. RSVPs are required by October 13. Guests are asked to register by contacting the KABC office at (785) 842-3088 or toll free 1-800-525-1782. Email registrations can be made at info@kabc.org.







-Senior Living Offering the Best of Both Worlds-A Peaceful Country-like setting, At Rates That Can't Be Beat! ***1 BR starts at \$325 • 2 BR starts at \$350***

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



We rent to Seniors and Disabled Persons. Call (785) 594-6996 for more info.

1016 Orchard Lane & 1119 Jersey • Baldwin City

Visiting Nurses

your local not-for-profit provider since 1969,



Hospice

Private Duty

Visiting Nurses — LAWRENCE —

Home Health - Rehabilitation Hospice - Private Duty

200 Maine, Suite C · Lawrence, KS 785-843-3738

Visiting Nurses

— TOPEKA — Home Health - Rehabilitation

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

Winter Meadow Homes

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

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

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

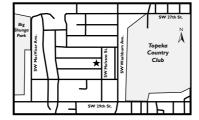


You can bring your own personal belongings, including furniture, to make it feel more like home



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

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



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

You can't be there for your loved one 24/7. But our nursing staff can.



It's time to meet



www.mybridgehaven.com 785-371-1106 lawrence, ks

12 • October 2014 KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

ESTATE PLANNING

Supervised Administration – Part 1

Tf the decedent possessed significant property—particularly real estate – not controlled by a non-testamentary disposition, then it may be necessary to formally probate the estate under a court's supervision. In some circumstances the court may allow what is called Simplified Administration where the court supervises the opening



Bob Ramsdell

and closing of the estate but the executor has greater freedom to act in some areas without court approval. This is most often done with the consent of all heirs, devisees, and legatees.

the decedent died with or without a Will. the difference being whether the Will or the statutes of intestate succession control the distribution of property. This discussion will assume the decedent had a Will. It is also a very thumbnail sketch as the requirements and steps taken can vary from estate to estate.

Prior to being appointed by the court. the person named executor in the Will has limited authority. He or she cannot dispose of any part of the estate, except to pay reasonable funeral expenses, and cannot interfere in any manner with the estate beyond those actions necessary to conserve and protect it.

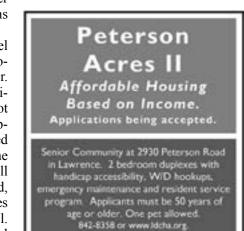
So, the first step is to retain counsel to prepare and file a Petition for Probate of Will & Appointing Executor. For this you need the decedent's original Will. If the original Will cannot be found, it creates a legal presumption the decedent revoked / destroyed it. This presumption can be overcome by evidence showing the original Will was inadvertently lost or destroyed, and that clearly and distinctly proves the provisions of the original Will. Although I've done this in several estates, it adds time and expense to the probate procedure. Safeguard your original Will

All heirs, devisees, and legatees must have notice of the Petition for Probate. Within ten days of filing the Petition, there must be notice to creditors published once a week for three consecutive weeks. This establishes a deadline of four months from the date of first publication for claims to be made against the Estate. A claim after that deadline, even if otherwise legitimate, is barred. Known creditors must receive actual notice, typically by mailing them a copy of the published notice. Presuming the court accepts the Will

to probate and finds the proposed executor acceptable, the Oath of Executor is executed and filed, and Letters Testamentary issued. The executor will need to post a bond based upon the estimated value of the Estate unless the Will waives bond and the court approves. The process is essentially the same if The executor now has authority to act.

> If there is a surviving spouse, then within 10 days of appointment the executor must send such spouse notice of his / her elective share rights.

Application is made to the IRS to obtain a Tax Identification Number for the Estate, which is a separate legal entity subject to income tax. The executor must ensure that the decedent's final Federal and Kansas personal income tax returns are filed (for example, a person who died in early 2014 may need 2014 tax returns filed not



later than April 15, 2015) along with the Estate's Federal and Kansas fiduciary income tax returns when the time comes. The Estate's fiduciary returns are done on Forms 1041 and K-41.

Although Kansas no longer has an estate tax, the executor must determine if the Estate owes Federal estate tax and, if so, file the return and pay any tax due. If there is a surviving spouse, then a Federal estate tax return might be filed to calculate and claim the Deceased Spousal Unused Exclusion Amount (DSUEA) even if the Estate is not taxable. If the Estate holds property in a state other than Kansas, then the executor must determine whether any income, inheritance or estate tax returns are required in that state. There may also be the need for ancillary probate administration in the other state.

If not already accomplished, the executor must collect and safeguard the assets of the Estate. Existing financial accounts of the decedent are typically closed and deposited into a checking account opened in the name of the Estate. All money coming in to the Estate—proceeds from the sale of *advice*.

assets, the decedent's final income tax refund, rental payments on property held by the Estate, etc.—is deposited creditors, fees for tax preparation. etc.—is paid from it.

review and approval) documenting to the penny everything that was paid in and out. The account must tally -0- at the end of administration. Next month's column will finish this

brief overview of supervised adminis-

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell potential growth and income opportu-Qualseth & Warner, P.A., in Lawrence. nities — which is why you invest in the He can be reached at 785-841-4554. first place. Yet, you also may find sig-The Kansas Elder Law Hotline, a toll-nificant value in a more humble finanfree legal advice and referral service cial asset: cash. In fact, you might be for Kansas Seniors, can be reached surprised at the various ways in which at 1-888-353-5337. The information the cash, and cash equivalents, in your in this column is intended to provide portfolio can help you complete your general public information, not legal financial picture.

PERSONAL FINANCE

into this account and all money going out_fineral expenses navments to What are the key USES of cash?

a s an investor, you may find that Athe elements of your portfolio With regard to the Estate's account, that seem to draw most of your attenthe Executor will file at least an Ini- tion are stocks and bonds. After all, tial and a Final Accounting (sort of a these investment vehicles, and others detailed check register subject to court derived from them, provide you with



Catlin and Ryan Catlin



One way to understand the uses of cash

is to look at the "USES" of cash. In other words, consider the acronym USES:

· Unexpected expenses and emergencies — You'll need sufficient cash for situations such as a job loss, a home repair or an unplanned medical expense. During your working years, you should keep three to six months' worth of living expenses in a cash account specifically designed to meet unexpected expenses. Once vou're retired, you may be able to get by on a smaller emergency fund — up to three months' worth of living expenses, although you will need more for everyday spending.

Specific short-term savings goal — Are you anticipating a big expense —a wedding, a big vacation, a down payment on a new home, etc. — sometime within the next few years? If so. you'll want to set aside sufficient cash. with the exact amount depending on your specific short-term goal.

without saving that you'll need adequate cash for your everyday spending needs — groceries, utilities, entertainment, mortgage/debt payments, and so on. Of course, while you're working, you will probably handle most of these costs with your paychecks, but you may still need to set aside one or two months worth of living expenses. Once you're retired, though, it's a somewhat different story. While your expenses may go down in some areas (such as costs associated with employment), they are likely to go up in others (such as health care). So your overall cost of living may not drop much, if at all. Consequently, it may be a good idea to set aside 12 months' worth of living expenses, after incorporating other sources of income, such as Social Security and outside employment. In addition, vou'll have to decide on the most efficient way of drawing on your other sources of ncome, including Social Security and investment accounts such as an IRA, a 401(k), etc. It's especially important to

create a sustainable withdrawal strategy

for your investment portfolio because

• Everyday spending — It goes

you don't want to run the risk of outliving your money.

October 2014 • 13

 Source of investment — You'll want to have some cash available in your portfolio — perhaps 2% to 3% of the portfolio's value — to take advantage of investment opportunities as they arise. Also, having even a small percentage of your portfolio devoted to cash can modestly improve your overall diversification — and a diversified portfolio is your best defense against market volatility. (Keep in mind, though, that diversification can't guarantee a profit or protect against loss.)

So, there you have it: four key USES of cash. Taken together, they provide some good reasons to keep at least a modest "stream" of liquid assets in

This article was written by Edward Jones for use by your local Edward Jones Financial Advisors.

- Harley Catlin and Ryan Catlin are with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262. This article was written by Edward Jones for use by your local Edward Jones Financial Advisors



MEDICALODGES, INC. Quality Care with a Hometown Feel!

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

Creating Home for More than 50 Years

- · Medicare certified
- · Flexible Adult Day Care options
- In-patient/Outpatient physical,
- Chiropractic services specializing in relaxation techniques, soft issue massage, and therapeutic touch
- · Diabetic shoe fitting for qualified

podiatrist available on-site

- On staff facility chaplain and spiritual · Hair stylist, dental consultation, and
- · Resident Centered Care featuring four unique neighborhoods based on resident choices and "person first"
- · Open breakfast with a cookedto-order menu in the mornings, and home-cooked meals at lunch and supper from menus offering varied choices
- Private cable and telephone available
- Activities and outings
- · Competitive private and semi-private

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

Experience the latest in hearing aid technology!

Oticon's unique combination of advanced audiological features, including Binaural Synchronization and the Inium feedback shield enable hearing care professionals to provide a more satisfying listening experience shaped to each user's personal sound preferences.



Oticon's Inium feedback system, which is available in all models from entry-level to premium, uses smart frequency shifting and phase inversion technologies to suppress feedback while still maintaining a high level of audibility. Users experience the best possible signal fidelity through quiet operation and clearer distinctiveness of sounds.

Call Gerald Whiteside, Au.D., CCC-A, to schedule a free consultation.



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

ADVANCED HOMECARE

MEDICAL EQUIPMENT RENTAL AND SALES

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

Always Improving the Quality of Your Life!

2851 Iowa St • Lawrence

785-841-2200

www.advancedhomecarekansas.com

24 Hour Emergency Service 1-800-827-9406

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

Elbow replacement often effective

gery, including infection and nerve injury, are similar to the risks of any surgery around the elbow. But these risks are low when the procedure is performed by an experienced orthopedic surgeon. Bleeding is not typically

placed on the elbow and patients use an arm sling for a week or two. Within those first two weeks, patients are encouraged to move and bend their elbow to maintain and/or improve the joint's range of motion. Recovery from elbow replace-

ment usually takes about six to eight weeks. About six weeks after surgery, a follow-up appointment is scheduled with the surgeon to check healing. At that time, the range of motion with an elbow replacement typically is good and most of the pain is gone, although full healing may take up to six months

As mentioned earlier, elbow replacement is often done for people who have rheumatoid arthritis, as in your case. Some people also may need an elbow replacement as a result of a traumatic injury. In most cases, the purpose is to provide pain relief and improve the elbow's range of motion. An elbow replacement cannot completely replace a working elbow, and the artificial joint should not be used for activities that place excessive strain on the elbow. For

example, sports such as golf and tennis would not be good choices for someone who has had an elbow replacement, nor would activities that involve lifting more than about three to five pounds. An artificial elbow joint can, how-

ever, allow people to return to many of their normal routines without elbow pain. Getting dressed, lifting groceries, typing, taking a quart of milk out of the refrigerator and other daily activities should not be a problem for people who have an artificial elbow joint. In addition, physical activities that don't put stress on the elbow, such as running and walking, do not pose any concerns.

For many people in your situation, elbow replacement surgery can be a good treatment option. Talk to your doctor or an orthopedic surgeon who has experience performing these surgeries to find out more details and to determine if this is the right choice for you. - Scott Steinmann, M.D., Orthopedic Surgery - Shoulder, Elbow, and Hand Surgery, Mayo Clinic, Rochester,

- Medical Edge from Mayo Clinic is

an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo. edu. For more information, visit www. mayoclinic.org. © 2014 Mayo Foundation For Medical Education

October 2014 • 15

And Research. Distributed By Tribune Content Agency, LLC. All Rights Reserved.

INSERTS!

Kaw Valley Senior

Monthly can insert your circulars or flyers for just \$50 per 1,000.* Call 785-841-9417 for more information.

*10% discount when you do 6,000 inserts.

MAYO CLINIC

in reducing pain for those with RA

DEAR MAYO CLINIC: I'm 65 Here are some additional free SS years old and have rheumatoid arthritis in my elbow that causes me a lot http://www.ssa.gov/oact/ of pain. My doctor recommended that I have elbow replacement. What does this surgery involve? What is the recovery like, and what can I expect an issue in elbow surgery.

ANSWER: Rheumatoid arthritis is one of the most common reasons for elbow replacement surgery. The procedure is often done for pain relief, and it is typically quite effective in reducing lyst. A former options trader and CIO pain. Recovery from the surgery usuof an investment advisory firm, Jill ally takes several months. Although you cannot perform strenuous activities with your elbow after elbow replacement surgery, you should be able to do most daily activities without

> Your elbow is a complex joint that allows you to rotate your forearm, as well as perform pushing and pulling movements. During elbow replacement surgery, the damaged joint is removed and an artificial joint is put in its place. To do this, the ends of the two bones that make up your elbow joint the humerus in your upper arm and the ulna in your forearm - are removed and replaced with an artificial joint. The artificial joint includes metal stems that are inserted into the soft middle part of the arm bones. These stems hold the new joint in place.

The risks of elbow replacement sur-

Following surgery, a dressing is

for some people.

Santa Fe Place **Senior Apartments**

anta Fe Place

ENIOR APARTMENTS



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



santafeapartments@cohenesrey.com



785-234-3386 • 600 SE Madison • Topeka



LIFE CONNECTIONS, INC.

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

We accept Medicare and other Insurance

Vicky A. Walters, LSCSW

Certified Aging Specialist Vicky@LCTopeka.com

785-213-2342

ILL ON MONEY

Social Security Q&A driven number.

Considering that a total of 59 million Americans will receive some Every An form of Social Security benefits in 2014, with payouts estimated at \$863 billion, it's no wonder that I field so many questions about the system.

Many of you note that workers at Social Security offices are often not very helpful. Before you complain about these folks, remember that efforts to



Iill Schlesinger

reduce government spending have hit the agency hard, as its workforce has shrunk by 12 percent. That means longer waits at field offices, busy signals or long wait times on the customer assistance line (800-772-1213); and if you are lucky enough to talk to a live person, you may encounter a worker who is overwhelmed by the volume of inquiries. Your best bet is to start with the web, because the SSA.gov website is easy to navigate and contains a lot of useful information.

I recommend that you seek personalized information before you make Social Security decisions; here are the top three SS questions that I field:

1. "Should I claim retirement ben-

Every American who has accumu lated 40 Social Security credits, which usually amounts to 10 years of work, and earns a certain amount of money, will qualify for Social Security retirement benefits. You can choose to receive benefits as early as age 62, though doing so will amount to a permanent reduction in monthly income. As a result, more people wait until their Full Retirement Age (FRA) before claiming. Workers who wait until age 70 will receive the highest benefit.

Delaying Social Security makes financial sense, with one caveat: You have to live long enough for the tradeoff to work. In other words, if you knew when you were going to die, I could tell you when to file. If you can afford to wait, the decision on delaying is a bet on your life expectancy. If you delay retirement until after your full retirement age, you are entitled to "delayed retirement benefits," or 8 percent a year more for each full year that you delay. until age 70. Sounds like a sweet deal. but of course you are not receiving the monthly income for those years.

Here's how the numbers break down: if you live beyond 78, it makes sense to forego SS between the ages of 62 and 66; if you live beyond 82 1/2, it makes sense to delay SS until the maximum level, at age 70. You can take an educated guess based on your general

health and your parents' health, or you to collect. The primary wage earner can plug in your personal information must reach full retirement age and the at www.livingto100.com, which may spouse must be at least 62 years old help you get closer to a more data-The bonus is that the primary wageearning spouse can wait to claim benefits until age 70, which increases the 2. "It doesn't make sense for me to future individual Social Security benefit by eight percent each year between ages 66 and 70.

work if I collect, right?"

If you claim retirement benefits early and continue to work, you will be subject to an annual "earnings test," or threshold, which for those people reaching FRA after 2014 is \$15,480, and for those reaching FRA in 2014 is \$41,400. Social Security withholds \$1 for every \$2 earned above that year's threshold, until you reach full retirement age. The ratio changes to \$1 for every \$3 earned during the year you reach full retirement age. However, after you reach full retirement age, Social Security will recalculate your benefit amount to leave out the months when benefits were reduced, which effectively should increase your benefits.

3. "Should I file and suspend?"

File and suspend is strategy for married couples, which allows the primary wage earner to apply for benefits, then suspend collecting, while allowing the other spouse to start collecting spousal benefits (1/2 the primary spouse's benefit) immediately and then continuing

anypia/anypia.html AARP: http://www.aarp.org/work/ social-security/social-security-benefits-calculator.html T.Rowe Price: http://individual troweprice.com/public/Retail/Retirement/Social-Security-Tool - Jill Schlesinger, CFP, is the Emmynominated CBS News Business Ana-

resources:

SSA:

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.jillonmonev.com.

© 2014 Tribune Content Agency, LLC

Stand By Me An Event to Benefit Kansas Advocates for Better Care

Please join us in honoring Sandy Praeger 2014 Recipient of the KABC Caring Award

Sunday, October 26, 2 - 5 pm Maceli's, 1031 New Hampshire, Lawrence KS

Live & Silent Auctions Live Music Dancing Food

RSVP required by October 13

Call: 785-842-3088 or email: info@kabc.org Visit Kansas Advocates for Better Care on Facebook for details & auction preview

Thanks to all our sponsors, especially:

Protector Sponsors - William Dann Briarcliff Group Guardian Sponsors Chuck & Linda Carlsen Earl Nehring Stevens & Brand Patron Sponsors Betty Bowen Jo Bryant Janet Buttery & Alan Williger Douglas County VNA Dr. George & Mary Edwards Margaret Farley Advocate Sponsors Peggy & Andrew Beal Barbara & Mick Braa The Fabulous Torque's Fowler Pickert LLC Phil Hemphill Lee Ketzel Mitzi McFatrich Cathy Reinhardt Emily Russell Miles Schnaer/Crown Auto

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

785-542-1755 • 703 West 8th Street, Eudora HillCrest@CohenEsrey.com • www.CohenEsrey.com



Experience a peaceful lifestyle with a

hometown feeling.

Babcock Place Apartments

Applications Being Accepted

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

16 • October 2014 KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

HEALTH & FITNESS

Keep safe from falls

Talling is one of our greatest and most overlooked dangers. Even in the most familiar surroundings, it is very easy to injure yourself, perhaps by breaking a hip. So look around your home and take an inventory of hazards that might cause someone to fall—if not you personally, then a guest or relative. Examining your familiar setting with



Laura **Bennetts**

fresh eyes will help you spot potential fall hazards at home and outside. People fall over things they don't expect or don't see underfoot. People with bifocals or vision problems may not see the edge of an outdoor deck or a hanging plant. And narrow pathways can make it way. hard to navigate when in a hurry.

Stay Safe At Home – A Checklist

Have you noticed that Tips columnists in popular magazines increasingly offer their readers "To Do" checklists? Well, I can be fashionable, too. Never let it be said that my readers aren't given checklists!

Start by checking for these problems.

- Chairs without armrests.
- 2. Stairs or steps without railings.
- 3. Throw rugs on slippery floors. 4. Bathroom carpets without non-

skid rubber backing

- 5. Showers or bathtubs without grab bars.
- 6. Toilets that are too low, without grab bars.
- Pathways with objects or electrical cords that obstruct safe passage.
- 8. Shelves in kitchens, garages or closets that you can only reach by standing on chairs or stepstools.

Once you find these problems, there are simple solutions. Here are the basics.

- Replace carpets when their nonskid backing has washed away.
- 2. Connect grab bars to the studs of the walls in your showers or tubs.
- 3. Put railings and grab bars near Replace armless chairs with

chairs that have armrests. Put grab bar next to your toilets

- or get raised toilet seats with armrests. 6. Rearrange walkways so that
- lamp and electrical cords aren't in the 7. Organize your home so that
- objects that could trip you are off the Rearrange shelving so that things

you use daily are easy to reach. Not tired of checklists yet? Okay,

here's another one! 1. Where can you find new bathroom carpets? I recommend keeping an eye out for garage sales, or watching

2. How can you ensure that home modifications are properly handled?

for sales at your favorite store.

Meet with an Occupational Therapist. OTs are professionally trained to advise you on the right height for grab bars and on other safety modifications needed for your home.

- 3. How can you securely install railings and grab bars? Get help from your handiest friends or relatives, or find a good handyman.
- 4. How can you get all that clutter off the floor? If you're physically limited, you should get help from friends or relatives who can reorganize your home for safe pathways
- 5. How can you avoid the risk of reaching for hard-to-reach items? Consult an Occupational Therapist. There are solutions and the OT can explain them to you.

Healthy Balance

Balance problems due to health problems can arise at any time for anyone. If you feel dizzy, weak or begin to experience pain, you may be off balance. Seek medical attention and ask for advice from a Physical Therapist or an Occupational Therapist about the equipment (say, a walker or cane) that can help you walk more safely until you recover your balance. Therapy can reduce pain and balance problems, increase strength, and return you to safe walking.

Out and About

When you're out in public, you should keep your eyes peeled for curbs and steps, especially when you're moving from shaded areas to sunlit

1-800-491-3691

www.midlandcare.org

areas. In winter, park carefully in parking lots to find the driest, best cleared areas so that you can step out of you need to be doubly and trebly careful your community.

Next month—more checklists. Until then, stay safe!

- Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin sinus congestion, sore throat, cough-594-3162). For full details, see www. season. LawrenceTherapyServices.com.

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

HEALTH & FITNESS

car safely. Parking lots are especially Natural ways to treat allergies treacherous in icy weather, so you Natural ways to treat allergies

when you're walking from the lot to **T**f you never had environmental allera store. Use a cane in winter weather **L**gies before this year, you may be to be more sure-footed and safe. And complaining of allergy symptoms for if you have difficulty walking longer the first time. Many people who have distances, obtain a disabled parking never had allergies are complaining of permit to enable you to safely park in running nose, itchy eyes, sore throat.



Dr. Farhang Khosh

Therapy Services (814 High Street, ing., fatigue, and/or fever. For allergy Suite A, Baldwin City, 66006, 785- suffers, this has been a long, prolific

What exactly happens when your body attacks an allergy? Your immune system identifies and kills things that are foreign to the body. This is a ben-

efit to the human body because it protects us from harmful bacteria, viruses, parasites, yeast, and other potentially harmful substances that can harm the body. But in the case of environmental allergies, your immune system overreacts to a pathogen or particle, such as animal dander or tree pollen, with full power and produces severe inflammation and allergic symptoms, such as itchy and watery eyes, etc. If you are one of the million Americans or others worldwide who suffer from environmental allergies, take comfort in the fact that you are not alone and there are natural ways to treat allergies.

When treating environmental allergies, there are plenty of medications to choose from, including pharmaceuticals to natural allergy medications. Pharmaceutical allergy medications are extremely common, but they can cause side effects, including making you

feel tired and drowsy, or the complete opposite, wired and hyper. Because of the side effects of the pharmaceutical medicines, people often will look for natural alternatives to treating allergies.

Natural ways to treat allergies include herbal remedies, vitamins and minerals, homeopathic, essential oils, and acupuncture. In severe cases, some patients will even receive intravenous vitamin therapy to boost their immune system and deal with the effects of environmental allergies. Herbal remedies could start with

Eucalyptus. Eucalyptus is one of the best-known cold and congestion remedies. Eyebright is often used as eyewash or can be used in a cold compress to treat sore and itchy eyes. Traditional Chinese medicines have been used for thousands of years, including the use of mushrooms, especially the Reishi Mushroom, to treat many conditions, including allergies. Stinging Nettles, or Urtica dioica, is one of the most popular and most common medicinal plant used to treat allergies. Stinging nettles contains natural antihistamines that open up the constricted bron-

chial and nasal passages and reduces inflammation. Butterbur is sometimes called the Singulair of the herbal kingdom. Research behind Butterbur supports that it works to block some to the chemicals that trigger swelling in the nasal passages. Some researchers boldly state that extracts of Butterbur root are just as effective at relieving nasal symptoms as the major antihistamines like Zyrtec or Allegra. But the advantage of Butterbur is that it does not cause side effects, such as drowsiness. Other herbs include ginger, peppermint, fennel, and cinnamon.

October 2014 • 17

Some allergy sufferers will use essential oils to help loosen the sinus and chest congestion and help promote circulation. Querctin found in wine and many fruits and vegetables has been used to treat allergies. Whatever natural remedy you choose to use to treat your environmental allergies, always check with your health care provider to make sure it a safe treatment plan for you.

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

Comfort

Keepers.



Personalized in-home care for **Douglas County residents**

- Light housekeeping
- Meal preparation
- Companionship Caregiver relief
- Accepts HCBS, VA and more
- Private pay as low as \$13/hour

842-3159 • www.tihc.org





仓

SERVICES AVAILABLE:

- ♦ In-Home Companionship
- **♦** Sitting Services
- ♦ 24-Hour Care Available
- ♦ Grooming & Dressing Guidance
- ♦ Meal Preparation
- **♦** Transportation

♦ Light Housekeeping **♦** Errand Services

♦ Laundry & Linen Washing

- **♦** Grocery Shopping
- **♦** Periodic Review With Family
- **♦** Flexible Schedules

For a FREE in-home consultation, call:

267-8200

Our caregivers are screened, bonded and fully insured. www.comfortkeepers.com

VALLEY SPRINGS



Country Living at its Best. One-bedroom apartment is just \$500 a month with a \$99 security deposit.

Water and trash paid.

Opening doors to a beautiful lifestyle for over forty years!

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

PACE can help you live independently Midland Care's Program of All -

Inclusive Care for the Elderly (PACE) is for seniors who want to partner with you to coordinate health care affordably. The support comes from Midland Care, your Northeast Kansas, not-forprofit health care provider for 35 years. Call today to learn more. MIDLAND

stay safely at home with help. We

CARE

Stop by or call today to schedule an appointment E

5000 & 4900 SW Huntoon • 785-273-2944

APARTMENT + HOMES

Topeka's Premier Retirement Community

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

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff • On City Bus Route

Ample Laundry Facilities • Weekly Grocery Transportation

to reserve your new apartment home!

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

WEDNESDAYS PINECREST APARTMENTS

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

TOPEKA, (785) 235-9073

3408 W. 6th St., 7 p.m.

1803 W. 6th St., 7 p.m.

LEGIONACRES

EAGLES LODGE

ARAB SHRINE

MOOSE CLUB

FRIDAYS

FRIDAYS

WEDNESDAYS & SATURDAYS

LAWRENCE, (785) 842-3415

LAWRENCE, (785) 843-9690

TOPEKA, (785) 234-5656

SUNDAYS & TUESDAYS

1901 N Kansas Ave, 6 p.m.

Mini Bingo 6:30 p.m., Regular Bingo 7 p.m.

WEDNESDAYS & FRIDAYS **VETERANS OF FOREIGN WARS** 3110 SW Huntoon, 6:30 p.m.

to make reservation.

TOPEKA, (785) 354-5225

FIRST & THIRD FRIDAYS OF EACH MONTH **HEALTHWISE AFTER 55**

FOR FAMILY CAREGIVERS

■ CONTINUED ON PAGE 19

ARTS/CRAFTS

LAST FRIDAY OF EACH 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 every month. See website for participating locations.

Editor's Note: While every attempt has

been made to ensure the accuracy of the

If you would like to include your event(s)

events listed below, some changes may

occur without notice. Please confirm

in our monthly calendar, please call

Kevin Groenhagen at (785) 841-9417.

You may also add events on the Kaw

Valley Senior Monthly Facebook page.

any event you plan to attend.

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

CREATIONS OF HOPE: AN EXHIBIT BY ARTISTS EXPERIENCING MENTAL ILLNESS

The 10th annual "Creations of Hope" art exhibit kicks off National Mental Illness Awareness Week with an opening reception on Friday, Oct. 3rd, 5-8 p.m."Creations of Hope" is a professional juried art exhibit featuring the work of artists experiencing mental illness. The event will display work by over 100 artists from across the region and will be exhibited through October at The Upstage Gallery, 720 SW Jackson. Free, TOPEKA

OCT 12

OCT 3-31

FESTIVAL OF CULTURES

The Festival of Cultures is a celebration of the many diverse cultures in Lawrence, Kansas and their contributions to the arts. The goal of the festival is not just to celebrate these cultures, but to demonstrate that we are a united community that values diversity. The festival will feature exhibits, performances, and demonstrations by both new and established residents of

OCT 25 & 26

St., 12-5 p.m.

SENIOR CALENDAR

The 20th annual self-guided tour of Lawrence artists' studios and other art spaces features artwork for sale by Douglas County visual artists Historic Downtown Lawrence, 10 a.m.-6 p.m. LAWRENCE, (785) 865-4254

various cultures. Music and dance performances

are complemented by tables with native food,

South Park Gazebo area, 1311 Massachusetts

crafts and activities representing many cultures.

NOV 3-24

BASIC FELTING TECHNIQUES

LAWRENCE, (785) 218-9248

LAWRENCE ARTWALK 2014

Felting is an age-old craft that creates beautiful pieces by applying moisture, heat and pressure to wool. This introductory class will teach techniques of wet felting, needle felting and recycling felt. Students will create two and three dimensional pieces, pre-felts and apply basic surface design techniques. All supplies are provided. Closed class meets Mondays, 6:30-8:30 p.m. at Lawrence Community Building, 115 W. 11th Street. Fee. Enroll at LPRD.org or at Lawrence Community Building LAWRENCE

BINGO

SUNDAYS & TUESDAYS **AMERICAN LEGION POST NO. 1** 3800 SE Michigan Ave, 6:30 p.m. TOPEKA, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS **CAPITOL BINGO HALL**

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

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



Our family serving your family since 1920 6th & Indiana • 843-5111



TOPEKA, (785) 235-5050

EDUCATION

ONCE A MONTH **AARP'S 55 ALIVE SAFE DRIVING**

COURSE Monthly classes are held at Stormont-Vail. Call

Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, (785) 354-6787

SECOND & FOURTH FRIDAYS OF EACH MONT

Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airs PREDIABETES CLASS from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, (785) 354-6787

CONTINUED FROM PAGE 18

FUNDAMENTALS OF ESTATE PLANNING

Death is a certainty, incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning will help you create those plans. The class covers what happens under intestate succession if you die without a plan; the uses of a Will or Revocable Living Trust; an overview of probate administration; the impact of estate and gift taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid eligibility might affect your assets. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about ½ hours with time for questions. Pioneer Ridge Assisted Living, 4851 Harvard Rd., 2-3:30 p.m. LAWRENCE, (785) 749-4200

This free class is for those at risk for developing diabetes or have already been told that they have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and voiding potential complications. Taught by LMH Diabetes Education Center staff. 12-1:30 p.m. AWRENCE, (785) 749-5800

OCT 15

MYTH-BUSTING SERIES: FINDING REPUTABLE HEALTH INFORMATION ON THE INTERNET

Finding health information on the web is easy, right? We will explore where to go to find the best health information you can for use for every-day health information, including health apps, trusted web sources, and more. Come away eeling like a health ninja! This free presentation will be the first in a series of myth-busting programs. Program presented by Gwen Geiger-Wolfe, MPH, of the Lawrence Public Library and Aynsley Anderson, MA RN, of LMH Community Education. This program will be held at the Lawrence Public Library in Meeting Room B, 6-7:30 p.m. No advance enrollment required LAWRENCE, (785) 749-5800

SENIOR SUPPER AND SEMINAR: "THE ART OF LIVING WITH ARTHRITIS"

Presented by Tamra Councilman, OTR, LMH Therapy Services. This month's seminar is about the non-medical management of arthritis symptoms and how to live day to day life more effectively, even with arthritis. On the third Tuesday of each month at 5 p.m., 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. At 6 p.m., there will be a short educational program on a health or wellness topic of nterest to seniors, presented by LMH affiliated physicians or associates. Advance reservations are required and must be made at least 24 hours in advance by calling LMH Connect Care. Seating is limited so enroll early

LAWRENCE, (785) 749-5800 ■ CONTINUED ON PAGE 20





Open Weekends August 30th through October 13th • Plus Labor Day & Columbus Day • 10am to 7pm • Rain or Shine • 913.721.2110 • #KCRenFest

Free Parking provided by OLATHE

Advance Discount tickets available at participating Walgreens.

Call Manager Karol Freeman

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

 No Utility Bills • 24 HR Emergency Response • Close to Shopping Church Services

 Card Games & Crafts • Exercise Group • Library

• Rent Based on Income

• Entertainment • Well Maintained

(785) 266-5656 • 2929 SE Minnesota • Topeka 🖹

THURSDAYS

OCT 3, 4, 5

season.html

SPHINX VIRTUOSI

JUNKYARD JAZZ

ENTERTAINMENT

3408 West 6th St., 7-8:30 p.m.

LAWRENCE, (785) 842-3415

LITTLE SHOP OF HORRORS

Put on your dancing shoes and dance to the

sounds of The Junkyard Jazz. American Legion,

This affectionate spoof of 1950's sci-fi movies

became one of Off-Broadway's longest running

shows. A down-and-out floral assistant becomes

famous when he discovers an exotic plant with a

craving for fresh blood. Soon "Audrey II" grows

into an ill-tempered carnivore offering fortune in

exchange for feeding its growing appetite, finally

revealing itself to be an alien creature poised

Bauer Farm Dr. See website for show times.

www.theatrelawrence.com/season/current-

Led by the acclaimed Catalyst Quartet, the

Competition. The ensemble often receives

that they "produced a more beautiful, pre-

cise and carefully shaped sound than some

Kansas, 1600 Stewart Dr., 2 p.m.

LAWRENCE, (785) 864-2787

www.lied.ku.edu

THE MIDTOWN MEN

18-member Sphinx Virtuosi string orchestra is

accolades for its work. After a performance at

Carnegie Hall, The New York Times reported

fully-professional orchestras." Lied Center of

They took Broadway by storm in one of the big-

gest hits of all-time! Now, The Midtown Men are

singing their favorite '60s hits from The Beatles,

bringing their magic to audiences everywhere,

The Rascals, Motown, The Four Seasons and

four stars from the original cast of Broadway's

Michael Longoria, Daniel Reichard and Tony

Award-nominee J. Robert Spencer star in this

one-of-a-kind concert experience celebrating

Kansas, 1600 Stewart Dr., 7:30 p.m.

LAWRENCE, (785) 864-2787

FREE STATE STORY SLAM

www.lied.ku.edu

OCT 10

the music that defined the '60s. Lied Center of

Stories told live. Extraordinary, witty, suspense-

ful: whatever yarns you have, spin them. This

is a don't-miss occasion to hear and share

whoppers, MOTH-style, the second Friday

to bring laughs, tears, surprise, amazement,

of each month. Raconteurs step up to the mic

and the occasional awkward moment. All are

welcome, bring a tale to tell on the theme for

the evening, or just come to eavesdrop. Never

the same story, or evening, twice. Adults 18+

only. Live music and social hour starts at 7 p.m.

Slam starts at 7:30 p.m. Cocktails throughout.

Jersey Boys. Tony Award-winner Christian Hoff,

more. This sensational production reunites

comprised of alumni from the renowned Sphinx

LAWRENCE, (785) 843-7469

for global domination. Theatre Lawrence, 4660

Lawrence Arts Center, 940 New Hampshire St.

Bone Thugs-n-Harmony is an American hip hop

group from the Glenville section of Cleveland,

Ohio. They are best known for their fast-paced

rapping style and harmonizing vocals. In 1997,

the group was awarded the Grammy Award for

Best Rap Performance with their song "Tha

Crossroads." Since its conception in the early

1990s the group has been honored with numer-

ous other awards. Bone Thugs are also the only

artist to do acts with Eazy-E, 2Pac, Notorious

B.I.G., and Big Pun. Bone Thugs-N-Harmony

are also recognized as one of the most success-

Topeka Performing Arts Center, 214 SE 8th Ave

ful hip-hop groups selling 50 million records.

Basetrack draws on the power of soldiers'

war. This multimedia theatrical production

stories to examine the experience of those who

served in Afghanistan during America's longest

uses live music, journalism and technology to

spark a conversation about the legacy of war.

It is adapted from the popular Facebook page

and website of photographs and videos taken

by embedded journalist Teru Kuwayama. Lied

Center of Kansas, 1600 Stewart Dr., 7:30 p.m.

Unpredictable thrills, side-splitting comedy and

daredevil stunts are the signature style of Circo

Comedia. Following in the tradition of the Quebec

Circus, Jean Saucier, master equilibrist/juggler/trick

cyclist/acrobat/magician, performs while Patrick

Côté, burlesque clown/expert roller skater/ drum-

mer, innocently tries his best to be the (imperfect)

assistant. This is family entertainment at its finest!

Lied Center of Kansas, 1600 Stewart Dr., 7 p.m.

Umi Garrett, 13-year-old international award-

winning pianist, has been turning the classical

music community on its head since her appear-

ance on "The Ellen DeGeneres Show" at eight

years of age. She will share her musical magic at

White Concert Hall on the campus of Washburn

University at 7:30 p.m. Fee. Washburn Univer-

sity students are admitted for free with valid ID.

Grammy-nominated acoustic guitar icon Leo

Kottke made his major-label debut on Capitol

Records in 1971 with his record Mudlark. He

records like Greenhouse, My Feet Are Smiling

technique, exploring his unique sound and col-

flourished during his tenure on Capitol, as

and Ice Water found him honing his guitar

TOPEKA, (785) 234-2787

OCT 15

BASETRACK

www.tpactix.org/events.html

LAWRENCE, (785) 864-2787

LAWRENCE, (785) 864-2787

TOPEKA, (785) 357-8702

www.topekacca.org.

OCT 25

LEO KOTTKE

www.lied.ku.edu

UMI GARRETT

OCT 19

www.lied.ku.edu

CIRCO COMEDIA

OCT 18

LAWRENCE, (785) 843-2787

OCT 11

lawrenceartscenter.org/story-slam

BONE THUGS-N-HARMONY

laborating with other very talented musicians.

With 1975's Chewing Pine, Kottke reached the

U.S. top 30 for the second time and gained an

international following. Recently, he collabo-

rated on two albums with Phish bassist Mike

Gordon. Lied Center of Kansas, 1600 Stewart

RHYTHM OF LIFE PRESENTED BY FLINT

HILLS HARMONY SWEET ADELINES

The show will feature in song the phases of a

woman's life. There will be a special appearance

by "Boomtown," a Central States International

men's quartet, and two women's quartets from

our group will also be featured, "Odyssey" and

"Imagine. "An Afterglow will follow the show.

TOPEKA, (913) 226-6062 or (785) 224-0922

Masonic Center, 2300 S. W. 30th St., 7 p.m.

ALL ABOARD for this saucy and splendid

production of ANYTHING GOES, winner of

Revival and Choreography! One of the great-

est musicals in theater history, Cole Porter's

Center. Based on Roundabout Theatre Com-

The Vienna Boys Choir, the best known and

most prolific touring boys' choir in the world, is

making its debut appearance at the Lied Center.

The 25-member touring choir performs around

300 concerts annually in front of almost half

a million people. The singers visit nearly all

Kansas, 1600 Stewart Dr., 2 p.m.

FAIRS/FESTIVALS

LAWRENCE, (785) 864-2787

www.lied.ku.edu

AUG 30-0CT 12

a.m.-7 p.m. Fee.

www.kcrenfest.com

AND CRAFT FAIR

SEP 27 & 28, OCT 4 & 5

European countries and are frequent guests in

KANSAS CITY RENAISSANCE FESTIVAL

featuring a variety of entertainment, armored

jousting, artisan and food booths and much

more! Enjoy a day of fun and amusement! Open

weekends, August 30-October 12, plus Labor

Day and Columbus Day. 633 N. 130th St. 10

LOUISBURG CIDER MILL CIDERFEST

Watch cider being made, browse the crafts

booths, listen to music, and enjoy some good

food. The Corn Maze and Pumpkin Patch will

BONNER SPRINGS, (913) 721-2110

Step back in time to a 16th century village

Asia, Australia and the Americas. Lied Center of

of Kansas, 1600 Stewart Dr., 7:30 p.m.

LAWRENCE, (785) 864-2787

VIENNA BOYS CHOIR

www.lied.ku.edu

NOV 2

three 2011 Tony Awards including Best Musical

first-class musical comedy is sailing to the Lied

pany's production, The New York Times hails it

as a "MUSICAL-COMEDY JOY." Lied Center

Dr., 7:30 p.m.

OCT 25

www.lied.ku.edu

www.fhharmony.com

ANYTHING GOES

OCT 28

LAWRENCE, (785) 864-2787

DIA DE LOS MUERTOS - DAY OF THE

This Mexican festival honors loved ones with

traditional art, dance, music and food. Don't

miss the family street fair from 11 a.m-5 p.m..

October 11, in the North Topeka Arts District.

www.visittopeka.com/events/ddlm

35TH ANNUAL APPLE FESTIVAL

You are invited to see all of the wonderful

changes Old Prairie Town at Ward-Meade

from Bierocks to Barbecue, Turkey Legs,

Historic Site has made when you spend the

day at this Topeka tradition. There will be new

entertainment and activities. Enjoy everything

Sarsaparilla to Green Rivers. And, of course,

fritters, and in the cider! Old Prairie Town at

Ward-Meade Historic Site, 124 NW Fillmore

tradition since 1958. The annual festival brings

crafts vendors, entertainers, and food vendors

from all over the region to town the third full

colors. The festival is highlighted by many activi

ties and the grand parade, and several thousand

HARVEST FESTIVAL & CHILI COOK-OFF

Paola's 10th Annual Harvest Festival & Chili

Cook-Off located in Paola's beautiful down-

town park. Arts & Crafts, etc., food vendors,

Chili Contest, live entertainment 10 a.m.

FARMERS MARKET

SATURDAY MARKET - LAWRENCE

The Saturday Downtown Lawrence Farm-

shire and Rhode Island Streets. 7-11 a.m.

LAWRENCE, (785) 331-4445

www.lawrencefarmersmarket.com

Judicial Building. 7:30 a.m.-Noon.

www.topekafarmersmarket.com

TOPEKA, (785) 249-4704

through Sept. 28. 8-11 a.m. Oct. 5-Nov. 23.

DOWNTOWN TOPEKA FARMERS MARKET

ers Market is located in the public parking lot

between 8th and 9th Streets and New Hamp-

children's activities, children's costume contest,

through 3 p.m. Much, much more for the entire

family. Paola Downtown Square, 19 S Pearl St.

people attend the Saturday/Sunday event.

BALDWIN CITY, (785) 594-7564

www.mapleleaffestival.com

PAOLA, (913) 269-1639

www.paolatourism.org

APR 12-NOV 22

APR 12-NOV

apples and more apples in caramel, in pies, in

LOUISBURG, (913) 837-5202

www.louisburgcidermill.com

TOPEKA, (785) 233-7110

OCT 3-NOV 2

0CT 5

DEAD FESTIVAL

St., 10 a.m.-5 p.m.

OCT 18 & 19

OCT 25

TOPEKA, 785-368-3888

MAPLE LEAF FESTIVAL

TUESDAY MARKET - LAWRENCE

The Tuesday Market is located in the public

parking lot on the 800 block of Rhode Island

LMH Kreider Rehabilitation Services offers this

program, which is designed to help individuals

achieve maximum benefit from a personalized

exercise plan. Staff members provide exercise

8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11

instruction and are available to assist partici-

pants. LMH: Mondays through Thursdays,

a.m. and 2-4 p.m. LMH South: Mondays

through Thursdays, 8-11 a.m. and 2-4 p.m.;

LMH KREIDER REHABILITATION SERVICES

LMH: (785) 505-2712, LMH SOUTH: (785)

This exercise program emphasizes safe and

increase your flexibility, strength and endur-

rence Recreation Center, 1245 E. 15th St.

HealthWise 55 Clinic. 10 a.m.-noon. Health-

Wise 55 Resource Center, 2252 S.W. 10th Ave.

ance. Meets from 8:30-9:30 a.m. at East Law-

■ CONTINUED FROM PAGE 20

LAWRENCE, (785) 331-4445

www.lawrencefarmersmarket.com

MONDAYS THROUGH FRIDAYS

HEALTH & FITNESS

MAY-OCT

Street, 4-6 p.m

FIT FOR LIFE

Fridays, closed. Fee.

505-3780

TUESDAYS

The Maple Leaf Festival has been a Baldwin City beneficial movements and routines that will

weekend in October to celebrate the changing fall Closed. Fee. Enroll at LPRD.org or at East

FLEXERCISE

Lawrence Center.

LAWRENCE

TUESDAYS

Stringfellow, David Atchison, Andrew Reeder John Brown, Mahala Doyle, Colonel Henry Titus, Samuel Jones and others. Constitution Hall State Historic Site, 319 Elmore St., 2-3 p.m. Fee. LECOMPTON, (785) 887-6520 kshs.org/constitution_hall OCT 18 2014 KANSAS ANCESTOR FAIR The Kansas Ancestor Fair is a free celebration of Family History Month, with educational

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free. TOPEKA, (785) 354-6787

BLOOD PRESSURE CLINIC

Call for an appointment. HealthWise 55 Resource Center, 2252 S.W. 10th Ave., 10:30

BLOOD PRESSURE CLINIC HealthWise 55 Clinic. 9-10:30 a.m. North

YMCA, 1936 N. Tyler St. Free.

This screening event offers a total only (does

LAWRENCE, (785) 749-5800 NOV 4-DEC 9

Bring questions about your medications (prescription or over-the-counter), 12:30-4:30 p.m. Call for appointment. HealthWise 55 Resource

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 each month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids. LAWRENCE, (785)748-8034

BLOOD PRESSURE CLINIC

Mall (Entrance of Panda Restaurant). Free. TOPEKA, (785) 354-6787

Arbor Court, 1510 St. Andrews, 8:30 a.m. Open to the public

BLOOD PRESSURE CLINIC YMCA, 3635 SW Chelsea. Free.

TOPEKA, (785) 354-6787 TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE LITE

bics with exercises designed to improve your a.m. at 3115 W. 6th St.

FLEXERCISE

BLOOD PRESSURE CLINIC

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

Held at the Wakarusa Wellness Center, 4920 ■ CONTINUED ON PAGE 21 LAWRENCE, (785) 856-6030

HealthWise 55 Clinic. 8 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. YOGA TOPEKA, (785) 354-6787 A less vigorous beginner's class adapted for

WEDNESDAYS

TOPEKA, (785) 354-6787

FIRST WEDNESDAY OF THE MONTH

LAWRENCE, (785) 841-6845

HealthWise 55 Clinic. 9:30-11 a.m. Southwest

TOPEKA, (785) 354-6787

Fitness that's invigorating, not intimidating This 60-minute class pairs moderate aerostrength, balance, and flexibility. 10:20-11:20

LAWRENCE, (785) 331-4333

TUESDAYS AND THURSDAYS

LAWRENCE, (785) 856-6030 TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

Every Saturday, 12th and Harrison, South of the 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.

MEDICATION CLINIC

Center, 2252 S.W. 10th Ave.

FREE HEARING CONSULTATIONS

FIRST THURSDAY OF EACH MONTH

HealthWise 55 Clinic, 9-10:30 a.m. Westridge

FRIDAYS

BLOOD PRESSURE CHECKS

SECOND THURSDAY OF EACH MONTH

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

THIRD THURSDAY OF EACH MONTH

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free. TOPEKA, (785) 354-6787

THIRD WEDNESDAY OF EACH MONTH **NUTRITION CLINIC**

a.m.-noon TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

TOPEKA, (785) 354-6787

CHOLESTEROL SCREENING

not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$7/ test. HealthSource room, Lawrence Memorial

older adults. Stretch stiff muscles and learn to cor-

rectly align your spine through slow progressive

traction. While using the full capacity of the lungs

through correct breathing, you will completely

blood circulation and your sense of well-being.

Closed class meets Mondays, 5:15-6:15 p.m. at

Carnegie Building, 900 W. 9th St. Fee. Enroll at

LPRD.org or at Lawrence Community Building.

This screening event offers a total only (does

not include HDL or LDL) cholesterol by finger-

stick. No appointment or fasting necessary. \$7/

test. HealthSource room, Lawrence Memorial

HISTORY/HERITAGE

Come celebrate and experience the culture of

through food, arts, crafts genealogy, music,

Denmark, Finland, Norway, Sweden and Iceland

dance, Viking games and more. The Nordic Heri-

tage Festival has family oriented activities for all

Scandinavian Dancers, Viking re-enactors, Byron

Wiley & Ingevalds Spelmän, Julia Sillfverberg,

Scandinavian food, traditions, art and entertain-

ment. A special evening performance will be by

Becky Weiss, Nyckelharpa Concert. Douglas

County Fairgrounds, 2110 Harper St.

BLEEDING KANSAS CHARACTERS

1850s Kansas Territorial Town Hall Political

Meeting Reenactment at Constitution Hall

in Lecompton. Members of the Lecompton

Reenactors portray famous characters from

civil war. Speechifying by such characters as

mini-sessions and informational displays by his

torical, genealogical and lineage organizations.

Learn how to research your family history, and

TOPEKA, (785) 272-8681, ext. 224.

will be onsite. Free.

www.ksancestorfair.org

Jim Lane, Charles and Sara Robinson, John

the "Bleeding Kansas" period prior to the

LAWRENCE, (785) 843-7535

ksnordicfest.com

OCT 5-NOV 2

ages. The festival will feature the Kansas City

NORDIC HERITAGE FESTIVAL

CHOLESTEROL SCREENING

Hospital, 8:30-10 a.m.

LAWRENCE, (785) 749-5800

LAWRENCE

NOV 5

oxygenate the body and the brain, improving

SCAN AND SHARE: RECORDING TOPE-KA'S MEXICAN AMERICAN HERITAGE

Scrapbooks, postcards, posters, letters, diaries. and programs are also welcome. Event will be held in the Marlo Cuevas-Balandran Activity Center, 216 NE Branner Street, Topeka. The activity center is located in the Our Lady of Guadalupe Catholic Church complex. Items will be scanned and returned to their owners. All scanned images will be available at the State Archives, 6425 SW 6th Ave., 9 a.m.-5

October 2014 • 21

TOPEKA, kshs.org/events/view/18639

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.

Lawrence, 1-2 p.m.

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

LAWRENCE PUBLIC **LIBRARY BOOK TALKS**

THIRD TUESDAY OF EACH MONTH Midland Adult Day Care, 319 Perry St., 10 a.m Cottonwood Retirement 1029 New Hampshire, Babcock Place, 1700 Massachusetts St., 3 p.m

THIRD WEDNESDAY OF EACH MONTH Brandon Woods, 1501 Inverness Dr., 10:30 a.m Prairie Commons, 5121 Congressional Circle,

1 p.m. FOURTH WEDNESDAY OF EACH MONTH

Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m. Presbyterian Manor-Asst. Living, 1429 Kasold Dr., 11 a.m. Pioneer Ridge-Asst. Living, 4851 Harvard Rd.

Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

MEETINGS SUNDAYS

about local resources available to help in your **OLDSTERS UNITED FOR RESPONSIBLE** search. A genealogy bookseller and food vendor SERVICE (O.U.R.S.)

Members of O.U.R.S. have met to dance since

■ CONTINUED ON PAGE 22

E. 23rd St.

LAWRENCE

MONDAYS

MONDAYS, WEDNESDAYS & FRIDAYS FIRST TUESDAY OF THE MONTH WATER AEROBICS CLASSES MAN TO MAN PROSTRATE CANCER

OrthoKansas, P.A. offers aquatic programs and

services, which are open to the public. Special

features include warm water therapeutic pool

1984. The group meets to dance from 6-9 p.m.

on Sundays at the Knights of Columbus, 2206

BREAST CANCER SUPPORT GROUP

Meets at Presbyterian Manor, 1429 Kasold,

5:30 p.m. Call Dena for more information.

LAWRENCE, (785) 979-8362

with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. LAWRENCE, (785) 838-7885 www.OrthoKansasPA.com

MONDAYS

GRIEF SUPPORT GROUP

12-week adult group for recent loss. Midland Hospice, Building A, 4-5 p.m. Please call for start dates and information packet TOPEKA, (785) 232-2044

FIRST MONDAY OF EACH MONTH INDIVIDUAL BEREAVEMENT SUPPORT

Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell. TOPEKA, (785) 271-6500; (785) 230-6730 on first Monday between 5:30 and 7:30 p.m.

FIRST & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH **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 EACH MONTH CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL

4-5 PM, (785) 840-3140

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent,

or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services. Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, (785) 842-0543

FIRST TUESDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Center, 1505 SW 8th St. Mall (Food Court, Restroom Entrance). Free. TOPEKA, (785) 478-4947 or (785) 296-8349 TOPEKA, (785) 354-6787

3 p.m. in Conference E of LMH.

SUPPORT GROUP - LAWRENCE

FIRST TUESDAY OF EACH MONTH

Meets at Lawrence Memorial Hospital, 5:30

TOPEKA AREA OSTOMY SUPPORT GROUI

Our focus is supporting, assisting, and educat-

ing individuals with colostomies, ileostomies,

urostomies and continent ostomies. Meets at

6 p.m. at St. Francis Health Center, 1700 SW

FIRST & THIRD TUESDAY OF EACH MONTH

Grace Hospice, 3715 SW 29th St., Suite 100, 6

FIRST & THIRD TUESDAY OF EACH MONTH

Grace Hospice invites individuals coping with

the loss of loved ones to join us. For more infor-

mation, call Grace Hospice at (785) 228-0400 or

1-800-396-7778. Aldersgate Village, Manches-

FIRST & THIRD TUESDAY OF EACH MONTH

Ridge Assisted Living invites individuals coping

with the loss of loved ones to join us. For more

information call (785) 841-5300 or 1-800-396-

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

FIRST & THIRD TUESDAY OF EACH MONTH

For those who have lost a loved one by suicide.

Fellow survivors offer an atmosphere of under-

standing and emotional support by encouraging

comer at for more information. Pozez Education

families and individuals to share healthy ways

of coping and grieving. Contact Steve New-

HEALING AFTER LOSS BY SUICIDE

7778. Pioneer Ridge Assisted Living, 4851

Harvard Rd., Lawrence, 10:30 a.m.

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

p.m. 1112 W. 6th St., Ste. 124.

LAWRENCE, (785) 838-7885

www.OrthoKansasPA.com

(HEALS)

Grace Hospice in association with Pioneer

ter Lodge, 7220 SW Asbury Dr., 1 p.m.

p.m. All supplies provided (except photos).

LAWRENCE, (785) 830-8130

LAWRENCE, (785) 393-1256

TOPEKA, (785) 295-5555

SCRAPBOOK MEMORIES

TOPEKA, (785) 228-0400

GRIEF SUPPORT GROUP

GRIEF SUPPORT GROUP

KAW VALLEY OWL (OLDER WOMEN'S LEAGUE) Meetings are held at the United Way building 2518 Ridge Ct. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson. LAWRENCE, (785) 691-7314

> FIRST & THIRD WEDNESDAY OF EACH MONTH CANCER SUPPORT GROUP

FIRST WEDNESDAY OF EACH MONTH

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 FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTRATE 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 EACH MONTH LAWRENCE AREA PARTNERS IN AGING Networking group. Call Ashley at (785) 842-

(includes lunch). 11:30 a.m.-1 p.m. FIRST THURSDAY OF EACH MONTH

0543 for more information. \$12.00 to attend

PARKINSON MEETING

Midland Care, 200 SW Frazier, 5:30-7 p.m. LAWRENCE, (785) 235-1367 or (800) 798-

EVERY OTHER THURSDAY GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet TOPEKA, (785) 232-2044

EVERY OTHER THURSDAY GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet.

TOPEKA, (785) 232-2044

GROUP

FIRST FRIDAY OF EACH MONTH STROKE SUPPORT AND RECOVERY

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

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

SECOND MONDAY OF EACH MONTH

LAWRENCE, (785) 331-4575

GRIEF AND ENCOURAGEMENT GROUP For those who have lost loved ones. Sponsored by Hospice Care of Kansas. Meets at Brookwood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 Nancy Cook. TOPEKA, (913) 599-1125 SECOND MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m. TOPEKA, (785) 235-1367 www.jhawkaaa.org

SECOND TUESDAY OF EACH MONTH NATIONAL ASSOCIATION OF RAILROAD www.happytimesquares.com AND VETERAN RAILROAD EMPLOYEES Meets at 9:30-11 a.m. at Coyote Canyon Buffet TOPEKA, www.narvre.com

SECOND TUESDAY OF EACH MONTH KAW VALLEY HERBS STUDY GROUP

An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone the garden and in the wild. Meets at 7 p.m. at 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup. LAWRENCE

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH DIABETES EDUCATION GROUP

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

SECOND WEDNESDAY OF EACH MONTH SOROPTIMIST INTERNATIONAL OF **TOPEKA** Soroptimist International's mission is to

improve the lives of women and girls in local Scribner, membership chairman. communities and throughout the world. Meets LAWRENCE, (785) 843-7481 at 6:30 p.m. at the Topeka-Shawnee County Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more

■ CONTINUED FROM PAGE 22

TOPEKA, (785) 221-0501 www.soroptimisttopeka.org

Room at 6:30 p.m.

GROUP

SECOND THURSDAY OF EACH MONTH

Heart of America Chapter, KU Center for

NAACP MEETING-LAWRENCE CHAPTER

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

Meets at the Lawrence public Library Gallery LAWRENCE, (785) 841-0030, (785) 979-4692 SECOND & FOURTH FRIDAY OF EACH MONTH ALZHEIMER'S/CAREGIVER SUPPORT Sponsored by the Alzheimer's Association-

LAWRENCE, (913) 831-3888 SECOND SATURDAY OF EACH MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB Meets at First United Methodist Church-West

Campus, 867 Hwy 40 (1 block west Hwy 40/ K10 Bypass). Plus: 7:30-8 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alexander. LAWRENCE, (785) 843-2584 THIRD TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT FIRST PRESBYTERIAN CHURCH, 2415

CLINTON PARKWAY, LAWRENCE, 2 PM THIRD TUESDAY OF EACH MONTH **GRANDPARENT AND CAREGIVER**

Strengthening family relationships and improvwanting to learn more about the herbs grown in ing positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting the Unitarian Fellowship of Lawrence, 1263 N. rooms. Child care available with 48 hours notice. TOPEKA, (785) 286-2329 or (785) 231-0763

THIRD TUESDAY OF EACH MONTH STROKE SUPPORT GROUP

SUPPORT GROUP

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

LAWRENCE, (785) 505-2712

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

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

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

■ CONTINUED ON PAGE 23 A social support group to re-engage life after

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

the death of a loved one. Meets at 11 a.m. at

THIRD FRIDAY OF EACH 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 EACH MONTH

TOPEKA WIDOWED PERSONS BRUNCH For all widowed people. Meets at the First United Methodist Church, 6th and Topeka

Blvd. in the red brick building, known as the

Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11 a.m.-1 p.m. For more information about the Widowed Persons Service Program, please call Julie. TOPEKA, (785) 357-7290 FOURTH MONDAY OF EACH MONTH **GRIEF SUPPORT GROUP**

sored by Grace Hospice.

FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

LAWRENCE, (785) 841-5300

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

Presbyterian Manor, 1429 Kasold., 4 p.m. Spon-

FOURTH THURSDAY OF EACH MONTH TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF EACH MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL **EMPLOYEES**

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

come, and encouraged to attend. For informa-

MISCELLANEOUS 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 www.kansasdiscovery.org THIRD SATURDAY OF EACH MONTH

COFFEE & CONVERSATION Arbor Court at Alvamar, 1510 Saint Andrews

Dr., 3 p.m. Open to the public LAWRENCE, (785) 841-6847

HARVEST DINNER, BAZAAR & BAKE

Chicken Fried Steak, Mashed Potatoes & Gravy

Green Beans or Corn, Roll, Dessert, and Drink Kansas Ave United Methodist Church, 1029 N Kansas Ave, 4-6:30 p.m. Fee. TOPEKA, 785-234-0507

WALK TO END ALZHEIMER'S

The Walk to End Alzheimer's TM is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Corporate Woods, 9401 Indian Creek Parkway, Building #40. Registration at 9 a.m., Ceremony at 10 a.m., walk at 11 a.m. OVERLAND PARK, (913) 831-3888 act.alz.org/site/TR?fr_id=5120&pg=entry

COOKIN' ON THE KAW BBQ CONTEST Come and see some of the areas top 49 BBQ teams

as they compete for the title of Grand Champion. This year's event will include the popular People's Choice contest as well as food and beverages available for local vendors. De Soto Chamber of Commerce, 33440 W. 79th, 5 p.m. Fee. DE SOTO, (913)583-1585 www.desotoks.org OCT 11

MEMBERSHIPS FOR MEALS COOKOUT AND OPEN HOUSE

Pinnacle Fitness will be teaming up with Meals on Wheels of Shawnee and Jefferson Counties to raise money for Meals on Wheels. Proceeds from the cookout and membership drive at

Wheels. This event is open to the public. \$7 donation per plate. Pinnacle Fitness, 907 SW 37th Terr., 4:30-7:30 p.m. **TOPEKA**

OCT 12

COUNTRY HOE-DOWN Free hot dogs, chips, and drinks. Free door

prizes. Country and gospel music by Karen Bartlett and granddaughter Josie Hoggart, plus songs by Josie Price, Jayme Malsom, and Pastor January Kiefer. Bring your lawn chairs. Event will be moved inside to Fellowship Hall in case of rain. Kansas Avenue United Methodist Church, 1029 N Kansas, 3-6 p.m. TOPEKA, (785) 234-0507 OCT 18

Pinnacle Fitness will be donated to Meals on

October 2014 • 23

OTTAWA OUTDOOR VINTAGE FLEA MARKET Over 40 dealers come together to bring you a

huge choice of unique antiques, vintage and primitives at bargain prices! They line up all along Main Street and some are located just off of Main Street. Plan on spending the day. Ottawa & Franklin County Visitor Information Center, 9 a.m.-5 p.m. OTTAWA, (785) 242-1411

OCT 18

2014 FALL FARM TOUR Come spend a day in the country! Bring the

family and enjoy a day trip (or two) featuring clean air and a rural heritage. This is a free, self guided tour. Be sure to bring the kids, camera and cooler (several stops have products that may need refrigeration). Paola Downtown Square, 3 W. Wea, 8:30 a.m.- 4 p.m. (Saturday) and 10 a.m.-4 p.m. (Wineries open at noon on Sunday) PAOLA, (913) 294-4335 OCT 24

SUMPTUOUS EVENING GALA - A BEN-**EFIT FOR MEALS ON WHEELS**

Plan to join us for this semi-formal event that will include wine, spirits, sumptuous bites, live auction, and entertainment. Live Benefit Auction Starts at 8 p.m. In addition to the auction, designer tabletops will be on display and will be available for purchase the night of the event by silent auction. These tabletops will be donated from local businesses located in Shawnee & Jefferson Counties. Ramada Hotel & Convention Center, 420 SE 6th Ave., 6:30-9 p.m. Fee. TOPEKA, (785) 295-3980 www.mowks.org

OCT 31

DOWNTOWN LAWRENCE HALLOWEEN TRICK OR TREAT Dress up and come Downtown for the annual

trick-or-treating. Downtown merchants greet children with sweet treats and Halloween trinkets. This is an evening of family fun. Historic Downtown Lawrence, Massachusetts - 6th to 11th Streets, 5 p.m. Free. LAWRENCE, (785) 842-3883

www.seniormonthly.net

\$17.00 per montb*

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

Sub-Acute Program

Services available

in the clinic

BUSINESS CARD DIRECTORY

Robert W. Ramsdell

J.D. - M.B.A. // Attorney-at-Law

Probate Administration

THOMPSON RAMSDELL

QUALSETH & WARNER, P.A.

333 West 9th Street, Lawrence, Kansas 66044

www.trqlaw.com

* With 6-month commitment

\$17.00 per montb*

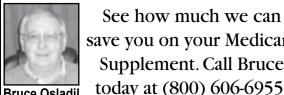
BUSINESS CARD DIRECTORY

* With 6-month commitment

Value Your Health Plan Needs

Joye is a senior health expert here

ATTENTION SENIORS:



save you on your Medicare Supplement. Call Bruce today at (800) 606-6955.

OSLADIL INSURANCE SERVICE

4111/2 S. Main St. • Ottawa, KS 66067



Aldersgate VILLAGE

Assisted Living

Memory Care Call (785) 478-9440 or visit aldersgatevillage.org

LAWRENCE THERAPY SERVICES

goes UP!

At Auction

the offered price



Auctioneers 800-887-6929



An Alternative to Nursing **Home Care** State of Kansas Licensed & Inspected

> Call Us Today! 785-383-7094

Joye Johnson

to help you choose the right plan.



Call Joye at 785-841-9538. 2711 W. 6th St. • Suite A Lawrence, KS 66049

October 2014 • 25

We're Just Your Style! Natural



Over 50 Unique Shops, Restaurants and Stores.

21st & Fairlawn Topeka, Kansas

Phone:

785-841-4554

Medical

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

Member American Association of Naturopathic Physicians 4935 Research Parkway, Lawrence, Kansas 66047

Phone: (785) 749-2255

Tlamor

842-0656

Occupational Therapy

Physical Therapy

Speech Therapy

Massage Therapy

594-3162 Lawrence **Baldwin City**

Logo runs in black and white.

www.lawrencetherapyservices.com

Need Computer Help?

Computer repair in your home We've been in business since 1990!

> (785) 841-8766 octor www.CallDrDave.com

Ask for the Kaw Valley Senior Discoun



www.tammytheprohomeplus.com

certified staff will provide the care you need at HOME

Our qualified nurses and

785-424-2785

Visit our web site: Web: www.gracefulhealthcare.com Email: grace@gracefulhealthcare.con Facebook.com/gracefulhomehealthcare

CARE AT HOME

Affordable Housing at Cedar Square Apartments We offer quality housing to persons age 62 or disabled.

One bedroom Apartments and Studios available NOW. **COME SEE FOR YOURSELF WHY CEDAR SQUARE IS THE PLACE FOR YOU!**

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

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

Home Oxygen

 Sleep Apnea Equipment & Supplies

Wheelchairs

 Mastectomy & **Compression Products**

Reserve Your Space Today!

For the "2015 Senior Resources Directory," a special pull-out section that will be available in the January 2015 issue of Kaw Valley Senior Monthly.

Please mail completed form to Groenhagen Advertising, 2612 Cranley St., Lawrence, KS 66046.

Include Your Business or Organization's **Listing for just**

Deadline is Dec. 12

Call Kevin at 785-841-9417 for more information.

An online form is available at www.seniormonthly.net/directory.html

Business/Organization Category: Place Your Logo Here Business/Organization Name: Logo will run at a maximum width of Address: 2.25" and a maximum height of 1".

E-mail:

Contact Names (up to 3):

Description of your services and/or products (up to 75 words)



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

Companion Homemakeı Personal Care Transportation

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



Medical Equipment with Home Comfort 1006 W. 6th St. • Lawrence 785-749-4878 • 800-527-9596



BUSINESS CARD DIRECTORY SPECIAL

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



Have your promotional items (brochures, pedometers, water bottles, medicine trays, DVDs, pens, etc.) mailed directly to seniors in the Lawrence and Topeka area.

For more information, visit www.seniormonthly.net/seniorfair or call Kevin at 785-841-9417.

A LOOK AT BOOKS

If you have written (or even just read) a book that was published from 2012 to the present, you may send it in for a possible review in Kaw Valley Senior Monthly. No ebooks or poetry collections please. Send a copy of your book to: Tom Mach, c/o A Look At Books, PO Box 486. Lawrence, KS 66044. Send the image of your book cover to: kevin@seniormonthlv.net



Tom Mach

Lessons Learned: Recollections and Reflections on Criminal Defense by Randy McGrath (CreateSpace ISBN: 978-1-300-37987-4)

McGrath is a trial attorney in Kansas who reveals countless lessons he's learned about human folly and hubris.

He has 40 stories in this book and some of them are verv serious and others are somewhat humorous, but all of them are true. McGrath had some interesting clients, such as the one

who didn't bother to change his identifiable clothing after his getaway—and the murderer who changed his appear-

about the robber

ance as he ran, significantly undermining his insanity defense. There's a story about a man who asks a female stranger for a date, rapes her, and then declines a generous plea deal only to wind up with a much longer sentence. McGrath tells about how he didn't believe that his down-and-out client was a Willie Nelson band member but McGrath later finds proof that he was. The author shows a situation where a prosecutor lets the opinion of a law enforcement officer influence his judgment and defense attorney who aren't committed to representing their clients. This is quite an interesting outlook on what really goes on inside and outside the courtroom.

Kinizsi, Kinizsi by Michael Jamison (CreateSpace ISBN 978-1-4995-09-

This historical novel is about a man named Kinizsi who was a general and a hero of Hungary. This book begins with Kinizsi's birth in 1446 and goes on to show how he rose the being a miller's



son to a captain of the Hungarian army. Hungarians looked up to him as being responsible for giving their country a generation of peace. One day, the Hungarking, Matth-

ias Corvinus, was hunting in a forest near the mill, when he asked Kinizsi for a drink, and the latter showed his strength by serving

the cup on a millstone. This impressed the king, who placed him in his service. Kinizsi's prowess and loyalty to the king resulted in his rapid promotion, and after the Battle of Kenyérmező, he captured a dead Turk under each arm. A map of the locations cited in Hungary and a list of characters would have been helpful, but this novel shows a great deal of historical accuracy. Readers who enjoy historical novels are in for a treat with this book.

Quick Fixes by Shakey Smith (Writers AMuseMe Publishing ISBN: 978-1-9270-4454-4)

This comedic novel begins in 1970, and Lillian McMullen (nicknamed Quick) who is engaged to be married at 18, is getting cold feet because of her snap decision to get married to a man named Steven Archer (nicknamed "Tizz"). Quick sets out to try to seduce Cotton Kanega, her high school Eng-



is almost twice her age and who has no romantic interest in her. She is faced with a problem in that she has only 24 hours before her marriage to Tizz and worries that if

she marries him she may live to regret it for the rest of her life. When Quick discovers her girlfriend Dawg having an affair with Tizz, she calls off the wedding but appears to be relieved that she doesn't have to make that decision about marriage. But she is not sure where she stands with Cotton and the ending to this novel might surprise you. While Smith's novel is very well written, I found it took me a few pages to associate the names of her characters with who they were in Quick's world. Nonetheless, I was hooked about a third of the way through this book and feel it is a delightful read.

The Survivalist's Daughter by Hazel By Cameron Huddleston Hart (CreateSpace ISBN 978-1-4912-

Kindra Johnson, the main character in this novel, is a 16-year-old who has **B** that fall is a great time to get a deal been home-schooled and led a sheltered life but now wishes she could escape quiet and uneventful life is shattered when agents with the ATF and FBI raid her home. Her mother is killed, her father arrested, and her 13-month old brother Michael is taken into protec-



family wasn't what kidnapped her after separat-

When Kindra's birth mother comes to take her home in Kansas. Kindra is doubtful about who this woman is and is suspicious that perhaps the FBI is allowing this in order to betray her father. Will she ever trust anyone again? Will she ever find her brother Michael, Readers of suspense will find this novel

KIPLINGER ON TRAVEL

10 fall travel destinations that are on sale

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

udget-conscious travelers know on flights and accommodations. That's because September, October and early and experience the world. One day her November are slow months for the travel industry. It's the lull between the peak summer vacation season and the winter holidays.

In addition to lower prices, you'll also face fewer crowds at many U.S. and overseas destinations in the fall. So only after father is if you're planning a getaway, here are ten places to consider. Fares on flights and hotel rates in these locales will be much lower this fall than during peak travel seasons, according to data from were, that her father CheapAir.com and Hotwire.com.

U.S. destinations on sale Colorado. The fall foliage can be

beautiful in the Rocky Mountains. brought with him wasn't her mother. England states that are packed in the fall which aren't as crowded as the New with people watching the leaves change color. You'll find deals at ski resorts, which lower their rates in the fall to lure visitors during shoulder season And flights to the state's largest airport in Denver are cheaper in fall than whom she had promised to watch over? during the winter ski season. According to CheapAir.com, flying in August or September into Denver from Los Angeles or Chicago averages just \$150 cound-trip. That will save you about 20

percent and 50 percent off high-season fares, respectively. At \$207, on average, round-trip fares on flights from New York are 50 percent less.

New Orleans. Visitors to The Big Easy in the low season are rewarded with lower airfare, more attentive service and hotel discounts or extras with your booking, according to CheapAir. com. You can stay for as little as \$50 per night at some properties. And airfare from major U.S. gateways to New Orleans is about 20 percent lower than in high season. Phoenix. You can prolong summer

by visiting Phoenix, where the average high temperature in September is 100 degrees. But you can keep cool in the pools of upscale resorts such as the Arizona Biltmore and the Royal Palms for 65 percent to 70 percent less than what you'd pay in the winter when travelers from cold regions flock to the city for its warm weather, according to Cheap-

Portland. As the temperatures drop in Oregon's largest city, so do hotel rates—by 17 percent, on average. You can find comfortable accommodations downtown for less than \$100 a night. according to Hotwire.com. Then you'll have more money to sample local microbrew beers, wines from nearby vineyards or coffee at the city's many cafes.

Reno. You can visit the casinos in

this Nevada city or head to nearby Lake Tahoe for less in the fall. According to Hotwire.com, rooms in upscale hotels in downtown Reno are about 50 percent less in October than during the high season. You can get nice accommodations for \$51 a night, on average.

San Diego. Hotel rates are 13 percent lower in this Southern California city in the fall, according to Hotwire. com. You can find a room at an upscale hotel in the seaside neighborhood of La Jolla for \$110 a night, on average, in Overseas destinations on sale

Belize. You'll save money by traveling to this Central American country during its rainy season in the fall. Don't worry: You won't have to spend your trip sitting in a hotel room because the rain showers typically are short, according to CheapAir.com experts. And you'll pay about 30 percent less for a flight to Belize City in the fall. For example, you can book a round-trip flight from Los Angeles to Belize City for about \$550; \$650 for a round-trip flight from New York.

Goa, India. Known for its nightlife, Agency, LLC.

this seaside destination is more sedate during the off-season. And airfare to this Indian state is more affordable, with average round-trip fares starting at \$1,000 from New York and Chicago, according to CheapAir.com. Vancouver. You'll save more than

October 2014 • 27

20 percent on accommodations if you visit this Canadian port city in the fall. According to Hotwire.com, you can stay in a high-end hotel in downtown Vancouver for about \$100 a night. And round-trip flights in October from Los Angeles are less than \$300, on aver-

Vietnam. Fares for flights to this exotic Southeast Asian country drop by 30 percent to 40 percent in the fall, according to CheapAir.com. A round-trip flight from Los Angeles to Ho Chi Minh City is averaging \$840 in September, and round-trip flights from Chicago and New York to Ho Chi Minh City are \$1,000, on average, according to CheapAir.com. - For more on this and similar travel

topics, visit Kiplinger.com. © 2014 Kiplinger; Distributed By Tribune Content

THE BOOK NOOK

Authors: Contact Kevin at kevin@seniormonthly.net or (785) 841-9417 to promote your book(s) here.

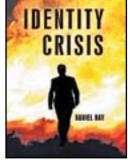
INSPIRE - MYSTERY - HOPE

He came from nowhere He changed their lives. He left unknown.

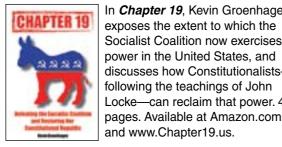
A new novel by Daniel Day To order, visit

identitycrisis1.wordpress.com

westbowpress.com A great gift for that someone special



Chapter 19: Defeating the Socialist Coalition and Restoring Our Constitutional Republic



In Chapter 19, Kevin Groenhagen exposes the extent to which the Socialist Coalition now exercises power in the United States, and discusses how Constitutionalistsfollowing the teachings of John Locke—can reclaim that power. 476

Day Dreaming: Tales from the **Fourth Dementia**



Larry Day's Day Dreaming features humorous short stories, which have disparate plots, topics and characters. This book is divided into the following theme sections: Media Marvels, Weird Rich Folks, Clueless Alien Encounters, Marital Blitz, Hilarious Higher Ed, Home Town Folks, Fairy Tales Redus, Luv a Guymint, Available at Amazon.com

THE FIRST APARTMENTS

"Home without the hassles"

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

- Apartments Rent assistance available
- All electricity, water, trash, lawn
- 24 hour On-Call staff

care paid

- Restricted entrance
- Lighted parking lot
- · On city bus route
- Call 272-6700 to schedule a tour and pick up an application. 3805 SW 18th St. • Topeka • www.thefirstapartments.org

· Maintenance Director on site

· Library Red Carpet Services

Health Department Nail Clinics

· Beauty salon · Affordable Studio and 1 Bedroom

- First Floor Laundry Room · Exercise equipment & seated exercise class
- · Meals on Wheels Congregate meal site

- Ray's Apple Market

Walking distance of several churches and



PERSONAL CARE

- medication reminders • incontinence care
- meal preparation
- grocery shopping driving to appointments

COMPANION CARE

companionship

 bathing • feeding toileting and transfers

> dressing oral hygiene

Our services can be provided in private homes,

assisted living facilities, nursing homes, and hospitals. Call for a Free In-Home Consultation

Kansas Elder Care

Local, Compassionate Home Care Services

Lawrence-Owned & Operated since 2006

(785) 856-5555

www.kseldercare.com • info@kseldercare.com

Humor

Hadley Hacks a Hacker

Hadley Wilkins was an electronic engineer who had helped develop cell phone technology. He hated hackers, so he decided to go after Henry "the Hulk" Histoid, the meanest, most intrusive hacker in the business.



Larry Day

But he decided to do his work not as mild mannered Hadley Wilkins, but as Cyberman, defender of the cell phone innocent and the digitally clueless.

Using his own genius software, Hadley lurked on the Hulk's cell phone circuit. He watched and listened for a week as the Hulk did his dirty work on other people's cell phones—listening to, and sometimes interrupting, their conversations. He also messed with their private cell phone files.

Hadley hacked into the Hulk's file of personal phone numbers. There were lots of them. Hadley collected the Hulk's personal data and credit card information. He already knew a lot about the Hulk's buying patterns and the email addresses of the companies

Hackers cause all kinds of grief for cell phone users. he bought from. Hadley knew he could order all kinds of merchandise from online companies and catalog stores. He could even mimic the Hulk's voice if the companies recorded the sales calls for verification.

When everything was ready, Hadley punched in the cell phone number that only the Hulk's friends and close associates knew. The Hulk's cell phone screen said the call was coming from "Amber."

"Amber. Baby! Long time no talk," said the Hulk.

Amber's voice came on the line, and Amber's face appeared on the Hulk's cell phone screen, but the message was Hadley's.

"I just called to say I never want to hear from you again, you jerk." Click. The Hulk dialed Amber's number.

He got a "caller blocked" message. Panicked, the Hulk dialed his best

friend Torgel. "Torgel" answered the call with a happy voice: "Hulk, thanks for the hun-

"What hundred smackers?" asked the Hulk

dred smackers, man."

"From your bank, Dude! They called me yesterday and said you'd gifted me a hundred dollars for my birthday. My birthday isn't until next month. You're the Dude, dude!" Then "Torgel" hung up. Torgel's number rang unanswered when the Hulk tried to call back.



Affordable Senior Living



Clinton Place Apartments



2125 Clinton Parkway in Lawrence Completely Renovated Rent Subsidized Apartments for

Qualified Seniors Applications being accepted

Call 841-1000 for information or visit our web site at www.ldcha.org

The same pattern was repeated for every friend and associate that the Hulk tried to contact: anger and denunciation for supposed insults, or warm appreciation for the Hulk's generosity. The Hulk called his bank and demanded

that it replace the funds withdrawn. The cashier explained that the bank had the Hulk's voice on a recording asking for the payments and declined to replace the funds. The cashier bumped the Hulk's call up to the assistant manager who gave the Hulk the same message and bumped the call up to the bank manager who gave the Hulk the same response using the exact words the cashier had used. Then the incoming calls began

"Mr. Henry. This is Art Larsen, World Wide Travel calling to confirm your trip day after tomorrow to Estonia. We expedited the visa process by paying the large surcharge that you authorized. Just give the airline your name and show your passport when you check in."

"Mr. Henry. This is Ollie Olsen, from Peterburg Outdoor Outfitters. You can pick up your new all-terrain vehicle and your camping equipment anytime at our Southside facility."

Panicked and distraught, Henry Histoid ran to his car, put his cell phone on the cement in front of a tire and ran ove it. Then he went back inside and sat down with his head in his hands. A phone rang It was the Hulk's land line. He never used that line. In fact, he had forgotten he had a land line. The phone kept ringing. Hulk finally picked up. "Hello?"

the pain hacking causes?" asked the at 6-weeks, and he was just under a voice on the phone.

Yes I have."

"Good," said the voice. "You are_ lucky this time. All those calls were as fake as the hack calls you've been making. The next time you hack a phone that stuff will happen for real."

"Who is this?"

An announcer's voice from a bygone era intoned:

"It's a bird. It's a plane. It's CYBER MAN!" Click.

former foreign correspondent, newspa- he spends the day under the bed and per reporter and journalism professor. disappears if we have visitors. sometimes intentionally—all his life.

PET WORLD

Simple changes can help turn shy guy into Confident Cat

Q: We're looking for a way to calm "Have you learned your lesson about our cat's fears. We captured Chase pound. If you're sitting on the sofa, A crestfallen Hulk responded "Yes. he'll come to you and you can pick him up. But you can't just pick him up from



Steve Dale

the floor. He will come when called to - Larry Day, B.A., M.A., Ph.D., is a get to his morning turkey. Otherwise,

He has written humorous fiction— Our other cat, Sadie, is happy to see people. The two cats have their spats. but get along, sharing food bowls, water and litter. Any ideas how to

We've enriched

help Chase to be a cuddlier cat? - M.J., Cyberspace

A: "It's not realistic or even fair for you to expect Chase to be like your more outgoing cat," says New York City-based certified cat behavior consultant Beth Adelman. "It seems as if Chase is actually quite social with people he knows, as long as it's up to him to initiate the contact, which isn't unusual for any cat."

Adelman notes that when you're on the same level as Chase he's more tolerant of being picked up. If possible, consider sitting on the floor and waiting until Chase lands in your lap. You could entice him with that turkey.

"The key is allowing Chase to feel he's in control, which helps to make him also feel safe," Adelman says.

Scatter some empty "safe" boxes

We care not only for the mind, body and

spirit of patients like Steve, but of their family

and loved ones, like his daughter Linda.

Contact us anytime, or ask your physician

for a no-obligation referral.

785.271.6500

www.heartlandhospice.com

Heartland \$

Enriching life

hop into the boxes rather than scooting under the bed.

Give Chase his own food dish, which will enhance his feeling of safety. And provide at least one more water bowl. With two cats, ideally there should be two litter boxes (in two or three different locations) To boost Chase's confidence around

visitors, have guests walk into the room where he's hiding under the bed, and every 30 minutes or so, toss bits of turkey toward the cat. As he demonstrates more confidence, have visitors to toss the treats farther and farther from the bed. The hope is Chase will eventually associate the treats with your guests. (Don't overdo it, though, or you'll have a confident, but obese pet!)

Q: I don't want to declaw my sixyear-old cat. I've purchased all sorts of scratching posts but he won't use them. What can I do? - D.P., via cyberspace A: I'm glad you don't want to ampu-

tate your kitties toes, which is what a

declaw really is. Position those scratching posts adja-

cent to where the cat is currently scratching (presumably your furniture) Entice him using an interactive toy with feathers. When the cat bats at this, he'll deposit his scent on the post, further enticing him to return there. Timing is important. Try this technique when your cat is excited. Another good time is when you've just arrived home from work after a long day. When the cat does scratch the post, offer treats and praise.

Simultaneously, make the things your cat is currently scratching less attractive by placing plastic chair runners or cat mats (both nubby side up) over them. - Steve Dale welcomes questions/com-

ments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001 Send e-mail to petworld@stevedale.tv. Include your name, city and state.

© 2014 Distributed By Tribune Content Agency, LLC





Call for a free, no-obligation appointment

Lawrence • 856.8181 Topeka • 272.6101

for our digital brochure visit

www.HISC584.digbro.com

homeinstead.com/584



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.



5227 SE 77th St., Berryton, KS 66409 785.862.5318 • prairiewindhome@gmail.com

30 • October 2014 KAW VALLEY SENIOR MONTHLY

WOLFGANG PUCK'S KITCHEN

Use your rice cooker to make the best rice pudding ever

great results. I've successfully used immersion blenders, for example, to make mayonnaise in seconds. And I'm devoted to my countertop electric panini maker, as many of you no doubt already know

Another example of appliances I like is the countertop electric rice cooker.



Wolfgang Puck

Add measured amounts of grain and liquid, plug it in, close the lid, press a button, and you get perfectly cooked rice every time.

I also like to extend the use of my rice cooker to make more than just that simple side. In the past, I've shared with you an easy recipe for delicious rice cooker macaroni and cheese. Today, I'd like to offer up my recipe for a great version of my grandmother's custardy rice pudding, cooked in a rice cooker and then layered parfaitstyle with fresh fruit.

This recipe calls for short-grained Arborio rice, the kind used in classic risotto, but you could use other short or medium-grained varieties. You can also make variations using different fruits, and by adding other spices such as ground cinnamon or ginger.

Since the recipe includes a custard mixture that's combined with the rice to cook inside the rice cooker, it's important to watch out for curdling, the formation of lumps as the yolk mixture thickens. If that happens, save the mixture simply by removing it immediately from the heat and whisking it briskly until smooth, as directed in the recipe.

Regardless, you'll find this recipe surprisingly simple, and the results

Inever mind using smart, efficient are outstanding. Nothing beats making modern appliances that deliver a great dessert from scratch, using a newfangled appliance to make an oldfashioned recipe.

RICE PUDDING PARFAITS WITH FRESH FRUIT

Serves 6

1/2 cup (125 ml) Arborio rice 1 cup (250 ml) cold water 1/4 teaspoon salt 2 cups (500 ml) milk Grated zest of 1 orange

1 vanilla bean, split lengthwise in half, seeds scraped out and reserved

1/2 cup (125 ml) plus 2 tablespoons

1/4 cup (60 ml) Grand Marnier 4 large cage-free egg volks

1 cup (250 ml) each fresh organic blueberries, diced strawberries and raspberries

Put the rice in a fine-meshed sieve and rinse it thoroughly under cold running water. Drain well. Put the rice in an automatic rice cooker with the 1 cup (250 ml) cold water. Add the salt and close the rice cooker. Plug in the cooker and set it to "Cook." (The

INSERTS!

Kaw Valley Senior Monthly can insert your circulars or flyers for just \$50 per 1,000.* Call 785-841-9417 for more information.

*10% discount when you do 6,000 inserts.

"Keep Warm" light will turn on after about 15 minutes, but keep the cooker closed for 20.)

Meanwhile, in a medium saucepan combine the milk, orange zest, vanilla bean and seeds, sugar and Grand Marnier. Bring to a simmer over medium heat, stirring occasionally. Remove from the heat, cover with plastic wrap, and set aside to steep for 15 minutes.

In a medium mixing bowl, whisk the egg yolks until smooth. While whisking continuously, pour in 1/2 cup (125 ml) of the hot milk mixture; continue whisking until thoroughly blended. While whisking continuously, gradually pour the milk-and-egg mixture into the pan containing the hot milk.

Hold a wire-meshed strainer over the rice in the rice cooker. Pour the milkand-egg mixture from the pan through the strainer into the rice; discard the vanilla bean. With a heatproof rubber spatula, stir together the liquid and rice, using the spatula's flexible blade to dislodge and incorporate all of the rice from the bottom of the cooker pot.

Turn the rice cooker back on to the "Cook" setting and, leaving the lid open, stir constantly with the spatula until the mixture begins to steam and thicken. Watch carefully that it doesn't come to a boil.

As soon as thickening begins, switch the rice cooker to "Keep Warm" and continue stirring over the lower heat for about 2 minutes longer. Then, close the rice cooker lid and leave the mixture to sit for 8 minutes, opening the cooker halfway through to stir it thoroughly but briefly. Meanwhile, fill a large bowl with ice cubes and water and rest a medium bowl in its middle.

Open the rice cooker and carefully remove its pot. Scrape the rice pudding mixture into the bowl set in the ice bath. If you observe any curdling, briefly whisk the mixture until smooth. Leave the pudding to cool in the ice bath.

Use six tumblers, large martini glasses, or wine glasses for assembling the parfaits. Divide one third of the cooked pudding among the 6 glasses, spreading it evenly on their bottoms. Top the rice with a layer of blueberries, dividing all of them evenly among the glasses. Spoon in another layer of about half of the remaining pudding, and top it with a layer of all the strawberries. Finally, add the remaining pudding and arrange the raspberries on top.

Cover the glasses with plastic wrap and refrigerate for several hours until thoroughly chilled. Serve cold.

© 2014 Wolfgang Puck Worldwide, Inc. Distributed By Tribune Content Agency, LLC.

Chic-A-Dee

CAFÉ

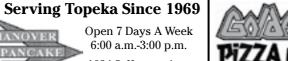
"Good Home Cooked Food"

Restaurant Guide

McFARLAND'S Restaurant)

Casual Dining, Private Parties Over 70 years of serving fine food

4133 Gage Center Dr. • Topeka • 785-272-6909 3036 SE 6th • Topeka • 785-233-0216



1034 S. Kansas Ave. 785-232-1111 500 E Front St. • Perry • 785-597-5133

2227 S. Princeton St.

912 S. Chestnut



Top Of The Hill 2011

Pizza, Sandwiches

Pasta, Salad Bar

2120 W. 9th St. • Lawrence • 785-842-0800

Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.



If you're a senior or caregiver of a senior in the Senior Monthly distribution area (Baldwin City, Bonner Springs, De Soto, Eudora, Lawrence, Lecompton, McLouth, Meriden, Oskaloosa, Ottawa, Perry, Tonganoxie, and Topeka), Senior Monthly invites you to request a "Senior Fair in a Box," which will be full of brochures and other promotional items from businesses and organizations that provide services and/or products to seniors. To order your box, email kevin@seniormonthly.net or call 785-371-3202 and leave a message with your name and address.*

* One box per address per year please. Names and addresses of box recipients may be shared with participating businesses and organizations. A maximum of 200 boxes will be mailed each month.

The cards forgive

Goren on Bridge: With Bob Jones

Tribune Content Agency

East-West vulnerable. West deals.

NORTH **♠**-J 8 5 **♥**-J8 ♦-A O 10 9 6 **♣**-5 4 3 WEST **EAST ♠**-Q 9 4 3 2 **♠**-10 7 **▼-**A K 9 **♥**-76543 **♦**-2 ♦-J43 ♣-Q J 8 7 ♣-A 9 2 **SOUTH ♠**-A K 6 **♥-**Q 10 2 ♦-K 8 7 5 ♣-K 10 6

EAST

Pass

Pass Pass Opening lead: Seven of *

NORTH

The bidding:

WEST

Anyone who overcalls at the twolevel on the North hand should not play bridge for money. Fortunately for North, there is no automatic penalty for a bad bid - sometimes the cards for-

East won the opening club lead with the ace and returned the nine, ducked to West's jack. West cashed the ace of © 2014 Tribune Content Agency, LLC.

hearts before clearing the club suit. He sat back with two seemingly certain tricks in his hand, expecting to defeat the contract.

South began running dummy's diamonds and reached this position with one diamond left to cash:

NORTH **♠**-J85 **v**-J **EAST** WEST **♦**-O 9 4 **♠**-10 7 **v**-765 **♥**-K **SOUTH ♦-**A K 6 **♥-**O 10

On the last diamond, declarer shed a heart, but West was skewered. He had to discard his queen of clubs to protect the majors. South now led his remaining heart and West was forced to win his king and lead away from his queen of spades. Three no trump, bid and

"We never would have reached game without my overcall," said North

- Bob Jones welcome readers responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to tcaeditors@tribune.com.

Martin Creek Place

4950 SW Huntoon • Topeka 785-273-2944

SOUTH

3NT

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

LIVING LIFE WITH Grace

At GRACE HOSPICE, our focus is on the quality of life. Working as a team, we plan and coordinate care that centers on the physical, social, spiritual and emotional

needs of our patients and their loved ones.

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



www.gracehospicellc.com

- TOPEKA -1715 SW 29th St., Stc. 100 . Topeka, KS 66614 (785) 228-0400

(816) 444-4611

- LAWRENCE -1420 Wokarusa, Ste. 202 . Lawrence, KS 66049 (785) 841-5300 Fax (785) 841-5310

Fax (785) 228-9049 Toll Free: 800-396-7778

- KANSAS CITY -9233 Ward Parkway, Sec. 201 • Kansas City, MO 64114

- LEAWOOD -8900 Some Line Rd., Str., 409 . Leawood, KS 66206 (913) 948-9473 Fax (913) 948-9477

Fax (816) 444-9480 Toll Free: 866-878-4611

SUDOKU: Fill in the grid so that every row, every column and YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.

PUZZLES & GAMES

CROSSWORD

Across

- Forget where one put, as keys
- Pedro's eve
- Golf great Ballesteros Crumbly Italian
- cheese Lao Tzu's "path"
- 16 Slangy prefix meaning
- "ultra" 17 Computer storage medium
- 19 When repeated, island near Tahiti
- Male sibs
- Kadett automaker
- Apple music players Vintner's prefix
- Quick-on-the-uptake type, in slang
- Athenian walkway Otherwise
- Persian rulers Irene of "Fame"
- Used-up pencils
- Carton-cushioning unit Latin being
- Latin love word

8

9

6

- 42 Muslim pilgrim's destination
- 43 Tombstone lawman Wvatt Mischievous trick
- Showy authority figure Facebook notes, briefly
- Put back to zero Orator's place
- Vivacity
- Fitzgerald of jazz Tense pre-deadline
- period ... or when to eat the ends of 17-. 24-. 37- and
- 46-Across? Bedframe part
- Notes after dos 62 Pop singer Spector
- who fronted a '60s girl group named for her
- 63 Alley prowlers Function
- 65 Chuck who broke the sound barrier

Down

3

6

2

6

9

4

8

every 3x3 box contains the digits 1 through 9 with no repeats.

5

3

8

Up-tempo Caribbean

2

6

9

5

Kids' imitation game Vietnam neighbor Part of USDA: Abbr.

River of Grenoble

dance

Multiple Grammywinning cellist Catchall option in a survey question

They're related to the severity of the crimes Caveman Alley

10 Summoned as a witness

11 Novel on a small screen, perhaps 12 "Falstaff" was his last

13 Wipe clean

18 Tax pro: Abbr. 22 Cyclades island

24 Nothing to write home about

25 Applaud 27 Feats like the Yankees

1998, '99 and 2000 World Series wins 29 Opposite of NNW

30 6'3", 5'4", etc.: Abbr. 31 Close associates

32 Roadside assistance

34 Preparing to use, as a

Tampa Bay NFLer RR stop 36

Jamie of "M*A*S*H" Arabian leader

Play a part

45 Discern 46 Take by force

47 "Is anybody here?"

48 Quran religion Underlying reason

October 2014 • 33

50 Relatives

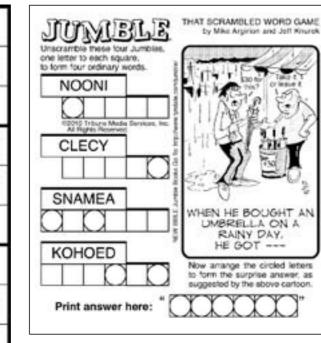
52 Mrs. Eisenhower Snide smile

56 Sicilian volcano

French vinevard

59 Earth chopper

© 2014 Tribune Content Agency, Inc.



SCRABBIE GRAMS E | I | Dz | Dz | Ba | R1 | R1 E1 O1 Y4 C2 C2 N1 K5 A1 U1 Y4 S1 P3 P3 R1 I. O. W. S. R. M. G. A. O. T. C. C. P. M. DRECTIONS: Make a J. to Finder word from the latters in each row Ad point of each word, using accord directions at right. Finally, T-latter words get 50 point bonus. "Banks" used as any letter have no point value. At the words are in the Official SCRABBLE" Players Sictionary, 4th Edition. For more information on trumsments and risks, small NEDFA. North American SCRABSLE Reyers Association intrigitors bibly injuries only. Wall our website—www.scrabblypisyers.org. For puzzle impures contact surgrams/gymas.com.

Answers to all puzzles on page 34

www.seniormonthly.net

34 • October 2014 KAW VALLEY SENIOR MONTHLY

OPINION

Mixed Fruit on Election '14

By Kevin Groenhagen

Tust a few observations regarding • the upcoming elections:

- During the GOP primary campaign between secretary of state candidates Kris Kobach and Scott Morgan, Morgan portrayed Kobach's position on requiring proof of citizenship before being allowed to register to vote as extreme. Much of the Kansas media joined Morgan in this criticism. But is such a requirement really extreme? According to a Rasmussen Reports survey taken earlier this year, "78% of Likely U.S. Voters believe everyone should be required to prove his or her citizenship before being allowed to register to vote. That's up from 71% a year ago. Just 19% oppose that require-
- The State of Kansas finished fiscal year 2014 with tax revenues that were more than \$300 million below projections. Critics of Gov. Sam Brownback have blamed that shortfall on "draconian tax cuts." In Missouri, Gov. Jay Nixon, a Democrat, vetoed a tax-cut

SUDOKU SOLUTION

bill in 2013, and the Republican-dominated legislature failed to override his veto. However, as KMBC reported on July 2, Missouri ended fiscal year 2014 with tax revenues that were more than \$300 million below Nixon's projections. Two very different approaches towards tax cuts resulted in very similar shortfalls. That might suggest that Brownback is correct when he says external factors contributed to the mates, "appeared to lay at least part of former State Sen. Dick Bond, a Repubshortfall in Kansas

• In July, the Kansas Democratic Party hosted Maryland Gov. Martin O'Malley, a Democrat, at an event. According to the Washington Post on March 6, "Maryland will have \$238 million less than anticipated in its budget this fiscal year and next because of sluggish economic growth, according to revenue estimates released Thursday by a panel of the state's top finance officials." Like Missouri, Maryland did not cut taxes, yet its revenue estimates will miss the mark by over \$238 million. The *Post* also noted that Comptroller Peter Franchot, a Democrat who chairs the Board of Revenue Esti-

Sen. Pat Roberts' ACU Ratings ('98-'13) 60 40

the blame on Gov. Martin O'Mallev's and the General Assembly's eagerness to raise taxes and fees." "Clearly, the wrong direction right now is to take money out of consumers' pockets," Franchot said. "Leave it there and let the private sector heal the economy, and that will produce growth." That's exactly what Brownback says.

• Brownback's Democratic opponent in the gubernatorial race, Paul Davis, has claimed that Brownback has undermined public education in Kansas by cutting education spending (education spending is actually at an all-time high). However, in August Salon.com reported that WalletHub released 2014's "States with the Best and Worst School Systems." Kansas is ranked as the fifth-best state in the country, while the District of Columbia is ranked dead last even though it spends nearly \$30,000 per student. The WalletHub rankings are promoted as a "useful guide" on the blog of the Economic Policy Institute, which is a liberal think tank.

 Davis noted several times that he is a "moderate" during his debate with Brownback at the Kansas State Fair. Davis represents the 46th District. As a resident of Lawrence, I know that Democrats from that district do not elect moderates to represent them in Topeka, and Davis' voting record clearly reflects that. That's fine for the 46th District, which is arguably the most liberal of the 125 districts in Kansas. However, it puts Davis far to the left of the Kansas electorate in gen-

• On July 7, Kansas City Star

• One final observation. As the publisher of Senior Monthly during the past 13 years, I have had the honor and pleasure to meet hundreds of Kansans in their 70s, 80s, and even 90s who continue to contribute to their communities. Unfortunately, there are many critics of the 78-year-old Sen. Roberts on social media and online forums who have made disparaging remarks concerning the senator's age. Joan Wagnon, chair of the Kansas Democratic Party. also engaged in this ageism when she referred to the senator as "poor old Pat Roberts." As someone who is also in reporter Steve Kraske reported that her 70s, she should know better.

recent years. His ACU lifetime rating was 87.05 in 2001, while it dropped to 86.40 in 2013. Bond might want to check out a mirror. He might be the one with a Kool-Aid stain above his

lican, would not be voting for the

reelection of his fellow Republican,

U.S. Sen. Pat Roberts. "[Roberts has]

been a longtime friend, and obviously he has totally changed," Bond said

"He drank some Kool-Aid or some-

thing." Has Roberts totally changed?

The American Conservative Union

(ACU) ranks U.S. senators and repre-

sentatives every year, with 100 being

a perfect conservative score. ACU's

website has Roberts' scores for every

year he has been in the Senate except

for 1997 and 2011. I have taken his

scores for the available years and put

together a chart, which I have shared

above. As you can see, Roberts' ACU

scores have been fairly consistent since

1998, with an 84 in 1998 and an 84 in

2013. In fact, he has appeared to have

gotten slightly less conservative during

www.nusoundhearing.com 00000



Kansas City October 15





CROSSWORD SOLUTION

CODONO COLO MON										•	. •	_		•••	٠.		•	_	_	•	•••	٠.	•
5	6	4	8	2	1	a	7	3	1	1 1	S	L	A	Υ		0	J	0		S	Ε	٧	
_	U		0	~		0	,	0	1	S	1	A	G	0		Т	A	0		U	В	E	Ī
В	3	9	7	6	4	5	1	2	٨	ΛE	М	0	R	Y	C	н	1	Р		В	0	R	
7	4	0	-	0	0	0	1	0	1	BA	0	S		0	Р	E	L		1	Р	0	D	
7	1	2	5	9	3	6	4	8	(E	N		S	M	A	R	T	C	0	0	K	1	
1	7	8	6	3	2	4	9	5			s	T	0	Α			Ε	L	S	Ε			
•		-	-	~	-	-	-	-	5	BH	A	н	S		C	A	R	A		N	U	В	Ī
4	5	3	9	1	7	2	8	6	5	3 T	Y	R	0	F	0	A	М	Р	Ε	A	N	U	Ī
2	2	0	4	-	0	7	0	4	1	S	S	E		А	M	Α	S		М	E	C	C	
9	2	6	4	Э	8	1	3	- 1				E	A	R	P			۵	1	D	0		
2	9	1	3	7	6	8	5	4	ν	V H	1	Р	C	R	Α	C	K	Ε	R		1	M	
-	-		~		-	-	-		f	R E	S	E	T		D	A	1	S		E	L	Α	
6	8	7	1	4	5	3	2	9	E	L	L	Α		С	R	U	N	C	Н	T	1	М	Ī
3	4	5	2	8	0	1	6	7	5	i L	Α	Т		R	E	S		R	0	N	N	1	
	4			14	0	9	1	0	1	1	10	M	S		J	S	E		Y	Ε	A	G	E

JUMBLE ANSWERS EXPARELE BRAND GRAMS SOLUTION R: E: D: B: 1: R: D: RACK 1= 61 Jumbles: ONION CYCLE SEAMAN C3 O1 C1 K8 N. E. Y4 RACK2 = 104 HOOKED P3 A1 P3 Y4 R1 U1 S1 RACK 2- 64 Answer: When he bought an M: 1. S. G. R. O. W. RACK 4 = 66 umbrella on a rainy day, he got --"SOAKED"

© 2014 Tribune Media Services, Inc.

Do you hear crickets all the time?

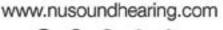


Discover a tinnitus treatment designed just for you

Call today to reserve a time for your free tinnitus management consultation at an event near you









Second to None



For better outcomes and greater patient safety, come to LMH.

As the only Truven Health 100 Top Hospital in Kansas,

LMH provides exceptional patient care with fewer complications, shorter hospital stays, lower readmission rates and greater patient safety. To learn more about our clinical outcomes and what makes LMH a top U.S. hospital, visit Imh.org/top100.





KAW VALLEY SENIOR MONTHLY October 2014 • 37

A HELPING HAND HOME CARE

Family Owned, RN Administrator

- Personal Care Companionship
- Facility Sitting During Hospitalization
- Meal Preparation Light Housekeeping
 - Medication Reminders
 Laundry
 - 1-24 Hours Per Day
- · All Caregivers are Trained, Insured & Bonded



Call Us Today for a FREE. No Obligation Assessment (785) 856-0192

Lawrence, Topeka and surrounding areas www.ahelpinghandhc.com