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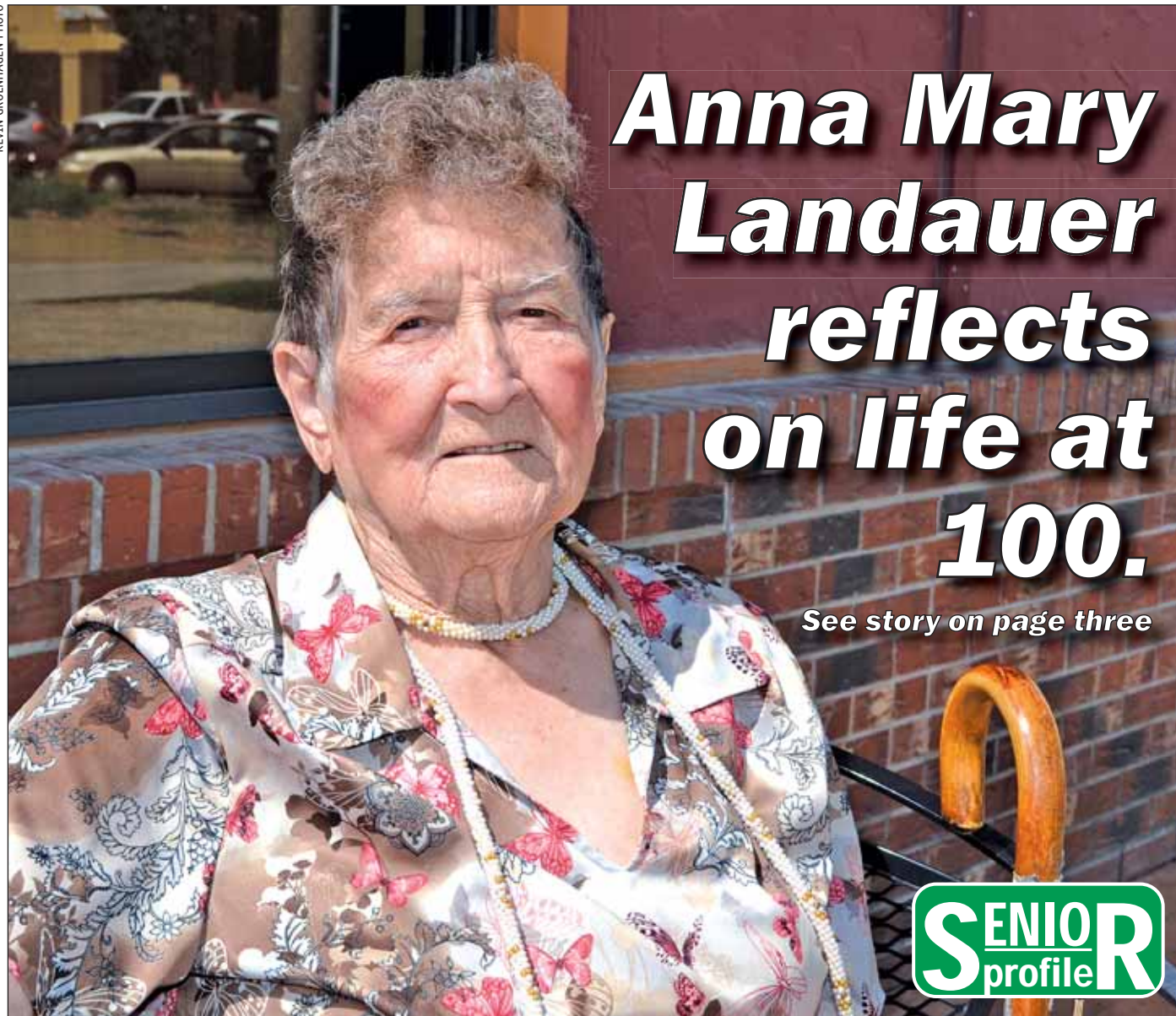
Vol. 18, No. 4

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KEVIN GROENHAGEN PHOTO



Many residents at McCrite Plaza in Topeka have benefited greatly from participating in sports-related programs—both real and pretend. - page 8



Anna Mary Landauer reflects on life at 100.

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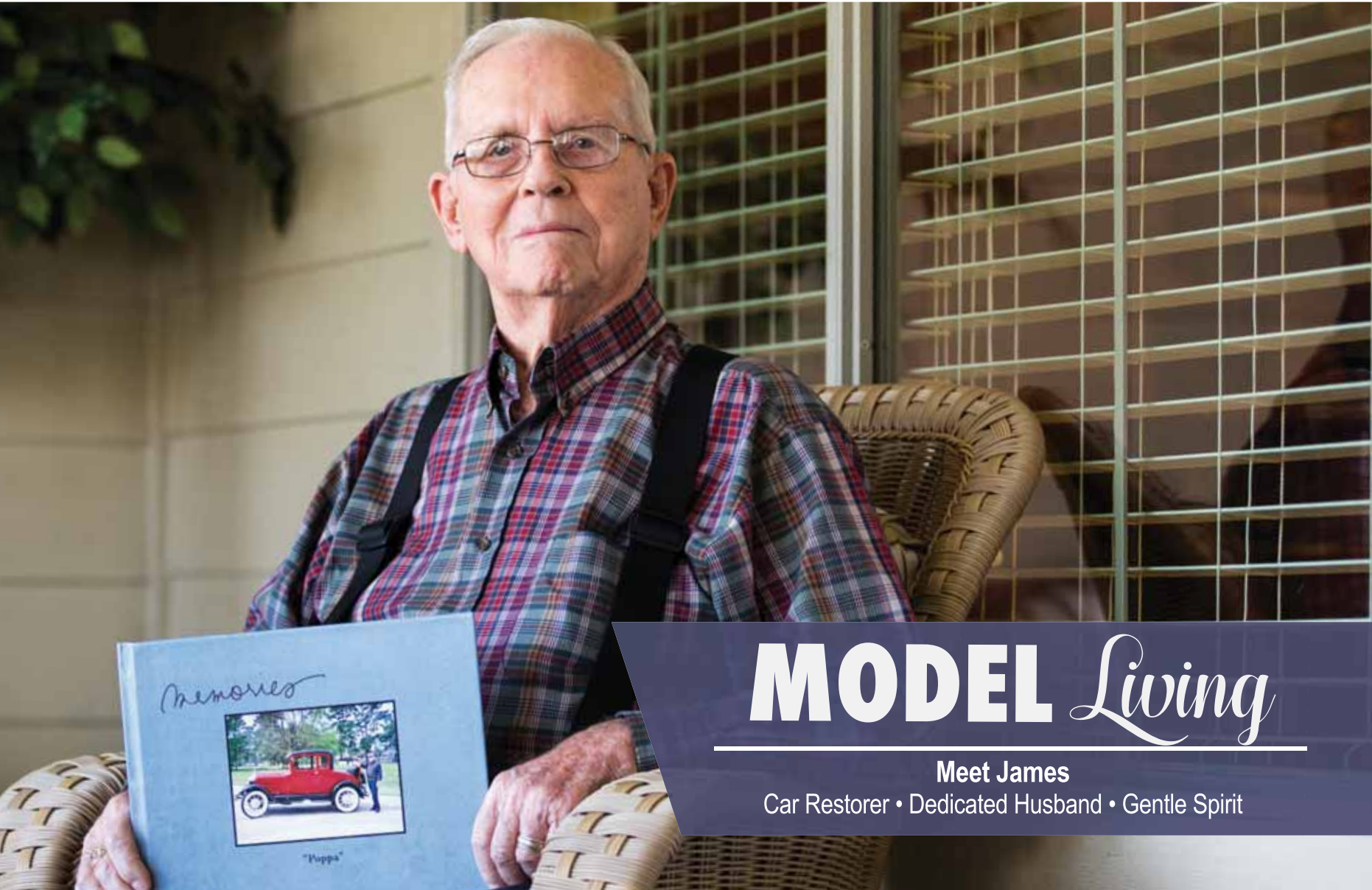
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At 100, Landauer continues to inspire others

By Kevin Groenhagen

When discussing a time and place to meet for an interview, Anna Mary Landauer suggested lunchtime on Tuesday at Kelley's Grille & Bar in Basehor.

"Kelley's has half-priced burgers on Tuesday," she said.

When informed that Wednesday would work better than Tuesday, she replied, "Just a second. I need to check my calendar."

It's not unusual for someone to like burgers, especially when they're half-priced. It's also not unusual for someone to have to consult a calendar to make sure she has a slot open to meet with someone. What is a bit unusual is Landauer turned 100 years old on May 5.

Landauer grew up in Stranger Township on a farm located just north of Tonganoxie and near Stranger Creek. Her grandfather, Joseph Doege, was born in Rederitz, Germany, in 1834. He came to the United States shortly before the Civil War. He died nine

years before Landauer was born, which may be why she was unaware of the fact that her grandfather served in that war. Records available at Ancestry.com show Joseph Doege entered service as a private in Company B, Regiment 13, of the Missouri Infantry in 1861. He joined the Grand Army of the Republic (GAR), Post 161, in Tonganoxie in 1895.

Founded in 1866, GAR was a veterans' organization for Union soldiers and sailors. According to the Kansas Historical Society, "After the war, Union soldiers from Missouri and other eastern states came to Kansas by the thousands, establishing farms on land gained through the Homestead Act or setting up businesses to take advantage of the opportunities offered by a growing population. In fact, there were so many veterans that Kansas became known as 'the Great Soldier State,' and so many of them joined the GAR that for a time Kansas had more GAR members per capita than any other state."



Anna Mary Landauer

Joseph Doege was one of the veterans who came to Kansas from Missouri.

"Grandpa Doege started a harness

and tack shop in St. Louis," Landauer said. "He also fixed people's leather shoes. We were told that someone

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SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

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Landauer

■ CONTINUED FROM PAGE THREE

came into his shop and wanted to know if he knew of anyone who wanted to buy a farm in Kansas. Grandpa said he didn't know of anyone, but asked him to come back in the morning. The next morning, Grandpa offered to trade his harness and tack shop for the farm. He came to Kansas as a single man. There were no buildings of any kind on the farm."

After trading his shop for the farm on Stranger Creek, Doege built a general store and post office with living quarters on the second floor. During harvest time, he and his sons earned extra income by operating a threshing machine, which removed seeds from stalks and husks. According to Landauer, her father Albert Doege, met her mother, Carrie Eble, as a result of the threshing business.

In 2010, the Kansas Department of Transportation razed one barn on the Doege farmstead and removed part of another when it replaced two bridges on Tonganoxie Road.

In addition to Landauer, Albert and Carrie Doege would have two sons, Albert and Carl, and another daughter, Alberta. Sadly, Landauer's father died from pneumonia in 1929, just three months before Alberta was born. Her mother also had pneumonia and the doctor told her Alberta would never be a healthy child. Alberta, who was visiting from South Dakota in September, accompanied Landauer to the interview at Kelley's.

As a widow, Carrie Doege was

forced to raise four children by herself during the worse years of the Depression. The family sold milk to the Franklin Ice Cream Company in Tonganoxie, peddled butter, cottage cheese, baked goods, and chickens door to door in Kansas City, Kan., and made apple cider one year to pay taxes.

Landauer graduated from Tonganoxie High School in 1935 and, after attending Huff Business School for a year in Kansas City, Mo., got a job.

"I worked at the Franklin Ice Cream Company on County Road 5 in Tonganoxie," she said.

The Franklin Ice Cream Company operated in Tonganoxie from 1922 to 1958 and employed at least 40 men and women at one time. The building that housed the company was razed in 2011.

"I worked in the office and took care of 800 milk producers every day," Landauer said. "I worked there for seven years. When I went to work there, I was told that I couldn't go with any of the employees and, if I got married, I wouldn't have a job."

Landauer left the company after she married Joe Landauer, who was also from the Stranger Creek area. In October 1943, six weeks after they got married, the newlyweds moved to a 40-acre farm they bought several miles away in Basehor.

Basehor was founded in 1889 by brothers Reuben and Ephraim Basehor. They both were of Pennsylvania Dutch descent and came to Kansas in 1854.

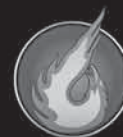
"The Basehor brothers dropped themselves into a well in Lawrence and hung on to the well's pipes when Quantrill's Raid took place in 1863," Landauer said.

■ CONTINUED ON PAGE FIVE

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Landauer

■ CONTINUED FROM PAGE FOUR

The Basehor of 75 years ago bears little resemblance to the Basehor of today. In fact, the population at that time was just over 300.

"We lived on what was still Highway 24-40," Landauer said. "Our original house was on the south side of Highway 24-40 and faced northwest. There was a filling station in front of us. That house didn't have electricity. It took a year before we got electricity brought down from Parallel Road. There were only two houses between our house and Parallel. Only one of them was in livable condition. The other was run-down. The road east to Wolf Creek, which we forded with a rubber-tired truck, was dirt clear down to Wyandotte County."

Joe was also in the Navy during World War II and had to drive the couple's only vehicle from Basehor to the Olathe Naval Air Station to report for duty. Landauer rode a Greyhound bus

if she needed to go to Tonganoxie or Kansas City.

The Landauers left Kansas briefly during the war when Joe received orders for a new duty station in 1945.

"Joe was transferred to Portsmouth, Virginia, but received a medical discharge after being there for three months," Landauer said. "We just locked the doors and left for Virginia. We didn't have any livestock to take care of. We didn't have any crops until after he got out of the service."

After the war, Joe worked for the Union Pacific Railroad for 30 years and eight days. Landauer worked at several business and, beginning in 1952, earned extra income while working at home.

"I did a lot of custom sewing, draperies, and alterations at home," Landauer said. "And then I went into upholstery. I did that for a lot of years. I also made specially-designed hats for weddings."

The Landauers did a great deal of traveling, including going to Ellis, Kansas, Joe's birthplace, once a year for pheasant hunting. They also traveled to Colorado, Montana, and New

Mexico to visit Joe's sister, Sister Mary Lillian Landauer, who was a Sister of Charity of Leavenworth for 76 years. The year Joe retired from the Union Pacific Railroad, the Landauers traveled the railroad's complete route by train.

Landauer also made a trip to Germany with her sister, Alberta, and has traveled to the Holy Land and Rome, where she saw Archbishop Joseph Fred Naumann, the leader of the Archdiocese of Kansas City in Kansas, receive the pallium from Pope Benedict XVI in 2005.

Several years after Basehor became an incorporated city in 1965, four men, Alfred Musset, Ward Kiester, Ferris Roberts, and Bob Grube, asked Landauer to run for one of the city council positions.

"I told them I wouldn't give them an answer until I talked it over with my husband," Landauer said.

The Landauers agreed that she should run for office. She won that election and several others after that, eventually becoming the first woman to serve as the city's mayor. She also oversaw

the early years of Basehor's population explosion. In 1970, the population of Basehor was just 724. A decade later, the population had doubled. The estimated population in 2016 was 5,651. The population continues to grow.

"We have 500 new houses going up this year," Landauer said.

Holy Angels Catholic Church, which Landauer attends, built a new church several years ago to accommodate the congregation's growth. The former church building seated 225 people. The new church building can seat 1,000 people.

When Landauer first served on the city council, it met at the mayor's home or at a tavern. With the growth of Basehor, Landauer saw the need for better facilities for the city.

"I initiated building a new city hall," she said. "We bought an acre of land and built the city hall and police department on 155th Street in 1985."

Landauer points to the new city hall as her greatest accomplishment while serving on the city council and as mayor. During the years she served, she

■ CONTINUED ON PAGE SIX

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Landauer

■ CONTINUED FROM PAGE FIVE

made it a point to visit all the churches in Basehor every year and says she received few, if any complaints. However, she may have made one enemy.

One night, Landauer was working on Christmas cards at the kitchen table. At about midnight, she heard an odd sound coming from the storm window. Someone had shot through the window and the bullet landed just in front of it. The Landauers called the police the next morning.

"The police officer said, 'Anna Mary, if they had been standing in your yard instead of the intersection, they would have killed you,'" Landauer said.

Landauer never found out who fired the shot, but she is certain it was done intentionally.

Landauer's service to the City of Basehor ended 25 years after it began.

"I ran for mayor for the last time in 1990 and I lost," she said. "When I got home, my mother asked, 'How do you

feel about that?'" I said, "You're more important to me than all the politics."

In 1998, Landauer was named Basehor's Citizen of the Year.

In 2002, Landauer sold her farmstead in Basehor to a developer. Today, Orscheln Farm & Home sits where the northeast corner of the farm was, while Casey's General Store sits where a barn stood on the southwest corner of the farm. Along with that barn, the acres of pasture, the pond, and the hundreds of trees Landauer and her husband planted are now gone. However, her contract with the developer allows her to stay in her home for as long as she lives.

Longevity seems to run in Landauer's family, especially among the women. Her mother lived to the age of 96. Did Landauer, who takes no prescription drugs, inherit longevity genes from her mother? Perhaps. However, Landauer believes her longevity has more to do with what she eats in the morning, which, for the most part is an ordinary breakfast consisting of milk and cereal, toast, fruit or fruit juice, hot tea, hot chocolate, and occasionally, coffee. But there are also two items

most people don't have for breakfast.

"My grandmother and my mother convinced me to have a tablespoon of apple cider vinegar once a day," she said. "I mix it with a little water. It's no worse than a shot of whiskey."

According to WebMD, "We do not have enough scientific studies to show that apple cider vinegar has any significant benefits for health. That said, like all vinegars, it's relatively low in calories and can add flavor to your food. So, while it's no cure-all, it can be a healthy addition to your meals in moderation."

Landauer also eats a slice of pickled beets every morning.

"I had a gallbladder attack about 20 years after I was married," she said. "I ended up going to Dr. Gerber in Leavenworth. He told me to go to the grocery store and get a quart of beet juice. Dr. Gerber believed natural foods could treat some ailments I've never had another gallbladder attack."

According to an online *Reader's Digest* article, "Beets contain betaine, a substance that helps protect the liver and stimulate the flow of bile to break down fat. This is why they should be a

staple in a gallbladder diet." WebMD notes some other potential health benefits: "Researchers believe the red pigment (called betacyanin) in beets could protect against development of cancerous cells and might play a role in reducing the inflammation associated with heart disease."

If you're a beet hater, you might consider following Landauer's example and force yourself to love beets, perhaps pickled with apple cider vinegar.

Landauer has seen many changes over the past century. Some of those changes have been positive, while others have been negative. However, one thing remains the same after all those decades: Landauer continues to be an inspiration to the residents of Basehor.



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McCrite Plaza places an emphasis on sports

By Billie David

Is it true that what happens on the McCrite football team practice field stays on the McCrite football team practice field?

Not really. If you want to see the undefeated senior football team in action—and have a little fun while you’re at it—check out their video at www.mccriteplaza.com. You can find them by selecting “Meet Our Sports Teams” from the drop-down menu under “This is Us” at the top of the page.

“They like to say they’re undefeated because nobody will play them,” said McCrite Plaza’s marketing manager Cindee Williams, who explained that the football team was originally assembled to make a commercial and was the brainchild of owner Pat McCrite.

The team does go to local events and signs autographs, however, and some people have even inquired about trying out for the team or obtaining a schedule so they can take in a game or two.

There is now a baseball team at McCrite Plaza in Topeka as well, and this team was also created for advertising. The ad premiered September 27 and will run for one month to capitalize on the World Series playoffs in October. This ad is centered on the theme of getting back in the game through rehabilitation services, offered as part of McCrite’s full continuum of care.

“We’ll do signing ceremonies with the baseball team as well,” Williams said. “It’s fun to hear the guys talking about it. Some of them have

never played sports, and some of them were collegiate level athletes, like Pat McCrite.”

The football and baseball teams represent one aspect of McCrite Plaza’s sports-related programs: real and pretend. The real side includes sports such as shuffleboard, men’s and women’s putting tournaments, and Rock Steady Boxing, which is especially helpful for people with Parkinson’s.

The pretend side of the sports program includes the football and baseball teams. The teams don’t actually play anyone but Pat and his staff put together the teams, complete with uniforms, for commercials and for fun.

“We have an active group of residents who see the benefits of being on a team, working on the same goal of remaining physically active, and having a competitive spirit,” Williams explained of McCrite Plaza’s emphasis on sports.

And because sports have always been an important part of Pat McCrite’s life, when a resident expresses an interest in sports, the community is quick to respond.

For example, one resident from Arizona revealed that she had been involved in competitive shuffleboard program in Arizona, and before long a shuffleboard team from McCrite Plaza was competing in the shuffleboard tournament at the 2018 Kansas Senior Games.

“When she moved to McCrite Plaza, she talked to wellness coordinator Christine Cunningham about her enthu-

■ CONTINUED ON PAGE NINE

COURTESY PHOTO



Soon after one resident revealed that she had been involved in competitive shuffleboard program in Arizona, a shuffleboard team from McCrite Plaza was competing in the shuffleboard tournament at the 2018 Kansas Senior Games.



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McCrite Plaza

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siasm for shuffleboard. Pat purchased a board for residents to practice on,” Williams said. “During training for the games residents practiced on full-sized shuffleboard courts at the Central Park Community Center.”

When residents expressed an interest in golf, Pat had a putting green built and named it the Postage Stamp after a hole in Scotland that is famous for its small size.

McCrite’s Postage Stamp green was recently the setting for the Annual Men’s, Women’s and Coed Putting Contests.

“Residents don’t have to be experienced to participate in the community’s sports programs and enjoy the benefits,” Williams said. “It is an instant icebreaker with people. It allows them to be social with their neighbors. It doesn’t matter what your abilities are. Anyone can do it.”

In the case of last year’s putting tournament, a woman with no golf experience beat out the women’s team competitors and even scored higher than some of the men competitors. This year’s tournament saw a member of the men’s team win the overall championship for the second time.

And in the spirit of encouraging participation in sports at McCrite Plaza, Pat McCrite built a man-made fishing pond and stocked it with fish which, as the sport consists of catch-and-release fishing, have grown quite large.

“There’s some big fish out there now,” Williams said.

But sports participation can have a more serious side as well, which is evident in the program that Cunningham became certified in so she could start a branch of Rock Steady Boxing, which is held at Topeka’s Southwest YMCA. Rock Steady Boxing is a national organization and the program has been shown to be especially helpful to people with Parkinson’s. It’s free for McCrite Plaza residents.

McCrite Plaza’s emphasis on athletic endeavors are part of Pat McCrite’s effort to encourage socialization through teamwork and physical health through exercise.

“It offers a sense of community,” McCrite said. “It has provided the residents the experience of being part of a team. They are more active, they have a common goal, and encourage each other. Residents have accountability when they join a team because they have each other’s backs. It’s been amazing to me to watch those who have been more sedentary become more active. The benefits are forever.”

Another emphasis at McCrite Plaza is on personal autonomy. For example, the community has a restaurant-style, order-from-the-menu dining policy where residents can eat when they choose, from 7 a.m. until 7 p.m.

“It’s important to Pat (McCrite) to let people eat when they are used to eating, not just when it is convenient for us,” Williams said. “We make sure residents have choices every day from the moment they get up.”

“McCrite Plaza is family-owned and operated,” she continued. “I think that’s key. Pat is in the community every day, working with staff and residents, which is rather unique in a full continuum of care. His wife Judy, is also very involved and can be seen interacting with residents most days of the week. When a gentleman moved in who was in the state horseshoe circle, Pat built him a horseshoe pit. He can do it because he doesn’t have to go through the corporate chain.”

One needn’t look far to find the reason for the sports atmosphere at McCrite Plaza. Its co-founder has been involved in sports all his life. Pat, and later three of his children, Cassidy, Kelsi, and Connor, attended college on sports scholarships. Both Pat and Cassidy served as assistant coaches at Hayden High School and Washburn University, respectively, in Topeka.

“Pat grew up in the Northland of Kansas City,” Williams said. “Sports had a big impact on him, and it was the same way with his kids.”

Caring for seniors also came naturally for him.

“Pat’s mom was in caregiving for the senior industry before there were nursing homes,” Williams said. “She ran senior boarding homes, and Pat was involved with that, so the seniors sort of became his grandparents and extended family.” Co-Founder and wife Judy

McCrite came into the business with an elementary education degree and a masters in special education so caring for others is a passion for Judy as well.

The McCrites broke ground for the Plaza in 1975 and are forerunners in the skilled nursing, independent, and assisted living industry.

“They didn’t have senior homes with medical care that resembled a residential environment back then,” Williams explained. “Pat and Judy started with skilled nursing, then added apartments for independent living. Shortly after that, the McCrite’s realized there weren’t care levels in between so with the same innovation they created assisted living apartments that looked identical to the independent apartments. The term “full continuum of care” means residents can stay in the same community regardless of what their care needs are. They continued on by adding the final phase, rehabilitation services.”

The continuum of care concept is in keeping with Pat and Judy’s goal of keeping couples together as they age in place despite varying degrees of medi-

cal needs.

Features of McCrite Plaza include a movie theatre, an Irish pub, a beauty and barber shop, a coffee café, a wellness center, a library, and a chapel, where non-denominational services are held on Sundays. There are also gazebos, waterfalls and paved walkways along with raised garden beds for people who enjoy gardening and being outside.

The McCrites have five grown children, and four of them are directly involved in the new McCrite Plaza at Briarcliff in Kansas City, holding degrees in related fields such as gerontology and social work.

“The McCrites, along with their adult children built Briarcliff in 2013,” Williams said, adding that the kids have been involved in the Plaza since they were very young. “They were onsite every day and grew up caring for seniors.”

More information about McCrite Plaza in Topeka, which is located at 1608-1610 SW 37th Street, can be found at their website www.mccrite-plaza.com or by calling 785-267-2960.

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Cedar Rapids Sizzlers take first in Granny Basketball tournament

Women basketball players, age 50-86, were in Topeka on September 15 for the Granny Basketball tournament that was held in conjunction with the Kansas Senior Games. The six-on-six competition, based on 1920s-style rules and uniforms, was held at the SportZone, located at 3909 SW Burlingame Road.

This was the second year for Granny Basketball to be an event in the Kansas Senior Games. Eight teams—four from Kansas, three from Iowa, and one from Oklahoma—began the competition at 9 a.m. The Cedar Rapids Sizzlers took first place at the Kansas Senior Games Granny Basketball Tournament for the second year running. The Oklahoma Twisters placed second, while the Classic Roadrunners of Iowa placed third.

“This event continues to grow,” said Michele Clark, local sport commissioner for the event and a player on the Kansas Grayhawks team. “It was a fun day at the SportZone, with more than 100 women coming together on the hardwood to play by our old-fashioned rules.”

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

The Granny Basketball League is a non-profit Iowa-based organization founded in 2005. Currently, 30 teams are active in nine states: Iowa, Kansas, Louisiana, Minnesota, Missouri, Oklahoma, Texas, Virginia, and Wisconsin. The league provides fun-filled activities that encourage women age 50 and over to stay fit in a non-traditional, social environment. The league provides wholesome, nostalgic and sometimes humorous entertainment, as well as an outlet for charitable fundraising.

Players dress in 1920s-inspired uniforms—black bloomers, middy blouses and sailor-style collars displaying each player’s number.

This fall, the Kansas league will host a Learn-to-Play event for prospective players. It has been set for 2 to 4 p.m., Sunday, November 11, at the Lawrence Community Building, 115 W. 11th, in Lawrence. The Kansas league will soon open its fourth season with teams currently based in Lawrence, Olathe and Louisburg. The league welcomes new players and teams, as well as volunteers who can help with coaching, refereeing, scorekeeping or helping in other ways.

Visit www.grannybasketball.com and www.facebook.com/KansasGBB for more information.



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KEVIN GROENHAGEN PHOTO



Colette Winklebauer (16) and Debbie Puga (35) of the Kansas Gray Tornadoes and Sue Gullion (13) of the Bloom’n lowans position themselves for a rebound.

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Fabulous Torques to perform at Stand By Me event

For a decade the Fabulous Torques, a well-known regional band, have entertained attendees at Stand By Me, an annual charity event hosted by Kansas Advocates for Better Care (KABC). The Fabulous Torques will be the featured entertainment at Stand By Me on Sunday, Oct. 28, at 2 p.m. at Maceli's Banquet Hall, 1031 New Hampshire, Lawrence. KABC is a nonprofit organization committed to representing the interests of older adults who rely on others for their care.

2018 will be the last year the band plays at Stand By Me, but the strong support of the four band members will continue.

Drummer Steve Wolverton reflecting on the band's decade-long commitment: "We play at Stand By Me every year because we have all been helped and supported by KABC. We believe in and trust what KABC does because all of us in the band have gone through difficult times caring for our parents. KABC understands what families are going through."

The Fabulous Torques came together in 1963 with Kenny Butterfield, Steve Wolverton, Eddie "Leebo" Epperson and Johnny Isom. When Epperson died in 2009, the band was forced to restructure. "We had three options," Wolverton said. "We could continue as a trio. We could replace 'Leebo' or we could dissolve the band." They decided to move forward by adding another fourth member, keyboardist Janelle Frost.

"Janelle was a pro and a great addition to the band. She changed our harmonies and opened us up to playing songs we weren't able to do as four guys," he said. "In 2000 we decided to focus on music from the 1950s and 1960s." In 2012, Isom was inducted to the Kansas Music Hall of Fame.

Over the years they have been together, they have cared for parents

and aging family members. Isom's father and Wolverton's mother lived in the same nursing facility. "Together we have learned how life and priorities change. KABC educated our families and helped us through difficult times."

There is no charge to attend Stand By Me—donations are certainly welcome. RSVPs are needed and can be made by calling 785 842-3088 or by email: info@kabc.org It is a relaxed and enjoyable afternoon with the Fabulous Torques providing the music for great listening, and for dancing. Lester and Mark Edgecomb with Edgecomb Auction Service create a fun and energetic

atmosphere for the live charity auction. Three baskets will be raffled off. Light snacks and drinks are served.

Funds raised at this event support KABC's work of providing older or disabled adults with guidance and support about long-term care services at home and in facilities, helping to resolve problems with care and advocating with policy makers for better quality long-term care for older Kansans. The organization is supported almost entirely by donations from citizens who support its mission. It does not accept contributions from industry providers or receive operational funding from the state or federal

government.

KABC is grateful for the generosity of our sponsors. Their commitment to our mission allows us to help so many people with their long-term care needs.

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■ CONTINUED ON PAGE 13



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Stand By Me

■ CONTINUED FROM PAGE 12

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sonal Injury Lawyers.

KABC is the consumer's resource for detailed information about assisted living facilities, nursing homes and other licensed care facilities and about in-home services. Consumer information reports and resources can be requested by phone, email or on the KABC website (www.kabc.org).

"For 43 years KABC has relentlessly worked to improve the quality of long-term care that older Kansans need and deserve. We offer help for individual needs and to address big picture issues all with older adults and their families in mind," said Mitzi McFatrigh, KABC executive director. "That's the value of this organization. We are the only independent, consumer-focused organization in Kansas offering this kind of service. Most states don't have an organization such as KABC."

KABC offers a wide-range of consumer publications focused on preventing abuse, neglect and exploitation of older adults; selecting quality in care providers and services; and ensuring the rights of residents in care facilities or those using in-home care providers.

KEVIN GROENHAGEN PHOTO



Russell Johnson (third from left), CEO of LMH Health, lifts a shovel of soil during the groundbreaking celebration for the LMH Health West Campus on September 18. The outcome of an affiliation between LMH and OrthoKansas, the LMH Health West Campus will be a regional orthopedic and sports medicine center of excellence. "The alliance with OrthoKansas creates an opportunity to build a very strong regional presence with a partner who can provide the highest level of orthopedic and sports medicine expertise," Johnson said last October. The campus is located on 20 acres just south of Rock Chalk Park.



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Stormont Vail Health announces CEO Randy Peterson's planned retirement

Stormont Vail Health announced on September 26 that Randy Peterson, president and chief executive officer, has provided the board of directors with notice of his intent to retire by March 31, 2019.

"Randy is a passionate leader who has steered Stormont Vail Health to become one of the strongest, independent, not-for-profit health systems in our region and the country," said Rick Wienckowski, chairman, Stormont Vail Board of Directors. "In his tenure we have grown as an organization to serve more than 270,000 individuals every year across communities in eastern and central Kansas."

Peterson joined Stormont Vail in 2012, previously serving the Wichita community as senior vice president of hospital operations at Via Christi Health System and CEO at Salina Regional Health. During his leadership at Stormont Vail, Peterson oversaw the organization's membership in the Mayo Clinic Care Network and continues to advocate for Medicaid expansion in Kansas. In 2016, Peterson received the Charles S. Billings

Award for lifetime achievement from the Kansas Hospital Association.

"I'm proud to be the fifth CEO of Stormont Vail since the joining of Christ's Hospital and Jane C. Stormont Hospital in 1949," Peterson said. "The key to our success as an organization has always been strong physician leadership. Everyone at Stormont Vail is on the same team; and it's those relationships with physicians and team members that have been the most rewarding part of my 40-plus-year career in health care."

The Stormont Vail Board of Directors has selected Robert Kenagy, M.D., Stormont Vail senior vice president and chief medical officer to succeed Peterson in April.

"Under Dr. Kenagy's leadership we have expanded access to our primary care and specialty care services and began a redesign of our primary care model focusing on population health," said Wienckowski.

Dr. Kenagy joined Stormont Vail in April 2016 and since then the medical group has grown to more than 500 providers across 29 clinic locations.



Peterson



Kenagy

Prior to joining Stormont Vail Health, Dr. Kenagy served as senior vice president of St. John's Health Network in Tulsa, Oklahoma, and senior vice president physician services and CEO of Via Christi Clinic in Wichita, Kansas. Dr. Kenagy was also a practicing family medicine physician with the Wichita Clinic for more than 20 years.

"I have had the privilege of working with Randy both at Stormont Vail

Health and at Via Christi in Wichita," Dr. Kenagy said. "I especially appreciate Randy's care for both patients and team members, and his dedication to improving quality, experience and access to health care for all Kansans. I am honored and humbled to serve as the next CEO. I look forward to continuing this work alongside our great team at Stormont Vail Health, with a focus on improving the health of our communities."



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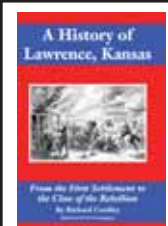
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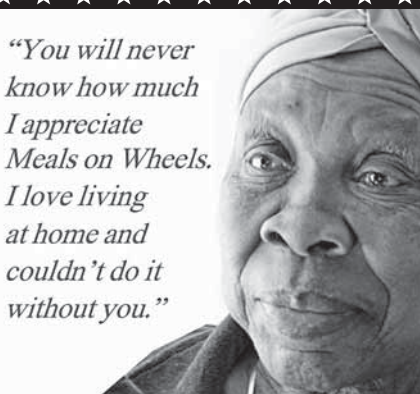
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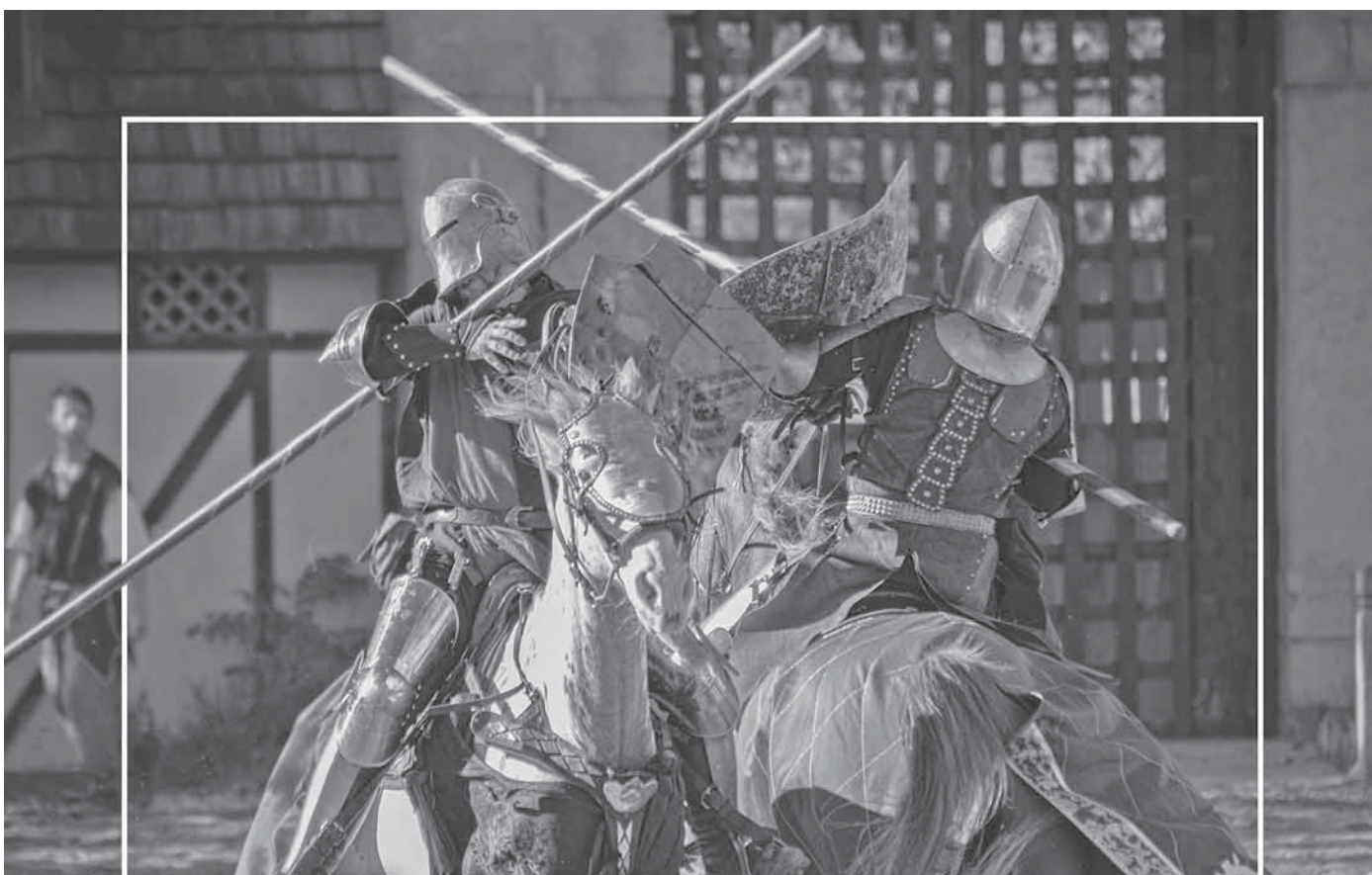
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Two new physicians join Stormont Vail

Stormont Vail Health has announced that two new physicians, Bashar Ababneh, M.D., and Mallory McIntosh, M.D., will be joining its medical team.

Dr. Ababneh will practice as an interventional cardiologist located at the Cotton O'Neil Heart Center, 929 S.W. Mulvane St., in Topeka. To schedule an appointment with him, call (785) 270-4100.



Dr. Ababneh

According to the Centers for Disease Control, heart disease is the leading cause of death for both men and women, accounting for nearly one in every four deaths. While those statistics may be alarming, that is one of the key reasons that Dr. Ababneh entered cardiology.

"Heart disease can be scary," Ababneh said. "For me, it is rewarding to be able to help patients and see the relief on their faces after they have been struggling with heart conditions."

Dr. Ababneh received his medical degree at the Jordan University of Science and Technology, Irbid, Jordan, in 2007. He completed his internal medicine residency at the University of Kansas Medical Center, Kansas City, Kansas, in 2012, and his atherosclerosis and lipids fellowship at the Baylor College of Medicine, Houston, Texas, in

2013. He completed his adult cardiovascular fellowship at the Louisiana State University Health Science Center, New Orleans, Louisiana, in 2016, and his interventional cardiology fellowship at the LSU Health Science Center, in 2017.

Dr. McIntosh will practice as a pediatric physician located at Cotton O'Neil Pediatrics Urish, 2860 S.W. Mission Woods Drive, Suite B, in Topeka. To schedule an appointment with her, call (785) 270-4326.

One of the aspects of primary care that Dr. McIntosh enjoys is how as a physician, she becomes an extension of her patients' families.



Dr. McIntosh

"Primary care is all about relationships, it's very personal," McIntosh said. "I enjoy earning the trust of my patients and families so that we can partner together toward their best health."

Dr. McIntosh received her medical degree at the University of Kansas School of Medicine, Kansas City, Kansas, in 2015. She completed her pediatric residency at the Indiana University School of Medicine, Indianapolis, Indiana, in 2018.

Legend Senior Living names Paul Hansen director of marketing

Legend Senior Living™ has announced the hiring of Paul Hansen as Director of Marketing. Hansen brings over two decades of experience to Legend, including an extensive background in marketing and communications strategy.



Hansen

"Paul brings strong strategic marketing perspective, as well as ability to implement tactical plans," said Derrek Schartz, Senior Vice President, Sales & Marketing. "He has a passion for and personal experience with senior living, which also made him a great fit."

Hansen brings more than 20 years of experience in marketing, advertising, corporate communication and branding in multiple sectors. Prior to joining Legend, he was Global Marketing Director for Bunting Magnetics Inc, an industrial equipment manufac-

turer based in Newton, Kansas. Prior to that, he was Director of Marketing for Capital Enterprises, leading marketing efforts for franchised restaurant brands and Marketing Director for Big Dog Motorcycles, which specializes in high-performance, on-road cruisers.

Hansen will oversee all marketing functions for Legend, which includes developing, implementing, and managing marketing initiatives, providing marketing direction to local communities to build sales locally, and driving the marketing strategy. The marketing department is tasked with building and maintaining the Legend brand in local markets and nationally, improving Legend's digital presence and supporting the sales function.

"I look forward to driving the marketing strategy and building the Legend brand as it moves forward," Hansen said. "I'm excited about helping a company that cares so much for its residents as it continues to build on its deep tradition of innovation in assisted living."



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MAYO CLINIC

Pharmacogenomics enables health care providers to tailor treatment based on genetics

DEAR MAYO CLINIC: How much is known about the role genetics play in how an individual reacts to medications?

ANSWER: Genetics can significantly affect how a person's body responds to medications. This topic is an active area of study called pharmacogenomics. Many researchers are investigating how pharmacogenomics can enhance medical treatment and tailor medications to best fit a person's needs, while minimizing the risk of side effects.

Traditionally, medications have been prescribed based on the assumption that a drug will work approximately the same way in each person, with some factors such as age, weight, sex and medical conditions considered. But recent research has clearly shown that's not always true. And adjusting doses over time based on response to

a medication is slow and challenging.

In response, pharmacogenomics—the study of how drugs work coupled with information known about human genes—is being used to tailor medications and their doses for people based on their genetic makeup. This is an important field, because some medications simply do not work the same way in everyone. And genetics may be part of the reason why.

For example, for the pain medication codeine to work properly, the body must be able to convert it into morphine, so it can become active and ease pain. About 15 to 20 percent of the population is unable to metabolize the medication from codeine into morphine due to genetics. That means the medication cannot do what it's intended to, and those people don't receive the pain relief they need—even if they take the medication exactly as prescribed.

Other drugs that researchers have identified as being influenced by genetics include some medications used to treat cancer, heart disease, lung disease, HIV infection, arthritis, high cholesterol and depression, among many others. Currently, almost 200 medications have label information regarding pharmacogenomic biomarkers. Pharmacists and prescribers can use pharmacogenomics to pick the right medications and adjust dosing based on genetics.

In addition to affecting how well a medication does or does not work, genetics also can affect the side effects people experience when they take a certain type of drug. In some cases, a standard dose of a medication that's usually associated with little or no side effects could trigger a more significant response in someone whose genetic makeup predisposes them to react to that medication. When it comes to strong pain killers called opioids, researchers are working to determine how genetics may play a role in addiction to these powerful drugs.

Researchers exploring pharmacogenomics are investigating how best to

identify the genetic variations that affect the way medications work. Perhaps just as importantly, they are also looking to identify ways that information can be conveyed in a timely manner to health care providers who prescribe the medications and pharmacists who dispense them, so they can make appropriate choices about which medications to use, based on a person's genetics.

Research in pharmacogenomics is ongoing and remains in its early stages. Eventually, though, pharmacogenomics may be routinely used to help health care providers give patients customized medication in doses tailored to fit their genetic makeup that will translate into specific, individualized and effective care for each person. - Timothy Curry, M.D., Ph.D., Center for Individualized Medicine, Mayo Clinic, Rochester, Minn.

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

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HEALTH & WELLNESS

Medicinal plants for the fall

Summer in Kansas has ended and fall is here. For most of us, the cool weather is a break from the grueling summers. During the fall, it is a busy time outside for many of us as we prepare our gardens for the winter. However, what many of us forget is that it



Dr.
Deena
Beneda

is a perfect time to plant some medicinal plants or herbs. Fall is a wonderful time to plant and still have fresh produce even though the garden is finished for the season. Take a few moments to plant some different herbs and, within a few weeks, you will have the freshest

flavors for your autumn meals. Some herbs like cool weather and prefer to grow when the temperature is chilling outside. These herbs are Rosemary, Parsley, Thyme, Mint, and Basil.

Rosemary is a perennial herb, which means that it can be grown throughout the year and it is strong enough to survive the ice-cold winters in Kansas. Rosemary is used medicinally to treat digestive issues, migraine headaches, poor memory, and circulation problems.

Parsley is one of the more robust herbs to grow in the cold weather. During the cold, harsh winters, parsley will continue to grow underground. During the milder winters, it will continue to bloom and provide a nice fresh herb for any dish. Parsley self-seeds, so it will continue to grow even when you stop planting new plants. Medicinally, parsley is used as an anti-inflammatory, an antioxidant, and has some anti-cancer properties.

Thyme is a nice addition to any dish and is a hardy perennial. Throughout history, thyme has proven to have many medicinal purposes. Thyme can be used for upper respiratory conditions; as an antibiotic, an antiviral, an antifungal, and can decrease inflammation.

Mint is a strong medicinal plant. If you have ever grown mint, then you will know that it has to be grown in a separate pot or it will take over the entire area in which it is planted. It is a tough, hardy herb that continues to go throughout the winter. Mint's medicinal properties include being extremely effective in digestive complaints, reducing gas, bloating, diarrhea, and constipation. It is a strong antibacterial, antifungal, and anti-inflammatory.

Basil is one of the most frequently used medicinal plants in the world. However, it will not be able to survive outside in the cold winter. At that time, it needs to be repotted and moved inside. Most every country has cuisines that use basil. Basil is often harvested at the end of summer or fall. Medicinally, basil is rich in vitamins A and C. It can be used to reduce

inflammation, anti-bacterial, anti-viral, and used for cardiovascular health.

So, even though summer has ended, that doesn't mean that planting ends. Consider growing some medicinal plants this fall and into the winter to get the beneficial effects of having fresh herbs all year long.

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



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HEALTH & WELLNESS

Healthy choices can impact how you age

By Janice Early

LMH Health

Getting older is a natural part of life. The changes you go through as you get older depend on a number of things, including what health problems run in your family and the choices you make.



If your family members have diseases or ongoing (chronic) health problems like high blood pressure or diabetes, then you may have a greater chance of having those problems yourself. But just because your risk is higher, doesn't mean you will definitely have the same problems.

Aynsley Anderson Sosinski, a wellness specialist at LMH Health who is board certified by the Mayo Clinic and the National Consortium of Health and Wellness Coaches, said, "In fact, the lifestyle choices you make can help reduce your chances of getting illnesses that run in your family. And even if you do get a family illness, choosing to be physically active, to eat healthy foods, and to learn how to deal with stress can help keep the illness from destroying your ability to enjoy your golden years."

Changes as you get older are usually gradual. Certain physical changes are common. Anderson Sosinski noted that our metabolism (how fast your body can burn calories) slows over time, which means that your body needs less food energy than before. How much and how well you sleep will likely change. Most people start needing reading glasses around age 40, and many have some hearing loss later

in life. Starting in your 50s, bone aging increases.

"Most vital organs gradually become less efficient with age," she said. "The kidneys are less able to keep enough water in your body. And the heart can start to show signs of wear and tear. So as you get older, it's important to be physically active, drink plenty of water, and choose healthy foods. Doing these things will help your body work well for a longer period of time."

Anderson Sosinski stressed that one of the most important things you can do for your health at any age is to be physically active. "People who stay active are less likely to get depressed," she said. "Physical activity keeps your body strong, and it helps with how you feel."

The National Institute on Aging notes that exercise can positively impact those with hypertension, high cholesterol, diabetes, arthritis and other joint problems, peripheral artery disease, balance problems, dementias, depression, stress and anxiety, and numerous other physical and mental health disorders.

Physical activity can be anything from walking to gardening to working out at the gym. Anderson Sosinski said that the important thing is to be active

Dine and learn at Senior Suppers

On the second Tuesday of each month, senior adults from the community are invited to dine and socialize with their peers at LMH Health Senior Seminars. For \$5.50 you can enjoy a healthy three-course meal, beginning at 5 p.m., followed by a free short educational program presented on a health or wellness topic directed toward senior health issues at 6 p.m. Presentations are provided by LMH Health affiliated physicians and other community health care professionals.

Brought to the community by LMH Dining Services/Unidine

and LMH Community Outreach & Engagement department, Senior Suppers began in 2014 and were an instant hit.

"We have heard overwhelmingly positive comments about the food and seminar itself," said Anderson Sosinski. "We love to see our guests making new friends while gaining information that will benefit them."

The monthly topic is announced each month in Kaw Valley Senior Monthly or by visiting the LMH website. Space for the suppers is limited so reservations are requested by enrolling at lmh.org or by calling (785) 505-5800.

almost every day. "No matter what your age or condition, there is a type of physical activity that's right for you," noting that you should always ask your doctor whether it is safe to start a physical activity program.

Other good advice in addition to getting regular physical activity is to take charge of how stress affects you by setting aside 20 minutes a day to just relax.

"Your mental and emotional health are also important," said Anderson Sosinski. "Protect or improve your emotional health by staying in touch with friends, family, and the community. People who feel connected to others are more likely to thrive than those who do not."

To protect or improve your memory and mental sharpness, keep your

brain active and challenged. Learn or do something new and different. For example, attend an educational workshop or learn a new card game. Depression can be a serious problem for older adults. If you think you may be depressed, seek help.

LMH Health offers educational programs focused on health and wellness for seniors, such as Fit 1, Fit Assist, Tai Chi, cardiopulmonary wellness program, Parkinson's disease exercise program, aquatic exercise classes in partnership with Lawrence Parks and Recreation, Senior Suppers and more, as well as a variety of support groups. Visit the LMH website for specifics or call ConnectCare at 785-505-5800.

- Janice Early is Vice President of Marketing and Communications at LMH Health.

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NAVIGATING THE MEDICARE MAZE

Medicare Supplement Insurance: The Basics

Original Medicare (Part A and Part B) doesn't cover everything. Some people choose to buy Medicare supplement insurance (also called Medigap) to help pay some of the expenses that Medicare doesn't pay.

Depending on the specific Medicare supplement insurance plan chosen, covered expenses may include:

- Part A deductible and co-insurance



*Chris
Chapin*

- Part B annual deductible and co-insurance or co-pays
- Blood transfusions (first 3 pints each year)
- Cost of additional 365 hospital days after Part A benefits are used
- Foreign travel emergency medical expenses (up to plan limits)

Plans are Standardized

There are 10 different Medicare supplement insurance plans labeled A through N. Plans are standardized by the federal government so that every Plan A, for example, provides the same basic benefits as every other Plan A. This is true no matter what insurance company offers the plan. The cost of Medigap policies can vary widely. There can be big differences in premiums that insurance companies charge for exactly the same coverage. As you shop for a Medigap policy, be sure you are comparing the same Medigap policy (for example, compare a Plan F from one company with Plan F from another company).

Each insurance company sets its own premiums. It is important to ask how an insurance company prices Medigap policies. How they set the

price affects how much you pay now and in the future.

All 10 different Medicare supplement insurance plans may not be available in every state. Also, plans offered in Massachusetts, Minnesota, and Wisconsin are different from plans offered in other states. It's important to learn what plans are offered where you live.

Plan Costs Vary

The cost of a Medicare supplement insurance plan may vary depending upon the plan you choose. As a general rule, the broader the coverage, the higher the premium you will pay. But comparing plans of the same type across insurers is simple. Basic benefits are the same for all plans of the same type, so cost is the only difference.

Medicare supplement insurance plans are sold by private insurance companies, not the federal government. The plans have no network requirements and may be used for care anywhere within the United States with providers who accept Medicare patients.

Every Medicare supplement insurance plan must follow federal and state laws designed to protect you. Each plan must be clearly identified as "Medicare supplement insurance." If you already have a Medicare supplement insurance plan, it's important to understand exactly what it covers in order to take full advantage of the benefits it provides. Please review the Certificate of Insurance carefully.

Don't forget that the Annual Enrollment Period (AEP) begins October 15. This is your chance to review your current Medicare insurance coverage (Medicare Advantage and Prescription Drug Plans) and see if you need to make any changes for 2019.

- Contact Chris Chapin or Bill Woody, Jr. of Stephens-Chapin Insurance at 785-841-9538 for more information about Medicare supplement insurance.



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FINANCIAL FOCUS

Financial tips for Alzheimer's caregivers

If you are, or will be, a caregiver for elderly parents or another close family member living with Alzheimer's disease, you may experience some emotional stress—but you also need to be aware of the financial issues involved and what actions you can take to help address them.



Derek Osborn

You will find few “off the rack” solutions for dealing with the financial challenges associated with Alzheimer's. For one thing, family situations can vary greatly, both in terms of the financial resources available and in the availability and capabilities of potential caregivers. Furthermore, depending on the stage of the disease, people living with Alzheimer's may have a range of cognitive abilities, which will affect the level of care needed.

Here are some general suggestions that may be useful to you in your role as caregiver:

Consult with family members and close friends. It's extremely hard to be a

solo caregiver. By consulting with other family members or close friends, you may find that some of them have the time and ability to help.

Consider obtaining durable power of attorney. If you possess a durable power of attorney for finances, you can make financial decisions for the person with Alzheimer's when he or she is no longer able. With this authority, you can help the individual living with the disease – and your entire family—avoid court actions that can take away control of financial affairs. And on a short-term basis, having durable power of attorney can help you take additional steps if needed. You'll find it much easier to acquire durable power of attorney when the individual living with Alzheimer's is still in the early stage of the disease and can willingly and knowingly grant you this authority.

Gather all necessary documents. You'll be in a better position to help the individual living with Alzheimer's if you have all the important financial documents—bank statements, insurance policies, wills, Social Security payment information, deeds, etc.—in one place.

Get professional help. You may want to consult with an attorney, who can advise you on establishing appropriate arrangements, such as a living trust, which provides instructions about the estate of the person for whom you're pro-

viding care and names a trustee to hold title to property and funds for the beneficiaries. You also might want to meet with a financial advisor, who can help identify potential resources and money-saving services. And a tax professional may be able to help you find tax deductions connected to your role as caregiver.

Finally, use your experience as a caregiver to remind yourself of the importance of planning for your own needs. For example, a financial professional can suggest ways of preparing for the potentially huge costs of long-term care, such as those arising from an extended stay in a nursing home.

Caring for an individual living with Alzheimer's has its challenges. But by taking the appropriate steps, you can reduce uncertainties – and possibly give yourself and your family members a greater sense of security and control.

- Derek Osborn is with Edward Jones, 4106 W. 6th St., Ste. A, Lawrence. He can be reached at 785-841-0382 or

Derek.Osborn@edwardjones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Call or visit your local financial advisor today.



Derek Osborn

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SENIOR CALENDAR

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

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

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWALK

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

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

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS

LEXINGTON PARK

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH
VETERANS OF FOREIGN WARS

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

EDUCATION

ONGOING

COOKING CLASSES

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

■ CONTINUED ON PAGE 23

Prairie Commons

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EQUAL HOUSING OPPORTUNITY

■ CONTINUED FROM PAGE 22

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

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHES

Lecture and lunch. Lexington Park, 1011 SW Cottonwood Ct. TOPEKA, 785-273-4545

FRIDAYS

HEALTHWISE TV

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

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

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

OCT 1

MEDICARE MONDAYS

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

OCT 1

MEMORY LOSS, DEMENTIA & ALZHEIMER'S DISEASE

Alzheimer's disease is not a normal part of aging. An Alzheimer's Association dementia care specialist will provide information on detection, causes, risk factors, stages of the disease and treatment. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 5:30-7 p.m. TOPEKA, 785-580-4400

OCT 2

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, October 2, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane. Call or information, sign up at our website <http://centuryinsuranceagencyks.com>.

com (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided.

TOPEKA, 785-270-4593

OCT 3

WINDOWS 10 FOR BEGINNERS

Experience the new features in Windows 10. Learn how to organize the Start Menu, use accessories, personalize the desktop and get apps from the Windows Store. Register at tscl.org/register. Topeka Room, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2:30 p.m. TOPEKA, 785-580-4400

OCT 4

BETTER ANGELS: CAN WE DEPOLARIZE AMERICA?

Rob Robertson of the nonprofit Better Angels examines how the group is working to heal political divides in America. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 7 p.m. LAWRENCE, doleinstitute.org

OCT 4

FT. LEAVENWORTH SERIES: RETREATS, RIOTS AND REDS: THE RUSSIAN ANNUS HORRIBILIS

When Tsar Nicholas II took personal command of the Imperial Russian Army in 1915, he hoped to salvage the military situation on the eastern front. The issues on the front line paled, however, in comparison to the troubles at home. Sean Kalic and Gates Brown illustrate the vital connection between the home front and the front line of battle by examining the impacts of the Russian revolutions on the Russian army. Dole Institute, 2350 Petefish Drive, 3 p.m. Free. LAWRENCE, 785-864-4900

OCT 4

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use your library's print and online resources. Receive a pedigree chart and other helpful forms for keeping records as you research your family tree. Bring your laptop or tablet to create a free FamilySearch account. Register at tscl.org/register. Shawnee North Community Center, 300 NE 43rd St., 10-11:30 a.m. TOPEKA, 785-580-4400

OCT 4 & 11

LIFESTYLE MEDICINE

In this brief two-session class, we will discuss common illnesses, and the ways "lifestyle medicine" can bring to fruition the hope of a healthier future! For those interested in digging deeper, an additional two weeks will follow, in which we'll look into the specifics of how the emerging science of preventive medicine can be translated into specific day-to-day healthy habits impacting blood pressure, cholesterol, weight, blood sugar, and brain health. About the speaker: Kim Grubbs is an RN and Educator with decades of experience in emergency medicine, cardiovascular, and diabetes care; and a passion for translating the complexities of preventive medicine into simple, if not challenging, evidence-based, healthy behaviors. Class code: 427321. Fee. Lawrence Parks and Recreation, Community Building, 6-8 p.m. LAWRENCE

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YESTERDAY & TODAY:

AN INTERACTIVE BEATLES EXPERIENCE

October 20

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October 26

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October 27



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■ CONTINUED FROM PAGE 23

OCT 5, 12, 19 & 26

ADVENTURES IN LEARNING

Spring Adventures in Learning session at the Shepherd's Center of Topeka begins October 5 and runs for four consecutive Fridays, 9-11:30 a.m. Each Friday enjoy two classes from the eight offered and refreshments. Class choices are offered in health, religion, news and current events, people and places, community, the arts, literary wisdom, potpourri (classes that may not fit one of the regular categories), or a "back by popular demand" speaker. For more information, call or visit website.

TOPEKA, 785-249-3258

shepherdscentertopeka.org

OCT 6

WOMEN & MONEY DAY

Keynote speaker Mary Hunt, author of Debt Proof Living, reveals how she learned the hard way to live well on less. Also attend sessions from local leaders and industry experts to help women develop the confidence and skills to manage their money. Developed by women for women of all ages. Register at hcci-ks.org to receive a free handbook and lunch. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 6-7:30 p.m. TOPEKA, 785-580-4400

OCT 6

MULTICULTURAL STORYTIME: UGANDA

Stories, songs, and snacks with guest presenters highlighting a featured language or culture! Lawrence Public Library, 707 Vermont St., 10:30 a.m. Free.

LAWRENCE, 785-843-3833

OCT 7

JOB LAB: RESUMES

Learn how to keep your resume organized and succinct. Laptops available or bring your own. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 9:15 a.m.-4 p.m.

TOPEKA, 785-580-4400

OCT 8

UNDERSTANDING DEMENTIA RELATED BEHAVIOR

Behavior is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. An Alzheimer's Association dementia care specialist will help you learn to decode behavioral messages, identify common behavior triggers and learn strategies to help. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 5:30-7 p.m. TOPEKA, 785-580-4400

OCT 8

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use your library's print and online resources. Receive a pedigree chart and other helpful forms for keeping records as you research your family tree. Bring your laptop or tablet to create a free FamilySearch account. Register at tscpl.org/register. Central Park Community Center, 5-6 p.m. TOPEKA, 785-580-4400

OCT 8

GOOGLE IT!

Learn to use the most-visited site on the web. Search for information and images. See your house with Google Maps. Learn about even more Google apps and features. Register at tscpl.org/register. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8:30 p.m. TOPEKA, 785-580-4400

OCT 9

SENIOR SUPPER AND SEMINAR

On the second Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connect-

care@lmh.org. LMH Auditorium, 5-7 p.m. LAWRENCE, 785-505-5800, lmh.org

OCT 9

THE LAST WILD PLACES OF KANSAS

Hear author George Frazier discuss his travels across Kansas exploring natural treasures, resulting in his award-winning travelogue. Cosponsored by Topeka Audubon Society. Topeka Room, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2:30 p.m. TOPEKA, 785-580-4400

OCT 9

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Register at tscpl.org/register and describe what help you would like. Anton Room 202, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 3-4:30 p.m. TOPEKA, 785-580-4400

OCT 9

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, October 9, at 2 p.m. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change. Seminars will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane. Call for information, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. TOPEKA, 785-270-4593

OCT 11

HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. Register at tscpl.org/register. Seniors Registration begins Monday, September 10. Anton Room 202, Topeka &

Shawnee County Public Library, 1515 SW 10th Ave., 9:30-11 a.m.

TOPEKA, 785-580-4400

OCT 11

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Thursday, October 11, at 2 p.m. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change. Seminars will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane. Call for information, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. TOPEKA, 785-270-4593

OCT 11 & 12

AARP DRIVER SAFETY CLASS

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

LAWRENCE

OCT 12

"BIG SONIA" SCREENING AND FILM-MAKER Q&A

One of the last remaining Holocaust survivors living in Kansas City, Sonia Warshawski is a bridge between cultures and generations. Fondly nicknamed "Big Sonia" for her diminutive stature and larger-than-life personality, Warshawski has served as an inspirational public speaker at schools and prisons while running the tailor shop she's owned for over 30 years. Join the institute for a screening of the documentary "Big Sonia," which offers a portrait of the power of love and hope over bigotry. A Q&A will follow the screening with filmmaker Leah Warshawski, Sonia's granddaughter. Dole Institute, 2350 Petefish Drive, 2 p.m. Free. LAWRENCE, 785-864-4900

OCT 13

GENEALOGY CLASS: DEATH AND CEMETERIES

In this new class, Alisa Branham will discuss wills, funeral practices, cemetery monuments, family clusters, religious differences, military interments and more. Watkins Museum of History, 1047 Massachusetts St., 10 a.m. Fee. LAWRENCE, 785-841-4109

watkinsmuseum.org/events/gen18

OCT 15

TRUST CHOICES, WILL PLANNING, PROBATE, OH MY!

Get an easy-to-understand and practical discussion of estate planning choices from A-Z from Nancy Goodall. What options are best for you and your loved ones, and why? How have new tax laws affected your planning? Come early—her last presentation overflowed room capacity! Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400



STICKER ADVERTISING

Place your message on the front cover of Senior Monthly with a 3" x 3" sticky ad.

The January and February 2019 issues (must do both) are available. Call Kevin at 785-841-9417 for more information.

■ CONTINUED FROM PAGE 24

OCT 18

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Thursday, October 18, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane. Call for information, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. TOPEKA, 785-270-4593

OCT 19

IN CONVERSATION WITH SONIA WARSHAWSKI

Follow up the screening of "Big Sonia" with an in-person visit from the film's titular subject, Sonia Warshawski. Joined by her daughter, Regina Kort, Warshawski will discuss her experiences as a survivor of the Holocaust and reflect on the documentary made by her granddaughter, Leah Warshawski. Dole Institute, 2350 Petefish Drive, 2 p.m. Free. LAWRENCE, 785-864-4900

OCT 20

WHAT IS THAT TREE?

Any of us who have spent time in the woods have probably encountered a tree or two that can't be readily identified. You don't need to be an expert to familiarize yourself with local trees. This tour will introduce clues in the leaves, needles, bark, branch patterns and fruit that will increase your knowledge of area species. Instructor: Jon Standing. Class Code: 427463. Fee. Holcom Park Recreation Center, 2700 W 27th Street, 10 a.m.-12:30 p.m. Lawrence Parks and Recreation. LAWRENCE, 785-832-7920

OCT 20

MULTICULTURAL STORYTIME: MOROCCO

Stories, songs, and snacks with guest presenters highlighting a featured language or culture! Lawrence Public Library, 707 Vermont St., 10:30 a.m. Free. LAWRENCE, 785-843-3833

OCT 22

BE WISE ABOUT YOUR EYES

Get advice and tips on adjusting to eyesight changes from a person with experience. Nancy Johnson was born with optic nerve hypoplasia – under-developed optic nerve. She will also share her experience using Braille, text-to-speech technology and electronic visual aids. Nancy is a local advocate for individuals with visual impairments. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

OCT 23

MEDICARE EDUCATIONAL SEMINAR

Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, October 23, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for

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

OCT 23

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Register at tscpl.org/register and describe what help you would like. Anton Room 202, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 3-4:30 p.m. TOPEKA, 785-580-4400

OCT 25

WORK, FIGHT, GIVE: AMERICAN RELIEF POSTERS OF WORLD WAR II

Hal Wert visits to present a new window on understanding a watershed event in our nation's history. Using a vast collection of poster art, poster stamps, banners and programs issued during World War II, Wert focuses on those who gave of their artistic talents to design posters that were aimed at the heart of Americans. The poster imagery employed by the National War Fund and its relief agencies will allow guests to experience the stupendous effort to aid those in need. Dole Institute, 2350 Petefish Drive, 3 p.m. Free. LAWRENCE, 785-864-4900

OCT 25

VICTORIAN MOURNING WAS COMPLICATED

Jill Freeze and Joel Meyers will enthrall you with 19th century traditions surrounding death, funerals and burial, and share the implications for your family history. Presented by Topeka Genealogical Society. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8:30 p.m. TOPEKA, 785-580-4400

OCT 25

WORK, FIGHT, GIVE: AMERICAN RELIEF POSTERS OF WORLD WAR II

Hal Wert visits to present a new window on understanding a watershed event in our nation's history. Using a vast collection of poster art, poster stamps, banners and programs issued during World War II, Wert focuses on those who gave of their artistic talents to design posters that were aimed at the heart of Americans. The poster imagery employed by the National War Fund and its relief agencies will allow guests to experience the stupendous effort to aid those in need. Dole Institute, 2350 Petefish Drive, 3 p.m. Free. LAWRENCE, 785-864-4900

OCT 25

FACEBOOK FOR BEGINNERS

Sign up for a Facebook account and learn the basics of this popular social networking site. Be sure to bring your email address and password. If you already have an account, please bring your Facebook password. Register at tscpl.org/register. Topeka Room, Topeka & Shawnee County Public Library, 1515 SW 10th Ave.,

5:30-7 p.m.

TOPEKA, 785-580-4400

OCT 27

FROM THERE TO HERE

Nearly everyone has an immigrant story. Share yours at this writing workshop facilitated by Jose Faus of the Latino Writer's Collective. No previous writing experience necessary. Bring an object that is meaningful to you to inspire your writing. Available in Spanish and English. Sponsored by Humanities Kansas. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 2-4 p.m. TOPEKA, 785-580-4400

OCT 29

IT'S NEVER TOO LATE: ELIZABETH LAYTON

Learn what motivated Elizabeth "Grandma" Layton and how the act of painting enriched her later years—even saved her life. She began drawing at age 68. Layton learned the technique of "blind contour" and developed her own personal and passionate approach to self-portraits and social activism. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

OCT 30

UNMASKING THE SPY: INTELLIGENCE GATHERING

A 33-year veteran of the U.S. national security community, Ron Marks will guide guests through the realities and challenges of a career in intelligence. Marks worked as a CIA official and clandestine service officer before later serving as intelligence counsel to Senate Majority Leaders Bob Dole and Trent Lott. Dole Institute, 2350 Petefish Drive, 7 p.m. Free. LAWRENCE, 785-864-4900

OCT 30

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, October 30, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane. Call for information, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. TOPEKA, 785-270-4593

NOV 1-DEC 13

FENCING

Fencing is one of only four sports to be included in every modern Olympic game. This class for beginners and experienced fencers in foil, epee and saber, emphasizes technique, strategy, tactics and psychology. Beginners learn the basics and experienced fencers sharpen their skills. This unique sport provides a chance for exercise and fun. Coach: John Dillard. Class Code 427105. Fee: Lawrence Parks and Recreation, Sports Pavilion Lawrence, 100 Rock Chalk Lane. LAWRENCE

NOV 1

FT. LEAVENWORTH SERIES: MR. POLK'S WAR

A sharp divide characterized the relationship between the home front and the front line during the Mexican-American War of 1846-1848. Despite advances in communication technology, most Americans viewed war through a romantic lens, which bore little resemblance to the reality of the soldier experience. Greg Hospodor addresses the gulf between those two perceptions and its later implications. Dole Institute, 2350 Petefish Drive, 3 p.m. Free. LAWRENCE, 785-864-4900

NOV 2 & 3

HOLIDAY WOOD CARVING

Make your own holiday gift or decoration while learning the centuries old art of wood carving. The two day workshop will introduce carving tools, types of wood and various cuts to create a figure of Santa Claus. All materials and tools included. Instructor: Carlan Honaker. Class Code: 427446. Fee. Lawrence Parks and Recreation, 9 a.m.-3 p.m. LAWRENCE

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, lawrencecession.com

THURSDAYS

JUNKYARD JAZZ

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

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

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

SATURDAYS

COMMUNITY JAM

Totally free and open to the public, the AMA Saturday Jam has become a tradition in the Lawrence music community. All styles and levels welcome, acoustic instruments only. Americana Music Academy, 1419 Massachusetts St., 3-5 p.m. LAWRENCE, 785-830-9640 americanamusicacademy.com

OCT 12

STORY SLAM: ALONE

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

■ CONTINUED FROM PAGE 25

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

LAWRENCE, lawrenceartscenter.org

SEP 21, 22, 23*, 27, 28, 29, 30*, OCT 5, 6, 7*
THE BRIDGES OF MADISON COUNTY

Based on the best-selling novel about a forbidden love affair between a photographer and a housewife, this is a sweeping romance about the roads we travel, the doors we open, and the bridges we dare to cross. Theatre Lawrence, 4660 Bauer Farm Dr. Evening performances start at 7:30 p.m. *Indicates a 2:30 p.m. performance. Fee.

LAWRENCE, 785-843-SHOW

wp.theatrelawrence.com/events/2018-19-season

OCT 5

NOTO STORY SLAM

Listen to or be one of 10 people who each tell a 5-minute story on the theme of scary or mysterious stories. The audience will award a cash prize to the best story, based on quality and presentation. Sign up to be a storyteller begins at 6:30.

Hosted by Kay Duganator and Matt Spezia.

NOTO Arts Place, 905 N Kansas, 7-9 p.m.

TOPEKA, 785-580-4400

OCT 13

LAWRENCE COMMUNITY ORCHESTRA PRESENTS PHANTOM OF THE OPERA

Embrace the old-timeyness of this silent film classic. The Lawrence Community Orchestra will accompany this 1925 precursor to the Broadway musical. Lawrence Arts Center, 940 New Hampshire, 7 p.m. Fee.

LAWRENCE, lawrenceorchestra.org

OCT 17

LOUDON WAINWRIGHT III

Loudon Wainwright III's long and illustrious career is highlighted by more than two dozen album releases, as well as several movie and TV credits. In 2010, he won a Grammy for Best Traditional Folk Album for *High Wide & Handsome: The Charlie Poole Project*. His 2012 recording, *Older Than My Old Man Now*, was named one of NPR's Top 10 Albums of the Year. Wainwright is perhaps best known for the novelty song "Dead Skunk (in the Middle of the Road)" and playing Captain Calvin Spalding, the "singing surgeon" on M*A*S*H. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

OCT 20

YESTERDAY AND TODAY: AN INTERACTIVE BEATLES EXPERIENCE

Join us for Beatlemania as touring artists Billy McGuigan and his band share an interactive Beatles performance where YOU choose the songs! Party with us before the show and enjoy appetizers from RND Grille and themed cocktails. Bar opens at 6:30 p.m. Show starts at 7:30 p.m. Theatre Lawrence, 4660 Bauer Farm Dr. Fee.

LAWRENCE, 785-843-SHOW

wp.theatrelawrence.com/events/special-events

OCT 29

KIBBUTZ CONTEMPORARY DANCE COMPANY

Kibbutz Contemporary Dance Company (KCDC), one of the leading dance companies in the world, is widely identified with the work of Artistic Director Rami Be'er, whose unique choreographic character has become the company's trademark in Israel and abroad. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 5

MONTY PYTHON'S SPAMALOT

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

MANHATTAN, 785-532-6428

k-state.edu/mccain/events/2018-2019

EXHIBITS/SHOWS

OCT 1-DEC 2

KANSANS GO TO WAR

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

OCT 20

9TH ANNUAL CARS IN THE PARK CAR SHOW

Car show to benefit Special Olympics. Free to the public. DJ, Food Trucks, raffle items, silent auction of sports items, T-shirts for sale, 15 Award Categories, including Special Olympics Athletes Choice Award. It's a great time for a great cause. Come on out and join the 125+ vehicles and over 400 spectators. Theatre in the Park, 7710 Renner Road, 10 a.m.-2:30 p.m.

SHAWNEE, 913-481-3079

jcprd.com/carsinthepark

FAIRS/FESTIVALS

OCT 6 & 7

39TH ANNUAL APPLE FESTIVAL

The family event features pioneer living demonstrations including black smiths and a wood smith, the Peddler's Village arts and crafts show in the Ward-Meade Botanical Garden, heritage foods, railroad hand car rides, a petting zoo, organ grinders, a quilt show and more. Tours will be given of the historic buildings at Old Prairie Town. 124 NW Fillmore Street, 10 a.m.-5 p.m. Fee.

TOPEKA, 785-251-6991

parks.snco.us/Facilities/Facility/Details/28

OCT 20 & 21

MAPLE LEAF FESTIVAL

Over 50 years later, with over 300 craft exhibits, quilt shows and displays, performing arts, music, unique food items and activities for the family, the Maple Leaf Festival is the biggest fall family event in the area and provides an opportunity for local non-profit organizations to raise funds. Free admission.

BALDWIN CITY, 785-594-7564

mapleleafestival.com

FARMERS' MARKETS

APR 14-NOV 17

LAWRENCE FARMERS' MARKET - SATURDAYS

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

LAWRENCE, lawrencefarmersmarket.org

APR 14-NOV

TOPEKA FARMERS' MARKET

Saturdays. 12th and Harrison, South of the Judicial Building, 7:30 a.m.-noon.

TOPEKA, 785-249-4704

downtowntopekafarmersmarket.com

APR 21-OCT 27

LENEXA FARMERS' MARKET

Visit the new Lenexa Farmers Market for a wide selection of fresh products including vegetables, fruit, meat, eggs, baked goods, flowers and more from over 20 locally based vendors. Saturdays. Lenexa Civic Campus, 17201 W. 87th Street Parkway, 8 a.m.-12 p.m.

LENEXA, lenexa.com/farmersmarket

MAY 5-OCT 27

LEAVENWORTH FARMERS' MARKET

Every Saturday from May thru October at the Leavenworth Farmers Market, 7 a.m.-12 noon. The Market is located at the beautiful Haymarket Square at the corner of 7th and Cherokee Street.

LEAVENWORTH, 913-651-2683

leavenworthfarmersmarket.com

MAY 8-OCT 23

LAWRENCE FARMERS' MARKET - TUESDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. Parking Garage by Lawrence Public Library, 707 Vermont St., 4-6 p.m.

LAWRENCE, lawrencefarmersmarket.org

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

Need help reaching your fitness goals? Lawrence Parks and Recreation has certified personal trainers to help you make your workouts safe, productive and successful. Training and registration are available at all recreation

centers. For more information, contact Gayle Sigurdson.

LAWRENCE, 785-832-7920

ONGOING

HEALTHY STEPS MALL WALKING

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

TOPEKA

ONGOING

FREE MEMORY SCREENING CLINIC

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

TOPEKA, 785-368-0744

ONGOING

WELLNESS COACHING

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

LAWRENCE

ONGOING

FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

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

LAWRENCE, 785-832-7920

DAILY

EXERCISE CLASS

Lexington Park, 1011 SW Cottonwood Ct., 10 a.m.

TOPEKA, 785-273-4545

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

■ CONTINUED FROM PAGE 26

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

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

Seaman Community Church, 2036 NW Taylor. 9:30-10:15 a.m.

TOPEKA, 785-357-8777 or 785-213-6016

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

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

VACCINE CLINICS

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

TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCIE BALL

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

LAWRENCE

WEDNESDAYS

FREE NUTRITION CLINIC

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

TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

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

TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

LAWRENCE, (785)748-8034

THURSDAYS

WELLNESS CLINIC

Blood pressure checks, weights. Lexington Park, 1011 SW Cottonwood Ct., 12:30 p.m.

TOPEKA, 785-273-4545

FRIDAYS

BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

SEP 5

KNOW YOUR NUMBERS - CHOLESTEROL AND GLUCOSE SCREENING

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

LAWRENCE, 785-505-5800, lmh.org

NOV 14

DIABETES HEALTH FAIR

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

LAWRENCE, 785-505-3062

HISTORY/HERITAGE

OCT 27

LANESFIELD SCHOOL FALL OPEN HOUSE

Celebrate autumn 1904-style while you experience life as a student in a one-room schoolhouse. Have old-fashioned fun with hands-on activities. This historic event is free. Lanesfield Historic Site, 18745 S. Dillie Rd., 10 a.m.-5 p.m.

EDGERTON, 913-715-2570

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

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

WEDNESDAYS

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

FRIDAYS

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

MEETINGS

SUNDAYS

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

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

LAWRENCE

MONDAYS

BREAST CANCER SUPPORT GROUP

Meets at Presbyterian Manor, 1429 Kasold, 5:30 p.m. Call Dena for more information.

LAWRENCE, 785-979-8362

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

OrthoKansasPA.com

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

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

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

FIRST & THIRD MONDAY OF THE MONTH

BEREAVEMENT SUPPORT GROUP

LAWRENCE SENIOR CENTER

2:15-3:45 PM, 785-842-0543

FIRST & THIRD MONDAY OF THE MONTH

GRIEF SUPPORT GROUP

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.

LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

LAWRENCE MEMORIAL HOSPITAL

4-5 PM, 785-840-3140

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**FIRST & THIRD MONDAY OF THE MONTH
SPOUSE/PARTNER LOSS**

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

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

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by the Senior Resource Center for Douglas County, 2920 Haskell Ave., 2:15-3:45 p.m.
LAWRENCE, 785-842-0543

**EVERY TUESDAY THROUGH FRIDAY
MEN'S COFFEE**

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

TUESDAYS**BREW HA HA!**

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

TUESDAYS**GENERAL GRIEF SUPPORT GROUP**

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

TUESDAYS**INTERGENERATIONAL CHOIR**

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

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

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

**FIRST TUESDAY OF THE MONTH
MAN TO MAN PROSTATE CANCER
SUPPORT GROUP - LAWRENCE**

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

**FIRST TUESDAY OF THE MONTH
TOPEKA AREA OSTOMY SUPPORT
GROUP**

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

TUESDAYS & THURSDAYS**WATER AEROBICS CLASSES**

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

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

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

WEDNESDAYS**GRIEF SUPPORT GROUP**

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

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

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

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

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

**FIRST FRIDAY OF THE MONTH
STROKE SUPPORT GROUP**

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

SATURDAYS**LAWRENCE BRIDGE CLUB**

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

ONE SATURDAY EACH MONTH**LAWRENCE DEATH CAFE**

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

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

Volunteer service club.
LAWRENCE, 785-331-4575

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

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

SECOND MONDAY OF THE MONTH**LMH HEART BEATS**

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

SECOND TUESDAY OF THE MONTH**LAWRENCE ACTION CIVITAN CLUB**

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

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

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

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

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

SECOND WEDNESDAY OF THE MONTH**SOROPTIMIST INTERNATIONAL OF
TOPEKA**

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

SECOND THURSDAY OF THE MONTH**DEMENTIA SUPPORT GROUP**

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

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

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

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

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

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

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

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

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

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

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

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

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

**THIRD WEDNESDAY OF THE MONTH
CANCER SUPPORT GROUP**

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

**THIRD WEDNESDAY OF THE MONTH
NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES**

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

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

A social support group to re-engage life after the death of a loved one. Meets at 11 a.m. at Paisano's Ristorante, Fleming Place, SW 10th

■ CONTINUED FROM PAGE 28

& Gage. Dutch treat. Requires a reservation. Call Terry Frizzell at Heartland Hospice of Topeka for your reservation. TOPEKA, 785-271-6500

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

The purpose of Jayhawk Model Masters is to promote the building and safe operation of radio controlled (RC) model aircraft. In addition, we strive to fulfill our civic responsibility to the community, and support worthwhile projects. Our club meetings are open to the public and are held on the third Saturday of each month. Breakfast starts at 8 a.m. and the meeting at 9 a.m. We meet in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Fee for breakfast. LAWRENCE, 785-312-4840
jayhawkmodelmasters.com

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of the month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, contact Jim Miller at 785-478-0651 or Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting. TOPEKA

LAST WEDNESDAY OF THE MONTH

WARM UP WEDNESDAYS GROUP

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

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

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

LAWRENCE

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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

TOPEKA, 785-783-8300
kansasdsccovery.org

OCT 19 & 20

LENEXA CHILI CHALLENGE

About 200 teams compete in our chili, salsa and hot wings contests in hopes of taking home the Grand Champion prize. Teams host private parties on Friday night and give out samples to the public on Saturday. Activities include musical entertainment both days, fireworks on Friday night, and the Kids Kornbread Contest on Saturday. Santa Fe Trail Drive. Free admission.

LAWRENCE, 913-477-7100, lenexa.com/chili

TOURS/TRIPS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

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

LAWRENCE, 785-841-4109
watkinsmuseum.org

FIRST SATURDAY OF THE MONTH DISCOVER WITH DOLE

Drop by the Dole Institute on the first Saturday of each month for an interactive, kid-friendly visit to discover uniquely themed items in the museum and archives. Activities include crafts, puzzles, coloring, and museum gallery activities. Families with young children encouraged! All programs and events at the Dole Institute are free and open to the public. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.-12 p.m.
LAWRENCE, 785-864-4900, doleinstitute.org

SECOND SATURDAY OF THE MONTH

FREE SATE EAST SIDE BREWERY TOUR

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

OCT 6 & 7

14TH ANNUAL KAW VALLEY FARM TOUR

The Kaw Valley region offers a wealth of sights, tastes and traditions. The farm tour provides fun and interactive farm experiences, supports local farms and introduces individuals of all ages to the many faces of agriculture in the Kaw Valley. Have breakfast on a farm, discover unique artisans, nurseries and greenhouses, pumpkin patches and wines produced at local vineyards. Pet a friendly alpaca, meet a horse that paints or chat with a chicken. The Kaw Valley Farm Tour is the perfect event for friends and families, and a great way to make connections between the farmers in the fields and the foods on our tables. Learn more about the 33 participating farms in 6 counties along the Kaw River from Auburn to Leavenworth. Fee.

LAWRENCE, 785-979-8142
kawvalleyfarmtour.org

OCT 8 & 9

WAY OUT WEST IN KANSAS-VICTORIA, HAYS AND NICODEMUS

Cultural, historic and scientific wonders of Kansas are all stops on this trip to the west. Stops include the art deco Steifel Theatre in Salina; the Basilica of St. Fidelis, known as the Cathedral of the Plains in Victoria; the national historic site of Nicodemus, oldest and only remaining Black settlement west of the Mississippi River and the Sternberg Museum, a destination by itself. Motorcoach travel with pick-up stops in Topeka and Lawrence. Class Code: 327875. Lawrence Parks & Recreation Department. Fee. Early Bird Deadline: August 27.

LAWRENCE, 785-832-7920

OCT 27

GHOST TOURS OF KANSAS LAWRENCE GHOST TOUR

History of Quantrill's Raid adds to the historical element of this tour along with the full apparitions captured on camera in Pioneer Cemetery during get-out stops by guests. Eldridge Hotel haunted stories continue to pile-up. Many university ghost stories shared. Eldridge Hotel, 701 Massachusetts. Fee. LAWRENCE, 785-851-0856
ghosttoursofkansas.org

NOV 10

FALL MIGRATION-WATERFOWL IN DOUGLAS COUNTY

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

LAWRENCE

MAR 16-25

SHADES OF IRELAND

From vibrant and history-filled Dublin, across rolling green hills to the dramatic coast, experience all of the charms of Ireland on this magical tour of the Emerald Isle. Choose from a selection of Killarney's best restaurants with our Diner's Choice program. See the Atlantic from the stunning 700-foot Cliffs of Moher. Experience the world-famous beauty of the Ring of Kerry. Explore Dublin with a local guide, either by foot or on a panoramic city tour – it's your choice! Journey to historic Blarney Castle, lean back and kiss its famous stone! Please call 832-7909 to request a brochure for prices and detailed itinerary. Registration Deadline: September 10, 2018. Lawrence Parks & Recreation Department. Fee. LAWRENCE, 785-832-7920



Sons of The American Revolution

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

Charles Robinson Chapter
(Lawrence)

John Saylor (President)
785-841-5756

Thomas Jefferson Chapter
(Topeka)

Brian Vazquez (President)
785-272-7647

FORTUNE Magazine names Legend Senior Living 'Best Workplace' finalist

Legend Senior Living™ has been named a finalist for FORTUNE® magazine's 2018 Best Workplaces in Aging Services. The company was previously certified a Great Place to work in June 2018.

"It is gratifying and humbling to be recognized as a great employer by our associates," commented Matt Buchanan, Executive Vice President, Legend Senior Living. "We are committed to providing the best care in the industry for seniors, but equally committed to building an enduring culture that motivates the best and the brightest to thrive in their careers while providing care that's second to none."

"Being honored on the inaugural list of Best Places to Work in Aging Services is a tremendous achievement and a direct reflection the positive culture we have created for associates," he

added.

Published in conjunction with the Great Place to Work® Institute, FORTUNE currently produces nearly 20 "top workplace" lists, including those for healthcare, financial services and manufacturing. The Aging Services list is a new category for the magazine this year.

To determine the Best Workplaces in Aging Services, Great Place to Work rigorously analyzed survey feedback representing more than 162,000 employees working in senior housing and care as well as at-home care (including hospice) in the United States. The survey measured 60 individual elements of company culture, including employee pride in the organization's impact, belief that their work makes a difference, and feeling their work has special meaning. Over 1,000 Legend Senior Living employ-

ees across all locations submitted surveys.

Marty Roberson, Residence Director in Ocala, Florida, who has been in the senior living industry for nearly two decades, said that national awareness of the aging services industry is very exciting. "All Legend associates—from the owners to operators to line staff—have such passion and feel deep privilege in serving the most wonderful customers in the world," she said.

"Recently, a staff member shared her feelings when she told me, 'this is my happy place.' This translates to workplace satisfaction. When you can find a workplace culture with values that aligns with your own life goals you are home," she continued.

Gwen Thibault, Vice President of Operations who has been with Legend Senior Living for ten years, added,

"Giving the associates an opportunity to have meaningful relationships with our residents are at the heart of the Legend culture. The camaraderie and friendships that develop with the staff and residents continue to set us apart and provide families peace of mind."

Initially certified in June as a Great Place to Work, Legend had to achieve a high response rate from associates. Then to be named on FORTUNE's Best Workplaces list, the employee scores had to rank among the highest of all companies participating in the Aging Services category.

"We know when satisfaction in the workplace is high, the quality of the product or service is positively affected. This is a celebration not only for us as an employer, but also for the residents we serve," Buchanan continued.

Reserve Your Space Today!

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

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for more information.**

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

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URL: _____

Contact Names (up to 3): _____

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

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Social Security and Medicare, working side by side

By Norm Franker

Social Security District Manager in Lawrence, KS

Social Security and Medicare have worked side by side for decades. Both programs have improved the quality of life for millions of Americans.

Social Security reaches almost every family and, at some point, touches the lives of nearly all Americans. We're with you through life's journey — from birth to your golden years. Social Security helps older Americans, workers who become disabled, and families in which a spouse or parent dies. In 2017, about 174 million people worked and paid Social Security taxes and about 62 million people received monthly Social Security benefits.

We want you to understand what Social Security can mean to you and your family's financial future. The publication, *Understanding the Benefits*, explains the basics of the Social Security retirement, disability, and survivors insurance pro-

grams. You can read it at www.socialsecurity.gov/pubs/EN-05-10024.pdf.

Unlike workers in the private sector, not all state or local government employees are covered by Social Security. Some only have their public pension coverage, and other government employees have both a public pension and Social Security coverage. For more information, please read our publication titled *How State and Local Government Employees are Covered by Social Security and Medicare* at www.socialsecurity.gov/pubs/EN-05-10051.pdf.

Medicare is the federal health insurance program for people who are 65 or older and certain younger people with disabilities. It is also for people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD).

The different parts of Medicare help cover specific services. Medicare Part A (hospital insurance) helps pay for inpatient hospital stays, care in a skilled nursing facility, hospice care,

and some home health care. Medicare Part B (medical insurance) helps pay for certain doctors' services, outpatient care, medical supplies, and some preventive services.

Medicare Part C (Medicare Advantage plans) is a type of Medicare health plan offered by a private company that contracts with Medicare. Medicare Advantage plans provide all of your Part A and Part B benefits. Medicare Advantage plans may also include Medicare Part D (prescription drug coverage). Part D helps cover the cost of prescription drugs. Some people with limited resources and income may also be able to get Extra Help with the costs—monthly premiums,

annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about \$4,900 per year. You must meet the resources and income requirements.

When you apply for Medicare, you can sign up for Part A (hospital insurance) and Part B (medical insurance). Because you must pay a premium for Part B coverage, you can turn it down. However, if you decide to enroll in Part B later on, you may have to pay a late enrollment penalty for as long as you have Part B coverage.

You can learn more about Medicare at www.socialsecurity.gov/benefits/medicare.

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RICK STEVES' EUROPE

Ireland's culinary delights

By Rick Steves

Tribune Content Agency

Irish cuisine has long been the fodder of jokes—a kind of penance to suffer through in order to enjoy the people, music and lush scenery of the Emerald Isle. But that's an outdated notion: Travelers today find fresh, inventive, flavorful meals there—and many Irish towns are working to establish themselves as foodie destinations.

Long considered the land of potatoes, Ireland's diet once reflected the country's dire economic circumstances. Though potatoes are still important here, there's no longer a reliance on them, and modern Irish menus often replace potatoes with rice or pasta. And Ireland has much more to offer: Irish beef, lamb and dairy products are among the EU's best. Streams full of trout and salmon and easy access to saltwater fish and shellfish mean a bounty of seafood. With these fine ingredients, Irish chefs work hard to put their cuisine on the map. Expatriates have come home with newly refined tastes, and immigrants have added a world of interesting flavors.

When I'm in Ireland, I like to start my day with an old-fashioned "Irish Fry" (or an "Ulster Fry" in the North). It's a tasty reminder of Ireland's workaday roots. This big fried breakfast—traditionally what farm workers ate to get them through a day in the fields until dinner—is jokingly referred to as a "heart attack on a plate." With eggs, bacon, sausage, a grilled tomato, sautéed mushrooms and optional black pudding (sausage made from pig's blood), it's

no light fare. To top it off, it's served with juice, tea or coffee, cereal and toast with butter and marmalade. These days, few Irish folks start their day with such a feast (and thankfully it's easy to find healthy alternatives in Ireland), but indulging in the occasional fry-up is one of the joys of my trips here.

Be sure to try each region's culinary specialty. Galway is famous for its oysters (with an annual oyster and seafood festival), Kerry and Dingle have excellent lamb and County Wexford claims the best strawberries (grab some from a roadside stand in spring or summer). And all across Ireland, you'll encounter traditional delicacies like tripe and black pudding. These kinds of quirky foods come from the off-cuts of meat—and the Irish proudly turn the trimmings into delicacies.

A good menu incorporates local and seasonal ingredients. These days, you'll find everything from risotto, to tapas, to Asian-fusion dishes on the menu. Restaurants typically provide a three-course menu, a good-value early bird special and the regional specialties.

When it comes to pub grub, these days it can be Ireland's best eating value. This hearty comfort food is served in friendly surroundings for about \$20 a plate. Pub menus consist of traditional dishes, such as Irish stew (mutton with mashed potatoes, onions, carrots and herbs), fish-and-chips, bangers-and-mash (sausages and mashed potatoes) and coddle (bacon, pork sausages, potatoes and onions stewed in layers). In Dublin, you can enjoy your Guinness stew alongside traditional music, with experiences like the Musical Pub Crawl Dinner show. The venerable

Brazen Head pub also hosts a "Food, Folklore, and Fairies" evening (more culturally highbrow than it sounds), where a filling three-course meal is punctuated by soulful Irish history and fascinating Irish mythology, with occasional live trad tunes in between.

Kinsale, in the south of Ireland, is one of the country's gourmet capitals, offering a satisfying mix of upscale traditional fare and creative modern cuisine. Local competition is fierce, and restaurants offer inventive, tempting menus. In the ever-changing restaurant scene, it's worth a short stroll to assess your options, from cheap and cheery to white-tablecloth elegant. In this seafaring town, seafood is king. The most popular restaurant in town is Fishy Fishy Café, buzzing with the energy of happy diners savoring a taste of the sea. You have to love a restaurant that displays photos of the people who catch its fish.

In coastal towns like Kinsale, I look for seafood chowder, pan-fried hake and banoffee pie (made with bananas, cream and toffee). Ireland's famous cake-like, dense soda bread complements these meals wonderfully.

Dingle is another popular foodie destination with eclectic eating experiences in a charming seaside setting. During the first weekend of October, the Dingle Food Festival features everything from Russian borscht to kangaroo skewers in a huge and impressive celebration of food. Pubs and restaurants serve up signature dishes from tents around town, and thousands mingle through Dingle's colorful streets enjoying some of Ireland's finest and most creative bites.

Long gone are the days where Irish food was something you ate to survive rather than to savor. Today, eating in Ireland is a rewarding cultural experience—and the secret is getting out, so make reservations for any restaurant you want to enjoy. Come hungry, and take advantage of the foodie delights Ireland is serving up.

- 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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MORTUARY



JAY'S MUSICAL MEMORIES

Red, orange, yellow and brown leaves

By Jay Wachs

Welcome to October! This is a special month for me because my oldest daughter was born on October 1. This year will be our 23rd celebration of her life and she is as musically inclined as I am. You can listen to her show weekdays from 9 a.m. to noon on LawrenceHits.com. Happy Birthday, Melanie!

Melanie isn't the only thing that is special about October 1.

In 1982, Sony introduced the first digital CD player, which sold for a whopping \$650 at the time. Radio stations didn't begin using CDs until 1987 or so. The first CD I played on the air was the 1987 Michael Jackson CD "Bad." This was significant because the only way you could access the track "Leave Me Alone" was off the CD because it was a bonus track.

I played it at Z-103 in Columbus and it became so popular that it was eventually released in wider distribution. That record was also my first gold record award as a radio program director.

On October 15, 1977, Debby Boone's single, "You Light Up My Life," became the number one song in the U.S. and stayed there atop the charts for 10 weeks. That was enough for it to become the number one song of 1977. I bought the 45 of this record in 1977 at Peaches Records and Tapes at Southgate USA in Maple Heights, Ohio, for 99 cents. That shopping center attained national notoriety because it hired Ted Knight (Ted Baxter of *Mary Tyler Moore* fame) to be its spokesperson. Later, when Knight passed away, Tim Conway replaced him as the spokesperson.

October is also the month where we play all of our Halloween favorites on LawrenceHits.com. If you are looking to create

a home play list for trick or treat events, here are our top 10 recommendations:

10. Danny Elfman "This is Halloween" from Tim Burton's "A Nightmare Before Christmas"

9. Ray Parker Jr. "Ghostbusters"

8. Ramones "Pet Sematary"

7. Rockwell "Somebody's Watching Me"

6. Warren Zevon "Werewolves of London"

5. Van Halen "Running With The Devil"

4. Blue Oyster Cult "Don't Fear The Reaper"

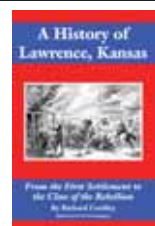
3. AC/DC "Highway to Hell"

2. Bobby Pickett "Monster Mash"

1. Michael Jackson "Thriller"

Enjoy the month of October and all of its splendid glory. The fall colors are my favorite and I enjoy the smells of cinnamon and apples wafting through the air. I am also partial to Mounds Bar and Reese's Peanut Butter Cups in case you desire to send me some goodies this Halloween. See you in November

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



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WOLFGANG PUCK'S KITCHEN

Chicken dinner winner: Try a time-honored method for cooking juicy roast chicken

Always think of early September as the start of the sit-down dinner season. The kids are back in school, and autumn is coming fast. So it's the perfect time for everyone to gather around the table for a great meal, whether you're dining with your partner and the children or you're inviting friends over for a casual meal.

One of the most popular main dishes for any meal like this is roast chicken. Whole roast poultry makes a beautiful



Wolfgang
Puck

presentation, and chicken is so widely popular that just about everyone will be happy with the menu. (Of course, you'll also want to serve plenty of delicious side dishes like roasted or sautéed vegetables, a grain pilaf or some pasta, and a salad, not only to round out the meal but also to satisfy any non-meat-eaters at the table.)

What's the best way to roast a chicken? Do a quick search through your favorite cookbooks, magazines or websites and you'll find many different sets of guidelines for achieving perfection, suggesting various temperatures, techniques, seasonings and all sorts of other tricks. So, rather than attempting to covering them all here, I thought it might be fun to suggest a time-honored alternative approach that will not only yield deliciously flavorful, juicy results but is also delightfully different: roasting the chicken in a salt crust.

If you've heard at all about salt-crust roasting, it was probably in association with Chinese cuisine. Cooking whole poultry or fish completely enclosed in a mixture of equal parts coarse salt and flour, combined with enough water to make a stiff but pliable dough, traces back centuries to Asian kitchens in regions

where salt was plentiful and acted as an effective preservative. Molded around a chicken or another large piece of food, the crust seals in all its juice and flavors while it cooks; and just enough of the crust's key ingredient mingles with the food inside to yield perfectly seasoned—but, surprisingly, not too salty—results.

It's simple to adapt that technique to other cuisines by using different aromatic seasonings than the ginger, scallions and garlic you might find in Asia. In the following recipe, I include sprigs of fresh tarragon, a favorite French companion to roast chicken; and, to add even more flavor, I also prepare a vinaigrette seasoned with Dijon mustard and more fresh tarragon to use as a simple sauce for each serving. Once you've tried the recipe my way, feel free to substitute your own favorite seasonings and sauces.

I hope you'll try salt-crust roasting soon, whether for family or friends. It's surprisingly easy, and it is certain to inspire the admiration of everyone gathered around your dinner table.

ROAST TARRAGON-SCENTED CHICKEN IN A SALT CRUST WITH MUSTARD VINAIGRETTE

Serves 6 to 8

2 whole chickens, each about 3 pounds (1.5 kg)

1 teaspoon freshly ground black pepper

4 sprigs fresh tarragon

3 pounds (1.5 kg) coarse sea salt or kosher salt

3 pounds (1.5 kg) all-purpose flour

About 3 cups (750 mL) water

2 large eggs, lightly beaten, for egg wash

Mustard vinaigrette (recipe follows)

Season the insides of the chickens with pepper. Gently inserting your clean fingers through the neck opening of each bird, gently loosen the skin covering the breast meat, taking care not to tear the skin. Carefully insert a fresh tarragon sprig between the skin

and meat of each breast half.

Preheat the oven to 350 F (175 C).

In a large mixing bowl, stir together the salt and flour. Stir in enough of the water to form a stiff dough. Divide the dough into two equal pieces.

For each chicken, divide the dough half into two pieces, one slightly larger than the other. With a rolling pin, roll out the smaller piece of dough to form a circle slightly larger than the chicken and about 1/2 inch (12 mm) thick. Place the dough on one half of a large roasting pan and set a chicken on top.

Roll out the larger piece of dough to a circle large enough to generously cover the chicken and about 1/2 inch (12 mm) thick, and drape it over the chicken. Brush the edges of the dough with some water and pinch the edges together to seal them well so no air can escape. Repeat with the other chicken and remaining dough.

With the egg wash, evenly brush the tops of the dough-covered chickens. Transfer the pan to the preheated oven and roast until the crust is deep golden brown, 1 1/2 to 2 hours.

Remove the chickens from the oven and, with large, sturdy spatulas, carefully transfer them to a large serving platter or two smaller platters. At the table, use a meat mallet and tongs to break and remove the crusts, taking care to avoid

the hot steam. Transfer the chickens to a cutting board, and cut into quarters.

Spoon some of the vinaigrette onto serving plates and place the chicken on top. Serve immediately, passing the remaining vinaigrette for guests to help themselves.

MUSTARD VINAIGRETTE

Makes about 2 1/2 cups (625 mL)

2 teaspoons Dijon mustard

2 teaspoons minced fresh tarragon

2 tablespoons sherry wine vinegar or

other good-quality wine vinegar

2 large egg yolks

1/4 teaspoon salt

1 large pinch freshly ground black pepper

2 cups (500 mL) safflower oil

Put the mustard, tarragon, vinegar, egg yolks, salt and pepper in a mixing bowl. With a wire whisk, briskly stir together the ingredients until thoroughly blended.

While whisking briskly and continuously, slowly drizzle in the oil until it is fully incorporated and the dressing has formed a thick, smooth emulsion. Set aside until serving.

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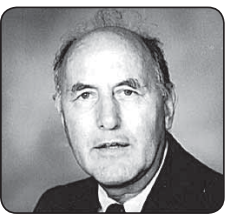
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HUMOR

Ghosts of Legends Past

Last Thursday, I found myself sitting in my office putting the finishing touches on this month's column. Every "i" had been dotted, every "t" had been crossed. A problem made this column difficult to write. It's not that I didn't have anything to write about. It's that, with Halloween around the corner, I couldn't stop thinking about the peculiar conversation I had with Barkley Michaels, WZBZ's Mega-Radio's disc jockey.



Larry
Day

I had been away from my desk for almost two weeks. I had been in La Mancha at the Cineplex for a week helping finalize the plans for the upcoming Fall Film Festival. Immediately after that I grabbed Emmaline and we headed off to Tahiti to attend the Marlon Brando Film Festival. I went every year, especially after Letongaloosa County Community Junior College, where I teach, acquired a research grant to study the topography of the island where Brando once lived.

I also began writing the weekly movie review for the *Letongaloosa Register-Journal-Challenger-Sun Chronicle* after Dexter Dolby, winner of the Fall Film Festival, went out to Hollywood. The Marlon Brando Film Festival in Tahiti was always a reader favorite.

I know what you're thinking—how many reviews can a person read (or write) about an iconic movie legend, especially since the body of work hasn't changed in decades?

But you would be surprised. Marlon Brando films are just an element of the festivities. There is food, there is fun, and there is just an overall celebration of life in Tahiti. And that brings me back to a vexing problem and to a conversation I had with Barkley.

"I don't understand how my listeners can be so fascinated about the fact that the station is haunted. It's the same year after year. The former station owner Reginald Wicker watches over the station. I get tired of hearing the same old stories, along with the corny "running refrigerator" jokes that listeners like to tell, Barkley said.

The legend is that since Reginald dropped dead in the control booth, there have been strange manifestations. Control room lights grow brighter then dimmer, then go out altogether. Announcers' throats suddenly tighten up and they sounded like Minnie Mouse for a few seconds. Then their voices would go back to normal. It was pretty non-scary haunting. It was not threatening or scary, but something new had occurred, and while still not frightening, was definitely peculiar.

While reading promotions for the Fall Film Festival, trick-or-treating schedules, and other Halloween activities occurring around town, Barkley said, everything seemed normal. Then he read the announcement about my upcoming piece showcasing my time at the Marlon Brando Film Festival. Then the haunting activity picks up.

"It's weird—every time I play the sound bite that Isabella sent over from the newspaper office, the lights in the studio flash on the back wall like you'd see at a movie premiere," Barkley said and looked perplexed.

Isabella Frost, the *Letongaloosa Register-Journal-Challenger-Sun Chronicle's* managing editor had the college interns put together sound bites that used lines from well-known Brando films to showcase my review. She thought it would be a good way to get people in Letongaloosa excited about the upcoming fall film festival.

"Hmm," I said, "Reginald was a huge Brando film buff. I guess he still is. And I think Halloween is more than snack-sized candy bars, haunted radio stations and toilet paper tossed into the trees. Halloween is about the memories those who came before have given us."

So I say, "That's good, and so are the corny appliance jokes. You may roll your eyes, but you should also embrace what's happening and be happy. The people of Letongaloosa remember the past."

With those thoughts in my mind, and Barkley's problem solved, I went home to finish my column. Barkley headed home, too. He put on his favorite Tahitian shirt, popped a large bowl of pop-

corn, and turned on a Marlon Brando movie.

Maybe Barkley couldn't tell the stories of his old pal, Reginald Wicker, but I can wish everybody a Happy Halloween!

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



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MY PET WORLD

Socializing and training a fearful dog

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: My dog, Major, is a rescue who was 18 weeks old when we got him and is almost two years old now. I fell in love with him in his cage huddled against the wall with his head up the wall. He is so sweet and gentle.

I have taken him to dog parks where he is allowed to be with other dogs, and he loves it. He gets so excited when he sees people, but as they approach, his tail goes between his legs, and he will back up and hide behind me or between my legs. Usually, I explain that he is a rescue and if they don't go to him, he will slowly go to them and warm up. Some children understand this and, of course, some don't. I have made two trips to Florida from New York with him. We stayed in hotels and my mom's apartment as well as went to restaurants, the rehab facility, and her house. He did well. He loved mom immediately and always rested his head on her feet or lap. The walker and later oxygen tank didn't bother him.

The problem is, he shies away from most people. I always feel so bad for him as he is so scared and wonder if there is anything else I can do that I haven't thought about. I do know that he was most likely born in a kill shelter and rescued by a rescue group, transported from Tennessee to New York, but that's all I know. - Lois, N. Babylon, NY

Dear Lois: It's always tough having

a fearful dog. You never know where you can go or what you can do to help them feel more at ease in their world.

Much of a dog's socialization period happens before he is six months old. If a dog learns to be afraid of something during that time, they might always be fearful. But through training, they can learn to tolerate situations better. So, my suggestion is to continue providing opportunities for Major to interact with people. Ask people to toss treats toward him, so he learns that being around people means good things for him.

You also can help Major relax by asking him to sit and stay when around people. Giving dogs a task to do takes up space in their brain, which can sometimes reduce their fear and anxiety. Another thing you can try is standing or positioning yourself between him and other people. That body language lets him know he doesn't have to be on alert for you and that you will handle anyone approaching.

Remember, just like people, some dogs may not like certain people—or certain categories of people, like young children. If he is comfortable with seniors, it's OK for them to be in his circle of friends.

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

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LMH Health announces new clinic in East Lawrence

LMH Health today announced a new medical clinic serving the residents of East Lawrence and beyond. LMH Health East Heights Family Care, which is largely funded through private gifts through LMH Endowment Association, will be conveniently located within the Independence, Inc., building near 20th & Haskell.

“Providing services in the right place at the right time is key to life-long health,” said Russ Johnson, LMH Health President & CEO. “At LMH Health, a ‘People First’ approach guides us in serving our patients and communities, and access to care is a vital part of that. The Board of Trustees, and especially Mike Wildgen, have been strong champions of this work as we’ve assessed need and developed new strategies over the past few years. As our directions came into clearer focus, we began to explore locations for primary care in East Lawrence.”

Earlier this year, LMH Health began a search for the right opportunity to expand primary care within East Lawrence, ultimately arriving at an arrangement with Independence, Inc., a non-profit organization that provides resources for people with disabilities to maintain independence in their work and everyday life. The building offers parking, bus access, and first floor service delivery. Additionally, the location is ADA compliant and visible within the community.

Independence, Inc. Co-Executive Director Jill Enyart said, “Independence, Inc. and LMH Health are complementary community organizations that both offer support and services within the broad spectrum of various life stages. That’s what makes this partnership so great. Together we can provide so much more to the community than either could do alone.”

Johnson noted that community partnerships are increasingly important in advancing healthcare initiatives. “Our colleagues at Independence, Inc., have been very willing to work with us, and they are equally excited to expand access in Lawrence so that our community can have another vital access point for healthcare,” said Johnson.

Mike Wildgen, a member of the LMH Health Board of Trustees and a project donor, said “Exceptional, convenient healthcare throughout the entire LMH Health service area has always been our goal.

“The new clinic in east Lawrence is another important step in that direction. For people in that part of the community who don’t have a primary care provider, this new clinic will be a big help. And for people who have a medical concern and need to be able walk in without an appointment, the staff will be prepared to provide care or offer assistance. I’m proud that LMH Health is responding to this need in the East Lawrence neighborhood.”

Over the last two months, LMH Endowment has raised more than \$150K in funding for the clinic. These generous gifts will provide support for renovations, equipment and ongoing operations.

The primary care clinic will offer essential day-to-day healthcare services for a wide range of conditions;

everything from the common cold, immunizations or a wellness physical, can be completed at the new clinic. The clinic will be staffed by two community primary care providers working together.

Sheryle D’Amico, vice president, LMH Health – Physician Division, said “I love the variety of care that LMH Health is offering, and the diversity of locations it has identified. The clinics in Eudora, Baldwin City, Tonganoxie and McLouth have become so important to those communities. The recent affiliation of Reed Medical Group and the medical building at 6th and Maine will strengthen the medical services in the central core of the Lawrence community. The new medical building near Rock Chalk Park addresses needs in a fast-growing part of the city. And now the new clinic in the Independence, Inc., building at 20th and Haskell will be a convenient asset to a very important part of Lawrence.”

Private contributions allowed LMH

Health to move plans forward this year.

“Over the last two months, LMH Endowment has raised more than \$150,000 in funding for the clinic,” said Jason Hoover, president of the LMH Endowment Board of Directors. “These generous gifts will provide support for renovations, equipment and operations.”

LMH Endowment, which will celebrate its 50th anniversary in 2019, is a non-profit foundation that seeks to inspire community and philanthropic support to strengthen LMH Health.

Dan Schriener, one of the donors who came together in support of the initiative, said, “We have been thrilled to see East Lawrence grow over the past many years. But help is needed; that’s why we have decided to direct our philanthropic support to better the lives of people right here in our own community. This East Lawrence facility is approachable and welcoming, and it will be very meaningful to thousands of people.”

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WITH BOB JONES

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♠ A

♥ Q 10 9 8 3

♦ J 9 6

♣ K 9 5 3

SOUTH

♠ K Q 6 4

♥ A 7 6 4 2

♦ A 8

♣ A J

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Pass	2♥	Pass
2♠	Pass	3♠	Pass
4♠	All pass		

Opening lead: King of ♦

Study today's deal and decide — would you prefer to play or defend?

South won the opening diamond lead with the ace and led the king of spades. East won with his ace, cashed the jack of diamonds, and then led another diamond. South ruffed this and cashed the queen of spades getting the bad news, and then led a low heart. It would not have helped West to ruff this (we'll leave it to

interested readers to work out why), so he discarded a diamond as dummy's king won the trick. A club was led to the jack for a winning finesse and declarer cashed the ace of clubs. South next led a spade to dummy's nine and cashed the jack of spades. East had been forced to discard one club and two hearts on the spades and was now down to the queen-10 of hearts and the king of clubs. Declarer led the queen of clubs to East's king, and East was forced to lead a heart away from the queen to give South the last two tricks.

Did you choose to play? The defense could have prevailed. After winning the ace of spades, East, who knew that West was void in hearts from the auction, could have led the queen of hearts for partner to ruff. The queen would have been a suit preference signal for diamonds and West could have underled his queen of diamonds to East's jack for another heart ruff.

Did you decide to defend? South could have negated this defense by simply ducking the king of diamonds at trick 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.)

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PUZZLES & GAMES

CROSSWORD

Across

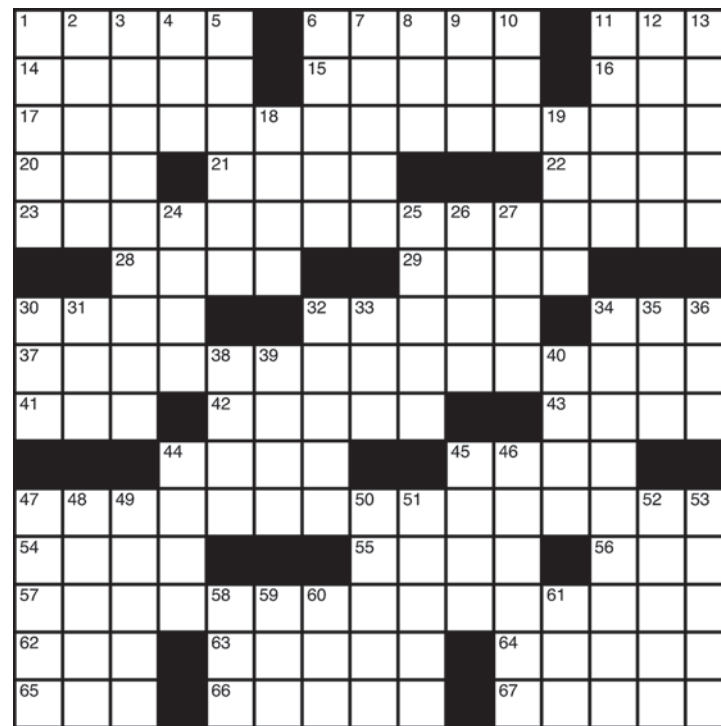
- 1 Read the riot act
- 6 Like tightrope walkers
- 11 D-backs, on scoreboards
- 14 Physics Nobelist Schrödinger
- 15 Attendance count
- 16 Soft slip-on
- 17 Strapped
- 20 Baja bear
- 21 Two piece?
- 22 Paycheck abbr.
- 23 "Carefree Highway" singer
- 28 Seasoned cooks
- 29 Golfer McIlroy
- 30 Eastern noodle
- 32 Clued in
- 34 What might make a ewe turn?
- 37 Island on which much of "Jaws" was filmed
- 41 Many a prof
- 42 In base eight
- 43 First name in jazz
- 44 Con

- 45 Free ride
- 47 Grin
- 54 "Do or do not. There is no try" speaker
- 55 Hyatt competitor
- 56 Informal British address
- 57 Finishes a task, and a hint to hidden words in this puzzle's four other longest answers
- 62 SEALs' org.
- 63 Baron Cohen's Kazakh journalist
- 64 "... bombs bursting ___"
- 65 High pts.
- 66 Bends with the breeze
- 67 ___ pitch

Down

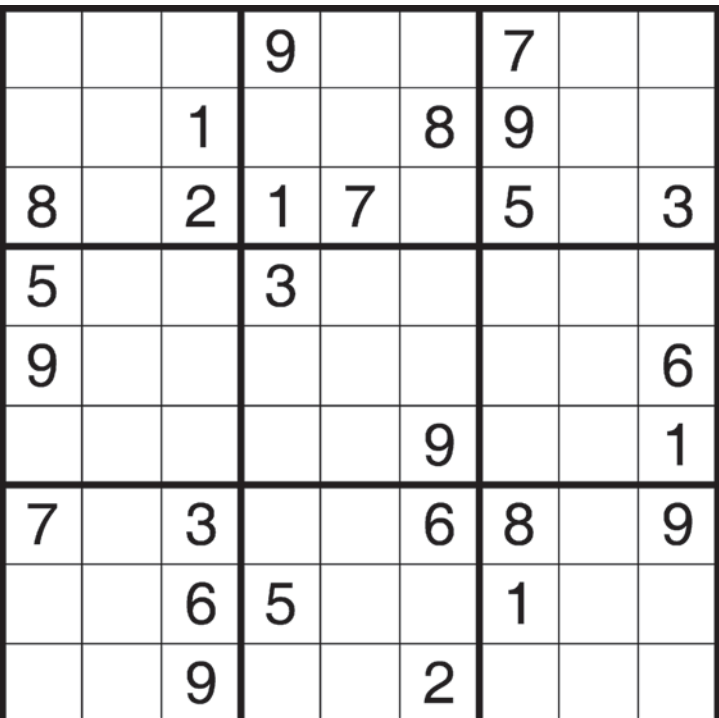
- 1 Obscure
- 2 Playground comeback
- 3 Censor's target
- 4 Up to, in ads
- 5 City SSW of Wichita, KS
- 6 Source of opera financing
- 7 "The Teflon Don"

- 8 "More or less" equivalent
- 9 Casual wear biggie
- 10 Debatable power
- 11 Test that examines fetal DNA, briefly
- 12 "Fidelio" jailer
- 13 Phased-out Apple messaging software
- 18 They have their orders
- 19 Questionable
- 24 "Cut that out!"
- 25 Holy ___
- 26 38-Down source
- 27 Back into a corner, in a way
- 30 One with a stay-at-home job?
- 31 Code word
- 32 Sean of "Rudy"
- 33 Penn. neighbor
- 34 Device that debuted in Detective Comics in 1942
- 35 Knack
- 36 Org. concerned with securing crowns
- 38 26-Down sound
- 39 Dramatic start
- 40 Respectful rural response
- 44 Small power sources



- 45 Discouraging words
- 46 "Given the circumstances ..."
- 47 Quaint words of resolve
- 48 Place to rule
- 49 Paradises
- 50 "No more procrastinating!"
- 51 Passes over
- 52 Florida's Port St. ___
- 53 '50s-'60s civil rights activist
- 58 "Angie Tribeca" ailer
- 59 Methodology word
- 60 Period
- 61 Santa ___, California

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

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

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

POMOH
○○○○○

CATEN
○○○○○

NUNSEK
○○○○○

AUNGIA
○○○○○

Print your answer here: ○○○○○○○○○○

I call it the way I see it! *Well, you called it wrong. I was safe by a mile.*

AFTER NOT BEING CALLED SAFE, THE BASEBALL PLAYER WAS _____

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

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Check out the new, free JUST JUMBLE app

SCRABBLE G R A M S

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RACK 1: A1 I1 O1 P3 R1 D2 R1

RACK 2: A1 I1 H4 D2 G2 R1 P3 Double Word Score

RACK 3: A1 I1 T1 T1 N1 S1 D2

RACK 4: A1 I1 O1 U1 R1 D2 T1 3rd Letter Triple

RACK 5: A1 E1 U1 T1 T1 R1 S1

PAR SCORE 250-260
BEST SCORE 315

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 42

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

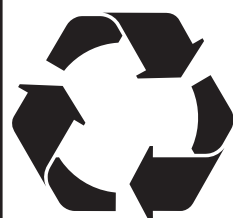
JUMBLE ANSWERS

Jumbles: OOMPH, ENACT, SUNKEN, IGUANA

Answer: After not being called safe, the baseball player was -- OUT-SPOKEN

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SCRABBLE G R A M S SOLUTION												
A ₁	I ₁	R ₁	D ₂	R ₁	O ₁	P ₃	RACK 1 =	60				
D ₂	I ₁	G ₂	R ₁	A ₁	P ₃	H ₄	RACK 2 =	78				
D ₂	I ₁	S ₁	T ₁	A ₁	N ₁	T ₁	RACK 3 =	58				
A ₁	U ₁	D ₂	I ₁	T ₂	O ₁	R ₁	RACK 4 =	62				
S ₁	T ₁	A ₁	T ₁	U ₁	R ₁	E ₁	RACK 5 =	57				
PAR SCORE 250-260								TOTAL	315			



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

MY ANSWER

Only Christ will never fail or forsake us

By Billy Graham

Tribune Content Agency

Q: I've become very disillusioned recently because it seems like almost everyone I've looked up to has turned out to be two-faced or corrupt—celebrities, sports figures, politicians, you name it. Can anyone be trusted today? - T.G.

A: This is, I'm afraid, a vivid sign of the moral and spiritual decline we see all around us today. When we turn our backs on God, even those we ought to be able to trust often turn out to be immoral or corrupt. The Bible warns of a time when "people will be lovers of themselves, lovers of money, boastful, proud, abusive ... without self-control" (2 Timothy 3:2-3). Doesn't this describe today's world?

Not every public figure is like this, of

course, and we ought to be thankful for those who have integrity, and are role models for our youth. We also ought to pray for all those who are in the public eye, that they may realize their responsibility and seek to live moral and honest lives. I believe this is especially important as we look forward to the coming election year.

But only one person is worthy of our complete trust, and that is Jesus Christ. Others may fail us, but He never will, because He can never lie or lead us astray. He alone is the solid foundation on which we can build our lives, and He alone will never forsake us. The Bible says, "Do not put your trust in princes.... Blessed are those... whose hope is in the Lord their God" (Psalm 146:3,5).

Is your faith and trust in Jesus Christ? By a simple prayer of faith invite Him

to come into your heart and mind, and commit your life and your future into His hands. As the Bible says, "He remains faithful forever" (Psalm 146:6).

- 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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