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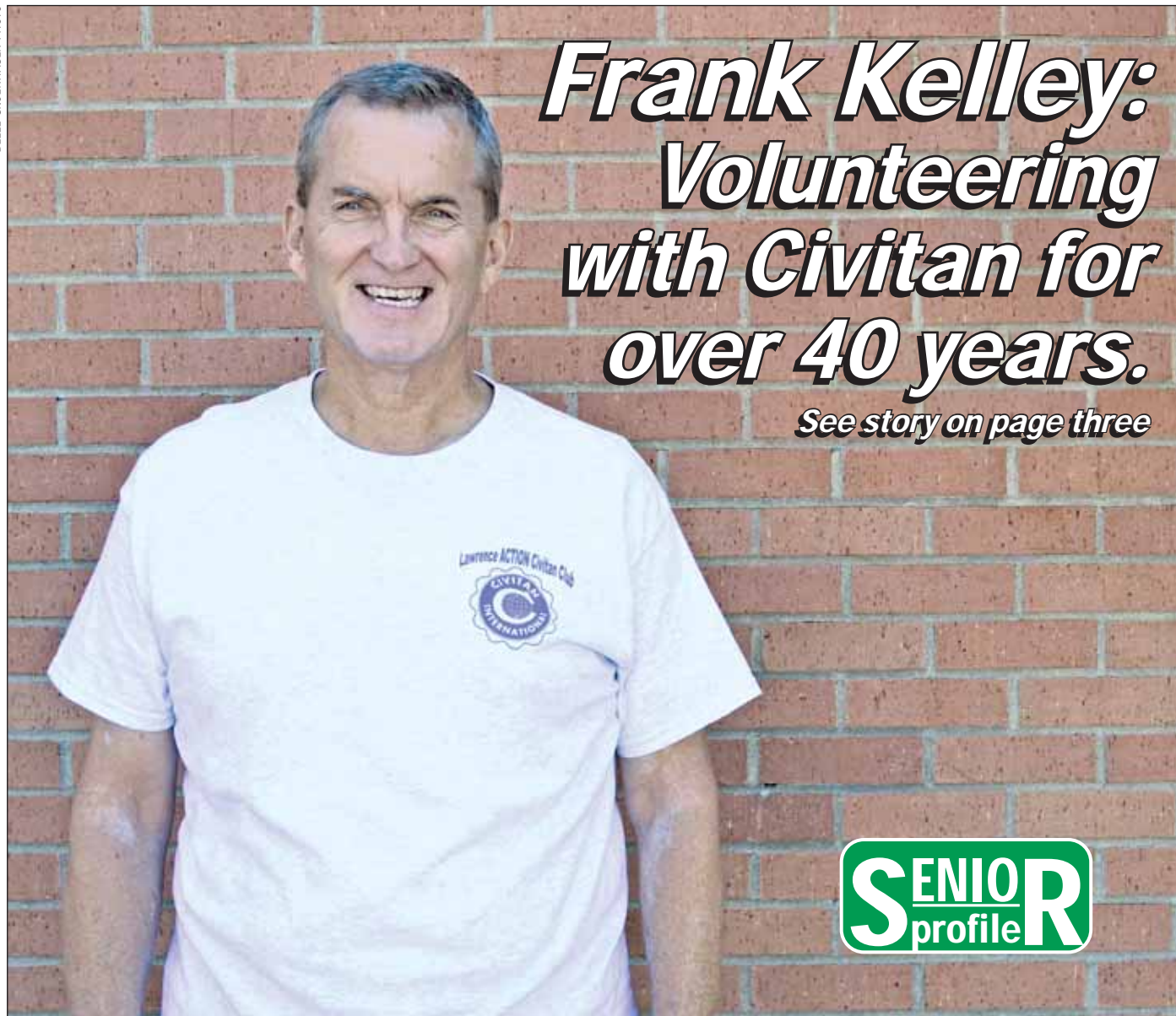
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BELLE GROENHAGEN PHOTO



**Frank Kelley:
Volunteering
with Civitan for
over 40 years.**

See story on page three



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Kelley works to start Lawrence ACTION Civitan Club

By Kevin Groenhagen

Being “tapped” as a sophomore at this high school in St. Petersburg, Florida, has greatly affected Frank Kelley’s life—and the lives of many others—for more than 40 years.

“Our particular high school was very service-oriented,” Kelley said. “There were a number of clubs that were available. Every spring semester they would have rush. Each individual student would have the opportunity to have rush sessions with the various clubs they were interested in. Then they would have a school-wide assembly, and they would do what is called ‘tapping.’ The active members of a club would go around and tap the newest members of the club. That’s how you came to find out what club you were going to be in for the rest of your school career. It was a situation where I knew some of the Junior Civitan members already, and they knew I wanted to be a member. I didn’t know I had a chance, but they gave me the opportunity. I ended up serving as my

club’s president, and was honored at the district level as a result of the work I did as a senior and president of my club.”

Junior Civitan is the youth arm of Civitan International, a volunteer service organization founded on March 17, 1917 by a group of business and professional leaders in Birmingham, Alabama. The group chose the name Civitan, coined from the Latin word “civitas,” which means “citizenship.” “Builders of Good Citizenship” is the group’s motto. Today, there are approximately 40,000 Civitans in 48 countries across North America, Europe, Africa, and Asia. According to Civitan International’s website, “Civitans help wherever the need arises—from collecting food for a homeless shelter, to volunteering at their local retirement home, to building a playground for children with disabilities.”

Famous Civitans include Thomas Edison, President John F. Kennedy,

■ CONTINUED ON PAGE FOUR



Frank Kelley and other members of the Lawrence ACTION Civitan Club helped Douglas County Special Olympians during their bowling practice on September 17.

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SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

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Senior Monthly is locally owned and operated.

Frank Kelley

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U.S. Supreme Court Justice Hugo Black, astronaut James Irwin, professional athlete Bo Jackson, race car driver Richard Petty, and President Bill Clinton (a Junior Civitan).

“Our purpose is to serve the community, and we do that by fulfilling needs that may not be met, or to be available to help other organizations in the community,” Kelley explained. “We hear of those needs through various means of communication. Each club decides which programs they’re going to take on.”

Shortly after graduating from high school in 1973, Kelley joined an adult Civitan club.

“After graduation I went into the U.S. Air Force, but got back involved with Civitan in Florida after I retired from the military,” Kelley said. “I have held a lot of different positions at the club level, district level, and the international level.”

Last October, Kelley moved to

Leavenworth after receiving a promotion and a work assignment at the U.S. Department of Veterans Affairs there. He was also elected to serve as the governor of Civitan International’s Heartland Civitan District, a position he assumed on October 1.

“The Heartland Civitan District encompasses the states of Kansas, Missouri, Oklahoma, Arkansas, and Texas,” Kelley said. “My job is to lead approximately 40 other clubs in that five-state area as their chief executive officer.”

Earlier this year, Kelley worked to start an ACTION Civitan Club in Lawrence. “ACTION” is an acronym for “Active Citizens Taking Initiative On Needs.”

“We have friends who live in Lawrence, so we started to communicate with them once we moved here,” Kelley said. “Our conversations eventually led to talking about starting a Civitan club in Lawrence.”

ACTION Civitan clubs cater to people on the go with opportunities to become involved in quicker “hands on” service projects rather than long-last-

ing projects. On August 26, the Lawrence ACTION Civitan Club reached the goal of having the 20 members required for an international charter.

“It took a lot of effort on a lot of people’s part to get the members we needed to charter the club in Lawrence,” Kelley said. “It was definitely a team effort. We have an excellent group of officers that are going to lead the club this year from October 1 to September 30. They are going to have a great year and a lot of success. Our club name indicates the main purpose of our club, which is to act upon the needs of the community. We work to make the community a better place to live, work, and play. We want to be of service to other organizations as well.”

Although the Lawrence ACTION Civitan Club recently received its charter, its members began volunteer work in the Lawrence area months ago.

“Some of the projects we’ve done so far in the Lawrence area have included helping the Civitan Club of Topeka during the Special Olympics Northeast Area Spring Games at Shawnee

Heights High School,” Kelley said. “We then helped with the Douglas County Special Olympics Crappie Tournament. We helped them by preparing and serving the lunch during the event.”

The Lawrence ACTION Civitan Club also helped Downtown Lawrence Inc. during its “Dinner and a Movie” events.

“We staffed the refreshments tent and the popcorn tent,” Kelley said. “We actually made the popcorn and served it to the people who came out for the movies. We had the opportunity to receive tips, and that money was permitted to go to our club.”

“We’ve also helped Just Food at a few of their events,” Kelley continued. “We managed one of their beverage tents at the Kansas Food Truck Festival in May, and collected food for them at Reggae by the River in August. In addition, as part of Dinner and a Movie, we had a peanut butter drive to collect jars of peanut butter for them to give to needy families.”

The Lawrence ACTION Civitan

■ CONTINUED ON PAGE FIVE



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Frank Kelley

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Club also helped the Lawrence Arts Center with its CLOUD exhibit during the Free State Festival in June.

Created from 6,000 incandescent light bulbs by Canadian artists and collaborators Caitlind r.c. Brown and Wayne Garrett, CLOUD was an interactive sculpture. During exhibition, viewers interacted with CLOUD by initiating impromptu collaborations, working as a collective to animate “lightning” on the surface of the sculpture.

Last month, the Lawrence ACTION Civitan Club began helping the Douglas County Special Olympics at its bowling practices and Metro tournaments at Royal Crest Lanes in Lawrence. The bowling events will continue every



Saturday through November.

“September 17 was their first practice and our first opportunity to get involved with a Special Olympics sports-related activity in the Lawrence area, so we’re really excited about that,” Kelley said.

The Lawrence ACTION Civitan Club will also help Downtown Lawrence Inc. with its Oktoberfest on October 15, and plans to help Just Food during the holidays.

As part of Civitan International’s centennial anniversary celebration, the organization has set a goal to charter 100 new clubs between July 16 of this year and June 24, 2017, which is the day the 2017 Centennial Celebration Convention begins in Birmingham.

While Civitan International works to add 100 new clubs by next June, the Lawrence ACTION Civitan Club will

■ CONTINUED ON PAGE SIX

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Frank Kelley

■ CONTINUED FROM PAGE FOUR

continue to seek out additional members.

“We’re definitely still looking for new members,” Kelley said. “We’re looking for anyone who has the time and wants to give back to the community. We have an open-door policy. Folks can come in to visit with us, ask questions, find out what we’re doing, and how we’re doing it. They don’t have to join the first time they come. If they want, they can come several times before they make a commitment to join our club.”

Membership in Civitan is open to anyone who is at least 18 years old and of good character. According to Kelley, the Lawrence club’s current membership runs from a college-aged member all the way up to retired folks. In addition, Civitan International formally opened membership to women in 1974, which made it the first major, all-male service club to accept women.

In addition to fellowship and networking opportunities, Kelley noted that volunteering with a group such as Civitan could even have health benefits. In fact, as Robert D. Putnam wrote in *Bowling Alone: The Collapse and Revival of American Community*, “After reviewing dozens of scientific studies, sociologist James House and his colleagues have concluded that the *positive* contributions to health made by social integration and social support rival in strength the *detrimental* contributions of well-established biomedical risk factors like cigarette smoking, obesity, elevated blood pressure, and physical inactivity.”

The Lawrence ACTION Civitan Club meets the second Tuesday of each month at 6 p.m. at Just Food, which is located at 1000 E. 11th St. in Lawrence. For more information, please visit the Civitan International website at civitan.org, the Lawrence ACTION Civitan Club’s Facebook page at www.facebook.com/lawrenceactioncivitan, or email lawrencecivitan@gmail.com. Topeka-area residents can also find information about the Civitan Club of Topeka by visiting its Facebook page at www.facebook.com/civiantopeka.

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Audio-Reader seeks Audio Description volunteers

By Billie David

Lawrence's Audio-Reader program may have seen drastic budget cuts recently, but thanks to the generosity of its volunteers and money from a grant, area residents can participate in and benefit from one of the program's rapidly growing services: Audio Description. Though Audio Description has been available in the Lawrence area since 1996, many people are not aware of its existence and, as the trend is really starting to take off nationally, Audio-Reader staff members are working to let people know that it is available.

"I have been here 12 years, and it was here when I started," said Jen Nigro, Audio-Reader's coordinator of volunteers. "We have been doing Audio Description for several years and we are trying to get the word out."

Audio Description was started in 1981 by Margaret and Cody Pfanstiehl, who lived in the Washington, D.C., area. Margaret was blind and she and her husband, Cody, loved theater, Nigro explained. When they would go to the theater performances, he would describe to her what was going on, but not without a bit of disruption to other members of the audience.

Audio Description was the result of that dilemma, providing a way for the blind and visually impaired to understand better what is being presented on the stage, thereby enhancing their enjoyment of the performance without disturbing other audience members.

The program has also been found to be beneficial to people who have trou-

ble reading printed materials, to English language learners, and to people with developmental and learning disabilities.

Audio Description works as follows: When participating audience members show up for a performance with Audio Description available, they are presented with a hand-held, pocket-sized receiver and a set of headphones.

As the play begins, a trained describer equipped with a microphone sits in a secluded area of the venue and provides a description of the production's elements, including the stage settings, costumes, movements, facial expressions, and body language. Often, they can share some of the information before the performance actually begins.

"Really, it's like doing a play-by-play at a sporting event," Nigro explained. "We call it as we see it, but we try not to talk over the actors."

Audio describers go through one or two days of intense training. They are usually able to view the production in advance, or they might obtain a script or maybe watch a video of the production, but the task still requires a lot of creativity, quick thinking, and the ability to decide quickly what the most important things to describe are in each situation.

"The describers really enjoy it," Nigro said. "Most people who provide Audio Description really love theater and really enjoy sharing it."

As for the audience, "No one should have to give up access to the arts because their vision is failing them," Nigro explained of her enthusiasm for the program.

"We are on the cusp of an explosion," she added, referring to the

growth nationwide in the use of Audio Description for television, movies, DVDs, YouTube, Netflix and a growing number of other venues such as museums and, in Lawrence, the Dole Institute of Politics, where visitors can benefit from an Audio Description of some of the items on display there.

Audio-Reader has been working with local entities such as Theatre Lawrence, the Lied Center, and even Starlight Theatre to make this service available to area residents.

"More than 100 people have expressed interest in listening to Audio

■ CONTINUED ON PAGE NINE

Audio Description to be available during upcoming performances

The following is a list of upcoming performances at Theatre Lawrence and the Lied Center that will have Audio Description available. Audio Description devices can be obtained from volunteers located near the box office at Theatre Lawrence and at the patron services desk at the Lied Center. Requests for complimentary tickets for select performances can be made by emailing Nigro at jnigro@ku.edu. Additional performances can be added to this schedule by request. Visit www.reader.ku.edu/audio-description.

OCTOBER:

- The Blind Boys of Alabama: October 1, 7:30 p.m., Lied Center. Audio-Reader has a limited number of complimentary tickets for this show, and will host a pre-show discussion regarding accessibility in the arts, along with an Audio Description demonstration. Call (785) 864-4604 for more information or to request tickets.
- The Capitol Steps: October 8, 7:30 p.m., Lied Center
- The Shanghai Acrobats: October 14, 7:00 p.m., Lied Center

NOVEMBER:

- AXIS Dance: November 11, 7:30 p.m., Lied Center. Audio-Reader has a limited number of complimentary tickets for this show. Call (785) 864-4604 to request tickets.
- Rodgers and Hammerstein's Cinderella: Nov. 29, 7 p.m., Lied Center

DECEMBER:

- Rudolph the Red-Nosed Reindeer, The Musical: December 9, 7:00 p.m., Lied Center
- Peter Pan: December 10, 7:30 p.m., Theatre Lawrence
- Peter Pan: December 11, 2:30 p.m., Theatre Lawrence

JANUARY:

- The Last Romance: January 28, 7:30 p.m., Theatre Lawrence
- The Last Romance: January 29, 2:30 p.m., Theatre Lawrence

FEBRUARY:

- Pippin: February 2, 7:30 p.m., Lied Center

MARCH:

- Church Basement Ladies: March 11, 7:30 p.m., Theatre Lawrence
- Church Basement Ladies: March 12, 2:30 p.m., Theatre Lawrence

APRIL:

- Erth's Dinosaur Zoo Live: April 9, 4:00 p.m., Lied Center
- Chris Perondi's Stunt Dog Experience: April 28, 7:00 p.m., Lied Center
- Noises Off: April 29, 7:30 p.m., Theatre Lawrence
- Noises Off: April 30, 2:30 p.m., Theatre Lawrence

JUNE:

- The Music Man: June 17, 7:30 p.m., Theatre Lawrence
- The Music Man: June 18, 2:30 p.m., Theatre Lawrence



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Audio-Reader

■ CONTINUED FROM PAGE EIGHT

Description so far," Nigro said.

Audio-Reader, in which volunteers provide readings of newspapers, magazines and books for people who need help with printed materials because of vision loss, physical issues or age, was established in 1971 by Lawrence philanthropist Petey Cerf, who saw the need for such a service as she was reading to a friend in a nursing home.

"We are very proud to be part of her legacy," Nigro said, adding that Audio-Reader's 45th anniversary is on October 11 of this year. Although the organization will have to keep the celebration low-key because of large budget cuts, they will still hold their annual volunteer appreciation event.

An Audio Description training session will take place in November. More information is available at <https://reader.ku.edu/description-training>. Those who wish to volunteer can contact Nigro at 785-864-4604.

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Judith and Frank Sabatini to be recognized with Liz Stratton Arts Patron Award

ARTSConnect is preparing for a big night celebrating the arts on October 29 in Topeka. That evening, the arts community will come together for the 2016 Arty Awards, where the best and the brightest of the arts in Topeka will be recognized with awards for their contributions. Nominations were solicited from the public through September 12 for the following awards:

Community Art Award: This award goes to an effort within the city that raises the standard of arts in our community. A neighborhood, a parish, a school or other community effort within our city all would qualify.

Performing Art Award: This award goes to a performing artist, company or group that has exhibited a commitment to increasing the quality of performance, audience engagement and makes Topeka a more entertaining place to live, work and play.

Glenda Taylor Visual Art Award: This award goes to an individual artist or group of artists who have exhibited a commitment to our community through their creation of visual artwork.

Literary Art Award: This award goes to a writer or group of writers

who have a Topeka connection or who write about the city.

People's Choice: Favorite First Friday Artwalk Location: Ballots are being collected across the city through October 9. Ballots will be tallied and the winner will be announced at the 6th Annual Arty Awards!

Additionally, ARTSConnect is pleased to announce that the 2016 Liz Stratton Arts Patron Award will be given to Judith and Frank Sabatini in recognition for their significant contributions of beautiful art, wisdom and funding which has made the arts stronger and more accessible to every single person in Topeka. "It is one of the highlights of the year to be able to review brilliant accolades for so many exceptional organizations and individuals in our community. Although part of the fun is in seeing who 'wins' each award on the 29th, it is clear that we are rich with talent here in Topeka, Kansas, and it is such an honor to be able to recognize these nominees for their accomplishments," said Sarah Fizell, executive director of ARTSConnect. Tickets to the event are \$55 and attendees can expect complimentary beverages, dessert, and seating for the award

presentation. Following the awards, DJ Johnny Quest will be on the turntables, so dancing shoes are encouraged. Thanks to the Halloween weekend, attendees are encouraged to partici-

pate in the "black and white" costume contest and wrap up their evening by attending the midnight showing of the Rocky Horror Picture Show at the Jayhawk Theatre.



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Dr. Waterman attended Edward Via College of Osteopathic Medicine (VCOM) in Virginia before completing her residency in orthopedic surgery at Holston Valley Medical Center in Tennessee. She recently completed a Foot and Ankle fellowship at the Cleveland Clinic Foundation in Ohio, and previously served as Chief Resident of the Wellmont Orthopedic Residency program and as a flight surgeon for the United States Airforce. Dr. Waterman specializes in foot and ankle treatment.

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Adam Goodyear, MD



Jennifer Waterman, DO

TPAC to present 'Legends In Concert' tribute to the stars

Legends in Concert, the original and world's greatest live celebrity tribute show, kicks off its first national performing arts center tour beginning October 2016. Legends in Concert will be presented for the very first time in Topeka at Topeka Performing Arts Center on October 20 at 7:30 p.m. Tickets (\$32-\$72) are on sale now and can be purchased at Ticketmaster.com, 800-745-3000, or the TPAC box office (Monday-Friday, 11 a.m.-6 p.m.). For additional information, visit www.topekaperformingarts.org/legends.

Direct from Las Vegas, this internationally acclaimed production takes audiences on an electrifying journey through the songbooks of many of music's legendary singers with world-renowned tribute artists, a live band, talented singers and dancers, lavish multimedia theatrical sets and authentic costumes. Seen by over 30 million fans, Legends in Concert is widely regarded as the "ultimate fun & feel good show." "It's not just the stunningly similar appearances to the superstars; it's also the pitch-perfect live vocals and signature choreography that

make up the complete winning package," wrote Robin Leach, renowned journalist of "Lifestyles of the Rich and Famous."

This will be the first time in its 33-year history that Legends in Concert will hold engagements in over a dozen premier theaters in cities across America. The tour's incomparable cast will replay the soundtracks of our lives as they bring memories back honoring the legendary Prince and his incredible catalogue of hits such as "Purple Rain" and "Kiss." Fans will "Believe" they are turning back time with a sensational homage to Cher, while Aretha Franklin is given a tribute fit for the "Queen of Soul" bringing audience members to their feet with numbers like "Chain of Fools" and "Respect." Show revelers will sing along with live recreations of Sir Elton John and fan favorites like "Crocodile Rock" and "Rocket Man." A phenomenal tribute to "the Boss," Bruce Springsteen, will take us back to "Glory Days." The musical experience will be hosted by an extraordinary tribute to the Blues Brothers™ with

their fun-filled soul music and engaging brand of comedy. During the first leg of its planned multi-year tour, the high quality production will also fea-

ture Legends in Concert's signature video reinforcement including iconic imagery celebrating the superstars the show pays tribute to.

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Topeka Metro promotes income qualified passes

Cost of transportation is often cited as a barrier to those trying to improve their life. To help alleviate cost issues, Topeka Metro offers half-price fare for income-qualified riders. Since its inception in March 2015, more than 1,000 individuals have taken advantage of the program.

Topeka Metro understands there are many Topekans who struggle to pay full priced bus fares, and the purchase of an income-qualified fare essentially cuts the cost in half, helping passengers financially.

“Even though we’ve had this program in place for over a year, we know there are folks who are not aware of the discounted rates and therefore are not using public transportation,” said General Manager Susan Duffy, Topeka Metro. “The income-qualified fare program could help and is definitely worth pursuing if they are eligible.”

To qualify for the income-quali-

fied passes, an individual’s personal income or family income must be 200% below the federal poverty line. Essentially, if a family receives support from a non-profit or social service agency, or the children receive free/reduced lunches, they should be eligible. An individual’s income qualification must be verified by a social

service agency. Qualified Topeka Metro riders will receive an identification card that allows them to purchase half-price bus fares over the next year. Applications are available on Topeka Metro’s website at www.topekametro.org/fares-2 under “Reduced Fare (Income Qualified).” They are also available at Quincy Street Station cus-

tomers service. Forms are available in English and Spanish.

“One of the riders shared that she was able to purchase a new pair of shoes with the money she saved on the income-qualified bus fare,” said Duffy. “We like hearing that people can stretch their budget by utilizing this program. We know it makes a difference.”

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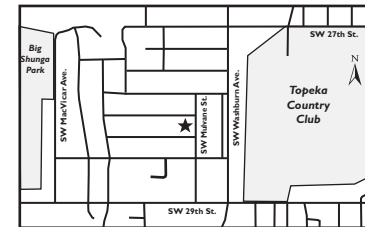


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Q & A: Making health insurance make sense

Q: Isn't it almost time for Medicare Open Enrollment? Is that different from the Open Enrollment Period for the Health Insurance Marketplace? And, if I already have Medicare Part D coverage, do I need to do anything?

A: Medicare Open Enrollment begins on October 15, 2016, and continues until December 7, 2016. That's different from the dates for the Health Insurance Marketplace, which has an Open Enrollment Period starting November 1, 2016, and runs until January 31, 2017.

If you're already enrolled in Medicare and a Medicare Part D plan, and happy with your plan, you don't have to do anything. But there could be big savings for you if you check into the choices you have for next year. That's because plans can, and often do, change from one year to the next. Your needs could change, too. For example, you might be taking new or different medicines now than you were a year ago. If this is the case, it's especially important to look at your choices for 2017 while there's time to change if you want to.

The plan you're enrolled in now will send out information to you about what changes it will make for 2017. You should have received this information by the end of September. By then, the details of other plans available in your area will be posted on the Medicare.gov Plan Finder, so you can compare what you have with what other plans offer. Many people can find a new plan with lower costs, or better coverage of their medications, or sometimes even both. But if you don't go shopping, you may never know that something better is available.

Need help in figuring this all out? Call us, at 1-800-MEDICARE [1-800-633-4227] anytime, 24 hours every day. Or call your local State Health Insurance Assistance Program (SHIP) who can help you with a one-on-one appointment to look at your options. Their number is on the back cover of your Medicare & You handbook. Also, you can get their phone number by calling 1-800-633-4227; just ask for your State Health Insurance Assistance

Program or the SHIP in your state.

Q: What about the Health Insurance Marketplace? If I qualify for tax credits to cut the cost of health insurance, could that be a better option for me than my Medicare plan?

A: The Affordable Care Act created the Health Insurance Marketplaces, and provides for tax credits to help reduce the cost of health insurance for many people whose income is less than four times the Federal Poverty Level—that computes to about \$47,000 per year for a single person, or about \$97,000 per year for a family of four.

However, the Marketplace is not meant to replace Medicare, and if you are already on Medicare, you should not buy a Marketplace health insurance plan. The Medicare plan you have now already includes substantial government help to keep the cost down for you, and you get at least some government help regardless of your income. In addition, Medicare has lower deductibles and lower out of pocket costs than the typical coverage you can get from the Marketplace. Finally, if the seller knows you are Medicare-eligible, it is illegal for them to sell you a private Marketplace plan. There are rare exceptions, but for nearly everyone on Medicare, the best option is to stay on Medicare. The Marketplace also does not sell Medicare Supplemental policies, (also known as Medigap policies), so this is not a place to shop for that coverage.

Need help in figuring this all out? Call us, at 1-800-MEDICARE [1-800-633-4227] anytime, 24 hours every day. Or call your local trained counselors. Their number is on the back cover of your Medicare & You handbook. Also, you can get their phone number by calling 1-800-633-4227; just ask for your State Health Insurance Assistance Program or the SHIP in your state.

Q: During Medicare Open Enrollment periods, especially, fraudulent activity happens more often as Medicare beneficiaries are inundated with communications from organizations vying for their business. What should Medicare beneficiaries know to help protect themselves from being a victim

of Medicare fraud?

A: Health care fraud drives up costs for everyone in the health care system.

Fraud schemes often depend on identity thieves getting hold of people's Medicare numbers. So guard your Medicare number. Treat it as you would a credit card.

(Please note that most Medicare Health Plan marketing materials that you receive in the mail are legitimate promotions to educate you on the different Medicare Health Plan options in your area as they are companies who contract with the federal Medicare agency to provide options. However, if a sales representative does any of the following, please know that you can and should report them.)

Follow these important steps to protect yourself from fraud:

- Don't share your Medicare number or other personal information with anyone who contacts you by telephone, email or by approaching you in person, unless you've given them permission in advance. Medicare will NEVER contact you for your Medicare number or other personal information as we have your number.
- Tell your friends and neighbors to guard their Medicare number.
- Don't ever let anyone borrow or pay to use your Medicare number.
- Review your Medicare Summary Notice to be sure you and Medicare are only being charged for actual services that you received.
- Be wary of salespeople who knock on your door or call you uninvited and try to sell you a product or service.

- Don't accept products received through the mail that you didn't order. You should refuse the delivery and/or return it to the sender. Keep a record of the sender's name and the date you returned the items.

- And if you're looking to enroll in a Medicare plan: Be suspicious of anyone who contacts you about Medicare plans unless you gave them permission.

- There are no "early bird discounts" or "limited time offers."

- Don't let anyone rush you to enroll by claiming you need to "act now for the best deal."

- Be skeptical of free gifts, free medical services, discount packages or any offer that sounds "too good to be true."

- Any promotional items you're offered to enroll in a plan must be worth no more than \$15, and these items can't be given on the condition that you enroll in a plan.

A common ploy of identity thieves is to say they can send you your free gift right away—they just need your Medicare number to confirm. Decline politely but firmly. Remember, it's not rude to be shrewd!

Call 1-800-MEDICARE (1-800-633-4227) to report suspected fraud. Learn more about protecting yourself from health care fraud by visiting www.Medicare.gov or by contacting your local Senior Medicare Patrol (SMP). To find the SMP in your state, go to the SMP Locator at www.smpresource.org or call their Nationwide toll-free number: 1-877-808-2468 and ask for the number in your state.

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Don't be skeptical, Social Security is here to stay

By Norm Franker

Social Security District Manager in Lawrence, KS

It's healthy to be skeptical in a world of uncertainties. Major news networks sometimes broadcast conflicting facts that require a bit of research to verify. There's even a day in October dedicated to skeptics. So, this is the perfect time to tell all the skeptics that there's no reason to think Social Security won't be here for you well into the future.

Recently, the Social Security Board of Trustees released its 76th annual report to Congress presenting the financial status of the Social Security trust funds for the short term and over the next 75 years. We're pleased that legislation signed into law by President Obama last November averted a near-term shortfall in the Disability Insurance (DI) trust fund that was detailed in a previous report.

With that small, temporary reallocation of the Social Security contribution rate, the DI fund will now be able to pay full benefits until 2023, and the retirement fund will be adequate into 2035. It is important that members of Congress act well before 2023 in order to strengthen the finances of the program. As a whole, Social Security is fully funded until 2034, and after that it is about three-quarters financed.

Many people wonder if Social Security will be there for them. Here's a fact that will relieve any skepticism you might have: the increased cost of providing Social Security benefits for Baby Boomers is less than the nation's increase in spending was for public education when the baby boomers were children.

Put your skepticism aside and rest assured that Social Security is with you today and will be with you tomorrow. You can read the entire report at www.socialsecurity.gov/OACT/TR/2016.

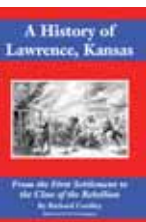
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MAYO CLINIC

Several factors may play a role in raising risk for diverticulitis

DEAR MAYO CLINIC: I was recently diagnosed with diverticulitis. It was treated and the symptoms went away, but I'm wondering what could have caused it. I'm a 52-year-old man with no other medical problems. Am I at an increased risk for developing diverticulitis again since I've had it once?

ANSWER: Diverticulitis happens when small pockets that develop in the lining of your digestive tract become inflamed or infected. Treatment for diverticulitis focuses on eliminating the infection or inflammation, but it does not get rid of the pockets. Because those pockets remain, there is some risk you could get diverticulitis again, yet that risk is less than 10 to 15 percent. In some cases, making certain lifestyle changes may help lower the risk.

As we age, it's common for small, bulging pockets to form due to pressure at weak spots in the digestive tract lining. The pockets are called diverticula. They most often occur in the large intestine, or colon. By themselves, these pockets do not typically cause any problems or lead to symptoms.

When diverticulitis develops and one or more of the pockets becomes

infected or inflamed, that can result in significant symptoms. These may include persistent and severe abdominal pain, nausea, vomiting and constipation. In some cases, diverticulitis can result in diarrhea, but that is less common than constipation.

Several factors may play a role in raising your risk for diverticulitis. As mentioned earlier, digestive tract pockets become more common with age. Diverticulitis most often affects people older than 40. Men tend to develop the condition more often than women. Obesity can increase the risk of diverticulitis, too, as can smoking. A lack of regular exercise may contribute to diverticulitis, as well.

Although you can't do anything about your age or being male, you can take steps to lower your risk in other areas. Exercising regularly, losing weight if you need to and avoiding smoking can all help.

The specific role that diet plays in preventing diverticulitis is unclear. In the past, some doctors recommended that people who had diverticula not eat seeds and nuts, including foods with small seeds, such as tomatoes,

cucumbers and strawberries. It was thought that these tiny food particles could lodge in the pockets and cause diverticulitis. But there is no scientific evidence of that, and doctors no longer recommend these foods be avoided.

Some experts have advocated eating a high-fiber diet—which may include nuts and seeds—to lower the risk of diverticulitis. A high-fiber diet on its own, however, has not been shown to prevent diverticulitis.

At this time, it appears that no specific foods trigger diverticulitis, and there's no special diet recommended to prevent it, either. So before you make any big changes to your diet in an effort to lower your risk of developing diverticulitis again, talk with your doctor about your individual needs to decide what's best for you. In many cases, eating a variety of well-balanced and nutritious foods along with plenty of fluids are good choices.

You should also review with your doctor any medications you're taking. Several drugs are associated with an

increased risk of diverticulitis, including steroids, opiates and nonsteroidal anti-inflammatory drugs, such as ibuprofen and naproxen. Your doctor can help you determine if you may need to change any of your medications based on your history of diverticulitis.

If you have symptoms of diverticulitis again, contact your doctor right away. He or she will likely suggest testing to confirm the diagnosis before prescribing treatment. If it is confirmed, treatment would consist of a clear-liquid diet for a few days along with antibiotics. You would then return to a more normal diet as your symptoms improve.

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

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HEALTH & WELLNESS

See the world anew: Low vision therapy

By Jocelyn Rietcheck OT

The three leading causes of irreversible vision loss in adults in the United States are macular degeneration, diabetic retinopathy, and glaucoma. Macular degeneration reduces your central visual field and can make reading and close work difficult. Glaucoma reduces peripheral or side vision causing increased risk for falling.

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Diabetic retinopathy causes scattered, spotty areas of vision loss. Persons with diabetic retinopathy may have problems seeing contrasts, and have poor color discrimination and night vision. They may also experience double vision or fluctuations in vision resulting from changes in blood glucose levels.

You May Know Someone with Low Vision

Mary B. was diagnosed with macular degeneration, and now finds that not only is she unable to engage in

her favorite hobbies—embroidery and crochet, but is now struggling to cut up foods for meal preparation, and turning on the stove burners correctly. This has resulted in a few minor burns, and she has experienced a couple of falls in the dimly lit areas of her home.

Harold E has diabetes, and has been diagnosed with diabetic retinopathy. He has found it increasingly difficult to independently read his bank statement and write checks due to impaired vision. He finds it very difficult to read medication and food labels. He is frustrated that he cannot manage these activities for himself.

Both of these people have been very independent, and don't wish to ask family members to help them perform tasks they accustomed to doing with ease. Mary and Harold are both challenged in their daily routine due to reduced vision, or Low Vision. People with low vision find it difficult to solve these basic problems because their vision limits their ability find answers on their own.

What is Low Vision?

Low Vision is a visual impairment that cannot be corrected by medial or surgical intervention; and is severe enough to interfere with the performance of daily living tasks. If you have low vision you will have some usable

vision. This is different from blindness which is defined as no light perception, leaving the person without usable vision for daily activities.

Gradual Loss of Independence with Low Vision

Tasks such as meal preparation, money management, self-care, shopping, laundry, and negotiating public spaces are often significantly impaired. Daily routines which were once done easily and quickly can become challenging, frustrating and time consuming. Applying toothpaste, seasoning foods, setting dials on appliances, shopping, and reading labels and recipes are commonly impaired by vision loss.

Low Vision Therapy Can Increase your Independence

So, what can be done to regain independence in daily living and to rediscover ways to enjoy life-long leisure skills? Can simple modifications to your home environment improve safety and make meal preparation and household tasks easy again? How can you be able to enjoy reading again? A new program at LMH Therapy Services has been designed to provide Low Vision rehabilitation for the Lawrence community. An Occupational Therapist, in collaboration with your doctor, will evaluate your problems related to your vision and create a plan for you.

Challenges and Needs

Therapy offers you away to tackle some of the everyday problems that are slowing you down. When you see the occupational therapist she will:

1. Assess your challenges and needs: Do you have trouble reading fine print? Do you have problems with using your computer due to your vision?

2. Formulate goals and strategies to address each problem: Therapy focuses on how you can maximize your remaining vision. You may need to use an optical devices like a magnifying glass, change the lighting in your kitchen or change the contrast color of your work surface.

3. Simple home modifications can help: The therapist will give you recommendations for simple changes in your home. Home changes might include: reducing the glare of overhead lighting or labeling hard to read controls on your stove. Reading skills will also be assessed by the OT, and intervention provided to improve ease in reading and writing.

A doctor's prescription for occupational therapy (OT) must be obtained prior to starting Low Vision Therapy. You can discuss a therapy order with your optometrist, ophthalmologist, neurologist or your primary care doctor. If you have questions, or would like more information, call LMH Therapy Services at (785) 505-2712 or to fax (785) 505-2889.

- *Jocelyn Rietcheck OT is an occupational therapist at LMH Therapy Services. She specializes in Low Vision Therapy and has been a local practicing OT for more than 30 years. She is a graduate of the University of Kansas Occupational Therapy Program.*



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HEALTH & WELLNESS

Best ways to stay healthy at work

Let's face it—winter is coming along with cold and flu season. One of the most common places to contract the bacteria and viruses is in your work environment. A person is indoors and around a lot of people whom may be getting sick. Be prepared to defend your self from your co-workers and/or the public is essential. Warding off these germs as long as possible will make the



Dr.
Farhang
Khosh

winter months easier to manage. What are some of the ways to stay healthy and avoid the office illnesses?

1. Washing your hands as often and using hand sanitizer can go along way towards keeping germs away.

2. Avoid those who are not feeling well or are sneezing and blowing their nose. Air-borne illnesses are highly contagious.

3. Stay hydrated with lots of water. Eight to 10 glasses of water a day is recommended. A person feels better when they are hydrated. If you have contracted an upper respiratory illness or the flu, staying hydrated is essential to getting over the illness faster. Limit the amount of caffeine and alcohol intake, which is hard on your adrenals and can weaken your immune system.

4. Eat well-balanced meals and healthy lunches. Staying away from sugar will keep a person's immune system strong. Snacks that have protein will give you more fuel to run on during the day. Don't forget fruits and vegetables, which are loaded with antioxidants to strengthen the immune system.

5. During lunch or breaks, get outside in the fresh air. Keep moving.

There is an enormous amount of gains from regular exercise. But even small amounts of exercise throughout the day can have a positive effect on your immune system.

6. If you are sick—stay home! The best way to reduce spreading germs to others is to stay home. Work from home. Or, if you have to come to work, isolate yourself to keep your germs from spreading to others.

7. Don't share. Don't share office equipment including ink pens, computer keyboards, phones, etc. Do not share drinks or foods. Keep your immune system strong.

8. Consider medicinal plants that strengthen the immune system. Some top medicine plants that are good in fighting germs include Goldenseal, Turmeric, Astragalus, Garlic, Mushrooms, and Echinacea.

9. Consider supplements that empower the immune system to fight germs, including Vitamin C and Vitamin D3.

10. Finally, take a vacation. Often business slows down over the holidays and winter months, so this is a good time to get away. Avoiding a sick environment and going to the sun is well worth the trip.

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

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

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ESTATE PLANNING

Leave a Plan, Not a Mess – Part 2

July's column "Leave a Plan, Not a Mess" discussed the importance of having a Will or Living Trust to control the distribution of property at your death. But how effectively your Executor or Successor Trustee can accomplish this task depends upon having the necessary information and records organized and available.



**Bob
Ramsdell**

While not exhaustive, the following is a suggested list of items to keep in a secure location for use by your designated representative:

- Original of your Will or Living Trust and Pour-Over Will.
- Originals of your Durable General Power of Attorney, Durable Healthcare Power of Attorney, and Living Will & Healthcare Directive (if you have one).
 - These are relevant in the event of your incapacity. While powers of attorney remain effective while there is uncertainty if you are dead or alive (the cruise ship sank and they are still trying to account for passengers), outside of a few, specific powers, a power of attorney becomes ineffective upon your known death.
- Copies of any representation authorizations you have provided to the Social Security Administration, the Veteran's Administration, or any other entity in lieu of your Durable General Power of Attorney.
 - Recent tax returns.
 - Real estate deeds, motor vehicle

titles, etc.

- Any recorded TOD Deeds.
- List of all assets (financial accounts, securities accounts, motor vehicles, etc.) on which a pay- or transfer-on-death designation is in place.
- Life insurance policies, along with copies of the beneficiary designations and information on how to claim the death benefits.
- Birth certificates, adoption records, marriage licenses, divorce decrees, military discharge records, Social Security and Veteran's Administration claims, etc.
- Contracts, lease or rental agreements, etc.
- Receipts and warranty records for major items.
- List of bank accounts, mutual funds, brokerage accounts, etc., along with information on any direct deposits or automatic debits in place.

- List of pensions, annuities, IRA's, 401(k)'s, 403(b)'s, etc. along with copies of the beneficiary designations and information on how to claim the survivor's benefit.

- List of loans on which you are the debtor or creditor, including credit cards.

- List of online accounts, along with their user names, passwords, and answers to security questions.

- Names and contact information for your financial advisor, insurance agent, accountant or tax preparer, attorney, etc.

- If you have preferences or instructions regarding your funeral, discuss these with the persons you anticipate will survive you and write them out. Be sure the proper people know where to find your written instructions quickly so they can act upon them. (Your family may not review your Will / Living Trust until after the funeral.) Consider including a list of the names and contact information for significant persons in your life with your funeral instructions.

Things change, so review and update your records annually. For example,

every January I make copies of all the end-of-year financial statements I've received and place them in my safe deposit box (removing those from the prior year). If I am incapacitated or die later in the year, the balances will be different but my Successor Trustee can easily determine each institution at which I have an account, along with the types of accounts and their numbers.

Note: Even if you don't care about leaving a mess after your death, self-interest dictates having a plan in place given the possibility you will experience cognitive or physical incapacity as a result of injury or aging. If you recover, it's nice to have a home to which you can return that still has utility services and is not in foreclosure due to unpaid bills.

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell Qualseth & Warner, P.A., in Lawrence. He can be reached at 785-841-4554. The Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, can be reached at 1-888-353-5337. The information in this column is intended to provide general public information, not legal advice.

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JILL ON MONEY

Gender equity is far from reality on Wall Street, as new film shows

In 1987, when I started my first full-time job as a derivatives trader on the floor of the Commodities Exchange in New York (COMEX), there was no mention of workplace sexual harassment. Rather, I was told explicitly that the environment on the



Jill Schlesinger

trading floor was “rough and tumble,” and that if I wanted to be taken seriously I needed to accept the fraternity party shenanigans and figure out how to make money for the company that was employing me.

I was one of eight women traders amid 800 men and while we often commiserated with one another, we mostly rolled our eyes at the benign name calling and shrugged off the more intrusive bra snapping and physical jostling for position in the trading ring. There is not one of us who would have said a word to a boss about our experiences because we knew that they would have done nothing.

I was thinking about those early years of my career as I watched the new movie, “Equity,” a Wall Street thriller where all of the main characters

are women. The film, which takes place in the post-financial crisis era, explores both gender and generational roles in the finance industry, in an entertaining and provocative way.

As the film unfolds, we see ambitious women walking the tightrope between being too nice and being accused of “having sharp elbows” or “rubbing people the wrong way.” Naomi, the main character, played by Anna Gunn of “Breaking Bad” fame, is a star investment banker who needs a big win on a tech initial public offering after a previous deal went south. Her associate Erin (Sarah Megan Thomas) is trying to rise up the corporate ladder while juggling her personal life.

The women in “Equity” sometimes adapt to their male-dominated field by holding their noses and resorting to questionable methods. Sam (Alysia Reiner of “Orange is the New Black”), the assistant U.S. attorney who is a college acquaintance of Naomi, uses her sexuality to her advantage as she investigates Naomi’s firm for insider trading. Meanwhile, Erin finds herself asked to treat a twenty-something tech entrepreneur “very, very gently.”

Besides being immensely entertaining, “Equity” is the first movie that I have seen where Wall Street women are portrayed as fully formed characters, not sidekicks or girlfriends. Naomi, Erin and Sam resemble real women that I know

who work in all of these jobs. I’m guessing the reason for the accurate portrayals is that women also populated every role behind the camera. In addition to co-starring in the film, both Alysia Reiner and Sarah Megan Thomas were co-producers. I spoke to Reiner recently and she told me that they, along with writer Amy Fox and director Meera Menon, spoke to current and former women who worked on Wall Street, some of whom became investors in the film.

I asked Reiner what she found most surprising about the industry, after all of the interviews that they conducted. She said that it was stunning that women on Wall Street still confront such overt sexism when they show up

to work every day. While there has been progress from the bad old days of my youth, clearly there needs to be more. According to Catalyst, the 2015 U.S. gender pay gap is significant: Women earned 81.1 percent of men’s salaries based on median weekly earnings for full-time workers. But the biggest gap is in the finance industry. Women account for more than half of all employees, yet earn nearly \$0.69 for every \$1 men make. We’ve got a long way to go before getting to equity.

- Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillonMoney.com.

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Oticon Opn™ with BrainHearing™ Technology Helps People with Hearing Loss Hear Better, with Less Effort and Better Recall

Oticon, the world’s leading innovator of BrainHearing™ technology, introduces Opn™, a breakthrough hearing aid that has been shown to provide people with hearing loss improved speech understanding, up to a 20 percent reduction in listening effort, and up to 20 percent better recall of conversations. Opn™ is built on the new Velox™ platform, which processes sound at extreme speed to remove distracting noise, even between words, so that Opn™ users can easily follow conversation even in environments with multiple people speaking, such as crowded restaurants. Opn™ connects directly to mobile devices and other external devices with just a tap of the fingertips, streaming audio directly to the hearing aids. Opn™ is also the world’s first hearing device that is connected to the Internet of Things.

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SENIOR CALENDAR

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

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWORK

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday OF THE MONTH. See website for participating locations.
LAWRENCE, 785-842-3883
finalfridayslawrence.wordpress.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 6:45 p.m.
LAWRENCE, 785-842-3415

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

DAY TRIPS/TOURS

SECOND SATURDAY OF THE MONTH

FREE SATE EAST SIDE BREWERY TOUR

East Side Brewery offers tours on the second Saturday OF THE MONTH at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.
LAWRENCE, 785-550-9718
www.freestatebrewing.com

SEP 1-NOV 5

HAUNTED ATCHISON ACTIVITIES

Haunted Trolley tours, murder mystery dinners, Sallie House tours, cemetery walking lantern tours, paranormal investigations, ghosthunting 101, history-mystery dusk walking tours, psychic gallery readings and more... in the "Most Haunted Town in Kansas." Atchison County Historical Society Museum and Santa Fe Depot, 200 S. 10th St. Fee.
ATCHISON, 800-234-1854
VisitAtchison.com

NOV 15

ST. JOSEPH-AWAY IN THE BASEMENT

There is so much to enjoy in St. Joseph, Missouri. This trip begins at the Remington Nature Center-where history and nature collide. Following a catered lunch, we arrive at the Missouri Theater, on the National Register of Historic Places and known for its atmospheric style for a performance of "Away in the Basement...A Church Basement Ladies Christmas. This show will take you back to 1959 and the day of the Sunday School Christmas Program. In the midst of holiday preparations, and sprinklings of love in the air, the ladies in their witty down-to-earth style are creating their own memories from Christmases past and present. Out of this basement shall come good tidings, great humor and joy! Register at www.lprd.org or any Lawrence Recreation Center. Call with questions: Gayle Sigurdson. Fee, early bird registration before October 3.
LAWRENCE, 785-832-7920

EDUCATION

ONGOING

COOKING CLASSES

The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website.
LAWRENCE, 785-843-8544
themerc.coop/classes

ONGOING

FREE INSURANCE COUNSELING

Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one

to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug Program. Stormont Vail Health HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.
TOPEKA, (785) 354-6787

FIRST MONDAY OF THE MONTH

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

FIRST TUESDAY OF THE MONTH

COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your tax and financial future. To register call or visit us online.
TOPEKA, 785-232-6923
midwesttff.com

FIRST WEDNESDAY OF THE MONTH

COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your financial future. Hy-Vee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online.
LAWRENCE, 785-838-4380
midwesttff.com

FRIDAYS

HEALTHWISE TV

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

SECOND FRIDAY OF EACH MONTH

WELLNESS FRIDAY DROP-IN DISCUSSION

On the 2nd Friday of each month, join us for a drop-in discussion on a health or wellness topic

■ CONTINUED ON PAGE 23



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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.

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■ CONTINUED FROM PAGE 22

of interest. This month's topic: "Preventing Osteopenia and Osteoporosis." LMH Performance and Wellness Center at Sports Pavilion Lawrence, 9:30 a.m.
LAWRENCE, 785-505-5000

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the 3rd Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.
LAWRENCE, 785-505-2807

SEP 13, 27, OCT 4, 18, 25, NOV 1, 15 TOSS OUT THE PLAYBOOK: TRUMP, CLINTON AND THE WACKY POLITICS OF 2016

(Discussion Group Series). The 2016 presidential election has defied expectations and explanations at every turn. Dole Fellow Steve Kraske and his special guest speakers will lay out a guidebook on the art of presidential campaigns, the 2016 cycle and interpreting results on election night. Dole Institute of Politics, 1450 Jayhawk Blvd., 4 p.m. Free.
LAWRENCE, 785-864-2700

OCT 3

HEALTHWISE SENIOR SUPPER

"Medicare Open Enrollment: Your Annual Checkup" is the topic of the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. Presented by Bob Evenson, senior sales executive, Century Health Solutions. Cost: \$5 per person for the meal. Please call for reservation.
TOPEKA, 785-354-5225

OCT 4, 6, 11, 13, 18, 20 & 26

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont-Vail Healthcare, will hold a Medicare educational seminars on October 4, 6, 11, 13, 18, 20 and 26 at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. For information, call 233-1816, email us info@century-health.com, or sign up at our website, <http://century-insuranceagencyks.com> on the Medicare tab. Light snacks and beverages will be provided.
TOPEKA

OCT 6

THE ANGLo-IRISH WAR

William Kautt examines the methods used by the British military and the Royal Irish Constabulary to curb the threat of attacks on transportation during the Irish revolution in the early 20th century. The two groups utilized options ranging from tactics and techniques to hardware and equipment as they attempted to move through the insurgent-infested hinterlands

as well as urban Irish streets. Dole Institute of Politics, 1450 Jayhawk Blvd., 3 p.m. Free.
LAWRENCE, 785-864-2700

OCT 13

DIRECTOR'S SERIES: NICK SAMBALUK

KU graduate and Purdue University professor Nick Sambaluk returns to Lawrence to discuss his new book, "The Other Space Race: Eisenhower and the Quest for Aerospace Security." A longtime attendee of many Dole Institute programs, Sambaluk will discuss the early U.S. space program and its influence on — and from — the Cold War. This program will include a book sale and signing. Dole Institute of Politics, 1450 Jayhawk Blvd., 3 p.m. Free.
LAWRENCE, 785-864-2700

OCT 17

"AMERICAN UMPIRE": FILM SCREENING AND Q&A

Producer and writer Elizabeth Cobbs will join the institute for a Q&A and screening of her documentary, "American Umpire." With unique archival footage from interviews with top U.S. diplomats, generals and scholars, the documentary examines why the U.S. became the world's policeman while interpreting the critical debates about American foreign policy in 2016. Dole Institute of Politics, 1450 Jayhawk Blvd., 7 p.m. Free.
LAWRENCE, 785-864-2700

OCT 17

LAW AT THE LIBRARY

A half hour informational program on advance directives and estate planning basics starts at 1 p.m., followed by the opportunity to meet with Kansas Legal Services staff who will be available to draft documents such as Powers of Attorney and Living Wills for free for community members aged 60+. Topeka & Shawnee County Public Library, Marvin Auditorium 101BC.
TOPEKA, 785-580-4662

OCT 18-NOV 15

MINDFULNESS MEDITATION

This class will explain the differences between everyday mindfulness as a way of life and having a meditation practice. You will have

ample opportunity to learn techniques and approaches to both in a supportive atmosphere. Students are encouraged to develop routines that fit their own lives to help reduce stress and increase happiness. Instructor: Nomi Redding, MSW. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays, 5:30-7 p.m. Fee. Location: Carnegie Building.
LAWRENCE, 785-832-7920

OCT 18

SENIOR SUPPER AND SEMINAR

This month's topic: "All About Ankle Arthritis." By Jennifer Waterman, DO, of OrthoKansas, LLC. On the 3rd Tuesday of each month, seniors are invited to come and dine at LMH for \$5.51 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are **required** for the meal due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connectcare@lmh.org. Supper: 5:00 p.m., Educational presentation: 6:00 p.m.
LAWRENCE

OCT 19

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont-Vail Healthcare, will hold a Medicare educational seminar on Wednesday, October 19, at 1 p.m. Learn the basics of Medicare and all of its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. For information, call 233-1816, email us info@century-health.com, or sign up at our website, <http://centuryinsuranceagencyks.com> on the Medicare tab. Light snacks and beverages will be provided.
TOPEKA

OCT 24

CARD MAKING WITH CINDY

Learn how to make your own greeting cards with the help of a local expert. Cindy will help

you make two cards and teach you how to do your own embossing. Part of the library's Senior Life series of programs. Registration begins Wednesday, September 7. Topeka & Shawnee County Public Library, The Edge - Teen Room, 1-2 p.m.
TOPEKA, 785-580-4662

OCT 25

TMJ DISORDERS, SLEEP DISORDERED BREATHING AND HEALTH

Oral health and general health can be significantly impacted by many dental conditions that can affect as much as 30-40% of the population. LMH Medical Staff member and Lawrence restorative dentist, James Otten, DDS, will discuss the link between TMJ ((temporomandibular joint)) problems, worn teeth, sleep disordered breathing and other health related conditions in this interactive forum. Advance enrollment requested, please. 6:30-8 p.m.
LAWRENCE, 785-505-5800
www.lmh.org

OCT 26

"STRONG INSIDE: THE PERRY WALLACE STORY"

The story of Perry Wallace outlines the collision of race and sports in the South during the Civil Rights movement. Andrew Maraniss arrives to discuss his New York Times best-selling biography of Wallace and the unimaginable journey of the young man who courageously accepted an assignment to desegregate the SEC. This program will include a book sale and signing. Dole Institute of Politics, 1450 Jayhawk Blvd., 7 p.m. Free.
LAWRENCE, 785-864-2700

OCT 31

HOLIDAY ADULT COLORING

Get in the holiday spirit and enjoy a relaxing afternoon coloring, being creative and socializing with others. Pages will be provided. Part of the Senior Life series of programs. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1-2:30 p.m.
TOPEKA, 785-580-4662

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■ CONTINUED FROM PAGE 23

NOV 3

“NIAGARA, 1814” (FORT LEAVENWORTH SERIES)

As the War of 1812 stretched into its second year, President James Madison launched his best troops once more into Canada in a final attempt to win the war he started. American, British and native warriors battled for four bloody, desperate months along the Niagara River — examined here by Rich Barbuto. Dole Institute of Politics, 1450 Jayhawk Blvd., 3 p.m. Free.
LAWRENCE, 785-864-2700

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

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

THURSDAYS

JUNKYARD JAZZ

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

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

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

OCT 1

THE BLIND BOYS OF ALABAMA

The Blind Boys of Alabama have the rare distinction of being recognized around the world as both living legends and modern-day innovators. They are not just gospel singers borrowing from old traditions, as they helped to define those traditions in the 20th century and almost single-handedly created a new gospel sound for the 21st century. Since the original members first sang together as kids at the Alabama Institute for the Negro Blind in the late 1930s (including Jimmy Carter, who leads the group today), the band has persevered through seven decades. The African-American singers—who started out touring during a time of whites-only bathrooms, restaurants and hotels—went on to win five Grammy Awards, a Lifetime Achievement Grammy, have been inducted into the Gospel Music Hall of Fame and performed at the White House for three different presidents. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

OCT 7

THE CAPITOL STEPS: WHAT TO EXPECT WHEN YOU'RE ELECTING

The only group in America that attempts to

be funnier than Congress is a troupe of current and former congressional staffers who monitor events and personalities on Capitol Hill, in the Oval Office, and in other centers of power and prestige around the world and then take a humorous look at serious issues while providing a nationwide laugh for millions. McCain Auditorium, Kansas State University, 1501 Goldstein Circle, 7:30 p.m. Fee.
MANHATTAN, 785-532-6428
www.k-state.edu/mccain/events

OCT 8

THE CAPITOL STEPS

The Capitol Steps—a Washington, DC-based comedy troupe that began as a group of Senate staffers—has been providing a unique blend of musical and political comedy for over thirty years. At the Lied Center, the group will present a show based on the current presidential campaigns as well as songs from their most recent album *What to Expect When You're Electing*. Their tasteful lampooning is guaranteed to leave both sides of the political spectrum laughing. The constantly changing show is strenuously bipartisan and includes songs about everything in the news, such as *How Do You Solve a Problem Like Crimea*, *Ain't No Pipeline*, *Now It's Gone*, and *The iMpossible iWatch*. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

OCT 9

ROCKIN' ROAD TO DUBLIN

Rockin' Road to Dublin is the new sensation changing the Irish Dance world. A fusion of rock and Irish, Rockin' Road combines the best of both worlds to thrust Irish Dance back into the spotlight. This stylish, can't-miss spectacle is the perfect balance between concert and stage show. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.
TOPEKA, 785-234-2787
www.topekaperformingarts.org

OCT 11

GORDON LIGHTFOOT

One of the leading singer/songwriters of the 1960s and '70s, Gordon Lightfoot was Canada's most successful contemporary folk artist, establishing himself as an important songwriter in the mid-60s and going on to become a major international recording star in the following decade. Lightfoot's songs are literate but down to earth, and deal with personal matters as well as global issues in a manner that's poetic yet accessible, and his rich, strong voice is a superb vehicle for his material, though his songs are versatile enough that many artists have enjoyed success with his tunes. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.
TOPEKA, 785-234-2787
www.topekaperformingarts.org

OCT 12

JOSH BLUE

Perhaps best known as the comedian who puts the cerebral in cerebral palsy, Josh Blue centers much of his self-deprecating act around his disability. He exploded onto the national comedy scene by capturing the attention and endearment of the country as the winner of NBC's *Last Comic Standing*. Having already established

himself as one of the most sought-after comedians on the college circuit, his weekly appearances on *Last Comic Standing* expanded his fan base exponentially. Blue starred in *Comedy Central Presents: Josh Blue*, which received rave reviews from fans and critics alike. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

OCT 14

THE SHANGHAI ACROBATS

Founded in 1959, the Shanghai Acrobats of the People's Republic of China has become one of the most influential and competitive acrobatic companies in China and has performed in more than 30 countries. Many of the company's acts have been awarded prizes nationally and internationally. Lied Center, 1600 Stewart Drive, 7 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

OCT 14

HAIRBALL

Vocalists Bobby, Steve and Joe Dandy lead the band through a 2+ hour, mind-blowing, and drop-dead accurate homage to some of the biggest arena acts in the world. Van Halen, KISS, Motley Crue, Queen, Journey, and Aerosmith are but a few of the acts fans will see brought to life. The Hairball stage becomes an entirely new rock concert before your very eyes countless times throughout the night. Topeka Performing Arts Center, 214 SE 8th Avenue, 8 p.m. Fee.
TOPEKA, 785-234-2787
www.topekaperformingarts.org

OCT 14 & 15

THE ROCKY HORROR SHOW

Book, music and lyrics by Richard O'Brien. A sweet transvestite and his motley crew continue to do the time warp. Complete with sass from the audience, this deliberately kitschy rock 'n roll sci-fi gothic will be more fun than ever. Director: Doug Weaver Music Director: Susan Hires Choreographer: Melia Stockham. Two shows nightly, 7 and 11 p.m. Recommended for ages 16 and over. Theatre Lawrence, 4660 Bauer Farm Rd.
LAWRENCE, 785-843-7469
www.theatrelawrence.com/News/Rocky16.html

OCT 16

ZORÁ QUARTET

The Zorá Quartet has received a long list of awards, including First Prize in the 2015 Young Concert Artists International Auditions. They also won the Grand Prize and Gold Medal at the 42nd Fischhoff National Chamber Music Competition and the Coleman-Barstow Prize at the Coleman National Chamber Music Competition in 2015. Lied Center, 1600 Stewart Drive, 2 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

OCT 16

JULIE FOWLIS: MUSIC OF THE SCOTTISH ISLES

Julie Fowlis is a multi-award winning Gaelic singer who is deeply influenced by her early upbringing in the Outer Hebridean island of North Uist. Her crystalline and intoxicating

vocals have enchanted audiences around the world. An artist with a genuine curiosity to explore other traditions and natural ability to cross genres, Julie has collaborated, recorded and performed with artists such as violin virtuoso Nicola Benedetti and acclaimed singers Aled Jones, Grammy Award-winning James Taylor and Mary Chapin Carpenter. McCain Auditorium, Kansas State University, 1501 Goldstein Circle, 4 p.m. Fee.
MANHATTAN, 785-532-6428
www.k-state.edu/mccain/events

OCT 20

SGT. PEPPER'S LONELY HEARTS CLUB BAND — ART OF TIME ENSEMBLE

Steven Page (founder and former lead of the iconic band Barenaked Ladies) and Wesley Stace (AKA John Wesley Harding) join singers Andy Maize (Skydiggers) and Craig Northey (The Odds) in a reimagining of the Beatles' groundbreaking album, "Sgt. Pepper's Lonely Hearts Club Band." The singers and Art of Time's world class orchestra collaborate for an incredible night of music. One part tone poem, one part rock opera, Sgt. Pepper is a cornerstone of rock & roll history. Songs including "Lucy in the Sky with Diamonds," "When I'm Sixty-Four," and "With a Little Help From My Friends" are reimagined in arrangements that affectionately celebrate the music while preserving the vocal harmonies and musical elements that earned its designation by "Rolling Stone" as "the most important rock and roll album ever made." McCain Auditorium, Kansas State University, 1501 Goldstein Circle, 7:30 p.m. Fee.
MANHATTAN, 785-532-6428
www.k-state.edu/mccain/events

OCT 22

CLINT BLACK

Prolific singer-songwriter Clint Black has long been heralded as one of country music's brightest stars and his long list of awards proves it. To date, Black has sold more than 20 million albums worldwide and racked up 57 charted singles, 31 top-10 hits and 22 number-one smashes—with recordings such as *A Better Man*, *Killin' Time*, *Like the Rain*, *When I Said I Do* and *Nothin' But the Taillight*. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

OCT 23

STRAIGHT NO CHASER

If the phrase "male a cappella group" conjures up an image of students in blue blazers, ties, and khakis singing traditional college songs on ivied campuses... think again. Straight No Chaser are neither strait-laced nor straight-faced, but neither are they vaudeville-style kitsch. They have emerged as a phenomenon with a massive fan base, numerous national TV appearances and proven success with CD releases. *THE I'LL HAVE ANOTHER...* WORLD TOUR comes to town in celebration of the group's 20th Anniversary together. McCain Auditorium, Kansas State University, 1501 Goldstein Circle, 7:30 p.m. Fee.
MANHATTAN, 785-532-6428
www.k-state.edu/mccain/events

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OCT 27

THE HAVANA CUBA ALL-STARS: CUBAN NIGHTS

The pulse of the Caribbean fills the air as Cuba's most prominent musicians share their rich musical heritage, from the Rumba to the Cha-Cha-Cha to the Habanera. This exciting band brings the Cuban vibe to life with rhythmic drums and castanets, wailing trumpets, masterful acoustic guitar and amazing vocals. Devoted to presenting the wide tapestry that exists in Cuban music — from Latin dance to soulful ballads — this concert presents the great musical traditions of the Cuban people. "The Asere Friendship Tour" is The Havana Cuba All-Stars' debut U.S. tour and celebrates the new open friendship between the United States and Cuba. McCain Auditorium, Kansas State University, 1501 Goldstein Circle, 7:30 p.m. Fee.

MANHATTAN, 785-532-6428

www.k-state.edu/mccain/events

OCT 28

BIG HEAD BLUES CLUB

If you're a fan of Muddy Waters and Bo Diddley, or even Led Zeppelin, Jimi Hendrix, and Rolling Stones, then you've heard the songs of Willie Dixon. This season, Big Head Todd and the Monsters will join forces with three second-generation blues stars, Mud Morganfield, Billy

Branch and Ronnie Baker Brooks, to pay tribute to one of the pillars of modern blues, and one of the most influential songwriters of early rock and roll. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.topekaperformingarts.org

OCT 30

LYLE LOVETT AND ROBERT EARL KEEN

A singer, composer and actor, Lyle Lovett has broadened the definition of American music in a career that spans 14 albums over three decades. Coupled with his gift for storytelling, the Texas-based musician fuses elements of Americana, swing, jazz, folk, gospel and blues in a convention-defying manner that breaks down barriers. It's not always easy to sum up a career — let alone a life's ambition — so succinctly, but those five words from Robert Earl Keen's calling-card anthem just about do it. You can complete the lyric with the next five words — the ones routinely shouted back at Keen by thousands of fans a night ("and the party never ends!") — just to punctuate the point with a flourish, but it's the part about the journey that gets right to the heart of what makes Keen tick. McCain Auditorium, Kansas State University, 1501 Goldstein Circle, 7:30 p.m. Fee.

MANHATTAN, 785-532-6428

www.k-state.edu/mccain/events

NOV 4

JAKE SHIMABUKURO

Consider the humble ukulele. It's an adaptation of a stringed instrument that traveled with Portuguese immigrants who came to work in the sugar cane fields of Hawaii. Islanders made the "machete" their own, mixing external influences of classical European music and Spanish guitar with Hawaiian songs. Native Hawaiians renamed the little machete the ukulele, and it's become synonymous with Hawaiian music and Hawaiian culture. Jake Shimabukuro comes from that same process of mixing both island and outside influences, both modern and historical. He's combined the qualities of a long line of virtuoso ukulele players with modern rock musicians to create a sound that's uniquely his own but still firmly grounded in Hawaiian tradition. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 5

SEVEN THINGS I'VE LEARNED: AN EVENING WITH IRA GLASS

Ira Glass is the host and creator of the public radio program *This American Life*. The show is heard each week by over 2.2 million listeners on more than 500 public radio stations, with another 2.2 million podcast downloads. For years, the podcast of *This American Life* was the most popular one on iTunes, until the show started its first spin-off program Serial, which quickly

became the most popular podcast ever created. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/calendar

FAIRS/FESTIVALS

SEP 3-OCT 16

KANSAS CITY RENAISSANCE FESTIVAL

The Kansas City Renaissance Festival is celebrating 40 magical years in Kansas City! Pay heed to the exploits of Jousting Knights on thundering steeds, roam the village shops for unique crafts, delight in comedy, music, magic and more on our 20 stages of non-stop entertainment, and feast on delicious food and drink from the far reaches of the globe! There's something for the whole family on our 16-acre village. 633 N. 130th St., 10 a.m.-7 p.m. Fee. BONNER SPRINGS, 913-721-2110

www.facebook.com/KansasCityRenFest

OCT 1

RILEY FALL FESTIVAL

A day filled with family fun! 5K Trail Run, BBQ Competition, Kid's Activities, Pie Baking Contest, Local Vendors, Beer Garden, Free-will Donation Lunch, and much more. Downtown Riley, 222 S. Broadway St., 5-12 a.m.

RILEY, 785-443-1796

www.facebook.com/RileyFallFestival

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Reserve Your Space Today!

For the "2017 Senior Resources Directory," a special pull-out section that will be available in the January 2017 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**

\$ 30⁰⁰

Deadline is Dec. 9

**Contact Kevin at 785-841-9417
or kevin@seniormonthly.net
for more information.**

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

Business/Organization Category: _____

Business/Organization Name: _____

Address: _____

Phone: _____ E-mail: _____

URL: _____

Contact Names (up to 3): _____

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

Place Your Logo Here

Logo will run at a maximum width of 2.25" and a maximum height of 1".
Logo runs in black and white.

The 2016 Senior Resources Directory is available online at <http://seniormonthly.net/2016srresourcesdirectory.pdf>

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OCT 1

OKTOBERFEST

35th annual event sponsored by Junior Guild, with more than 100 arts and crafts vendors, plus German foods and music along the city's Commercial Street Mall. 9 a.m.-5 p.m.
 ATCHISON, 800-234-1854
 visitatchison.com

OCT 1

OZTOBERFEST

Mark your calendar to celebrate one of America's best-known fairy tales - The Wizard of Oz! Join us in downtown Wamego for a variety of activities including our OZ Costume Contest, Car Show, Munchkinland, OZ Market, Beer Garden, live entertainment, food vendors, children's activities, and more. 430 Lincoln Ave, 10 a.m.-9 p.m.
 WAMEGO, 785-456-7849
 www.oztoberfest.com

OCT 8

LANSING FALL FESTIVAL

This event gives local organizations an opportunity to raise funds and share information about their groups. Come enjoy another great autumn setting in Lansing with food and music! Vendors are asked to keep a fall theme with their products. Local artists display their works and some provide demonstrations. Angel Falls Trail, 900 Ida St., 10 a.m.-4 p.m. Free.
 LANSING, 913-727-5488
 www.lansing.ks.us

FARMERS MARKETS

APR 9-NOV 19

SATURDAY FARMERS MARKET

Stroll through the open air market, enjoy the live entertainment and demonstrations while you select fruits, vegetables, soap, baked goods, meat, jams, jellies, wine, pasta sauces, salsa, flowers, honey, fudge and so much more. 824 New Hampshire St., 7-11 a.m.
 LAWRENCE, 785-505-0117
 www.lawrencefarmersmarket.com

MAY 3-OCT 25

TUESDAY FARMERS MARKET

Stroll through the open air market, enjoy the live entertainment and demonstrations while you select fruits, vegetables, soap, baked goods, meat, jams, jellies, wine, pasta sauces, salsa, flowers, honey, fudge and so much more. Lawrence Public Library Outdoor Plaza, 707 Vermont St., 4-6 p.m.
 LAWRENCE, 785-505-0117
 www.lawrencefarmersmarket.com

MAY 11-OCT 12

CAPITOL MIDWEEK FARMERS MARKET

The Capitol Midweek Farmers Market is your place to find fresh, locally grown produce, herbs, honey and much more! We are celebrating 10 years of providing a walking destination to healthy, affordable foods in downtown Topeka throughout the 2016 season. Join us every week for the freshest local foods, special guest vendors and 10th anniversary events. Kansas State Capitol, 900 SW Jackson, 7:30 a.m.-12 p.m.
 TOPEKA, 785-296-8060

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

ONGOING

FIT FOR LIFE

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

ONGOING

ZUMBA GOLD

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

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

Monday-Friday at the Sports Pavilion Lawrence. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play.
 LAWRENCE, 785-832-7950

TUESDAYS

BADMINTON

Players of all skill levels are welcome to join in this friendly game that challenges agility, pace and coordination. Games are played on a drop-in basis so join us when you can. Basic equipment is provided; players are welcome to bring their own racquets. For more information, contact Gayle Sigurdson at 785-832-7920. (Lawrence Parks and Recreation). Location: Sports Pavilion Lawrence, 6-8 p.m. No fee.
 LAWRENCE, 785-832-7950

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TUESDAYS

FREE BLOOD PRESSURE CLINIC

Drop in 10 a.m.-noon every Tuesday. Stormont Vail Health's HealthWise Clinic, 2252 S.W. 10th Ave. No appointment necessary.
 TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

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

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

FLEXERCISE

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No appointment necessary.
 LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

ZOSTAVAX (SHINGLES) CLINIC

The Zostavax (shingles) vaccine can be administered from 8 a.m.-noon at the Stormont Vail HealthWise Clinic, 2252 S.W. 10th Ave. A doctor's prescription is required, and costs may apply.
 TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCCE BALL

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

WEDNESDAYS

FREE NUTRITION CLINIC

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

WEDNESDAYS

FREE MEDICATION CLINIC

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

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

SECOND FRIDAY OF THE MONTH

WELLNESS FRIDAY

Join representatives from LMH the second Friday of each month for discussion on a health or wellness topic of interest. No registration needed; just drop in. Each program lasts about one hour. LMH Performance and Wellness Center, Suite 100, Lawrence Parks and Recreation Sports Pavilion, 100 Rock Chalk Lane, 9:30 a.m.
 LAWRENCE, 785-749-5800

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9-10:30 a.m. at the Kuehne Branch

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(North) YMCA, 1936 N.W. Tyler St. Free. No appointment necessary.
TOPEKA, 785-354-6787

OCT

WALK-TOBER 2016

October is National Walking Month and an ideal time to get outdoors and walk. Sign up for Walk-tober 2016, a free walking program to complete in October on your own or with your own group. Participants will also receive health and wellness tips and healthy recipes. Optional group walks offered a few times during the month. Enrollment deadline is 9/26. To enroll, contact aynsley.anderson@lmh.org or (785) 505-3066, or enroll on-line at lmh.org. Attendance at an orientation session is recommended, but not required for those who have not participated previously. Orientation dates: Tuesday, 9/13, 6:00 p.m. or Monday 9/19, 12:00 p.m. – both at LMH Main Campus or Friday 9/16 9:00 a.m. at the LMH Performance and Wellness Center. To enroll in an orientation session, go to lmh.org or call LMH Connect Care.
LAWRENCE

OCT 8

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Performance and Wellness Center, 8-9:30 a.m.
LAWRENCE, 785-505-5800

OCT 12

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Main Campus (West lobby), 325 Maine St., 8-9:30 a.m.
LAWRENCE, 785-505-5800

OCT 19

PREDIABETES CLASS

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 avoiding potential complications. Taught by LMH Diabetes Education Center staff. Advance enrollment requested. 12-1:30 p.m.
LAWRENCE, 785-505-5800

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m.

Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m.
Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

WEDNESDAYS

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

FRIDAYS

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD THURSDAY OF THE MONTH

Babcock Place, 1700 Massachusetts St., 1 p.m.
Presbyterian Manor, 1429 Kasold Dr., 2:30 p.m.

THIRD FRIDAY OF THE MONTH

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 10 a.m.
Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH THURSDAY OF THE MONTH

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

FOURTH FRIDAY OF THE MONTH

Brandon Woods, 1501 Inverness Dr., 10 a.m.

MEETINGS

SUNDAYS

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

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

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

GRIEF SUPPORT GROUP

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.
LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.
LAWRENCE MEMORIAL HOSPITAL
4-5 PM, 785-840-3140

FIRST & THIRD MONDAY OF THE MONTH

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

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

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

FIRST TUESDAY OF THE MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free.
TOPEKA, 785-354-6787

FIRST TUESDAY OF THE MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, library and educational services. Meets at 3 p.m. in Conference E of LMH.
LAWRENCE, 785-830-8130

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

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

FIRST TUESDAY OF THE MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

Our focus is supporting, assisting, and educating individuals with colostomies, ileostomies, urostomies and continent ostomies. Meets at 6 p.m.

at St. Francis Health Center, 1700 SW 7th St. TOPEKA, 785-295-5555

FIRST & THIRD TUESDAY OF THE MONTH

GRIEF SUPPORT GROUP

Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at 785-228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 1 p.m.
TOPEKA

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF THE MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

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

FIRST & THIRD WEDNESDAY OF THE MONTH

CANCER SUPPORT GROUP

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

FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - TOPEKA

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

FIRST THURSDAY OF THE MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST THURSDAY OF THE MONTH

PARKINSON MEETING

Midland Care, 200 SW Frazier, 5:30-7 p.m.
LAWRENCE, 785-235-1367 or (800) 798-1366

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, Build-

■ CONTINUED FROM PAGE 27

ing A, 5:30 p.m. Please call for start dates and information packet.

TOPEKA, 785-232-2044

FIRST FRIDAY OF THE MONTH STROKE SUPPORT GROUP

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

SATURDAYS

LAWRENCE BRIDGE CLUB

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

ONE SATURDAY EACH MONTH

LAWRENCE DEATH CAFE

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

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.

LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Meets at the Topeka Shawnee County Public Library, 1515 S.W. 10th Ave., 3:30-4:30 p.m. TOPEKA, 785-235-1367
www.jhawkaaa.org

SECOND TUESDAY OF THE MONTH NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

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

SECOND TUESDAY OF THE MONTH LAWRENCE ACTION CIVITAN CLUB

Civitans have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. at Just Food, which is located at 1000 E. 11th St. For more information, please visit the Civitan International website at civitan.org, the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan. LAWRENCE

SECOND TUESDAY OF THE 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

wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup. LAWRENCE

SECOND WEDNESDAY OF THE MONTH MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF THE MONTH DIABETES EDUCATION GROUP

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

SECOND WEDNESDAY OF THE MONTH SOROPTIMIST INTERNATIONAL OF TOPEKA

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

SECOND THURSDAY OF THE MONTH NAACP MEETING-LAWRENCE CHAPTER

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

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

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

SECOND SATURDAY OF THE MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD TUESDAY OF THE MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH STROKE SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH ALZHEIMER'S SUPPORT GROUP

Alzheimer's support group for families and caregivers. Blassingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling. TOPEKA, 785-286-2273

THIRD WEDNESDAY OF THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m. LAWRENCE, 785-235-1367 or (800) 798-1366

FOURTH MONDAY OF THE MONTH GRIEF SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

OCT 10

CAREGIVER SUPPORT GROUP

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free. TOPEKA, 785-580-4662

OCT 13

NORTH EAST KANSAS ROCK & FOSSIL CLUB

General Meeting. Bring something to Show & Tell. Public welcome. Topeka & Shawnee County Public Library, 1515 SW 10th, 6:30 p.m. Information: NEKanRockandFossil@gmail.com. TOPEKA

MISCELLANEOUS

EVERY MONDAY AND THURSDAY SCRABBLE: OPEN PLAY

Anyone interested is welcome-beginner or long timer-just walk in or give a call. Douglas County Senior Service, 745 Vermont St., 1-4 p.m. LAWRENCE, 785-842-0543

WEDNESDAYS

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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

■ CONTINUED FROM PAGE 28

**SECOND SUNDAY OF THE MONTH
MONTHLY GUIDED HIKE**

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Fee. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd., 1 p.m.

LAWRENCE, 785-842-8562
ksoutdoors.com/State-Parks/Locations/
Clinton

OCT 12

YWCA OF NE KS NETWORK LUNCH

Tiffany Anderson, Ph.D., Topeka USD 501 Superintendent. Lunch buffet (11:45 a.m.) Lunch reservations at 785-233-1750, ext. 200, or email sethp@ywcaneks.org. Fee for lunch. Free non-lunch seating for speaker only.

TOPEKA

OCT 14 & 15

LENEXA CHILI CHALLENGE

The hearty smell of chili and flavorful spices will fill the air in Old Town Lenexa for the annual Lenexa Chili Challenge. Nearly 200 teams vie for the top prize in a variety of categories: CASI (Chili Appreciation Society

International) and Home Style chili, salsa and hot wings. The festivities begin Friday night with live music and fireworks. The contest takes place Saturday. There are lots of free chili samples for the public, as well as games, activities and live music. Old Town Lenexa, Santa Fe Trail Drive, 6-10 p.m. on Friday; 10 a.m.-3 p.m. on Saturday. Free.

LENEXA, 913-477-7100
www.lenexa.com/parks/festivals_chili.html

OCT 26

YWCA OF NE KS NETWORK LUNCH

James Brown, Topeka Chief of Police. Lunch buffet (11:45 a.m.) Lunch reservations at 785-233-1750, ext. 200, or email sethp@ywcaneks.org. Fee for lunch. Free non-lunch seating for speaker only.

TOPEKA

OCT 27-30

**AVTT - AMERICAN VETERANS
TRAVELING TRIBUTE**

The mission of the AVTT Traveling Wall project is to travel the nation to honor, respect, and remember men and women who served in the armed forces, and to pay specific tributes to those who gave everything during their service. Since the tribute is mobile it allows people to honor and respect veterans and active military personnel without having to travel great distances. The Wall will open to the public on Thursday, Oct. 27, at noon and remain open to the public until Sunday, Oct. 30, at 2 p.m. Ray Miller Park, 4103 S 4th St. Free.

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By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

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One of our most powerful tools is our website: my Social Security. Create your online account at www.socialsecurity.gov/myaccount and then you'll always have quick and easy access to see and update your information. You can use my Social Security to get estimates of your retirement, disability, and survivors benefits; view your earnings record; and get estimates of the Social Security and Medicare taxes you've paid.

If you already receive Social Security benefits, you can use your account to get an instant benefit verification letter, check your benefit and payment information, and to change your address, phone number, and direct deposit information. If you receive Medicare, you can get a replacement Medicare card using my Social Security. Whether you receive benefits or not, you may be able to apply for a replacement Social Security card in certain states, all online.

We've made exploring your bright future secure and easy at www.socialsecurity.gov. Remember, we're with you through life's journey. Social Security online tools will help you decide when to weigh anchor, and venture into the seas of retirement.

Lawrence Memorial Hospital's Endowment Association to host seminar

"Lessons Learned: The case of the bookkeeper who forged a will to try to steal an inheritance," will begin at 4 p.m. on November 9 at Maceli's, 1031 New Hampshire St., Lawrence.

The seminar, which is part of the Endowment Association's Healthy, Wealthy and Wise series, will feature Rachael Pirner, an attorney with the Wichita firm of Triplett, Woolf, Garretson. She will discuss the highly publicized case that included a bookkeeper who tried to inherit millions of dollars that were intended for Fort Hays State University.

A \$15 fee will be charged for this

seminar, which is open to both legal and financial professionals and community members. Continuing education credits will be available. Joining the LMH Endowment Association in sponsoring the event are Trust Company of Kansas, The Trust Company and the Douglas County Estate Planning Council.

Light refreshments will be served.

To attend, RSVP by November 1 to Caroline Trowbridge, LMH Endowment Association planned giving specialist, at 785-505-3313 or caroline.trowbridge@lmh.org.



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'Stand By Me' benefit event for Kansas Advocates for Better Care

"Stand By Me" is an annual charity event that benefits the non-profit work of Kansas Advocates for Better Care (KABC) for older adults and better elder care. KABC works with older adults and family caregivers offering guidance and support as they face life-changing decisions about long-term care received at home or in a residential facility. KABC dedicates its advocacy work to improving the safety and care of older adults through one-on-one guidance and support with seniors and families, education of public policy makers, and elder abuse prevention training with seniors and law enforcement. Stand By Me will be held on Sunday, October 23, from 2-5 p.m. at Maceli's in Lawrence, 1031 New Hampshire. Kathy Greenlee, former U.S. Assistant Secretary for Aging and Kansas Secretary for Aging will be honored with the KABC Caring Award.

Stand By Me is a fun time for a great cause and offers up music, a charity auction, live music by the Fabulous Torques and refreshments. All proceeds from Stand By Me directly support guidance and problem-solving with older adults, training for caregivers, and educational resources which provide direction for achieving better care. Kansas Auctioneers Association Hall of Famer, Lester Edgcomb of Edgcomb Auctions, will be the guest emcee leading the live auction bidding on items such as KU team autographed Basketball, performing arts tickets for Symphony in the Flint Hills, Johnson County Community College, and the Lied Center, hand-crafted art, destination stays in Colorado and Taos, KC Chiefs and KU basketball game tickets, and more.

Main event sponsors for 2016 are Stevens & Brand LLP and Mr. William Dann. "We appreciate the community's generous support of Stand By Me," Linda Carlsen, KABC President said. "Thanks to the generosity of the individuals and businesses which sponsor Stand By Me and donate auction items, KABC's public education efforts to prevent harm of elders and to promote better care of older Kansans remains strong. One of KABC's current priori-

ties which would assure better care is for enough well trained care providers to assist seniors at home or in a facility."

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 14. Light refreshments will be served and can be enjoyed to tunes from the Fabulous Torque's. Guests are asked to RSVP by contacting the KABC office at (785) 842-3088 or toll free (800) 525-1782, or by email at info@kabc.org

"KABC is completing its 40th year of dedicated citizen advocacy to promote and achieve successes in bettering the long-term care of older Kansans. Last year KABC helped more than 12,000 older adults and caregivers with guidance, support, education, and training, as well as educating policy makers on what older adults want and need for policies that govern senior care. Kathy Greenlee has been an outstanding leader in the public policy arena for improved care and safety of older adults, and we are so pleased to be honoring her for this work," said Carlsen.

KABC is a non-profit organization beholden to no commercial interests. It is supported by individuals who support the organization's mission of improving the quality of care in all long-term care settings. The organization was founded in 1975 as Kansans for the Improvement of Nursing Homes by Anna "Petey" Cerf.

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Hillside Village Achieves a Zero Deficiency Survey

One of the primary concerns families have when looking for a long term care setting for their loved one is the quality of care the facility will provide. Hillside Village is pleased to announce that the State of Kansas presented us with a Certificate of Recognition for our recent zero deficiency survey in Assisted Living. Very few facilities are able to achieve a zero deficiency survey from the State and we are proud of this accomplishment. Achieving this type of excellent rating requires a concerted effort by our entire team including nursing, dietary, maintenance, housekeeping, therapy, and social services. There are a lot of good things going on at Hillside Village. Give us a call to schedule a tour or stop by to see for yourself. We are locally owned and operated.



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

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MY WORD

With Christ, the future is always bright

By Billy Graham

Tribune Content Agency

Q: I'm concerned about my husband. He's always been very positive and active, but since having open heart surgery several months ago, he's turned grumpy and depressed. He even says he thinks God has abandoned him. How can I help him? - Mrs. K.D.

A: First of all, I hope you'll talk with your husband's doctors about this; they may have some helpful suggestions, and in any case they need to know about it. I'm not a physician, of course, but sometimes after surgery the shock to our system or the medicines we take can affect our emotional outlook.

It's important too for you to try to understand what your husband is going

through. Once he was active and in control of his life, but now he's no longer able to do everything he once did. He's probably afraid those days will never return, and things he's always enjoyed doing now seem impossible. He may even feel washed-up and useless, but your support and encouragement can do much to help him overcome this. The Bible tells us to "encourage one another daily" (Hebrews 3:13).

Whatever the reasons for his attitude, one thing is certain: God has not abandoned him. Life isn't always the way we wish it were, but God is just as present in the dark times as He is in the bright ones. We can depend on God's promise to be with us, no matter what circumstances we face. The Bible says, "So do not fear, for I am with you; do not be dismayed, for I am your God"

(Isaiah 41:10).

God loves your husband; may you both discover this truth in deeper ways during this time. Turn to Christ and open your heart and lives to His control, and then trust the future into His hands. With Christ, the future is always bright.

- Send your queries to "My Answer,"

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

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If you know of a spot that is not on our list, but would be a good place for others to pick up Senior Monthly, email Kevin at kevin@seniormonthly.net. If we begin distributing at that location, we'll give you a FREE one-year subscription to Senior Monthly.

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RICK STEVES' EUROPE

Scotland's ultimate island getaways

By Rick Steves

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Years ago, I met a dear man on a deserted roadside in the Scottish Highlands. I was scrambling to make a TV show about the area, and as if placed there by heaven's Central Casting, this tender giant of a man was bagpiping to the birds, the passing clouds, and the occasional motorist. He had picked a spot that seemed intentionally miles from nowhere. We stopped, and he graciously demonstrated his pipes, giving us a tour of that fascinating symbol of Scottish culture. I've never forgotten that wonderful chance meeting.

Whenever I want a taste of traditional Scotland, I come to its northernmost reaches, where wild, severely undulating terrain is punctuated by lochs (lakes) and islands. The Highlands are filled with magic and mystery. And the islands, in particular, are where Scottish dreams are set—mountainous, uninhabited, scenic, and romantic. On these remote outposts of Scottish life, mist drifts across craggy hillsides, grizzled islanders man the drizzly ferry crossings, and midges make life miserable (bring bug spray). Here you'll find Scottish culture distilled to its most vivid and traditional.

One of my Scottish friends compares the Hebrides Islands off Scotland's west coast to malt whiskys—they're all made of the same ingredients but each has its own captivating character. The most accessible are the Inner Hebrides: Mull, Iona, Staffa, and Skye - all easily reached by a day trip from the low-key port town of Oban.

The Isle of Mull is Scotland's third-largest with 300 scenic miles of coastline. With steep, fog-covered hillsides topped by cairns (piles of stones, sometimes indicating graves) and ancient stone circles, it has a gloomy, otherworldly charm right out of "Game of Thrones." Bring plenty of rain protec-

tion—as my driver said, Mull is a place of cold, wet, windy winters and mild, wet, windy summers.

Another island getaway is Iona, famous as the birthplace of Christianity in Scotland. Though it's just three miles by 1.5 miles, it was a center of art and learning back when most of Europe was rutting in the Dark Age mud. While the present abbey, nunnery, and graveyard go back to the 13th century, much of what you'll see here was rebuilt in the 19th century. But with sparkling-white crescents of sand and huge rocks that double as lookouts to the sea, it's a place perfect for meditation. The island's only real village, Baile Mor, has shops, a restaurant/pub, a few accommodations, a tiny heritage center—and no bank.

Those more interested in nature than history will enjoy trips to the wildly scenic Isle of Staffa, with the famous basalt columns of Fingal's Cave—and, in summer, a colony of puffins. Completely uninhabited (except for seabirds), Staffa is a knob of rock draped with a vibrant green carpet of turf. Remote and quiet, it feels like a Hebrides nature preserve.

The Isle of Skye, the largest of the Inner Hebrides, is Scotland's second-biggest island but has only about 13,000 residents, roughly a quarter of whom live in the main village, Portree. Skye, with a name that comes from the Old Norse for "The Misty Isle," has some of Scotland's best scenery: a coastline ruffled with peninsulas and sea lochs curving around craggy, black, bald mountains and rolling fields scattered with stony homes. You can walk across a desolate bluff to a lighthouse at the end of the world, visit a distillery to sample a peaty dram of whisky, and learn about the sordid clan history of Skye—where the MacLeods, MacDonalDs, Mackenzies, and Macraes tussled for centuries.

While it takes some effort to reach the Orkney Islands off the north coast

of Scotland, it's worth the trouble. The Orkneys are alluring to adventurous visitors seeking a contrast to the rest of Scotland—with no real tradition for clans, tartans, or bagpipes, these islands feel more Norwegian than Highlander. For the sightseer, Orkney has two draws unmatched in Scotland: some of the finest prehistoric sites in northern Europe, and the harbor called Scapa Flow with fascinating remnants of the German fleet scuttled here in the aftermath of World War I. Orkney's landscape has a wind-scrubbed, pastoral appeal: dramatic sea cliffs ring a mostly flat, bald island, with few trees and lots of tidy farms with gently mooing cows.

Rugged, feisty, colorful Scotland stands apart. With its misty islands, brooding castles, hardy bagpipers, and warm culture, no wonder this is a proud nation and an increasingly popular travel destination. But if you go, remember that, as my friend puts it, "the further north and west you go, the

more spectacular it becomes."

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

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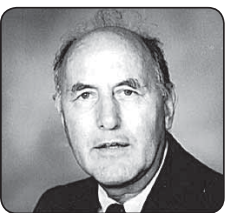
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HUMOR

Attack of the 50-Foot Turkey

(Columnist's Note: Rachael Masek, my good friend, and Internet expert extraordinaire, helps me with all things digital. Rachael supplied the basic idea and much of the content of this month's column.)

What Dexter Dolby saw before him that Friday night was unlike any spectacle he had ever seen. It was the night after Halloween. Police had blocked off the streets in front of the La Mancha Cineplex where a crowd was



Larry
Day

starting to form. Lights and camera bulbs were flashing.

Looking up at the marquee, Dexter, a writer and movie critic for the Leton-galoosa *Register-Journal-Challenger-Sun Chronicle*, couldn't believe what he saw. The marquee announced the premiere of his one-day, iconic film, *Attack of the 50-Foot Turkey*.

Dexter couldn't pinpoint the age that his obsession with cult classics, indie films and campy "B" movies truly started. He always wanted to make them. Now he was the winner of the La Mancha Fall Film Festival, and had received the Trailblazer Award for Up-and Coming Filmmakers. And he was coming face-

to-face with his creation.

As a kid, Dexter took the bus to La Mancha and got off in front of the old Odeon Theatre. Every week he bought a ticket for the afternoon matinee, headed to the hamburger stand for a burger and a chocolate shake, and then visited The La Mancha Wildlife Conservatory. He loved to see the animals, particularly the turkeys, before the movie started.

It was always a fun afternoon, but it was inside the theater that Dexter felt really alive. It always excited him to see the creatures come to life onscreen. With popcorn and candy in hand he sat on the front row and watched the strange plots evolve, and enjoyed the weird costumes and odd camera angles of movies like *Attack of the Puppet People*, *Attack of the Killer Tomatoes* and *It Came from Outer Space*.

As an adult, Dexter was a behind-the-scenes kind of guy. He preferred observing and capturing life's quirky little oddities from behind the lens of an old Revere 8mm movie camera, a present from his grandpa, George. Dexter filmed whatever walked in front of his camera. Frequently, what walked in front of his camera were turkeys from the conservatory. The strutting birds often escaped and paraded through the center of downtown. One Saturday, Dexter picked up his camera and followed them.

Later, he learned everything he could about turkeys from the biology of their

beaks to the grandeur of their gobbles. He learned that turkeys are related to dinosaurs. They have the same chest structure as the giant T-Rex.

Now, all these years later, Dexter stood on the red carpet, lights of the photographer's flashbulbs capturing his image. He wasn't used to the frenzy that came from being in front of the camera, But he was a filmmaker now and he was loving every moment of it.

People had told him that Hollywood directors and producers were attending the film festival. If that was true, he'd love to work in Hollywood. Regardless, he hoped they liked what they saw. He hoped everyone did.

The audience began to take their seats and, as he took his usual position in the front row, he was almost frozen with excitement.

People loved the movie. They complimented Dexter on the strange plot lines, the weird costumes and the odd camera angles. And a Hollywood director did, in fact, approach Dexter that night.

He was wearing a black tuxedo, a

long white scarf around his neck. "That was quite a film, Mr. Dolby," he said. "I'm Paul Peterson. I own a production company in California and I think you'd be a good fit for us." He handed Dexter his card.

Dexter felt good as he walked away from the Cineplex that night. It had turned out to be quite a night for this small-town movie critic.

The next day, Dexter did what he had done every Saturday since he was a kid. He headed to the La Mancha Wildlife Conservatory to visit the turkeys that helped him realize his dream of becoming a filmmaker. He ate his usual burger and chocolate shake. But as he walked into the theatre to watch the campy movies he loved so much, Dexter Dolby did a little dance in front of the box office. He wasn't just going to watch campy movies, he was on his way to Hollywood to make them.

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



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WOLFGANG PUCK'S KITCHEN

Soup's on! Classic dish features bold Southwestern flavors perfect in fall

Sweet corn bridges the seasons like almost no other vegetable I know. Mention it to food lovers during summer, and they'll imagine ears of just-picked corn on the cob, simmered, steamed or grilled and served with butter, salt, pepper and other seasonings. In autumn, now just weeks away, thoughts of corn begin to turn toward



Wolfgang
Puck

One of the most enjoyable aspects of a great tortilla soup is the way in which each bowlful is garnished just before serving, and I really enjoy going to town with the presentation. I add strips of crispy tortilla that I brown in the oven; crumbles of salty, tangy Mexican-style cotija cheese (which may be found now in many well-stocked supermarkets, though you could also substitute crumbled mild feta or just shredded cheddar); sliced ripe avocado; a dollop of the Mexican-style sour cream called crema, or regular sour cream; fresh cilantro sprigs; and some lime wedges, for guests to squeeze and stir into their servings to taste.

As those generous garnishes suggest, this is a soup you could serve either as a first course or as a main dish in its own right. It's also a perfect recipe for vegetarians, if you leave out the chicken breast garnish and simmer it with vegetable broth; or for vegans, if you also omit the dairy garnishes (or use soy- or nut-based substitutes). Altogether, it's perfectly versatile and just what you'd expect from a vegetable that's equally at home in summer and autumn.

TORTILLA SOUP WITH SWEET CORN

Serves 6 to 8

For the soup:

2 tablespoons corn oil

3 corn tortillas, cut into 1-inch (2.5-cm) squares

1/2 large yellow onion, coarsely chopped

4 or 5 large garlic cloves, peeled, trimmed and cut in half

1 small jalapeno chile, halved, stemmed, seeded and deveined

2 teaspoons ground coriander, plus more as needed

2 teaspoons ground cumin, plus more as needed

2 ears fresh sweet corn, husks and silks removed, kernels cut from the cobs, cobs reserved

2 large ripe tomatoes, about 1 pound

(500 g) total, peeled, seeded and coarsely chopped

3 tablespoons tomato paste

2 quarts (2 L) organic chicken broth or vegetable broth, heated

Kosher salt

Freshly ground black pepper

Pinch crushed red pepper flakes

1/2 lime

1 tablespoon honey

For the garnishes:

3 corn tortillas

1 large cooked chicken breast, skinned and boned

1 ripe Hass avocado

1/2 cup (125 mL) crumbled queso fresco or crumbled mild feta or shredded cheddar cheese

1/2 cup (125 mL) Mexican-style crema or sour cream

Small fresh cilantro sprigs

1 1/2 limes, cut into wedges

In a pot, heat the oil over medium-high heat. Add the tortilla squares and cook, stirring occasionally, until lightly browned, 3 to 5 minutes. Stir in the onion, garlic and chile; saute until coated with oil, about 30 seconds. Stir in the coriander and cumin; saute until fragrant, 1 minute.

Stir in the corn kernels, tomatoes

and tomato paste; saute briefly. Add the reserved cobs and the broth. Bring to a boil. Season with salt and pepper. Simmer briskly until reduced by a third, at least 30 minutes. When almost done, adjust the seasonings to taste with salt, pepper, red pepper flakes and more coriander and cumin.

While the soup simmers, preheat the oven to 450 F (230 C). Cut the tortillas for the garnishes into thin strips and arrange on a small baking sheet. Bake until crisp, 8 to 10 minutes.

At the same time, prepare the other garnishes. Dice the chicken. Halve and pit, then quarter and peel the avocado and cut crosswise into thin slices.

Back to the soup: Discard the corn cobs from the soup. With an immersion blender, puree the soup coarsely in the pot. Or puree in batches in a blender or food processor, following manufacturer's instructions to avoid splattering. Season to taste with more salt. Squeeze in the lime half and stir in the honey.

To serve, ladle the soup into shallow heated serving bowls. Garnish with the chicken, avocado, queso fresco, crema, cilantro sprigs and tortilla strips. Serve immediately, accompanied by lime wedges for squeezing into the soup to taste.

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MY PET WORLD

A look at the dry food versus canned food debate

By Marc Morrone

Tribune Content Agency

Q: A recent column of yours said canned cat food is preferable to dry cat food. My vet asks what I feed my cats at each visit but has never said to switch to canned cat food even when one of them had “issues” with vomiting. He recommended several things to try until finally, I found a dry food for sensitive stomachs that has helped. What are the pros and cons of dry versus canned cat food? - Sue Shimeck, Savage, MN

A: Well like most things in life this answer is not quite that cut and dry. Neither dry food nor canned food can be considered “better” than the other; both have all the nutrition a domestic cat needs.

However, I do not feed my cat’s dry food and it’s only because of two observations I have noticed when I did feed my cats just dry food. Some cats I have kept on a dry food diet seemed to just eat most of it without chewing it. Then, many times, they would vomit the un-chewed pieces up in the middle of the night. At first I just thought they were hair balls, but when I actually broke the wads open I discovered that it was made up of undigested kibble. I tried giving those cats a smaller sized kibble but they still did not chew it and the problem persisted.

Then, when I put the cats on a diet of just canned food the vomiting stopped and never happened again. Obviously those cats just had issues chewing while other cats I had did fine on the kibble.

Another observation I noticed with cats on canned food was that their stool was much smaller. It seems that cats can digest all the ingredients in a can of cat food, while dry kibble has some ingredients added to maintain the integrity of the kibble that are not easily digested.

So, my conclusion, based on these

personal observations, is that a canned food diet is better for us humans. I do not think that any scientific studies have been done to prove that it is better for the cats though. This all happened to me three decades ago and all my cats from then on have only eaten canned food. Two other observations since then have been that my cats on canned food do not shed very much and they are always the perfect weight. However, I cannot offer any theories on why this is so.

Q: I just bought a house in the suburbs and I have taken up bird watching. One of my great pleasures for the last three months was listening to the birds singing in the early morning. However the last couple of weeks I have noticed that the morning is silent—no bird song at all and I wondered what happened? - Greg Sanders, Chicago, IL

A: Do not worry, no ecological disaster here, it is just now mid-August and the baby birds have grown up and left the nest. Breeding season is now over and the parent birds are resting and molting—losing their old feathers and re-growing new ones—to get ready for either winter or migration.

Since there is no longer a need to attract a mate or protect a territory then they do not have to waste precious recourses singing. Late summer and fall is the time of the insects, in the same manner that you were able to listen to the birds singing in the morning, you can now listen to the insects singing in the evening, thus still taking pleasure in the natural world.

- Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.

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MEMORIES ARE FOREVER

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www.MemoriesAreForever.net

I would love to hear from you. If you wish to include a nostalgic picture of yourself, please send it as an attachment to your submission email. (The photo below is me as a two-year-old sitting on the steps of my home in Chicago.) - Tom Mach



Tom
Mach

My French-Canadian Christmases

By Joseph Laframboise

I am a first generation American whose parents emigrated from Canada to the United States a few years before I was born. Even though the language we spoke in our household when I was a youngster was English, we always celebrated a French-Canadian Christmas. My mom had been raised in a household consisting of a bachelor uncle, his sister, and his sister's husband. My dad, however, was raised in a traditional household: mother, father, brothers and sisters. However, both households had Canadian French as their primary language, even though they lived in a part of Canada where English was the majority language. Canada is officially a bilingual (English and French speaking) country. Both of my parents were fluently bilingual. When they spoke English it sounded as if that was their native tongue. But when they spoke Canadian French, it also sounded as if

it that was their native tongue.

From the time I went to grade school until I graduated from high school, I looked forward to our special celebration at Christmas. We would get up and my sister and I would have a short period of time opening our presents. Sometimes I would pose for photos to record these moments for posterity. As a boy I really enjoyed watching road races. One of our neighbors worked on the auto line. He allowed us to buy an electric road race set through his union membership. It was thrilling and a lot of fun to use my two car road race Christmas present. One year I received a delayed gift; namely the promise of a National Hockey League game. Less than a month later my dad took me to my first NHL game. I was able to see my boyhood heroes. In particular, I saw the now deceased "Mister Hockey," Gordie Howe. The team made the playoffs that season and luckily for me they won the game that I attended. After photos, the four of us would eat a hearty breakfast, consisting of cereal, bacon and eggs, toast, and juice, although my father and mother drank coffee. After brushing our teeth and getting dressed we would go to our local church. After church services, we would spend the rest of the day visiting with our many relatives.

One year we almost missed our French Canadian Christmas. My sister contracted pneumonia. I remember my mom asking me to switch bedrooms with my sister as this would make it easier for her to nurse my sister. I also remember the "fever smell" in the room. It is something that I would rather forget. However, my sister did recover in time for a French Canadian Christmas.

Sometimes Christmas landed on a Saturday or Monday. Since we always went to Mass on Sunday, this would mean attending a second Mass again on Christmas Day. After attending Mass, we would cross the border and begin our French Canadian Christmas. In no particular order we would visit my mother's father, my father's parents, the two uncles and aunt who raised my mother, and my mother's sister and her family. In addition, my unmarried aunt lived with my father's parents.

After my paternal grandfather died, my aunt took care of my paternal grandmother. Depending on where they were living at the time, these stops were sometimes in the same city. There was no problem if they lived in different cities because these were nearby. I found there was always a French Canadian *joie de vivre* (joy of life) at each stop. The adults would sip a glass of wine, and everyone indulged in food, especially treats. The conversation would invariably involve the latest events involving our relatives, as well as local news and national politics. Since there was no internet at the time, mom and dad found it difficult to keep current on Canadian affairs. I am sure my parents appreciated the news, but I was

content to watch television or socialize with others who were in the same room.

Actually, while I attended grade school I had no interest in American politics. I was also not interested in international affairs and consequently did not pay close attention to the adult conversations. However, after I graduated from high school I did take an interest in American and Canadian politics.

As a point of interest, Canadians are

much more attuned to world affairs and in particular to American affairs. For example, the death of President John Fitzgerald Kennedy received as much press coverage in Canada as it did here. Typically, we Americans know much less about Canada and Canadians than Canadian do about the United States.

A couple of months after high school graduation, my family and I moved and the French Canadian Christmas as we knew it came to an end. As a point of interest over the years I have not only studied French but also French Canadian culture. We always hear of Quebec and Quebecers. But every province and territory in Canada has French Canadians residing in it. Parts of New England, especially Maine, have a sizable



Joseph Laframboise

population of Americans of French Canadian descent. I am sure that if any of those Americans read about my memories as a youngster, they would probably smile. They would inevitably, recall those same magical Christmas traditions that I experienced.

Today I enjoy our American Christmas celebrations, but those memories of the way we celebrated Christ's birth as French Canadian Americans will always be with me.



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NORTH

♠-A Q J 9 7 4

♥-10 8 5

♦-4

♣-Q 5 2

WEST

♠-K 10

♥-J 3

♦-A J 10 3 2

♣-K J 9 3

EAST

♠-5 2

♥-7 6 2

♦-K 9 8 7 5

♣-A 8 7

SOUTH

♠-8 6 3

♥-A K Q 9 4

♦-Q 6

♣-10 6 4

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	2♦	2♠	4♦*
Pass	Pass	4♥	Pass
Pass	Pass		

*Pre-emptive

Opening lead: Ace of ♦

Aggressive bidding by East-West pushed North-South into a poor contract, needing at least the spade finesse and a favorable split of the missing trumps. Their efforts would backfire, however, if South could make his contract.

When the opening lead of an ace

finds a singleton of that suit in dummy, good players use this as an opportunity to give a suit-preference signal. The play of a low spot-card by third hand asks for a shift to the lower ranking of the two remaining suits, not counting the suit led or trumps. A high spot-card would ask for the higher of the two suits. East played the five of diamonds to the first trick and West shifted to a low club. After dummy played low, East won the ace and returned the suit to West's king.

West shifted deceptively to the 10 of spades, but declarer was not fooled. He took the spade finesse, drew trumps, and led a second spade. When the king appeared, South claimed the balance and his contract.

North-South were understandably happy with their result, but the defense should have prevailed. Can you spot the error? Instead of a low club at trick two, West should have shifted to the jack of clubs, surrounding dummy's queen and keeping South's 10 from coming into play. The defense can quickly take three club tricks to go with their diamond. The friendly lie in the major suits will allow South to escape for down one.

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

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

SCRABBLE G R A M S SOLUTION									
T ₁	W ₄	E ₁	E ₁	Z ₁₀	E ₁	R ₁	RACK 1 =	88	
D ₂	E ₁	L ₁	U ₁	D ₂	E ₁	D ₂	RACK 2 =	60	
T ₁	A ₁	P ₃	I ₁	O ₁	C ₃	A ₁	RACK 3 =	67	
S ₁	O ₁	R ₁	C ₃	E ₁	R ₁	Y ₄	RACK 4 =	62	
T ₁	R ₁	I ₁	P ₃	A ₁	R ₁	T ₁	RACK 5 =	59	
PAR SCORE 260-270							TOTAL	336	

JUMBLE ANSWERS

Jumbles: SCARY CROON SOLACE GOITER

Answer: What hubby did at the last minute for their anniversary -- "ROSE" TO THE OCCASION

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ATTENTION ADVERTISERS

Amazing Aging!
For Seniors and Those Who Love Them

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

FALL 2012

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

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

www.jhawkaaa.org

Enjoying their CHAMPSS meals at Dillon's are four friends, clockwise from left, Marcela Kramer, Alice McMurdo, Shirley Bitter and Anita Gerber.

Dillon's offers five more opportunities for CHAMPSS cardholders

Seniors who hold CHAMPSS (Choosing Healthy Appropriate Meal Plan Solutions for Seniors) cards have five more options in Topeka to use their cards for lunch and dinner. Hy-Vee, which was the first to partner with Jayhawk Area Agency on Aging in the CHAMPSS program, also allows seniors to choose breakfast in addition to lunch and dinner. Dillon's will offer fixed chickens one day a week (Wednesday). Hy-Vee has that option should they choose to do so.

Kim Seebach, Dillon's District Manager, is enthusiastic about offering the CHAMPSS program and says, "Dillon's is both excited and honored to partner with JAAA to welcome CHAMPSS customers to our participating locations in Topeka. For Dillon's, the program means so much more than just a sale."

The Fall 2016 issue of *Amazing Aging!*, the Jayhawk Area Agency of Aging, Inc.'s newsletter, will be included as a pull-out section in the November issue of *Kaw Valley Senior Monthly*, which is distributed throughout the Topeka and Lawrence area.

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

When you advertise your services and/or products in *Amazing Aging!* you help JAAA fulfill its mission and reach thousands of seniors in Shawnee, Jefferson, and Douglas counties.

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