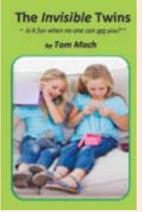
Kaw Valley Take One Home With You Called Take One Home With You Ca

September 2015 Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 15, No. 3

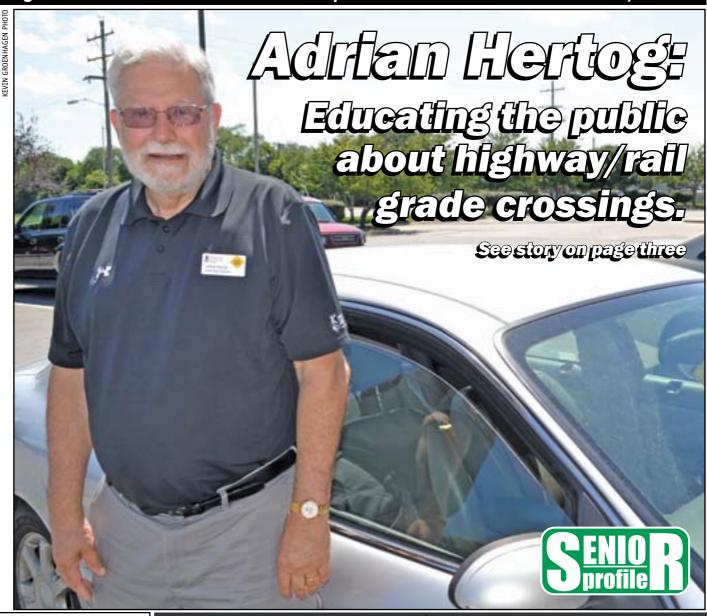
INSIDE



Tom Mach publishes fantasy adventure book for younger readers. - page 6

Business Card Directory	28, 29
Calendar	20
Estate Planning	15
Goren on Bridge	36
Health & Wellness	18, 19
Humor	32
Jill on Money	16
Mayo Clinic	17
Memories Are Forever	35
Pet World	33
Puzzles and Games	37
Rick Steves' Europe	31
Wolfgang Puck's Kitchen	34

www.seniormonthly.net



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





Hear a Story.

at Capital Ridge

1931 SW Arvonia Pl Topeka, KS 66615

(785) 272-9400

of Lawrence

3220 Peterson Rd Lawrence, KS 66049

(785) 832-9900

EXTRAORDINARY PEOPLE Choose To Live With Us

Marina Tiews

Actress

After attending Pasadena School of Theater, Marina went on to act in more than twenty films and starred in countless plays. This enchanting actress takes

great pride in her Chilean roots that have been mapped back to 1540 and she proudly displays giant family portraits and other heirlooms in her living room.



Marina is one of many remarkable people across the country who have chosen Legend Senior Living™.

Call Today to Schedule Your Complimentary Lunch and Tour.

We'd love to hear your story!

www.legendseniorliving.com

KAW VALLEY SENIOR MONTHLY

Hertog serves as an Operation Lifesaver volunteer

By Kevin Groenhagen

A drian Hertog stands before a class of about 30 teenagers at Midwest Driving School in Lawrence on a recent Saturday afternoon. As he goes through his PowerPoint presentation, he talks about the risks of driving while texting. "Bang!" he shouts, causing most of the students to jump n their seats.

Having the students' full attention, Hertog advises them to turn off their cell phones while they are driving so they will not be distracted.

"If you're expecting a phone call pull off into a safe zone and check to see if there are any messages," he said "If there are, go ahead and take care of them, turn your phone back off, and then get back safely on your journey."

Hertog is an authorized volunteer with Operation Lifesaver, Inc., a 501(c)(3) non-profit organization that seeks to educate the public about their responsibilities at railroad crossings and staying away from railroad property and staying off railroad equipment. Operation Lifesaver started in Idaho in 1972 when the national average of collisions at highway/rail grade

Kaw Valley

Kevin L. Groenhagen

Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C. Lawrence, Kansas, and is distributed at over 150 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$7.50 for 12 monthly issues.

Contact us:

MAIL

2612 Cranley St. Lawrence, KS 66046

PHONE/TEXT 785-841-9417

E-MAIL

kevin@seniormonthly.net

crossings exceeded 12,000 annually. Today, Operation Lifesaver programs are active in all 50 states, the District of Columbia, and several other coun-

Hertog, who was named Kansas Operation Lifesaver Volunteer of the Year in 2011, visits Midwest Driving School at least once a month to talk with the students about highway-rail grade crossing safety and trespassing for a bit over an hour. In addition to his presentations at that school, he does presentations in Johnson County, Topeka, and Missouri.

"I do various events, such as festivals and train shows," Hertog said. "I also do presentations with Olathe Public Schools during the summer months. There are two sessions, one in June with Olathe North, Olathe South, and Olathe East, and then the same schools in July."

As a volunteer for Operation Lifesaver, few are more qualified than Hertog. He joined Operation Lifesaver shortly after retiring from a career of nearly 45 years with the Burlington Northern Santa Fe (BNSF) Railway Company as a safety officer. He began his railroad career, which included positions in Minnesota, Nebraska, Texas, and Kansas, after graduating from the University of Minnesota.

"My background is finance and accounting," Hertog said. "When I started working for the railroad, I worked in various departments within disbursements accounting. Then I had an opportunity to become an internal auditor. I served as an internal auditor for a number of years, but my real interest in railroading was out in the field. I had an opportunity to make a transition from the audit division to the operations department. The transition was an excellent one because it was in the budget, finance and accounting for the operations department, so it was in my area of expertise. Then one day I was asked if I would be interested in a field operating position. I said, 'Yes.' Well, I was lacking in knowledge about the operating rules, maintenance of way rules, and safety rules because I never really was involved in that. So, I



Adrian Hertog, an authorized volunteer with Operation Lifesaver, speaks before a class at Midwest Driving School in Lawrence.

was transferred to the safety and rules department to learn about safety and rules for a possible field position. I had

some excellent mentors who took me under their wing to help me understand

■ CONTINUED ON PAGE FOUR



A New Option for Seniors

to live in a home like setting Accepting long-term care insurance or private pay only.

(785) 383-7094

CALL US TODAY! Located near 17th and Gage

- Assistance in bathing and grooming Assistance in laundry
- · Medication Assistance · Nutrition Care
- Therapeutic Activities Incontinent Care

For more information, visit. www.tammytheprohomeplus.com Email: tamgo97@yahoo.com

HILLSDALE PLACE I

Our Talent is caring... Accepting New Residents NOW

A Home Like Environment Hilldale Place is a private home

for 7 residents to live.



24-hour Nursing care assistance with your loved one's daily needs.

Located in the Hillsdale Area at 1402 SW Lancaster St., Topeka KS 66604

Call Today! 383-7094 ■ CONTINUED FROM PAGE THREE

the various rules. I then was promoted and transferred from the corporate safety group to the field safety group and learned a lot more about the rules." Hertog's final position with BNSF

was as the manager of safety for the Kansas Division with headquarters at Argentine Yard in Kansas City, Kan. He retired on October 1, 2005

"I took a year off, just wanted to enjoy retirement," Hertog said. "Then one day one of the fellows who worked with Operation Lifesaver called and said, 'Okay, you've had enough retirement. Now it's time for you to come back and do your passion, which is safety.' I did the necessary training and became qualified. I've been a volunteer since 2007. It's just wonderful. I thoroughly enjoy it.'

As an Operation Lifesaver Authorized Volunteer, Hertog is responsible for the "education" portion of the program's "3 E's," which also include "engineering" and "enforcement."

"My main thrust in doing Operation Lifesaver is to ensure that drivers make good decisions while approaching and crossing over railroad crossings, and for pedestrians to stay away from railroad property and stay off railroad equipment," Hertog explained. "There are so many tragedies that have happened over the years."

Unfortunately, those tragedies are on the increase. According to the Federal Railroad Administration Office of Safety Analysis, fatalities resulting from railroad accidents/incidents increased from 690 in 2011 to 798 in 2014. Nonfatal accidents/incidents increased from 8,424 in 2011 to 8,518 in 2014. According to Hertog, following one simple rule could have

"You can expect a train on any track, at any time, in either direction," Hertog said. "That's a basic railroad rule that all railroaders learn, and that same rule applies to motor vehicle operators and In accordance with this rule, Hertog

instructs students to keep in mind the three L's: Look, Listen, and Live. Hertog also shares statistics concern-

ing train collisions with the students. Some of these statistics include the fol-

- At 55 miles per hour, it may take a train up to a mile or more to stop. • You are 20 times more likely to
- die in a collision with a train than in a collision involving another motor vehi-
- During the last five years, 100% of motor vehicle/train collisions in Kansas were attributed to driver action.
- Most collisions occur with trains traveling under 30 miles per hour. In

Kansas, 65% of the collisions involve trains traveling under 30 miles per hour.

If these statistics fail to get the students' attention, Hertog also shows them a soda can that he flattened by driving over it with his car. He then explains that the force used to flatten a soda can with a car is proportional to a train hitting a motor vehicle. In addition to a rise in fatalities

involving trains and motor vehicles. prevented the vast majority of these trespasser fatalities increased from 405 in 2011 to 495 in 2014. Two local teens—one from Lawrence and the other from Eudora—narrowly escaped being numbers 496 and 497 last November. According to a local newspaper, the teens were on the train tracks on a bridge over a creek near Eudora when a BNSF train quickly approached them. Trains that run through that rail corridor travel at maximum speeds as high as 79 miles per hour for passenger trains and 55 miles per hour for freight trains. They tried to outrun the train, but were unsuccessful. They miraculously survived the accident, although they suffered multiple fractures.

While such incidents are tragic for the trespassers and their families, we often fail to think about the locomotive engineers and conductors who see this happening in front of them and have taken every preventable action to stop quickly to avoid an incident. Hertog tells the students about a locomotive

engineer he knows who saw a family **Adrian Hertog** die right in front of him. The last thing

portation, the railroad company, had

the engineer saw was a young child CONTINUED FROM PAGE FOUR in the backseat waving at him prior to "I understand the engineer is making repeatedly denied the filmmakers per-

good recovery through therapy, but his mission to film on the tracks. feeling is that he killed that family," Last January, a film crew was shoot- mentary and high school students, he said. "Well, it's hard. The driver ing a promotional made a risky choice and the engineer video for fitness

did everything he could do avoid the model impact. You can't stop a train on a Gregory Plitt Jr.'s website. Plitt was

Those in the media can make Her-running on tracks tog's role of educating the public ahead of a train about railroad safety more difficult. when, apparently, For example, a GE Industrial Internet he tripped and fell. commercial features a motorcyclist He died immejumping off a flat car on a moving train diately when the to get around traffic on his way to his train hit him. The destination. In February 2014, camera 37-year-old modoperator Sarah Jones died while film-el's website also ing a scene for "Midnight Rider," a featured a video of

Gregg Allman movie. A freight train him straddling train tracks in a pushup mation on Operation Lifesaver, please hit a prop the film crew placed on the position with an arm on either rail. Plitt tracks, and the flying debris hit Jones and his film crew had no authority to and other crewmembers. According to be on or near railroad property.

The Los Angeles Times, CSX Trans- According to Hertog, he and other ■ CONTINUED ON PAGE FIVE Operation Lifesaver Authorized Vol-

unteers are willing to give free presentations to any organization that wants to learn more about highway-rail grade crossing safety and staying away from railroad property and staying off railroad equipment. "We'll speak to preschoolers, ele-

organizacivic tions, Boy Scouts, Girl Scouts, church groups, adults, new driver schools, truck drivers, school bus police. drivers. firemen," he said "Wherever there is a need, that's where Operation Lifesaver will be."

For more inforvisit the Kansas Operation Lifesaver website at www.ksoli.org, call (785) 806-8801, or email Julie La Combe, Kansas Operation Lifesaver's executive director, at jalacombe@ksoli.org.

LIFESAVER

Rail Safety Education

Back to You! BOOST YOUR FAT-BURNING METABOLISM LOSE \$50 Pounds in 10 Weeks!

Back To School,





"I feel like a different person. I am healthier than I've been in 20 years!"

Lynn, Teacher, MRC Client



"On Metabolic More", most clients can expect to lose 1-2 lbs, per week. Results vary person to person

 No Prepackaged Meals No Dangerous Drugs

Anyone can lose weight quickly

CALL NOW! 785-843-5600

Lawrence • Topeka

PETERSON Krische VAN HORN Gentle & Comfortable Care Cosmetic Dentistry Teeth Whitening Insurance Processed **New Patients & Emergencies Welcomed** Mention you saw this ad in Senior Monthly (785) 842-0705 530 FOLKS RD • LAWRENCE







KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY September 2015 • 7

Mach publishes new book for younger readers Tom Mach

By Billie David

A ward-winning Lawrence author Tom Mach found a new audience for his creative endeavors when he began helping children with their own writing efforts. The result is a new children's book aimed at an audience of seven- to eleven-year-olds.

The Invisible Twins just came out in the spring of 2015 and tells the tale of twin girls who decide to try out a formula their grandfather has developed that makes things invisible. After all, the two boys who live down the street have been teasing them a bit too much and need to be taught a lesson, and invisibility provides the perfect means to get back at them.

What the girls don't realize is that they are walking into a robbery in progress. They find the two boys and their parents locked up in the basement while the robbers rifle through their possessions upstairs and discuss how to do away with the potential witnesses

locked up below them.

The twins save the boys and their parents in a humorous free-for-all that leaves the robbers flummoxed as they see the TV suddenly flip on, get kicked in the shins by invisible feet, hear a disembodied voice give the police a description of the criminals over a phone receiver floating in midair, and witness their gun go crashing through

When the twins' grandfather finds out what the girls have been up to, he engineers a plot to help them learn a lesson in listening to those in charge of their wellbeing when the girls try the apparently ineffective antidote that is supposed to make them visible again.

Currently married and the father of two children and three young grandchildren. Mach had written novels and poetry for adults. However, his lessons on what children like to read began in 2002 when he worked as a paid tutor for fourth- and fifth-graders at Canoas Elementary School in San Jose, Cali-



Tom Mach

fornia, a year before he retired. While he helped students improve their reading skills, he also began to appreciate

their reading interests.

"I saw how enthusiastic they were with a Writing Workshop class.

■ CONTINUED ON PAGE SEVEN

about the books they enjoyed reading," Mach said.

He also read articles about how important it is to educate youth, "especially in modern times when they spend so much time texting while not creating meaningful written material," he added.

After his move to Lawrence, Mach volunteered to help with a preschool art class at the Lawrence Arts Center, followed by a stint teaching poetry to children at the Pelathe Community Center. Another experience involved the Optimist Club's Dictionary Project, in which members provide every 4th grader in Lawrence with a free dictionary.

In 2006 and 2007, Mach taught "Writing as an Adventure" class through the Parks and Recreation Department for eight- to eleven-yearolds. In 2007 he also helped children aged six and seven at St. John's School

"After I got all those experiences working with children, I thought, 'I knew what kids liked to read. As a result, I felt I could write a book they would enjoy." Mach decided to write a fantasy adventure story.

"Kids like fantasy," he explained. "but I sensed it should contain some funny moments. I tried it out on some fifth graders and they liked it a lot, and a fourth-grade teacher said she highly recommended it.'

Mach was fortunate to draw from his previous writing experience while he worked on the plot for *The Invisible*

"Writing for adults is good practice for writing for kids," he said. "You don't talk down to kids, you can use big words, and you don't use stick figures —characters who aren't real."

Mach learned about the difficulty of creating real characters when he wrote his first novel, *The Boss's Son*, at age 17. The book was never published, but that experience taught him about persistence in writing.

He continued writing on a part-time pasis during his earlier years, writing for a newspaper chain as well as articles for magazines such as Jack &

Jill, Writers Digest, Women's Day and PSA Magazine. However, when it came to writing fiction, he struggled with creating convincing characters until 2002, when he fashioned a character named Jessica Radford and others who became three-dimensional real people

Mach had been thinking about a novel he wanted to write related to the Civil War while he was still living in California before his retirement. His wife was also close to retiring, and they were planning their future retirement

They decided they wanted to move to a smaller town with a university and cultural activities, and several towns fit that description, so they set out to visit each of them. But in each town they visited, they also found something negative until they came to Lawrence, where they rented a townhouse and decided to try it for a year. If after a year they still liked Lawrence, they would buy a house.

They found the people in Lawrence friendly, courteous and genuinely hos-

"Lawrence is small enough that when you go someplace, you meet someone you know," Mach said.

The only aspect he felt Lawrence lacked was that it was far from the

The couple decided to stay, and it was here that he met Jessica Radford the heroine of his award-winning tril-

CONTINUED ON PAGE 10



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

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

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



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



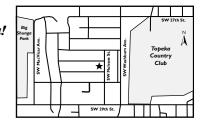
Services Include:

- Personalized Care
- Private & Semi-private bedrooms
- 24 Hour Care by Certified Staff
- Daily supervision by RN and LPN
- Medication Assistance
- Fresh home-cooked meals served at a family table
- · Social interaction and activities
- Fire sprinkler and door security
- Personal Laundry Service
- Licensed and inspected by the Kansas Department on Aging
- · Medicaid payments accepted

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

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





Eastern Kansas' Premier Provider of Low-Cost Cremations and Services



4926 Johnson Drive Shawnee Mission, KS 66205

913.384.5566

www.CremationCenterKC.com



\$100 OFF **Cremation** pre-arranged & pre-paid Regular price \$895

At our Home Plus in Topeka, Kansas, you can continue to live in a familiar homelike setting while you receive 24hour a day supportive nursing care. Contact Ben or Darlene for a tour at 785-234-2989, 785-383-4531 or wintermeadowhomes@yahoo.com.Visit our website at www.wintermeadowhomesinc.com for more information. 8 • September 2015 KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY September 2015 • 9

Are you a **Baby Boomer?**

Over 10,000 Americans are turning 65 every day for the next 25 years... The Baby Boomers! If you are a Baby Boomer turning age 65, you will become eligible for Medicare. Medicare, just like Social Security, is funded through payroll taxes, so it is time to receive this benefit. Certain people under age 65 may also qualify for Medicare due to disabilities, permanent kidney failure, or Lou Gehrig's

Medicare consists of four parts: A, B, C and D. Part A is hospital insurance, Part B is medical or outpatient insurance, Part C is Medicare Advantage, and Part D is prescription drug coverage. A Medicare Advantage Plan (Medicare Part C) is optional private insurance through which you can receive your Original Medicare, Part A and Part B coverage, and most Medicare Advantage plans include prescription drug coverage. If you enroll in Original Medicare, you may also desire a Medicare Supplement Plan (or Medigap) policy to help pay co-payments or deductibles. Medicare supplements are standardized by the federal government, which means all plans are the same. With the help of a licensed insurance agent you can find the right company at the right price for

There are many resources throughout the community to help you transition into Medicare. One great resource is a monthly Medicare Educational Seminar offered by Century Health Solutions, a division of Stormont-Vail Healthcare. The one-hour seminar is free and open to the public. These seminars discuss all the options available under Medicare. Upcoming dates include September 23, October 14, October 22, and November 3. The seminars are held at 2951 SW Woodside Drive at 6:30 p.m. Please call Century Health Solutions at 785-233-1816 to reserve your seat or to speak with a Medicare certified expert. You may also visit http://www.centuryinsuranceagencyks.com for more infor-



Walareens Baker's Gorbes Boursers 201 Hylee MEROCUTS

Gawronski appointed as acting director at Topeka Performing Arts Center

George Wood, Chief Executive director of sales and sponsorship in Officer for VenuWorks, announced on August 10 that Larry Gawronski will be the acting director for the Topeka Performing Arts Center (TPAC) effecive immediately. Karen Christilles, former executive director for the TPAC, resigned in July to pursue other opportunities.

"Larry has done an outstanding job of creating new excitement and bringing new events to our venues that he has managed in the past in Ottumwa, Iowa, and Vicksburg, Mississippi, said Wood. "His experience will be invaluable to the operations at the TPAC."

Gawronski was appointed by Venu-Works to the position of national February. He will continue to do this role as well. However, he will be based out of Topeka as he oversees the venue's operations and programs.

John Siehl, chief operating officer for VenuWorks, oversees the Topeka Performing Arts Center for the company. "I am happy to have Larry in Topeka. I know that he will do a great job keeping things on track as we look to fill the position," said Siehl.

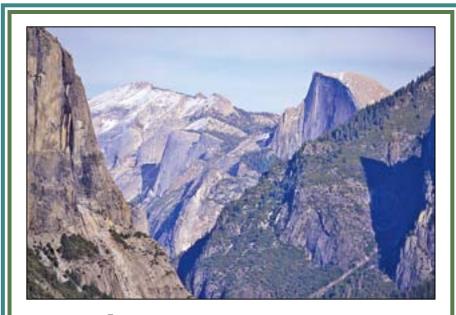
Sue Buckley, president of the TPAC board of trustees, said "Larry brings a breadth of experience to the position and I am confident he will continue to enhance our programming, in collaboration with our outstanding staff, as we

"I already enjoy working with the in 2000 and has served as executive privilege to serve as the acting director for this venue" said Gawronski.

Larry Gawronski brings vast experience to this role. Originally from Buffalo, New York, he served as the director of operations and subsequently sales and marketing director for the Buffalo Convention Center. Larry has worked at the Riverside Convention Center in Rochester, New York, fol-Danville, Ilinois. He joined VenuWorks com.

board of trustees in Topeka. The TPAC director for the Vicksburg Convention is one of our finest theaters and it is a Center in Vicksburg, Mississippi, and the Bridge View Center in Ottumwa,

VenuWorks provides customized management and consulting solutions for arenas, stadiums, theatres, and convention centers throughout the country, with services that include operations, catering, and concessions along with the booking and marketing of sports and enterlowed by the Danville Civic Center in tainment events. www.venuworks



Parkinson's Plus Program

Reach Your Peak

- Therapy for Parkinson's, MS, CP, Stroke and Ataxia
- New Techniques to Reduce Spasticity
- Balance and Gait Therapy with Suspension Harness System
- Assessment for U-Step Walker, Laser Cane and Balance Wear[©]
- Therapist Support for Exercise, Diet and Prescribed Medications

www.lawrencetherapyservices.com

Feel Better, Move Better, Live Better



Baldwin City Lawrence



search for our new director.' We Serve and Enhance the Lives of Others With Caring Hands. 100% Employee Owned Company! **MEDICALODGES** Professional Therapy & Nursing Services in Your Hometown!" KEY REHAB * Physical Therapy ⋆ Occupational Therapy * Speech Therapy *Skilled Nursing for Post Surgical Care We accept MEDICARE, KANCARE & other major insurances. Medicalodges Eudora 1415 Maple Street, Eudora Kansas (785)542-2176

WWW.MEDICALODGES.COM

10 • September 2015

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

Tom Mach

CONTINUED FROM PAGE SEVEN

ogy that includes Sissy!, All Parts Together, and Angels at Sunset.

While researching the Civil War for his novel after he moved to Lawrence, Mach learned about Quantrill's Raid and realized that it would play a role in the story. His search for more information led him to museums, books, historians, and Civil War battlefields that he visited.

"The characters in my novels came alive" she said, "and it is easier to write a story when that happens. When my heroine became real, that was a pivot point and everything else fell in place in my novel. What if I took this 21st century woman named Jessica Radford and put her in the 19th century? This would mean she'd be involved in conflicts revolving around issues such as

Offering Clean, Safe, Affordable Housing for

qualified seniors and non-elderly disabled

• Rent Based on Income

• 24 HR Emergency Response

No Utility Bills

Close to Shopping

• Card Games & Crafts

Exercise Group • Library Entertainment • Well Maint

Call Manager Karol Freeman

Church Services

MISSION TOWERS

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

You can't be there for your loved one 24/7.

But our nursing staff can.

anti-slavery and women's rights.'

Incidentally, the title for his first novel, Sissy!, also came to Mach in Lawrence one night as he was lying in bed and he heard someone crying out "Sissy!"

"It seemed like a girl escaping from slavers who was crying out to her guardian angel for help," he said. "She became for me a black child named Nellie who later was adopted by Jessica's parents.'

Sissy! won the J. Donald Coffin Memorial Book Award in 2003, and All Parts Together, the second book in the trilogy, became a Best Books Award Finalist in 2006. Both books were listed by the Kansas State Library as among the 150 best Kansas books ever written. The third book, Angels at Sunset, was published in 2012 and became an International Book Award

■ CONTINUED ON PAGE 11



Conveniently located just 15 minutes from Lawrence and the Kansas City metro area, Hillside Village sits in a quiet residential neighborhood. We provide a small town feel with quick access to the surrounding communities. We have 38 assisted living (AL) apartments in multiple floor plans starting at just \$3,050 per month. Our building has numerous common areas including a sunroom, library, front porch, backyard patio and garden area, and paved walking paths. Our AL services include the following:

- Three meals per day.
- Medication management.
- Full-time nurse dedicated to AL. Utilities including cable TV.
- Trained staff on duty in AL 24 Security cameras. hours per day.
- Regular health monitoring.
- Medical director onsite two days per week.

- Daily social and recreational activities.

Each apartment includes:

- Kitchenette with refrigerator/freezer, microwave, cabinets, and sink.
- No step shower with seat and grab bars.
- Individual heating and AC units.
- Emergency call system.
- Large bay window.





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



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



CONTINUED FROM PAGE 10

Tom Mach

Finalist. In 2012, the State of Kansas issued a proclamation recognizing the 100th anniversary of the passage of the bill extending equal voting rights to women, officially calling it the Kansas Angels at Sunset Centennial in honor of his book, which deals with Jessica's involvement with the women's suffrage movement

Mach also writes poetry, and his colection The Uni Verse won the Nelson Poetry Book Award. In addition, one of his poems was ranked ninth among 3,000 poems submitted to the Writer's Digest Poetry Contest. His highly praised second poetry collection, The Museum Muse, was featured in the Fall 2015 edition of Lawrence Magazine. Two of the short stories that appear in his collection Stories To Enjoy were oublished in national magazines.

As for the future, Mach said that he has another children's book in the works. which he hopes to finish next year.

"I'm also working on my memoir," Mach said, "and it is really tough to

Peterson Acres II

Affordable Housing Based on Income. Applications being accepted

nior Community at 2930 Peterson Roa in Lawrence. 2 bedroom duplexes with handicap accessibility, WiD hookups, mergency maintenance and resident serve program. Applicants must be 50 years of age or older. One pet allowed. 842-8358 or www.ldcha.org.

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

Share your childhood memories with Senior Monthly readers

Readers of the Kaw Valley Senior Monthly may know Mach as the review editor for the section on Kansas writers, but he is now working on the new Memories Are Forever section, where readers can submit a story of approximately 700 words about something they remember from their childhood.

write because I have to relive some

As for The Invisible Twins, Mach

said, "This story is a fun adventure, but

I hope it will teach children some basic

life lessons, such as the importance of

listening to their parents and not getting

"It has a happy ending," he said,

adding that he hopes the book will help

children use their imaginations, enjoy

reading, and maybe even become more

interested in learning how to write their

own stories.

involved with dangerous situations."

painful moments in my life.'

"Don't worry about how well you write it, because I'll edit it for you,"

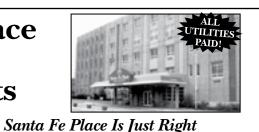
The memory should be typed in a Word document and attached to an email and sent to tom. mach@yahoo.com with the subject line "Memories Are Forever Inquiry."

be typed or copied and pasted into the body of the email. All submitters should also attach a photo related to the story.

<u>September 2015 • 11</u>

After receiving and reviewing the contributions, Mach will contact the authors of the stories he selects before they appear in print. For more information, visit As an alternative, the story can www.MemoriesAreForever.net.

Santa Fe Place **Senior Apartments**



IOR APARTMENTS

For Adults 55+ With Care-Free Living! • Efficiency, 1 And 2 Bedroom Apartments

Appliances
 Laundry Facilities on Each Floor

• Community Room • Planned Social Activities!

785-234-3386 • 600 SE Madison • Topeka santafeapartments@cohenesrey.com



HAVE YOU RSVP'D?

Looking for a fun way to stay connected and involved in your community?

Not only does volunteering through the Retired & Senior Volunteer Program (RSVP) help others, but it is a great way to stay socially active in your community and make new friends. Join RSVP of Shawnee and Douglas Counties and put your lifetime experience to work!

To Learn more about RSVP, contact Carole or Virginia at RSVP@unitedwaytopeka.org or call 785-228-5124.





It's time to meet

Bridge Maven

LMH CEO Gene Meyer announces retirement

Lawrence Memorial Hospital Presicommunity hospitals in the country. dent and Chief Executive Officer Gene Meyer on August 19 announced his plans to retire in May 2016. Meyer, 63, has been in the position for 18 years and has served in a leadership role in area hospitals for a total of 35 years. strong leadership

"I have had a great career working with associates who are committed to helping others," Meyer said. "The past 18 years have been incredible working in Lawrence as the CEO. I am very lucky."

Turmoil and unrest characterized the opportunity Meyer faced in 1997 when he accepted the leadership of Lawrence Memorial Hospital. The healthcare environment in Lawrence was in a very different state than today. Coming on the heels of a fierce public debate involving the for-profit healthcare giant Columbia/HCA's entry in Lawrence, the community was divided and unsure what the future held for its local hospital. After starting its own community health insurance plan, LMH's balance sheet was looking grim, and the hospital had a negative bottom line the first two years Meyer was here.

"Gene brings a positive attitude of communication. collaboration commitment to the community every day," said LMH Board of Trustees Chairperson Rob Chestnut. "He inspires the Board, the physicians, the staff and volunteers at LMH to give their best because he expects the best from himself. LMH is one of the best The Lawrence community is grateful for Gene's leadership in raising the bar for the quality and depth of healthcare services provided by LMH."

team. Many of the executive and management staff members have served with him for a long time and he credits them for their commitment to putting in the extra effort that's been required to achieve the outcomes and recognition LMH has received over the He said, "The

Gene Meyer

cation. Many who have been with me for years and others who have moved on have made LMH what it is today. I cannot thank them enough for being part of this journey."

team that I have

worked with has

been an inspiration

to me in their com-

mitment and dedi-

Today LMH is known for its financial stability, quality care and caring attitude. Meyer has led expansion of

patient care services and facilities to better meet the community's healthcare needs. Total patient visits have grown from nearly 85,000 in 1997 to 211,289 last year. Through Meyer's leadership, Meyer attributes LMH's success to a LMH has added oncology services, an

interventional cardiology program, an acute rehabilitation unit, a wound healing vices developed to allow patients to receive care closer to home. LMH Regional from 850 in 1997 to 1,411 today. Oncology Center offers patients access to more than 150 cal trials, placing LMH among the top hospitals in the state for cancer research. LMH achieved designation as a Level IV Trauma Center in 2014 and a Pri-

mary Stroke Center in 2012.

Meyer has overseen more than 200,000 square footage in new construction at the LMH campus that includes a medical office building, new emergency, surgical and oncology center facilities, and expansion

cal and surgical nursing units. Cur- to an outstanding A1 credit rating with rently under way is a renovation of the Moody's Investors Service, one of the hospital's fourth floor rehabilitation nation's leading credit rating agencies. unit. Since Meyer's arrival, LMH has LMH is among the country's smallexpanded services to a freestanding est hospitals in terms of net revenue outpatient facility—LMH South—and with this credit rating. In 2014, LMH extended its presence regionally with recorded an adjusted 5 percent financial family care clinics in Eudora, Baldwin operating margin and 12 percent operat-City, McLouth and Tonganoxie. From ing cash flow margin. With the support employing just one physician prac- of the community, the LMH Endowtice in 1997, Meyer has led LMH to ment Association has transferred more employment affiliations with 16 physi- than \$23 million to LMH and grown the cian practices today encompassing pri- endowment from \$1.9 to \$11 million. mary care and specialty care providers. Meyer's outstanding service to the Overall LMH's workforce has grown Lawrence community and LMH and his

of the critical care, maternity, medi-

During Meyer's tenure LMH has local, state and national levels encompass reinvested more than \$201 million back contributions too numerous to list. Meyer into the hospital for capital expansion has led LMH to these recognitions: and improvements. Meyer led LMH • In 2015, 2014 and 2013 LMH ■ CONTINUED ON PAGE 13 was recognized nationally as one of the

100 Top Hospitals® by Truven Health

dedication to improving health care at the

NON-MEDICAL TRANSPORTATION Analytics • In 2015, 2014 and 2013 Becker's Hospital Review named LMH to its 100 Great Community Hospitals list.

• In 2014 The Joint Commission named LMH one of the Top Performers on Key Quality Measures® for performance data in heart attack, heart failure, pneumonia and surgical care. This was the third year in a row LMH Debbie's Redi-Ride LLC was a Top Performer. Serving Seniors in Topeka &

 LiveWell Lawrence recognized LMH in 2014 with its Culture of Health Action Award, one of five awarded to organizations demonstrating commitment to LiveWell's goals to eat healthy You make the appointment, then call tobacco free.

- Debbie's Redi-Ride. I will get you or In May 2014 the Kansas Department of Commerce named LMH one of its 24 Regional Business Excellence Award winners recognizing contributions to their communities and the state

City recognized LMH as one of the Hall of Fame. region's Best Companies to Work For in 2012.

- Most Wired Hospitals for the past five
- VHA awarded LMH its Clinical Excellence Award in 2005, 2007 and

 LMH has been the winner of five awards from the Kansas Award of Excellence Foundation, including being awarded the highest level of recognition in 2003.

Meyer has been an active contributor to many professional, civic and community organizations, serving as an ambassador for LMH in a variety of leadership roles, including with the Lawrence Noon Rotary Club, Lawrence Chamber of Commerce, University of Kansas Chancellor Search Committee and Lawrence Community Health Improvement Partnership. For his leadership in community health care, Meyer has achieved the following recognitions:

- In August, the Kansas Hospital Association announced that Meyer will be the recipient of the Charles S. Billings Award, which is the top honor given by KHA and recognizes a hospital leader for his lifetime of service and continuing contribution to the health care of Kansans.
- In 2014, Mever was named one of Ingram's magazine's Heroes in Healthcare.
- In 2013, he was recognized by the Lawrence Kiwanis Club with its Substantial Citizen Award.
- Meyer served on the American Hospital Association Regional Policy foods, be physically active and live Board and was the 2011 recipient of the AHA Grassroots Champion Award.
 - In 2008, Meyer and his family established the Meyer Family Scholarship Fund to annually award two scholarships to LMH employees' children pursuing healthcare careers.
- · Lawrence Junior Achievement • Ingram's magazine in Kansas inducted Meyer into the 2011 Business

- In 2005, he was elected into the Oak Park High School Hall of Fame for • LMH named among Health Care's his leadership in the healthcare industry
 - In 2002, Baker University honored Meyer with its Lawrence Business Person of the Year Award.

Meyer has been an active supporter of the Kansas Hospital Association and has participated on many committees, including serving as Chairperson of the KHA Board of Directors.

For many years he taught in the health services administration program at Webster University in Kansas City and has served as a mentor to many aspiring health care professionals. He is a member of the American College of Healthcare Executives. He currently serves on the Advisory Board for the Hall Center for the Humanities at KU, on the Board of Directors for the Kansas Medical Mutual Insurance Company (KaMMCO) and Commerce Bank, and on the Baker University Board of Trustees.

Before joining LMH, Meyer served as Senior Executive Officer for Saint Luke's South, where he was respon-

sible for the planning, construction and medical staff development of the new hospital in Overland Park. He also served as Senior Executive Officer for Saint Luke's-Shawnee Mission Medical Group.

<u>September 2015 • 13</u>

Meyer began his health care career at Spelman Memorial Hospital in Kansas City as Director of Personnel in 1980. He became CEO of Spelman Health System in Smithville in 1984 and was involved in many key initiatives during his 12 years there. He successfully led Spelman to an affiliation with the Saint Luke's Health System and was instrumental in the founding of Spelman-St. Luke's Hospital.

Meyer's retirement plans include teaching and serving as the Executive in Residence for the University of Kansas Health Services Administration Program. He is also committed to volunteer opportunities in Lawrence as well. Meyer and his wife, Carol, and their four children and three grandsons have lots of plans for times together.

The LMH Board will be conducting a national search for Meyer's replacement in the near future.

The next generation of Oticon hearing instruments has arrived!

With the new Inium Sense processor. Oticon hearing instruments can provide more gain on soft speech, enriching private conversations without compromising feedback and sound quality. This feature, "Soft Speech Booster," is available in Oticon's new generation products: Alta2, Nera2, and Ria2.

Oticon has also introduced a range of special purpose programs and back directionality designed to assist users in extremely difficult listening situations.



Oticon Tinnitus SoundSupport™ is the industry's most comprehensive sound generator with unique ocean sounds in addition to a large number of sound options adjustment controls. Tinnitus SoundSupport is integrated across Oticon Alta2 Pro, Nera2 Pro, and Ria2 Pro families.

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



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

www.marstonhc.com

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

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

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



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

- Help you carry in and put things Personal Trips

Grocery Shopping

Medical Appointments

Phone: 785-250-7838

Contact: Debbie

vour loved one to:

- Hair/Nail Appointments

Surrounding Areas

NEW LOWER RATE!

- Go in and take notes if desired

- I will save you money with coupons

- Airport - Concerts

Anywhere you want to go, including Kansas City area. I will treat you like

> Debbie's Redi-Ride Door to Door & So Much More.

LIKE TO ADVERTISE IN SENIOR **MONTHLY?**

See our rate card at www.seniormonthly.net/advertise

Lee Ketzel to receive Founders Award from Kansas Advocates for Better Care

Lee Ketzel

Kansas Advocates for Better Care things as they were. We as Kansans about the poor care their kin received The award will be presented to Mrs. Ketzel on October 25 during the organization's annual Stand By Me benefit event in Lawrence.

Lee will receive the award in recog- for malized nition of her work as one of the small band of six women who launched a reform movement taking aim at the poor care of older adults and disabled adults in many Kansas nursing homes. The improvements they sought and won have made unparalleled differences in the lives of thousands of older and disabled adults who have lived in Kansas nursing homes over the past

Making up the band of six were identify the root Anna "Petey" Cerf, Lee Ketzel, Harriet Nehring, Bryona Wiley, Katy Pyle, and Jessie Branson, all members of the Lawrence and Topeka communities.

Well before it was accepted as the right thing to do, these six founders were advancing a humane standard of care. Their attitude and belief was that poor care of the elderly and disabled adults in Kansas nursing homes was something that could actually be improved upon, even when the generally held belief and the belief of medical professionals was that it could not be.

"These women exhibited courage, vision, and leadership," Linda Carlsen, KABC President said about the six founders. "They refused to accept

(KABC) will honor Lee Ketzel of owe them a debt of gratitude for the and find a way do something about it.

ones have benefitted from to this day.'

their efforts by non-profit organization, Kansans for Improvement of Nursing Homes/ What KINH. and Ketzel band of six had from in mind the outset was to causes of nursing home abuses and to work to correct

those abuses. To that end and through the vehicle of KINH, they organized citizen advocates into a force to achieve open to the public. RSVPs are required badly needed care reforms Compassion was the catalyst, but the

Kansas nursing home reform movement was built on hard facts. Ketzel, along with Cerf, Nehring, Branson, Pyle, and Wylie, toured the state, going into nursing homes and talking directly with older and disabled adults to hear and see first hand what it was like to live life there. They also talked with families and in informal groups who came together to share their concerns

Affordable Senior

Living

2125 Clinton Parkway in Lawrence

Completely Renovated

Rent Subsidized Apartments for

Qualified Seniors

Applications being accepted

Call 841-1000 for information or visit our

web site at www.ldcha.org

Clinton Place Apartments

Lawrence with the Founders Award. improvements in care we and our loved What the band of six found were serious problems and

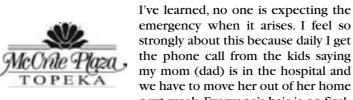
> abuses hidden in plain sight. They brought the hard cold facts of poor care to the attentors, health care advocated for better...better care, better trained nurse aides, better patient care from registered nurses, better oversight by the state, and better enforcement non-compliance with health standards.

The Stand By Me benefit event is

785-842-3088 or by emailing info@ kabc.org. There is no charge to attend; donations are always welcomed. Kansas Advocates for Better Care

and can be made by calling KABC at

(KABC) is a 40-year-old, not-for-profit Tow can we not only live longer, tive study was stopped in 2002 because and is supported almost entirely by ity supported by research? donations from citizens who support the mission of improving the quality of care in all long-term settings. KABC provides assistance to older or disabled adults seeking information and guidance regarding long-term care placements and services, and help to resolve problems with the care they receive from facilities or other long term care service providers. KABC of long-term care in Kansas.



The Big Mistake living can be very entertaining. I can

By Connie Michaelis, Marketing Director pr@mccriteretirement.com

A wise man said, "The biggest that won't treat you like royalty. I can mistake a person can make is promise that for McCrite Plaza! Get a thinking there is time." That seems a list of questions to ask and take good little abrupt, but truly no one is notes for comparison. Call a realtor to guaranteed more time. Time to go on talk about what it would take to vacation, time to read, time to prepare your home for sale. It does exercise, time to visit with friends, not matter that you're a few years time to organize the photographs, early, but you can work slowly to time to clean out the attic...will the organize for the future. Talk to a time come? What does it take to downsizing expert who does this on create a sense of urgency? Do you a daily basis. These highly trained wait until your friend has passed and professionals can answer all your then regret that you did not go to visit questions about what to do with the sooner? Do you procrastinate getting 'stuff' and the consultation will be to the gym until your joints are stiff? free. Most of all, talk to your family Do you wait to clean out the attic and share your plans. If you need until after you can no longer safely do referrals or have questions about the steps? My mantra for Senior Living Great Living call the experts at is "Do it now!" If there is one thing McCrite Plaza at 785 267 2960.

emergency when it arises. I feel so strongly about this because daily I get the phone call from the kids saying my mom (dad) is in the hospital and we have to move her out of her home next week. Everyone's hair is on fire! Getting an education on retirement

guarantee that you can enjoy many free lunches, and there is not a marketing person worth their salt

ESTATE PLANNING

Spring Chicken

organization (501c3 IRS designated but with more of that time spent charitable organization). Prior to 1996, active and healthy? What hoaxes and it was known as Kansans for Improve- scams are out there seeking to prey on ment of Nursing Homes. KABC is our wallet (and health)? And are there beholden to no commercial interests any ways to promote healthful longev-



Bob Ramsdell

Spring Chicken—subtitled "Stay provides information and education to Young Forever (Or Die Trying)"-by public policy makers and advocates for Bill Gifford is a well-written overview policies that will improve the quality of the current research on aging. He covers a lot of ground and a lot of science, but in plain English with a generous dose of humor.

One thing that jumped out to me was now incredibly complex and interconnected the human body is. Actions to manipulate one part of it for a beneficial effect may have unexpected—and adverse—effects in another area.

Another was how frequently what scientists think they know turns out to be either wrong or only part of the story. For example, long-term hormone replacement therapy for menopausal women was very popular—and neavily promoted by the drug companies—until the Women's Health Initiawomen receiving estrogen replacement were getting breast cancer, heart disease, blood clots, and strokes at increased rates. Much of the hype for human growth

hormone (HGH) comes from a single study published in the New England Journal of Medicine back in 1990 that reported 12 patients over 60 with below-average growth hormone for their age gained muscle and lost fat after six months of HGH injections coupled with a modest workout program. Anyone with a rudimentary understanding of statistics knows a sample size of 12 is insignificant. But the HGH market was born. In 2003, the Journal of Medicine published an editorial essentially disayowing the study, noting, "the duration of treatment was so short that side effects were unlikely to have emerged, and ... the results were not sufficient to serve as a basis for treatment recommenda-

And even if something is possibly good for you, the supplement you purchase may not contain what the label claims. Supplements are neither tested nor approved by the Food and Drug Administration—it's a buyer-beware market. One researcher who needed a source of resveratol (the stuff in red wine that's been found beneficial for mice and monkeys, but with less conclusive results in the few human trials)

tested 14 supplements and found that five contained half or less of the resveratol claimed on the label and two contained none at all

And as many of us add on the pounds with age, research tells us visceral fat—the stuff around our middles and between our vital organs—is not inert energy storage, but a

huge endocrine gland producing a variety of inflammatory cytokines They include one called TNF-alpha—for "tumor necrosis factor"—that has been linked to both cancer and cellular insulin resistance. So, are there any ways

to promote health and STAY YOUNG TOREVER longevity that seem to (OR DE TRYMS) work? Yes. And they don't cost a lot of money (unless you splurge on really good

Light to moderate consumption of alcohol, particularly red wine, has beneficial effects on blood pressure and "good" cholesterol. (Although probably not due to resveratol, which is present in minute quantities.) Coffee consumption correlates with decreased mortality risk and appears to reduce the risk of Type 2 diabetes. Small quantities of aspirin and ibuprofen lower inflammation and help with cardiovascular health

The biggie, however, is exercise. The data overwhelmingly support the value of exercise: "A recent analysis of statistics covering more than 650,000 individuals showed that people who kept to a normal weight and exercised moderate-ishly, the equivalent of a brisk

walk for an hour or so per day, lived an average of seven years longer than the non-exercisers." Another study that paired 300+ randomized clinical drug trials with 57 studies of exercise found exercise was typically as effective as the drugs, and sometimes better, in preventing heart disease, stroke, and diabetes. So use it or lose

And note the "kept to

<u>September 2015 • 15</u>

a normal weight" in the analysis cited above. Those extra pounds need to go in the "lose it" category. Additionally, multiple studies have found beneficial effects related to intermittent fasting. The nice thing here is that the benefits have occurred with a varietv of eating schedules

which means you can probably tailor it to what works for you.

I am not a doctor and none of this is intended as medical advice. My comments here—things that caught my attention that I've no doubt grossly simplified—hardly do justice to *Spring Chicken*. Get the book and read it. It will be well worth your

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



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

- Light housekeeping
- Meal preparation
- Companionship Caregiver relief
- Accepts HCBS, VA and more Private pay-\$18/hr, sliding scale available
- 842-3159 www.tihc.org



THE FIRST APARTMENTS

GIFFORD

SPRING

CHICKEN

"Home without the hassles"

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

- Affordable Studio and 1 Bedroom Apartments
- · Rent assistance available
- · All electricity, water, trash, lawn care paid
- · 24 hour On-Call staf
- Restricted entrance

On city bus route

- Lighted parking lot
- Library Red Carpet Services Health Department Nail Clinics

First Floor Laundry Room

Maintenance Director on site

· Walking distance of several churches and Ray's Apple Market

Exercise equipment & seated exercise class

Meals on Wheels Congregate meal site

Call 272-6700 to schedule a tour and pick up an application. 3805 SW 18th St. • Topeka • www.thefirstapartments.org



ILL ON MONEY

Recent events teach timeless lessons to investors

BATE'S FURNITURE

We now carry

Custom-sized

Lift Chairs!

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

We offer lay-away and delivery.

In Business Over 40 Years

Moving? Downsizing?

We also buy furniture!

Karl Behring, Manager

▲ number of unrelated events in dif-A ferent parts of the investment world have provided an excellent summer school for investors. Let's start with China, where the concept of risk and reward was on display. Chinese stocks started a steep ascent in mid-2014 after local officials urged small investors to



Iill Schlesinger

enter the market. The government did such a good job that it helped create a full-blown bubble. At its height on June 12, the Shanghai Composite was up over 150 percent from the 2014 lows. Of course, investors rarely have the wisdom to take money off the table. even when prices become completely disconnected from fundamentals and the use of borrowed money to buy stocks (margin debt) triples over a year.

Because investors couldn't bear the

stocks, Chinese officials stepped in to try to prick the bubble they had fostered. Unfortunately, as is the case with most bubbles, pricks often lead to pops. At its July low, the index had tumbled by over 32 percent. For U.S. investors holding Chinese stock mutual or exchangetraded funds, the damage was not likely quite so awful, since most of our funds don't own the volatile mainland based A-shares but rather their gentler Hong-Kong-listed cousins.

Consider this summertime lesson No. 1: Investors must weigh risk and reward. If you are a long-term investor in Chinese stocks, you have been amply rewarded for assuming the great risks inherent in that nation's market, so no crying about the drop no matter how ugly your July statement looked. If you like the ride of Chinese stocks,

then you may also be the type of investor who enjoys the wild swings of commodities markets. In the case of crude oil, its markets happen to be intimately connected to the Chinese economy. Roughly a third of global growth comes from China, and oil was one of the necessary ingredients to stoke thought of parting with their buoyant that engine. As the Chinese market

Starting at

started to plunge, there were fears that its economy could take a hit, thereby reducing Chinese demand for oil.

Additionally, Iran, which has the fourth largest proven crude oil reserves in the world, is expected to ramp up production and bring new supply to the market once economic sanctions are lifted as part of its nuclear accord with the P5+1 nations.

That's summertime lesson No. 2: Reduced demand plus increased supply equals lower prices. Crude oil dropped by over 20 percent from the end of June through the beginning of August. Our final lesson of the summer comes

from Puerto Rico, which may become more famous for the biggest municipal bond default in U.S. history than for beautiful beaches. The commonwealth has an outstanding debt of \$72 billion - bigger than Detroit's \$20 billion but much smaller than Greece's \$350 billion. Why would investors lend money to a tiny island whose economy has been contracting almost continually for almost a decade? Because the interest on Puerto Rican bonds is triple tax exempt, meaning that investors do not have to pay federal, state or local taxes on their interest income. That tax exclusion lured many high-tax-bracke fundamentals that could not possibly allow repayment. Perhaps these people thought that the U.S. government Washington for any sort of bailout.

Chapter 9 bankruptcy protection in eyes don't make enough tears, or when the courts, which would allow for an those tears are poor quality. Treatment of orderly debt restructuring like the one in dry eyes often includes medication, eye Detroit. And, unlike Greece, it is unable drops or ointment. But new treatments to appeal to the International Monetary for a certain type of dry eyes may provide Fund since it is not a sovereign nation, relief when standard treatments fail. That leaves investors with a bitter fight To keep your vision clear and your eyes ahead and a third lesson of the summer: comfortable, you need a smooth layer of Don't let the tax tail wag the investment tears consistently covering the surface of dog. Just because you can earn tax-free your eyes. The tear film has three basic interest does not mean that you can components: oil, water and mucus. Probthrow away all common sense. - Contact Jill Schlesinger, senior Symptoms of dry eyes often include

business analyst for CBS News, at blurry vision, eye redness, sensitivaskjill@JillonMoney.com.

© 2015 Jill Schlesinger

Distributed By Tribune Content Agency, LLC

MAYO CLINIC

investors into making bad loans despite New treatments for dry eyes may provide relief when standard treatments fail

would not allow a default to occur, **DEAR MAYO CLINIC:** What dition is known as evaporative dry eye. but there seems to be little appetite in causes dry eyes? Is there an effective treatment other than constantly using To make matters worse, as a com- eye drops to keep them moist?

monwealth, Puerto Rico cannot seek ANSWER: Dry eyes happen when your

lems with any of these can cause dry eyes.

ity to light, and a burning, gritty or scratchy feeling in your eyes. Dry eyes may cause excessive tearing in some cases. They can make it difficult to wear contact lenses, too. Medications, age, evelid problems, environmental factors (such as climate) and excessive eye strain can all result in dry eyes.

For some people with chronic dry eves, the problem stems from glands in the evelids, called the meibomian glands. Normally, these glands make oil that slows the evaporation of tears. If the glands become blocked, tears do not contain enough oil. Then the tears evaporate too quickly, and eyes become dry. This type of dry eye con-

Inflammation of the evelid skin—a disorder called ocular rosacea—can often result in blocked meibomian glands. Several therapies are available to

treat dry eyes caused by blocked eyelid glands. The first, called LipiFlow thermal pulsation, is generally recommended for people with mild to moderate eyelid inflammation. During the treatment, a device that looks like an eyecup is placed around the eyelids. It delivers a gentle, warm massage to the lower evelid to help clear blocked oil glands. This treatment usually takes 15 minutes or less. Multiple treatments may be necessary for full benefit.

For people with more severe inflammation, a recently developed treatment option known as intense pulsed light therapy, or IPL, may be useful. IPL uses bursts of light directed at the lower eyelids and upper cheek areas to heat the blocked eyelid glands. A physician then manually expresses the blocked oil from the eyelids, allowing the oils to flow more freely after treatment.

Most people need IPL treatment once a month for four months to see the best results. But many notice some improvement after a single treatment. Those with severe cases of evaporative dry eye may need maintenance therapy to effectively get rid of symptoms.

If you have symptoms of dry eyes that do not respond to eye drops or other stan-

dard therapies, have an evaluation to see if blocked evelid glands could be part of the problem, and ask about LipiFlow and IPL. Because these are newer treatments, they are not available at all health care facilities. You may need a referral to a specialty center to receive these therapies.

It is important to address problems with dry eyes. Symptoms can make many day-to-day tasks difficult, including reading, driving and computer work. If left untreated, dry eyes can eventually result in scarring of the eyes

and permanent vision problems. If you have pain, redness, itching or other eve problems that persist, talk to your doctor. - Dave Patel, M.D., Ophthalmology, Mayo Clinic, Scottsdale, Ariz. - Medical Edge from Mayo Clinic is an

<u>September 2015 • 17</u>

educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu. For more information, visit www.mayoclinic.org. © 2015 Mayo Foundation For Medical Education

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

Your loved one never leaves our care.

Douglas County's only locally owned crematory



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

Kansas Elder Care Lawrence-Owned & Operated since 2006

Local, Compassionate Home Care Services

COMPANION CARE

- medication reminders
- meal preparation
- grocery shopping
- driving to appointments
- companionship

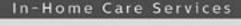
PERSONAL CARE • incontinence care

- bathing feeding
- toileting and transfers
 - dressing
 - oral hygiene

Our services can be provided in private homes, assisted living facilities, nursing homes, and hospitals.

Call for a Free In-Home Consultation (785) 856-5555

www.kseldercare.com • info@kseldercare.com





Keeping the Comforts of Home

At Comfort Keepers®, we provide in-home care that helps seniors and others live safe and happy. independent lives in the comfort of their own homes.

Companion Care Light Housekeeping Personal Care In-Home Safety Solutions

Comfort Keepers.

Contact Us Today 267-8200

a sodexo brand

2016 SW 37 th St. . Topeka, KS 66611

Topeka-328.ComfortKeepers.com

Applications Being Accepted Secure, age-restricted high rise apartment complex adjacent to downtown and

grocery shopping at 1700 Massachusetts in Lawrence. Many amenities and conveniences provided including transportation and meals programs. Rent based on income. Utilities included Call 842-8358 for information or visit our web site at www.ldcha.org.

Babcock Place Apartments



18 • September 2015 KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY <u>September 2015 • 19</u>

HEALTH & WELLNESS

Now you're talking!

Do you know someone with Alzheimer's or Parkinson's disease? Or someone who has trouble swallowing? Or someone recovering from a stroke or head trauma? It may surprise you to learn that people in all these categories can benefit from the expertise of a speech pathologist. Speech therapy is a medical specialty,



Laura Bennetts

and speech therapists train in graduatelevel medical programs. They treat people of all ages with problems in three areas—speech, cognition and swallowing

You Can Train Your Brain

Speech therapists, also known as speech pathologists, specialize in the extraordinarily complex physical and neurological processes that enable us to speak. The act of speaking is controlled by your nervous system, which sends messages from your brain to muscles in your face, mouth, tongue, and throat. This is a "cognitive" function in the strictest sense, since it depends on the brain's success in two activities: first, putting the right words in the right order to make sentences; and second,

• 24 Hour Emergency

On-Site Staff

know someone with activating your muscles to form these words physically by using the right amount of air to make your vocal cords vibrate. This is a complex activity that we begin learning as infants.

Speech therapists often work with children. But they also focus on adults who have problems forming certain sounds or controlling the pace of speech. Such problems (including dysarthria and apraxia) may be caused by stroke, Parkinson's, and a variety of other ailments. **Finding Our Voice**

Speaking is a social activity. We use our voices so much to share our thoughts and ideas that we may take this ability for granted—until we lose it. But having difficulty finding words, or forming sentences, or being heard, is incredibly frustrating.

People with Parkinson's disease, for example, may have very soft voices because they have difficulty controlling the volume of their breathing. A person who has had a stroke may have difficulty finding the right word to say what they mean—what the French call the *mot juste*. In both of these cases, the brain has trouble processing or sending the information we need to speak.

A speech therapist will evaluate the problem and prescribe mental and physical exercises to improve speech control. Speech therapists also treat voice problems that spring from throat cancer, accidents that damage the vocal mechanism, and hoarseness (say, from

Exercise Room

Age 62 & older.

cheering too loudly).

Speaking Your Mind

Speaking depends on the brain. Our mental (cognitive) abilities can be measured by a number of standard tests of memory, problem solving, judgment and knowledge. Speech therapists use these tests to find out what is limiting a person's ability to communicate. Once those tests are done, a plan of action is created by the therapist. Many adults with Alzheimer's and other forms of dementia. for example, are helped by speech therapists who offer strategies to compensate for memory loss and allow them to live in a safer environment. Solutions of this kind give people hope. Frustration yields to insight, and people find that they have reasonable expectations of progress.

Swallowing for Beginners

Swallowing is an automatic activity, 24 hours a day—just like breathing. Difficulty swallowing can be life threatening because you can inhale particles of food into your lungs. When you swallow, your throat muscles close the opening to your lungs so that food can enter your stomach only through the esophagus. When your throat muscles are weak, you may accidentally aspirate (inhale, that is, breathe in) particles of liquid or food. These particles can lodge in your lung tissue and cause an infection called aspiration pneumonia. Speech therapists help to prevent this by finding ways to keep your throat muscles as strong as they need to be.

A Full Recovery

A woman who recently came home from skilled rehab care was full of praise for the wonderful help she received from her speech therapist. At 89 years old, she is grateful for all the rehab and nursing help she received to return to her home

to live independently. In reviewing the last few months she recalls that she had trouble with her teeth and related difher energy and developed a fever. She went to the doctor and found that she stinging Nettle, or *Urtica dioica*, is had aspiration pneumonia caused by a well-known plant among hikers confident that she can avoid getting aspiration pneumonia.

Milkshake is Easy

How can you tell if you have a "weak swallow"? Well, do you cough while drinking clear liquids? (Many people are surprised to learn that water is harder to swallow than a milkshake.) If so, or if you have other reasons to food travels when you swallow. If par- hence the name "stinging nettle." ticles of drink or food enter your lungs, In North America, Stinging Nettle your swallowing muscles.

therapy. And it can be a life-saver.

Master's degree in Physical Therapy ally has a long history as a source of from the University of Southern Cali-food and as a medicinal plant. fornia in 1982. She owns and directs Medical uses for Urtica dioica are fertilizer. both Lawrence Therapy Services LLC well known throughout history. In (2200 Harvard Road, Suite 101, Law-medieval Europe, it was originally rence 66049, 785-842-0656) and Bald- used to rid the body of excess water win Therapy Services LLC (814 High and to treat joint pain. Other traditional Street, Suite A, Baldwin City, 66006, medicinal uses include being used 785-594-3162). For full details, see internally for the treatment of kidneys www.LawrenceTherapyServices.com. and urinary tract infections, gastro-

HEALTH & WELLNESS

ficulties with eating. She gradually lost her energy and developed a fever She Stinging Nettle is a medicinal plant

her difficulty swallowing. During her and those who spend time outside. recovery, she worked with the speech Stinging Nettle has other names, such therapist on exercises to stimulate her as common nettle, burn nettle, or burn swallowing, to tuck her chin in when weed. It is a flowering plant that has swallowing, and to swallow twice with fine hairs on its leaves and stems that each swallow. She regained the ability act like little needles. These fine hairs to eat and drink safely, returning home contain irritating chemicals, including



Dr. Farhang Khosh

think you may have a swallowing histamine, which are released when problem for other reasons, medical they come into contact with human or tests can help. A video swallow test, for animal skin. These chemicals can proexample, takes pictures of the path that duce a stinging or burning sensation,

speech therapy is needed to strengthen can be found in almost every state, but it grows most abundantly in the Pacific Speech therapy. It's not just talk. It's Northwest, where the annual rainfall is high. One would think that this plant - Laura Bennetts, PT, earned a should be avoided. However, it actu-

intestinal tract, skin, allergic rhinitis, cardiovascular system, cold and influenza, joints and tendonitis, anemia, menopause symptoms, osteoarthritis, and gout. It was also used to promote

...More Than

Just Words

Compassion and Service

lactation in nursing mothers. Stinging Nettle was also believed to be very effective in giving people relief from the pain of rheumatism.

Since the plant contains antihistamine agents, it is very effectively used in anti-itch creams to provide topical relief from insect bites. Today, many people use Stinging Nettle to treat urinary problems during the early stages of an enlarged prostate, also called benign prostatic hyperplasia, or BPH. Some preliminary research has shown that Stinging Nettles may be effective in lowering blood pressure and blood sugar levels.

Urtica dioica can be used as a food source in many different recipes. It has a taste that is similar to spinach. Soaking Stinging Nettle in water or cooking it removes the stinging chemicals from the plant, which allows them to be handled and eaten without injury. It is rich in vitamins and minerals, including vitamins A and C, iron, and calcium. Nettles can be used in a variety of recipes, such as cheese making, pesto, puree, breads, soups, teas, and alcoholic beverages such as beers. Other uses for Nettles include the making of fabric, as a dye, and in

Medicinal plants have been used for centuries to strengthening the body and treat disease conditions. However, all medicinal plants can trigger side effects and can interact with other medications. Everyone should talk to their health care provider before taking any medicinal plants.

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

Warren-McElwain

Lawrence 843-1120 • Eudora 542-3030

Cooper's Home Care

"An Alternative to Nursing Home Placement"

Newly Remodeled and Renovated! Ready for Admissions!



Cooper

Respite Care

Give yourself a break while assuring your loved one short- or long-term quality care.

Ask About

NEW ADMISSIONS DISCOUNT

Available for a limited time. Call for details.

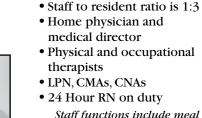


A Holistic Approach to Nursing Care Providing Individualized, Specialized service and approaches, meeting the physical, social, spiritual, and medical needs of our residents in a home-away-from-home-like atmosphere.

We provide:

- Assisted Living
- Day care
- Respite Care
- Long-term care
- Critical and hospice care
- Diabetic care
- Care for all types of dementia
- On-site eye examinations and follow-up care
- Glucose monitoring





Staff:

- Home physician and
- Physical and occupational
- LPN, CMAs, CNAs
- 24 Hour RN on duty

Staff functions include meal preparation and dietary planning, personal care, ADL's grooming, in-bome beautician, and routine recreational, social and therapeutic activities.

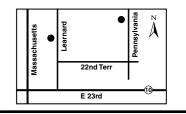
Cooper's Home Care

"An Alternative to Nursing Home Placement"

785-865-2525

www.coopershomecareks.com





Martin Creek Place Organized Activities & • 1 & 2 Bedroom Apartments Townhomes **Day Trips** Library Red Carpet Washer/Dryer **Connections Service** Weekly Grocery Van Emergency Monitoring **System Available** On Site Storage

4950 SW Huntoon • Topeka 785-273-2944

Dealing with life's challenges and changes We accept Medicare and other Insurance Vicky A. Walters, LSCSW Certified Aging Specialist Vicky@LCTopeka.com

LIFE CONNECTIONS, INC.

Counseling in the comfort of your own home

785-213-2342

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

in our monthly calendar, please call

Kevin Groenhagen at 785-841-9417.

You may also add events on the Kaw

any event you plan to attend.

WITH Grace

At GRACE HOSPICE, our focus is on the quality of life.

Working as a team, we plan and coordinate care that

centers on the physical, social, spiritual and emotional

needs of our patients and their loved ones.

Grace Hospice is a locally owned

business that serves several

counties in Kansas

and Missouri.

■ CONTINUED FROM PAGE 20

TOPEKA, 785-296-9400

WEDNESDAYS

MONDAYS & THURSDAYS

PINECREST APARTMENTS

WEDNESDAYS & FRIDAYS

3110 SW Huntoon, 6:30 p.m.

WEDNESDAYS & SATURDAYS

3408 W. 6th St., 6:45 p.m.

AWRENCE, 785-842-3415

VETERANS OF FOREIGN WARS

924 Walnut, 12:30-1 p.m.

EUDORA,785-542-1020

TOPEKA, 785-235-9073

LEGIONACRES

EAGLES LODGE

ARAB SHRINE

MOOSE CLUB

SEP 22

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

TOPEKA, 785-234-5656

SUNDAYS & TUESDAYS

1901 N Kansas Ave, 6 p.m.

DAY TRIPS/TOURS

FORT SCOTT AND LOUISBURG CIDER MILL

with 20 historic structures that tell the story of

three decades of American history, including

Westward Expansion, Bleeding Kansas, and

the Civil War. The trip will include a stop at the

Louisburg Cider Mill to watch the apple press-

Fort Scott is a restored 1840's military fort

TOPEKA, 785-235-5050

LAWRENCE, 785-843-9690

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

FRIDAYS

FRIDAYS

AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m.

TREE TREASURES OF OLD K.U.

We'll tour the University of Kansas by bus, with a short walk in Marvin Grove, to appreciate and learn about the trees and landscapes there. Our focus will be on biology, horticultural uses, and how trees relate to the history of K.U. Limited wheelchair seats available. Tour Guide: Jon Standing. Register at www.lprd.org or any Lawrence Recreation Center. 10 a.m.-noon. LAWRENCE, 785-832-7920

EDUCATION

ONGOING

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

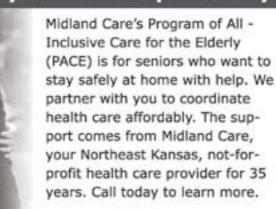
FREE INSURANCE COUNSELING

Stormont-Vail HealthCare HealthWise Clinic, 2252

FIRST MONDAY OF EACH MONTH MEDICARE MONDAYS

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

PACE can help you live independently



transportation and fees, lunch on your own. Co-sponsored with the Watkins Museum of History. Register at www.lprd.org or any Lawrence Recreation Center. 8:30 a.m.-6 p.m. Fee: LAWRENCE, 785-832-7920

ing and enjoy local cider. Registration includes

SEP 29

COOKING CLASSES

themerc.coop/classes

ONGOING

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. S.W. 10th Ave. Call for times and appointments. TOPEKA, (785) 354-6787

TOPEKA, 785-580-4400

1-800-491-3691

www.midlandcare.org



Valley Senior Monthly Facebook page. ARTS/CRAFTS

SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

Pancake feed and market with arts, crafts, gifts, baked items and more. Open to the public. Pancakes are \$4 for all you can eat, free to shop. 8 a.m.-12 noon. Moose Lodge, 1901 N. Kansas Ave.

TOPEKA, 785-250-6788

LAST FRIDAY OF EACH MONTH

FINAL FRIDAYS

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

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

MAY 1-DEC 4

FIRST FRIDAYS ART WALK

Thousands of Topekans participate in the ARTSConnect First Friday Artwalk along with dozens of businesses who host special artist showings, musical performances, and other special events. North Topeka Arts District (NOTO), 800-1000 N Kansas Ave., 5:30-8:30 p.m. TOPEKA, artsconnecttopeka.org

SEP 12 & 13

囼

HASKELL ANNUAL INDIAN ART MARKET

Two-day outdoor market featuring Native American artists from around the country. Original arts and artist demonstrations, enter-



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

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

We rent to Seniors and Disabled Persons. Call (785) 594-6996 for more info. 1016 Orchard Lane & 1119 Jersey • Baldwin City

admission, free entertainment. No dogs allowed on federal property please. Haskell Indian Nations University, 25th & Massachusetts, 10 a.m.-5 p.m. Free. LAWRENCE, 785-749-8467

If you would like to include your event(s) SEP 13

SENIOR CALENDAR

ANNUAL FALL ARTS & CRAFTS FESTIVAL

Annual festival presenting handmade crafts and original artwork. More than 150 artists and crafts people exhibit and sell. Food vendors, children's activities, music and so much more. South Park, 1130 Massachusetts, 10 a.m.-5 p.m. LAWRENCE

tainment and food booths. Free Parking, free

SEP 26

AARON DOUGLAS ART FAIR

Explore diverse and emerging artists from the northeast Kansas region, all showcased at the annual fair. 30-50 artists booths, a main-stage of music, performing arts, a kids zone with a variety of art activities and a variety of food vendors will be available during this year's event. The Aaron Douglas Art Park is located at the southwest corner of 12th and Lane. The park includes a mural which was organized, fund-raised for, and painted by residents of central Topeka in 2005. 10 a.m.-5 p.m. Free.

www.aarondouglasartfair.com/index.html

BINGO

SUNDAYS & TUESDAYS AMERICAN LEGION POST NO. 1

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

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

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

TOPEKA, 785-266-5532

■ CONTINUED ON PAGE 21

- LAWRENCE -- TOPEKA -

www.gracehospicellc.com

3715 SW 29th St., Stc. 100 * Topeka, KS 56614 (785) 228-0400 Fax (785) 228-9049

(816) 444-4611

Fax (816) 444-9480

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

- LEAWOOD -

Toll Free: 800-396-7778

- KANSAS CITY -

LIVING LIFE

9233 Ward Parkway, Ste. 201 • Kansas City, MO 64114 8900 State Line Rd., Ste. 409 • Leawood, KS 66206 (913) 948-9473 Fax (913) 948-9477

Toll Free: 866-878-4611

YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.

Lawrence Recreation Center. Carnegie Building. Television program offers interviews on 200 W 9th St., 6-8 p.m. Wednesdays. Fee. health topics of interest to seniors as well as a LAWRENCE, 785-832-7920 20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13

FIRST & THIRD FRIDAYS OF EACH MONTH

SECOND TUESDAY OF EACH MONTH

This time is an opportunity to meet with other

computer users and an instructor to problem

solve or learn about new apps, websites and

Drop-in and enroll (fee) on-site at the Carnegie

Building, 200 W 9th St., on the second Tuesday

SECOND & FOURTH FRIDAYS OF EACH MONTH

Television show highlights information for

people who providing care-giving service to

loved ones. There is also a 20-minute exercise

from 9-9:30 a.m. on WIBW-TV, Channel 13.

This course will provide guidance in collecting

help us stay in touch with who we are. Preserving

themselves better. We will use journaling methods

and writing your family stories. These stories

these stories will help future generations know

WRITING OUR FAMILY STORIES

segment for caregivers and their loved ones. Airs

other ways technology can ease our lives.

of each month from noon-1:30 p.m.

LAWRENCE, 785-832-7920

FOR FAMILY CAREGIVERS

TOPEKA, 785-354-6787

SEP 2-23

HEALTHWISE AFTER 55

TOPEKA, 785-354-6787

COMPUTER CAFÉ

SEP 3-24

CONTRA DANCE

Contra Dance is a traditional and fun dance style performed in two long lines, facing each other, to lively fiddle music. It is a great way to exercise that benefits both the body and brain All levels of dance experience and fitness are welcome in this friendly, welcoming environment. NSD Instructors: Susan Rieger and Susar MacNally. Register at www.lprd.org or any Lawrence Recreation Center. Carnegie Building 200 W 9th St., 7:30-8:30 p.m. Thursdays. Fee. LAWRENCE, 785-832-7920

and prompts to inspire your words. Instructor:

Iris Wilkinson. Register at www.lprd.org or any

<u>September 2015 • 21</u>

SEP 9, 17, 23, 29 & OCT 6

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, an affiliate of Stormont-Vail HealthCare, will hold Medicare Educational Seminars on September 9 and 23 at 6:30 p.m., September 17, 29 and October 6 at 1 p.m. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. Please contact Crystal for reservations.

TOPEKA, 785-286-6402

■ CONTINUED ON PAGE 22



Kansas PROTECT PREVENT

Scams and Errors

Medical Numbers

REPORT Your Concerns

800-432-3535

of Lawrence. Register at www.lprd.org or any Lawrence Recreation Center. Riverfront Plaza, 7-8 p.m. Thursdays. Fee. LAWRENCE, 785-832-7920

SEP 12 & 26

PAINTERS PALETTE

Techniques, styles and tips taught with acrylic paints on canvas or other surfaces. Designed for beginners and experienced painters alike. Class is designed as a drop-in session, so start anytime and attend on the second and fourth Saturday of each month. Bring your own supplies, suggested supply list available from instructor. Instructor: Lori Dalrymple. No registration required, fee applies to each drop-in session attended. Community Building, 115 W. 11th St., noon LAWRENCE, 785-832-7920

SEP 14

HEALTHWISE SENIOR SUPPER

"Diabetes Nutrition & Food Labeling," is the topic of the monthly Stormont-Vail HealthCare HealthWise Senior Supper from 5:15 to 6:30 p.m. Registered Dietitian Mary Alice Sheer will decode food labels and share strategies for making healthy choices when eating with diabetes, or for health in general. Cost: \$5 per person for the meal. Reservations requested. TOPEKA, 785-354-5225

SEP 15 SENIOR SUPPER AND SEMINAR

This month's topic: "Walking for Health and the 2015 WALK-tober Program." Presented by Janelle Martin and Avnslev Anderson (LMH Education and Learning Services). On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. At 6 p.m., there will be a short educational program on a health or wellness topic presented by LMH affiliated physicians or associates. Advance reservations are required for the supper portion only, and must be made at least 24 hours in advance by calling LMH Connect Care at (785) 749-5800. Supper seating is limited so please enroll early. Seminar presentation is open to adults of all ages. LAWRENCE, 785-749-5800

SEP 15-0CT 13

INTRO TO IPADS Thinking about getting an iPad or already own one and not sure if you are getting the most out of it? This class will be a demonstration and learning session, so please bring your iPad with you. iPads will also be available during class. We will cover the basic operation of the device and apps for recreation, health, education, finance and socializing. Instructor: Jerry

Dowdle. Register at www.lprd.org or any Lawrence Recreation Center. Carnegie Building, 200 W 9th St., 10-11:30 p.m. Tuesdays. Fee. LAWRENCE, 785-832-7920

SEP 15-NOV 3

BROADWAY DANCE

Dance to the Broadway classics. Improve posture, balance and motor skills with a combination of Broadway jazz and tap moves to Broadway musical melodies. Instructor: Molly Gordon. Register at www.lprd.org or any Lawrence Recreation Center. Community Building 115 W. 11th St., 1:15-2:15 p.m. Tuesdays. Fee. LAWRENCE, 785-832-7920

SEP 16-0CT 21

AMERICAN MAH JONGG

This fascinating rummy-like game was originally played solely by the Chinese ruling classes. Now with patience and a few lessons. anyone can master the intricacies of this classic game. Instructor: Pearl Neaves. Register at www.lprd.org or any Lawrence Recreation Center. Castle Tea Room, 1307 Massachusetts St., 7-9 p.m. Fee. Wednesdays. LAWRENCE, 785-832-7920

SEP 21-0CT 12

BUY, SELL AND TRADE SAFELY ON THE

Are you trying to downsize, but find that your stuff is too few or too valuable for a garage sale? Instructor: Ashlee Roll-Gregory. Register at www.lprd.org or any Lawrence Recreation Center. Carnegie Building, 200 W 9th St., 6-7 p.m. Mondays. Fee. LAWRENCE, 785-832-7920

SEP 22 & 23

AARP SMART DRIVER COURSE

Stormont-Vail is pleased to offer the AARP Smart Driver Course from 10 a.m. to 3 p.m. at the Pozez Education Center. This course reviews many helpful tips and could net you a discount on your auto insurance. Registration required. Please call. Cost: \$15 for AARP members; \$20 per person for non-AARP members. Please bring your AARP card to class. TOPEKA, 785-354-5225

SEP 23-0CT 28 **BRIDGE 5**

This course is designed for the advancing player. Classes follow Audrey Grant's "More Commonly Used Conventions," which introduces and explains the Negative Double and other special doubles, Overcalls, Two-Suited Overcalls, Blackwood, Gerber, Finding Key Cards, Leads and Signals, Forcing 1 No-Trump and 2 Over 1 Game Force. Register at www. lprd.org or any Lawrence Recreation Center. Sports Pavilion, 9-11 a.m. Wednesdays. Fee. LAWRENCE, 785-832-7920

SEP 23-0CT 14

BEGINNING UKULELE

This beginning uke course will cover tuning, basic chords and beginning strum patterns. Share the fun while learning to play commonly known songs. Students brand new to ukulele are welcome. Ukuleles are not provided. Come share the joy of Aloha! Instructor: Linda Tilton. Register at www.lprd.org or any Lawrence

Recreation Center. Castle Tea Room, 1307 Massachusetts St., 6-7 p.m. Fee. Wednesdays. LAWRENCE, 785-832-7920

OCT 3 & 4

ALTERED BOOKS

Have you been saving family photos, greeting cards, postcards and letters for a someday project? Use those precious mementos to turn an old, neglected book into something new, meaningful and completely unique. All levels of creativity and artistic experience welcome. Enrollment includes all materials and supplies. Instructor: Bridey Stangler. Register at www. lprd.org or any Lawrence Recreation Center. Saturday, 10 a.m.-4 p.m. (lunch on your own) and Sunday, 1:30-3:30 p.m. Community Building, 115 W. 11th St. Fee. LAWRENCE, 785-832-7920

ENTERTAINMENT

LAWRENCE IRISH TRADITIONAL SESSION

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

LAWRENCE, 785-842-3415

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

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.

SEP 11-0CT 10

THE ADDAMS FAMILY

It's every father's nightmare: Wednesday Addams, daughter and the ultimate princess of darkness, has fallen in love with a sweet, smart young man from a respectable family - a man her parents have never met. Wednesday confides in her father and begs him not to tell her mother, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's 'normal' boyfriend and his parents. See website for dates. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 8 p.m. Fee.

TOPEKA, 785- 357-5211 www.topekacivictheatre.com

SEP 18, 19, 20, 24, 25, 26, 27, OCT 2, 3, 4 HANDS ON A HARDBODY

10 Contestants! 4 Days! 1 Truck! A new lease on life is so close 10 Texans can touch it! Under a scorching sun for days on end, armed with nothing but hope, humor and ambition, they'll fight to keep at least one hand on a brand-new

truck in order to win it. Only one winner can

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

drive away with the American Dream. Theatre Lawrence, 4660 Bauer Farm Dr. Thursday-Saturday at 7:30 p.m. and Sundays at 2:30 p.m.

www.theatrelawrence.com

THE OLD PEOPLE ARE REVOLTING!

LAWRENCE, 785-843-7469

SEP 18-0CT 3

The Old People Are Revolting! is a hilarious comedy about seniors seeking revenge at Sunshir Retirement Village. Fed up with being ignored and relegated to the sidelines of life, they've decided to prove to the world just how dangerous seniors can be! Bursting with eccentric characters and crazy shenanigans, the play is great fun. See website for dates. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 8 p.m. Fee. TOPEKA, 785- 357-5211 www.topekacivictheatre.com

SEP 19

MOVIES BY THE LAWN

Join us at the Kansas State Capitol to watch The Sandlot (1993). This baseball film follows a group of kids as they experience numerous adventures on and off the field. The movie will be shown on the north side of the grounds at 8 p.m. but fun activities will be available prior to the start of the film. Free. TOPEKA, tscpl.org/events

SEP 23

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

One of the most enduring shows of all time, Joseph and the Amazing Technicolor Dreamcoat is the irresistible family musical about the trials and triumphs of Joseph, Israel's favorite son. The first collaboration of composer Andrew Lloyd Webber and lyricist Tim Rice (Jesus Christ country and rock into an uplifting, technicolored story of biblical proportions. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/event

KU SYMPHONY ORCHESTRA WITH SPECIAL GUEST BENJAMIN BEILMAN.

Benjamin Beilman is the recipient of a prestigious 2014 Borletti-Buitoni Trust Fellowship, the 2012 Avery Fisher Career Grant and a London Music Masters Award. He performs regularly with the Chamber Music Society of Lincoln Center, has been featured in the great recital halls of the world and recently made his Alice Tully Hall debut. Beilman has performed as a soloist with some of the world's most renowned orchestras, including the Philadelphia Orchestra. Zurich Kammerorchester and Orquesta Sinfonica Nacional de Mexico. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/event

SEP 29

PAUL TAYLOR DANCE COMPANY

Choreographer Paul Taylor is a cultural icon and one of history's most celebrated artists. He

■ CONTINUED ON PAGE 23

CONTINUED FROM PAGE 22

is hailed as part of the pantheon that created American modern dance and, as a result, has been awarded nearly every important honor given to artists in the U.S. His work is often on the cutting edge, known to offer cogent observations on life's complexities while tackling some of society's thorniest issues. The Paul Taylor Dance Company, established in 1954, is one of the world's most highly respected and sought-after ensembles. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. AWRENCE, 785-864-2787 lied.ku.edu/event

BLACK VIOLIN Named one of the hottest bands at South by

Southwest in 2013, Black Violin plays a blend of classical, hip-hop, rock, R&B and bluegrass music The classically trained twosome, Wilner "Wil B" Baptiste and Kevin "Kev Marcus" Sylvester are a welcome revelation for their ability to meld highbrow and pop culture into a single genrebusting act. Live, they are accompanied by their band, featuring ace turntable whiz DJTK (Dwayne Dayal). Individually and together, this talented duo has collaborated with the likes of P. Diddy, Kanye West, 50 Cent, Tom Petty, Aerosmith, Aretha Franklin and The Eagles. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/event

OCT 2 KANSAS

Founded in Topeka in 1969, KANSAS has spent more than four decades as a part of the lives of music lovers. The band has produced eight gold albums, three sextuple-platinum albums, one platinum live album, the gold single, "Dust in the Wind" and the iconic "Carry on Wayward Son." In Superstar and The Lion King), Joseph blends pop, 2000, KANSAS returned to the studio to produce Somewhere to Elsewhere, the first album to feature all six original players in 20 years. Since then, they have released albums and DVDs while remaining a fixture of classic rock radio. Lied Center of

Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/event

OCT 3 WORLDS AWAY

Ching-Yun Hu, Piano, THE OTHER SIDE OF THE WORLD Brahms, Symphony No 3.

Luther Place

APARTMENT + HOMES

Topeka's Premier Retirement Community

We are so excited, we wanted to tell you about our completely modernized

affordable 1 & 2 bedroom Apartment Homes!

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

Ample Laundry Facilities • Weekly Grocery Transportation

Stop by or call today to schedule an appointment

to reserve your new apartment home!

5000 & 4900 SW Huntoon • 785-273-2944

Some restrictions apply. Age 62 & older. Mobility Impaired.

Each year guild members host a quilt show

Rachmaninoff, Piano Concert No 2. The Topeka enjoy. This show has something for everyone, Symphony Society, Washburn University, 7:30

TOPEKA, 785-232-2032

www.topekasymphony.org

TESLA QUARTET

The Tesla Quartet, winner of the 2012 Fischoff National Chamber Music Competition, will present a program featuring music from Haydn, Bartok and Dvorak. The group's cellist, Serafim Smigelskiy, received a degree from Kansas City's Park University International Center for Music. Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/event

EXHIBITS/SHOWS

SEP 11-13

POWER OF THE PAST ANTIQUE ENGINE & TRACTOR SHOW This show is much more than a gathering of

gas engine and tractor enthusiasts, although those are pretty amazing when all the engines are chugging at once! With the passage of time, many of our younger generation have never seen or experienced farm life in its heyday. The event creates a learning experience, where the future meets the past. This year will feature orphan and lesser known tractors and engines. Forest Park, 400 N Locust St., all day. Fee. OTTAWA, 785-418-2190 www.powerofthepast.net

SUMMER'S END CAR SHOW & BBQ

Join us for a car show & BBQ battle at Broken Arrow Park. Admission is free and open to the public. There will be awards for the winners of the car show and BBO battle. You can purchase the incredible BBQ and see all the beautiful cars. 2800 Louisiana St., 10 a.m.-4 p.m. LAWRENCE, 785-832-2030 healthcareaccess.org/summersend

SEP 12

SUNFLOWER PIECEMAKERS QUILT

of their work which is open to the public to

仓

whether you're a beginner or an expert! There will be over 100 quilts on display, with vendors boutique tables, and an opportunity quilt. There is also an annual mini quilt auction that starts at 3:30 p.m. Proceeds from the show help to bring in speakers throughout the year to the local guild meetings. Goppert Building, 705 W 15th St., 10 a.m.-5 p.m. Fee. OTTAWA, 785-418-8846 www.sunflowerpiecemakers.com

WHEELS & DREAMS CAR, TRUCK & BIKE SHOW For anyone looking to show off a classic hot rod.

or even a brand new, tricked out car or motorcycle, Downtown Shawnee is the place to be. Downtown will shut down from 11 a.m. to 4 p.m. and fill the streets with rare and exceptional vehicles More than 250 vehicles will be lined up along Johnson Drive and Nieman Road. Sponsored by the Downtown Business Association. Free. SHAWNEE, 913-631-6545 www.shawneekscvb.com

SEP 19 & 20

OL' MARAIS RIVER RUN CAR SHOW

The event begins on Friday evening with an open cruise at Forest Park, giving those who do not meet the 1972 cut-off the opportunity to be a part of the activities. Saturday is the show and shine portion followed by a 1960s profile cruise in the downtown business district during the event, allowing the throngs of spectators to actually see and hear the show vehicles in motion. Sunday returns to the park and a continuation of the show and shine. A church service is offered for those who wish to attend. The day is capped-off by the awards presentation and the announcement of the major door prize winners Forest Park, 400 N Locust St. All day. OTTAWA, 785-242-7544 hwww.olmarais.com

SEP 26

REV IT UP!

Rev It Up is a car show with 250 hot rods on display, food, entertainment, crafts and kids activities. There is no admittance fee but donations are happily accepted. Proceeds support the Ballard Community Center. South Park, 1130 Massachusetts, 8 a.m.-3 p.m. LAWRENCE, 785-842-0729

FAIRS/FESTIVALS

<u>September 2015 • 23</u>

25TH ANNUAL TRADITIONAL INTER-TRIBAL POW WOW Celebrate Native American culture and customs

while savoring authentic food, arts and crafts, demonstrations and dancing at Lake Shawnee TOPEKA, 785-267-1156 www.shawneecountyalliedtribes.org/ Flyer2015.pdf

SEP 5

DOWNTOWN KCK LABOR DAY FESTIVAL & PARADE

Kick off Hispanic Heritage Month with the Downtown KCK Labor Day Festival & Parade The parade starts at 11 a.m. at 4th and Minnesota and continues to 18th & Minnesota. At 1 p.m. the festival begins with delicious food from local vendors, live music, face painting, moonwalk, clowns and more. KANSAS CITY, 913-321-5800

SEP 5 **OLD WEST COWBOY DAYS**

Saddle up for a day of cowboy fun! The day will consist of barbecue, movies, a fashion show, equine crafts and supplies, numerous vendors and demonstrations. Horse clubs will be on hand, and a tack sale and swap is planned Singer Travis Marvin also will perform. Trollev rides to and from hotels will be available for those who plan to stay overnight. Ottawa Municipal Auditorium, 301 S. Hickory. All day Free OTTAWA, 785-242-1411

SEP 5-0CT 11

KANSAS CITY RENAISSANCE FESTIVAL For over 35 years, the Kansas City Renaissance

Festival has entertained thousands of visitors in their 16th century village, which features a variety of performances, armored jousting, artisan and food booths and much more! Open weekends, September 5-October 11, plus Labor Day and Columbus Day; 10 a.m.-7 p.m., rain or shine. Enjoy a day of fun and amusement. 633 N. 130th St. BONNER SPRINGS, 913-721-2110

www.kcrenfest.com

■ CONTINUED ON PAGE 24



Experience a peaceful lifestyle with a hometown feeling.

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



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



KANSAS MARIACHI FESTIVAL

The first-ever Kansas Mariachi Festival is

coming to Topeka. The three-day festival begins

on September 16 – Mexico's Independence Day

- and will feature local and national Mariachi

bands, delicious Mexican food, an art display,

Willkommen! Come enjoy authentic German

food, dancing, music, activities for kids and

more. Menu: Wienerschnitzel, Bierock, Brat-

German Potato Salad, Beer, Paulaner Oktober-

fest, Paulaner Pils, Paulaner Hefe-Weizen, Pau-

laner Double Bock, Free State Oktoberfest, and

Angry Orchard Hard Cider. St. John Catholic

wurst, Cabbage Roll, Hot Dog, Sauerkraut,

street party and more. Jayhawk Theatre, 720

SW Jackson. See website for schedule

www.visittopeka.com/events/kansas-

ST. JOHN'S OKTOBERFEST

mariachi-festival

SEP 26

Corn maze, pumpkin patch, cider mill tours and vendors, Louisburg Cider Mill, 14730 K-68 Hwy., 9 a.m.-5 p.m LOUISBURG, 913-837-5202

OCT 2 & 3

KANSAS BURLESQUE FESTIVAL Join Visit Topeka Inc., the Jayhawk Theatre and

AOZ Magazine for the first-ever Kansas Burlesque Festival. In conjunction with Topeka's First Friday ArtWalk on October 2, the Kansas Burlesque Festival will feature a burlesque style art show and a classic movie at the Jayhawk Theatre. On October 3, Luis' Place will be cooking up a wonderful dinner at the Jayhawk Theatre followed by a Burlesque show at the Topeka Performing Arts Center. A portion of the proceeds from the two-night event will benefit the Jayhawk Theatre's restoration process. **TOPEKA** www.visittopeka.com/events/kansas-

Enjoy everything from Bierocks to Barbecue,

Prairie Town at Ward-Meade Historic Site, 124

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

Since the 1930s, the Topeka Farmers Market has

come alive every Saturday morning from April

chatter and friendly faces, the Topeka Farmers

Market attracts hundreds of Topeka residents and

out of town visitors. 12th and Harrison, South of

The mission of the Lawrence Farmers Market is to

provide children and adults in the Lawrence area,

with locally grown foods and farm products. 824

New Hampshire. 7-11 a.m., April 11 to August 29.

8 a.m.-12 p.m., September 5-November 21.

the Judicial Building, 7:30 a.m.-12 p.m.

downtowntopekafarmersmarket.com

LAWRENCE FARMERS MARKET -

LAWRENCE, 785-249-4704

LAWRENCE, 785-505-0117

www.lawrencefarmersmarket.com

APR 11-NOV 21

SATURDAY

through November. Vibrant with color, lively

NW Fillmore Street, 10 a.m.-5 p.m. Fee.

FARMERS MARKETS

EVERY SATURDAY APR-NOV

TOPEKA FARMERS MARKET

TOPEKA, 785-251-2989

burlesque-festival

36TH ANNUAL APPLE FESTIVAL

CIDER DAYS FALL FESTIVAL

SEP 26 & 27

LAWRENCE, 785-843-0109

Church, 1234 Kentucky, 4-10 a.m.

Turkey Legs, Sarsaparilla to Green Rivers. And, Cider Days Fall Festival is a two-day event that of course, apples and more apples in caramel, in draws in thousands of people shopping at more pies, in fritters, and in the cider. Our dedicated than 250 arts and craft booths, tasting unique and talented volunteers will demonstrate tradifood and enjoying live entertainment, kids rides tional pioneer skills and crafts: quilting, weaving and animal attractions. Kansas Expocentre 1 and spinning, blacksmithing, and other almost-Expocentre Dr., 10 a.m.- 6 p.m. Fee. lost arts. Visit the annual Quilt Show in the TOPEKA, 785-235-1986 Lingo Livery Stable. Music, laughter, fun and www.topekaciderdays.com enlightenment provided by our roving musicians SEP 26 & 27, OCT 3 & 4 and entertainers. There's even more excitement on the main stage. Check out the parks FALL FESTIVAL AND SWAP MEET and recreation website for performers. Explore We will be making apple cider, apple butter, and the "Peddler's Village" in the botanical gardens sorghum each day. Tour Cottonwood Station, our filled with artisans selling their wares. We have reproduction living history of an early day Kansas new crafters plus many popular favorites. Old

town. We will be sawing lumber at the saw mill and grinding grain in the flour mill each day. Our blacksmith will be hard at work in the Blacksmith Shop. Buy, sell, or trade at the Flea Market. Stop by the General Store and attend church on Sunday in the Bloomfield Church. We will have garden tractor pulls each day and live music on Saturday night. We have on-site camping, modern restrooms, and on-site concessions. We are located one mile east of Meriden on K-4 Highway.

MERIDEN, 785-633-9706 www.meridenthreshers.org SEP 26 & 27

WELLSVILLE, 573-280-8109

wellsvilledays.com

WELLSVILLE DAYS PARADE THEME: "A Walk Through Time." Share your favorite decade through fashion. This two-day event is jammed packed with things to do with your family. There is an opening parade followed by a craft fair on Main Street, exotic petting zoo, puppet shows, animal competitions, live music throughout the event, kids zones, community potluck on Sunday. Also on Sunday you won't want to miss the Free Concert on the Bricks featuring "Liverpool" at the Mid America Bank Stage on Main Street. 411 Main St., 8:45 a.m.-11 p.m. Free. Contact: Alicia Jones. Email wellsvilledays@gmail.com

LAWRENCE FARMERS MARKET -**TUESDAY** The mission of the Lawrence Farmers Market is

to provide children and adults in the Lawrence area, with locally grown foods and farm products. 824 New Hampshire, 4-6 p.m. LAWRENCE, 785-505-0117 www.lawrencefarmersmarket.com

HEALTH & FITNESS

ONGOING

MAY 5-0CT 27

PERSONAL TRAINING Need help reaching your fitness goals?

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

ONGOING

FIT FOR LIFE

Exercise in a safe, supervised and non-threatening environment. Physician's medical clearance required. 12 sessions. Fee. LMH Therapy 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-tofollow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three class different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity #127102 at www.lprd.org. LAWRENCE, 785-832-7920

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

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center from 7-10 a.m. 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

LAWRENCE, 785-832-7950

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

WEDNESDAYS FREE MEDICATION CLINIC

Call for an appointment.

TOPEKA, 785-354-6787

Bring questions to Stormont-Vail HealthCare's ■ CONTINUED ON PAGE 25

CONTINUED FROM PAGE 24 HEALTHWISE BLOOD PRESSURE CLINIC trained pharmacy staff regarding your medica-

Drop in 8:30-9:30 a.m. at West Ridge Mall (Food tions (prescriptions or over-the-counter). Appoint ments are available between 12:30 and 4:30 p.m. every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787 FIRST WEDNESDAY OF THE MONTH

Drop in 10 a.m.-noon every Tuesday. Stormont- 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 each month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids. LAWRENCE, (785)748-8034 FIRST THURSDAY OF EACH MONTH

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

BLOOD PRESSURE CLINIC

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

exercises tailored to seniors and others looking

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

FIRST TUESDAY OF EACH MONTH

FREE BLOOD PRESSURE CLINIC

Vail HealthCare's HealthWise Clinic, 2252

S.W. 10th Ave. No appointment necessary.

TUESDAYS, WEDNESDAYS & THURSDAYS

Fitness that's invigorating, not intimidating

bics with exercises designed to improve your

strength, balance, and flexibility. 10:20-11:20

This 60-minute class pairs moderate aero-

TOPEKA, 785-354-6787

TOPEKA, 785-354-6787

JAZZERCISE LITE

a.m. at 3115 W. 6th St.

LAWRENCE, 785-331-4333

TOPEKA, 785-354-5225

FLEXERCISE

Lawrence Center.

LAWRENCE, 785-856-6030

appointment necessary

TOPEKA, 785-354-6787

FREE NUTRITION CLINIC

WEDNESDAYS

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

ZOSTAVAX (SHINGLES) CLINIC

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

55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, 785-354-6787

Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No

Meet with a Stormont-Vail HealthCare regis-

tered dietitian to discuss your nutrition needs

between 8 a.m. And noon every Wednesday at

and questions. Appointments are available

the HealthWise Clinic, 2252 S.W. 10th Ave.

TUESDAYS AND THURSDAYS

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

This fun workout includes chair aerobics.

to stay fit. 9:30 to 10:45 a.m. Tuesdays and

drop-in classes. Call for enrollment forms.

This exercise program emphasizes safe and

beneficial movements and routines that will

increase your flexibility, strength and endur-

Lawrence Recreation Center, 1245 E. 15th St.

Closed. Fee. Enroll at LPRD.org or at East

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

Thursdays at Stormont-Vail HealthCare, 1500

strength training, balance and flexibility

TUESDAYS

Court, near the restrooms), 1801 S.W. Wana-

maker Road. Free. No appointment necessary.

BLOOD PRESSURE CHECKS Arbor Court, 1510 St. Andrews, 8:30 a.m. Open

to the public S.W. 10th Ave. Cost: \$25 punch card covers 20 LAWRENCE, 785-841-6845 SECOND THURSDAY OF EACH 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 EACH MONTH BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH 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 EACH 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 HealthWise 55 Clinic. 8 a.m.-noon. HealthWise appointment necessary

FOURTH THURSDAY OF EACH 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

CHOLESTEROL SCREENING This screening event offers a total only (does

not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/test. East Information Desk. Sponsored by Lawrence Memorial Hospital, 9:30-11 a.m. LAWRENCE, 785-749-5800

LMH ANNUAL HEALTH FAIR

Free health screenings plus health and wellness exhibits. Comprehensive blood work

profile available for \$30 (\$40 with PSA test) for

males if registered by 9/18. To register for the discounted cost blood work, call the LMH Lab at (785) 505-6179 before 9/18 and ask for the Health Fair Specialist. After 9/18, blood work registration is available at the door of the event for \$40 (\$50 with PSA). No advance registration is needed for health screenings. Flu shots FRIDAYS provided by the Visiting Nurses Association; bring your Medicare card. For those not on Medicare, flu shot fee is \$30. A complete list of health screenings and other general information about the health fair will be available on-line at lmh.org after 9/14. LAWRENCE OCTOBER WALK-TOBER 2015

October is National Walking Month and an

ideal time to get outdoors and walk. Sign up for Walk-tober 2015, a free walking program to complete during October on your own or with your own group. Participants will also receive health and wellness tips and healthy recipes. There will be optional group walks offered a few times during the month. Enrollment deadline is 9/25. To enroll, contact aynsley. anderson@lmh.org or (785) 505-3066 or janelle martin@lmh.org or (785) 505-3070. Attendance at an orientation session is recommended for those who have not participated previously. Orientation dates: Saturday, 9/12, 9 a.m. or Thursday 9/17, 12 p.m. or 6 p.m. To enroll in orientation, go to lmh.org or call LMH Connect LAWRENCE

OCT 7

CHOLESTEROL SCREENING

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

HISTORY/HERITAGE

AUG 15-SEP 19

DIETRICH CABIN LIVING HISTORY The 1859 Dietrich Cabin in City Park will

open this year on the third Saturday of every month from May to September. Every monthly opening will include programming for adults and children. The openings will feature music, re-enactors, living history demonstrations and hands-on activities for children. 5th & Main Sts, 1-4 p.m. Free. OTTAWA, 785-242-1250

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.

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

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

THIRD WEDNESDAY OF EACH MONTH Brandon Woods, 1501 Inverness Dr., 10:30 a.m

FOURTH WEDNESDAY OF EACH MONTH Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m. Presbyterian Manor-Asst. Living, 1429 Kasold

Prairie Commons, 5121 Congressional Circle,

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

MEETINGS

SUNDAYS

Dr., 11 a.m.

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. LAWRENCE, 785-838-7885

www.OrthoKansasPA.com

MONDAYS

GRIEF SUPPORT GROUP 12-week adult group for recent loss. Midland start dates and information packet. TOPEKA, 785-232-2044 FIRST MONDAY OF EACH MONTH

Hospice, Building A, 4-5 p.m. Please call for

INDIVIDUAL BEREAVEMENT SUPPORT Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell. TOPEKA, 785-271-6500; 785-230-6730 on first Monday between 5:30 and 7:30 p.m. FIRST & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP LAWRENCE SENIOR CENTER

<u>September 2015 • 25</u>

FIRST & THIRD MONDAY OF EACH MONTH **GRIEF SUPPORT GROUP** Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital

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

LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF EACH MONTH **CAREGIVER SUPPORT GROUP** For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.

LAWRENCE MEMORIAL HOSPITAL 4-5 PM, 785-840-3140 FIRST & THIRD MONDAY OF EACH MONTH **CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please Sponsored by Douglas County Senior Services

join us in one of our Caregiver Support Groups Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, 785-842-0543 **EVERY TUESDAY THROUGH FRIDAY**

MEN'S COFFEE Meets in the library at Pioneer Ridge, 4851 Harvard Rd., at 9:30 a.m. Open to the public

LAWRENCE, 785-749-2000 FIRST TUESDAY OF EACH MONTH

BLOOD PRESSURE CLINIC HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free.

TOPEKA, 785-354-6787 FIRST TUESDAY OF FACH 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 PROSTRATE CANCER **SUPPORT GROUP - LAWRENCE**

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

CONTINUED ON PAGE 26

SCRAPBOOK MEMORIES Grace Hospice, 3715 SW 29th St., Suite 100, 6 p.m. All supplies provided (except photos).

TOPEKA, 785-228-0400 FIRST & THIRD TUESDAY OF EACH MONTH **GRIEF SUPPORT GROUP**

Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at 785-228-0400 or

1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 1 p.m. TOPEKA

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF EACH MONTH HEALING AFTER LOSS BY SUICIDE

(HEALS)

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

TOPEKA, 785-478-4947 or 785-296-8349 FIRST WEDNESDAY OF EACH MONTH

KAW VALLEY OWL (OLDER WOMEN'S LEAGUE)

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

FIRST & THIRD WEDNESDAY OF EACH MONTH

CANCER SUPPORT GROUP

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

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

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

for more information. \$12.00 to attend (includes

FIRST THURSDAY OF EACH MONTH PARKINSON MEETING Midland Care, 200 SW Frazier, 5:30-7 p.m.

GRIEF SUPPORT GROUP

lunch). 11:30 a.m.-1 p.m.

LAWRENCE, 785-235-1367 or (800) 798-1366 **EVERY OTHER THURSDAY**

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet.

TOPEKA, 785-232-2044 **EVERY OTHER THURSDAY**

GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet. TOPEKA, 785-232-2044

FIRST FRIDAY OF EACH 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 FACH 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

TOPEKA, www.narvre.com

SECOND MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

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

SECOND TUESDAY OF EACH MONTH KAW VALLEY HERBS STUDY GROUP

An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup.

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP Held at The Windsor of Lawrence, 3220 Peter-

son Rd., 2 p.m. For more information, please call Amy Homer. LAWRENCE, 785-832-9900

SECOND WEDNESDAY OF EACH MONTH

DIABETES EDUCATION GROUP

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

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

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

SECOND THURSDAY OF EACH MONTH NAACP MEETING-LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.

LAWRENCE, 785-841-0030, 785-979-4692

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

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

LAWRENCE, 913-831-3888

SECOND SATURDAY OF EACH MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY THIRD TUESDAY OF EACH MONTH

GRANDPARENT AND CAREGIVER SUPPORT GROUP Strengthening family relationships and improv-

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

THIRD TUESDAY OF EACH MONTH

STROKE SUPPORT GROUP

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

THIRD TUESDAY OF EVERY MONTH

EMPLOYEES

ALZHEIMER'S SUPPORT GROUP Alzheimer's support group for families and

caregivers. Blassingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling. TOPEKA, 785-286-2273

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

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

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

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

THIRD FRIDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11 a.m.-1 p.m. For more information about the Widowed Persons Service Program, please call TOPEKA, 785-357-7290

■ CONTINUED ON PAGE 27

■ CONTINUED FROM PAGE 21

FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP Presbyterian Manor, 1429 Kasold., 4 p.m.

Sponsored by Grace Hospice. LAWRENCE, 785-841-5300 FOURTH WEDNESDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP Administered by Senior Outreach Services

in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd., TOPEKA, 785-235-1367, EXT. 130 FOURTH THURSDAY OF EACH MONTH

TOPEKA GENEALOGICAL SOCIETY TGS promotes and stimulates the education.

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

FOURTH THURSDAY OF EACH MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

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

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

MISCELLANEOUS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

www.kansasdiscovery.org

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 TOPEKA, 785-783-8300

SCIENCE NIGHT LIVE: SCIENCE OF CHAIN REACTIONS The second Friday of each month, the Kansas Children's Discovery Center opens its doors

SECOND FRIDAY OF EACH MONTH

exclusively to adults, 21+. Science is fun...at any age. Science Night Live provides visitors the opportunity to have fun and learn about science in a unique setting. We mix music and dancing, drinks and fun, playful science and creative arts for discovery after dark. Each Science Night Live features a unique science theme, as well as tasty spirits and fun. 4400 SW 10th Ave, 6-9 p.m. TOPEKA, 785-783-8300 www.kansasdiscovery.org THIRD SATURDAY OF FACH MONTH

Arbor Court at Alvamar, 1510 Saint Andrews Dr., 3 p.m. Open to the public

LAWRENCE, 785-841-6847 FEB 8-0CT 11 SECOND SUNDAY MONTHLY HIKE

COFFEE & CONVERSATION

Clinton State Park and AmeriCorps invite you to join them for monthly hikes through the park every Second Sunday through the coming year. Each journey is approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Younger children are welcome, but be aware that the uneven terrain and length of the hikes may create the need for more adult assistance. Don't forget to bring water and dress appropriately. A Vehicle Permit will be required. Purchase one by the day at \$5.00 or annually for \$25.00 and get into all Kansas State Parks for the rest of the year. Call for more information. LAWRENCE, 785-842-8562

40TH ANNIVERSARY NATIONAL ABATE LABOR DAY RALLY

Don't miss the 40th anniversary of the oldest national ABATE rally going. Admission is for all weekend. No day passes. No one under the age of 18 admitted (member or non member). Perry Lake Corps of Engineers, 10419 Perry Lake Rd. PERRY, abateks.org/labordayrally

SEP 11-13 **HUFF N' PUFF**

Watch as more than 30 different balloons take flight and let their inner light glow every night at Lake Shawnee. Stop by Tinman Circle to get up close to all the balloons, grab a bite to eat, and participate in kid-friendly activities. Tinman Circle, Lake Shawnee. Free.

www.huff-n-puff.org/home

SEP 16 SENIOR CARFIT CHECK LANES

AAA partnering with HealthWise at Stormont-Vail HealthCare offers this free service. CarFit technicians and an occupational therapist will assess how your car is fitting you and help make adjustments so that you are more comfortable and safe in your vehicle. 9:30 a.m. To noon at the Topeka & Shawnee County Public Library parking lot, 1515 S.W. 10th Ave. Free. Reservations suggested. Please call TOPEKA, 785-354-5225

Health Connections at Stormont-Vail HealthCare

SEP 17 **COMMUNITY HARVEY HOUSE** LUNCHEON

Travel the railway back through time and join us at our community Harvey House Luncheon for a delectable lunch served by our very own Harvey Girls. After lunch join us for a private behind the scene tour of the Historic Union Pacific Railroad Station with our Ticket Agent. The Great Overland Station in North Topeka at the Historic Union Pacific Railroad Station at 701 North Kansas Ave., 11:30 a.m. Fee. TOPEKA, 785-232-5533, ext. 14 www.greatoverlandstation.com

PAWS IN THE PARK

Paws in the Park is the largest pet oriented event

in northeast Kansas. Funds raised at the event help support Helping Hands Humane Society cover the cost to compassionately care for and provide world-class medical care for 8,000+ ani mals each year. Gage Park, 9 a.m.-12 p.m. Fee. hhhstopeka.org/paws_in_the_park0.aspx

CARFIT SCREENING

Older adults are often very safe drivers, but if in a crash, are more likely to be injured or killed due to body fragility. CarFit is a free program targeted to older adults that teaches them how to make their vehicle "fit" them best to increase safety and mobility while on the road. Trained technicians work with each driver individually with each checkup taking about 20 minutes. To enroll for a CarFit screening, go to lmh.org or call Connect Care. Note appointments in advance are required and are limited. LAWRENCE, 785-505-5800

OCT 2-31

3RD STREET ASYLUM HAUNTED HOUSE The 3rd Street Asylum Haunted House is located in an old 1918 school building in

downtown Bonner Springs, Kansas. It's scary. creepy...gory...fun...and not for the faint of heart! 200 E Third Street, every Friday and Saturday, 7 p.m.-12 a.m. Fee. BONNER SPRINGS, 913-706-4521

<u>September 2015 • 27</u>

www.3rdstreetasylum.com OCT 3 & 4

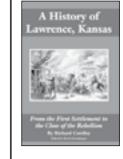
KAW VALLEY FARM TOUR Gather up your friends, fill up a car, locate farms

on the map and decide which route you want to take. Pick and choose whichever farms you want to visit. Various sites, 10 a.m.-6 p.m. Fee. LAWRENCE, 785-843-7058 www.kawvalleyfarmtour.org

OCT 6 & 7 RIDE ON

Come and enjoy your favorite hymns, laughing with friends, great food, and re-starting your engine. Manhattan Christian College's newest event is an annual Christian conference specifi cally designed for men and women 55+.Held at the Hilton Garden Inn in Manhattan, the twoday event will be a time of spiritual renewal and inspiration. Each year's theme-oriented conference program will include practical seminars, a dynamic keynote speaker, buffet meals times of worship, and lots of other surprises. In addition to being personally encouraging to those who attend, the conference will provide an opportunity for senior adults/groups across the state to fellowship with each other and better connect with one another. Fee. Register online or call MANHATTAN, 785-539-3571

mccks.edu/events/alumni/momentumconference



Don't Know Much About Lawrence's History?

Read Richard Cordlev's A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion (1895)

Now available at

The Watkins Community Museum of History 1047 Massachusetts Street • Lawrence • 785-841-4109

Hours: Tuesday, Wednesday, Friday and Saturday, 10 a.m.-4 p.m.; Thursday, 10 a.m.–8 p.m.; Closed Sunday, Monday and Holidays



LIKE TO ADVERTISE IN SENIOR **MONTHLY?**

See our rate card at www.seniormonthly.net/advertise.

Why Sell At

Auction?

REASON #7

Excuses are easier

<u>September 2015 • 29</u>

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

\$17.00 per month*

Alzheimers with Dignity

In-Home Specialized Care

ndividuals or Groups of 5-6 (facility)

Individualized Care & Activities

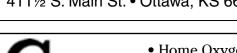
ATTENTION SENIORS:



See how much we can save you on your Medicare Supplement. Call Bruce today at (800) 606-6955.

OSLADIL INSURANCE SERVICE

4111/2 S. Main St. • Ottawa, KS 66067



- Home Oxygen • Sleep Apnea
- Equipment & Supplies Wheelchairs
- CRITICARE Mastectomy & **Compression Products**

Medical Equipment with Home Comfort

1006 W. 6th St. • Lawrence 785-749-4878 • 800-527-9596



We Improve People's Lives

Maggie Smith Durino

Certified Dementia Practitioner

785-608-3665

Lyndon, Kansas 66451

Home Health, Skilled Nursing, Physical, Occupational and Speech Therapy Private Duty Care



1251 SW Arrowhead Rd., Suite 103 • Topeka

785-272-1616

LAWRENCE THERAPY SERVICES

Robert W. Ramsdell

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

Wills - Trusts - Estate Planning Probate Administration

THOMPSON RAMSDELL QUALSETH & WARNER, P.A. 333 West 9th Street, Lawrence, Kansas 66044

785-841-4554 www.trqlaw.com

ssisted Living

Skilled Nursing Can

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

Memory Care

Yes, you CAN! Stay at HOME! Our qualified nurses and certified staff will provide the care you need at HOME

785-424-2785

J & L Lawn Care, LLC

Lawrence Family Owned and Operated

Full Service Lawn Care

Mowing & Trimming, Fertilization

Weed Control, Spring/Fall Cleanup

Snow Removal & Ice Control

Phone: 785-766-7455

Free Estimates

Our Services Include:

Web: www.gracefulhealthcare.com

Email: grace@gracefulhealthcare.com Facebook.com/gracefulhomehealthcare **CARE AT HOME**



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

Jove is a senior health expert here

to help you choose the right plan.

Call Joye at

785-841-9538.

to overcome. Value Your Health Plan Needs

THE Auctioneers 800-887-6929 • www.billfair.com





www.criticarehhs.com



White The Your Sylve

Over 50 Unique Shops, **Restaurants** and Stores.

> 21st & Fairlawn Topeka, Kansas

- Occupational Therapy
- Physical Therapy
- Speech Therapy
- in the clinic Massage Therapy

842-0656

Lawrence

Baldwin City www.lawrencetherapyservices.com



Services available

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.

Sons of The American Revolution

Aldersgate

VILLAGE

John Sayler (President 785-841-5756

Charles Robinson Chapter Thomas Jefferson Chapter (Topeka)

Sub-Acute Program

Brian Vazquez (President) 785-272-7647

Affordable Housing at Cedar Square Apartments

We offer quality housing to persons age 62 or disabled. One bedroom Apartments and Studios available NOW.

COME SEE FOR YOURSELF WHY CEDAR SQUARE IS THE PLACE FOR YOU! 1550 S. Cedar Ottawa KS 66067

Call today to schedule an appointment (785) 242-8110

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

Jove Johnson

. Medicare Education & Consultation . Medicare Supplement Plans

STEPHENS-CHAPIT

Medicare Adventage Plans

2711 W. 6th St. • Suite A

Lawrence, KS 66049

. Part D Prescription Drug Plans . Dental, Life, Disability

(785) 233-1816 or toll-free (800) 227-0089

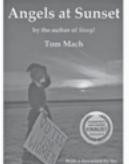
www.centuryinsuranceagencyks.com www.thorntonplace.com

Thornton Place

Gracious Retirement Living All Inclusive Lifestyle • No Buy In Fees Month to Month Lease **CALL 785-228-0555 TODAY FOR A**

COMPLIMENTARY LUNCH & TOUR 2901 SW Armstrong Ave. Topeka, Kansas

HOLIDAY



Nobel Prize Nominated Book!

ANGELS AT SUNSET by Tom Mach is an awe-inspiring historical novel that is about one woman's disbelief in angels. Nominated for the Nobel Prize by Albertus Magnus College in 2012. \$15 ppd. HILL SONG PRESS, PO Box 486, Lawrence, KS 66044

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



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

Natural

Medical



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

Member American Association of Naturopathic Physicians 4935 Research Parkway, Lawrence, Kansas 66047 Phone: (785) 749-2255

Add full color to your Business Card Ad for Just another \$5 per month. Call Kevin at 785-841-9417 for details.

BUSINESS CARD DIRECTORY SPECIAL

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

BUSINESS CARD DIRECTORY SPECIAL

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

Fight procrastination and reach your 'someday'

By Norm Franker

Social Security District Manager in

Maybe someday you plan to scuba dive the deepest depths of the ocean, or take an oil painting class. Perhaps someday you plan to drive across the United States, or sail around the world. All of these goals take prep-

On September 6, we mark Fight Procrastination Day and we challenge you to take the first steps to realizing your "someday."

Someday, you probably want to retire. If you're beginning your career or are midway through, it's never too late to start planning for retirement. Even if you're just starting your career, "someday" isn't that far awav. You're going to want to see what your future Social Security benefits will be, and check your earnings for accuracy, since the amount of your save for your future.

future monthly benefit is based on the amount of your earnings over your

good news. Opening a my Social Security account at www.socialsecurity. gov/myaccount is one of the easiest and fastest things you can do to plan for retirement

About 20 million people have already opened an account and are taking advantage of the benefits of my Social Security. Why are so many Americans opening accounts? Because my Social Security is fast, easy, and secure. It's a convenient way to access your Social Security Statement, which you can use to verify your earnings record, get up-to-date, personalized estimates of retirement, disability, and survivors benefits, and more. With a my Social Security account, you can plan for your retirement and get help figuring out how to

If you already receive benefits, you can manage them online by starting or stopping your direct If you're a procrastinator, we have deposit and changing your address. And, there's more. You can get an instant proof-of-benefits letter and a replacement SSA-1099 for tax purposes, and even a replacement Medicare card.

Someone opens a new account myaccount.

just about every six seconds. No matter how modest or ambitious your "someday" is, fight procrastination and open a my Social Security account today to put you ahead of the

thought would never come is here now. Tribune Content Agency Go find it at www.socialsecurity.gov/

VALLEY SPRINGS SENIOR APARTMENTS



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

(785) 843-3738 www.kansasvna.org

Opening doors to a beautiful lifestyle for over forty years!

785-220-7320 •1300 Hanover Rd • Auburn, KS 66402 from the late 19th century. The cathe-

Brewster at Home has changed its name!



BrewsterConnect is all about making your life — in your home and around the town - easier, healthier, and more satisfying.



Get Connected to:

- Wellness and exercise programs
- Trips, social and cultural events
- **Educational seminars**
- A network of trusted services providers including home health, housekeeping, home repairs, lawn care and more
- Transportation to activities at Brewster Place, plus shopping trips and doctor's appointments

CALL 785-274-3303 TODAY! www.BrewsterConnect.org

RICK STEVES' EUROPE

Uppsala, Sweden's ancient capital and top college town

That elusive "someday" that you Rick Steves: By Rick Steves

Uppsala, Sweden's fourth-largest city, is the best side-trip from Stockholm—just under an hour away by train. This happy town is Sweden's answer to Oxford, offering stately university facilities and museums, the nome and garden of botanist Carl Linnaeus, as well as a grand cathedral and the enigmatic burial mounds of Gamla Jppsala on the town's outskirts.

Almost all the sights are in the compact city center, dominated by one of Scandinavia's largest, most historic churches—Uppsala Cathedral. While the building was completed in 1435, the spires and interior decorations are dral—with a fine Gothic interior, relics of St. Erik, memories of countless Swedish coronations, and the tomb of

Inside, you'll find a different take on the Virgin Mary. This eerily lifelike statue from 2005, called "Mary (The Return)," captures Jesus' mother wearing a scarf and timeless garb. In keeping with the Protestant spirit, this version of Mary is shown not as an exalted queen, but as an everywoman, saddened by the loss of her child and seeking solace—or answers—in the

This cathedral likely sees more toursts than worshipers. Before the year 2000. Sweden was a Lutheran state. with the Church of Sweden as its official religion. Until 1996, Swedes with one Lutheran parent automatically became members of the church at birth. Now you need to choose to join the church, and although the culture is nominally Lutheran, few people attend services regularly. While church s handy for Christmas, Easter, marriages, and burials, Swedes are more likely to find religion in nature, hiking in the vast forests or fishing in one of the thousands of lakes or rivers.

Facing the cathedral is the university's oldest surviving building, the Gustavianum, with a bulbous dome that doubles as a sundial. Today it houses a well-presented museum that features an anatomical theater, a cabinet filled with miniature curiosities, and Anders Celsius' thermometer. The collection is curiously engaging for the glimpse it gives into the mind-set of 17th-century

Uppsala was also home to the father of modern botany, Carl Linnaeus, whose house and garden—now a museum—provide a vivid look at this amazing scientist's work. Linnaeus lived here from 1743 until 1778, while he was a professor at the University of Uppsala. Here he developed a way to classify the plant kingdom.

Strolling Sweden's first botanical King Gustav Vasa—is well worth a garden, I felt like a child: filled with wonder. Linnaeus ran this garden. living on-site to study plants—day and night, year round—tracking about 3,000 different species. Wandering the garden, you can pop into the orangery, built so temperate plants could survive the Nordic winters. The museum fills Linnaeus' home (which he shared with his wife and seven children) with the family's personal possessions and his professional gear. You'll see his insect cabinet, herb collection, desk, botany tools, and notes.

Just outside of town stands Gamla ("Old") Uppsala, a series of mounds where the nation of Sweden was born back in the Iron Age. This site gives historians goose bumps even on a sunny day. It includes nine large royal burial mounds circled by a walking path, all with English descriptions.

Fifteen hundred years ago, when the Baltic Sea was higher and it was easy to sail all the way to Uppsala, the pagan Swedish kings had their capital here. Old Uppsala is where the petty

Swedish kingdoms came together and a nation coalesced. It was also here where Sweden became Christianized a thousand years ago. The highlight of my Uppsala visit

was climbing the burial mounds and imagining the scene over a thousand years ago, when the democratic tradition of this country helped bring the many small Swedish kingdoms together. Entire communities would gather at the rock that marked their place. Then the leader of all the clans, standing atop the flat mound, would address the crowd as if in a natural amphitheater, and issues of the day would be dealt with.

While no one gathers on these mounds for debates today, Sweden still honors its many traditions, and you'll find some wild ones in Uppsala. Every April 30 (Walpurgis Eve—"Valborg"

or "Sista April" in Swedish), students put on their black-rimmed white caps and run down a hill toward town while balloons are released and thousands of alumni, families, and friends cheer (the partying then goes on till dawn).

<u>September 2015 • 31</u>

It's this lively college vibe that gives Uppsala a fun-loving buzz—making a visit here one of your most memorable in Sweden. While it's a small city, it comes with a big history and plenty to do. If you have five days in Stockholm and wonder what to do on that last day, go to Uppsala.

- 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.

© 2015 Rick Steves

Distributed By Tribune Content Agency, LLC.



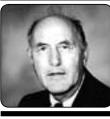
TopekaPresbyterianManor.org | PATHrehab.org A (a)

HUMOR

I Love a Parade

Emmaline loves Letongaloosa, but she isn't from here. She was born in Wyotah, a state way out West in the Rocky Mountains.

According to history, the Great Western Colonizer emigrated to the Wyotah valley from the East with a bunch of pioneers in 1846. He was leading a band of social liberals who wanted to



Larry Day

exercise their Constitutional right to become conservatives. The Wyotah pioneers crossed the plains, climbed the Rocky Mountains, and stopped when they came to a desolate-looking valley. There, according to legend, The Great Colonizer said, "This may be it," and they decided to settle down. That was July 24, 1847.

After much hard work the Wyotah pioneers made the desert blossom as a rose, and the Great Western Colonizer ordered settlers to spread out to the north and south

Emmaline's great grandparents moved south, and she was born in Buckboard, a small town a hundred miles from the capital of Wyotah. Emmaline lived in Buckboard until she married me.

Now, five decades later, we still go to Buckboard to participate in the 24th of July festivities.

Up in The Place, Wyotah's state capital, they mount a huge celebration on the 24th of July. There are concerts, fireworks, a marathon, a 10K race, and a hugely popular, miles-long parade. The parade features beautifully decorated floats, dignitaries riding in new and antique convertibles, marching bands, horse clubs, trained dog acts, stilt walkers, flag-waving school children, and a ton of sign-bearing church

Buckboard has celebrated the 24th of July for almost as many years as The

The big events on the 24th are The Parade, The Demolition Derby, and The Fireworks.

The Parade has always been my

favorite, but I was a bit disappointed in both The Demolition Derby and the Parade this year. I was disappointed in the Demolition Derby because there is a dearth of 1970 and 1980 clunker automobiles in which helmeted contestants can drive around the rodeo arena and bash into each other

On the 24th, Main Street is lined with folding chairs, some of which have been in place for several days. The celebration begins at 6 a.m. with the BOOM. That's when the Buckboard Volunteer Firemen set off a blast that

rattles windows all over town. Then they drive the firetruck through town, its horns honking and its sirens blaring. At 7 a.m. everybody walks down to the city park for the annual Firemen's Breakfast—pancakes, bacon, ham, eggs, pan-fried potatoes-served at picnic tables.

Emmaline and I watch The Parade from folding chairs on the steps of the Town Hall. By the time the honor guard marches by with the flags, Main Street is lined five and six deep with spectators.

The Parade begins at 10 a.m. and travels down Main Street from north to south. My disappointment with this year's 24th of July parade centered on quality, not quantity. This year's parade lasted longer and had more participants than ever before. The problem was, there weren't more floats, nor more bands, there were just more

The float on which "Miss Buckboard" and her attendants rode was beautiful, as were the floats of "Miss Lakeville" and "Miss Mount Oakdale," from two nearby towns.

Whatever the Season, Whatever the Reason!

But after that it was vehicle after four-wheeled vehicle, mostly black, mostly newer SUVs, carrying advertising signs. The signs touted everything from chiropractors and podiatrists to optometrists and dental hygienists. counted five vehicles with "get out of debt" or "payday loan" signs on them. Many of those opportunists threw handfuls of candy to scrambling kids

Next year on the 24th, I'm going rent a big black SUV and put a sign on it that reads: "Infernal Revenue Service." I'm going to wear a dark suit, white shirt, a power tie, and dark glasses. I'm going to stand, with a pen and notebook, beside the SUV at th end of the parade route. I bet no one will notice the typo.

- Larry Day, B.A., M.A., Ph.D., is a Anchorage, AK former foreign correspondent, newspatimes intentionally-all his life.

PET WORLD

Distract finger-biting cat with other amusements

O: I read your recent column on pillon the street. One woman, pushed a ing cats. What I need to know is how big antique baby carriage that had a to give pills to my stubborn dog, who sign advertising her child care service. spits them out. I've tried rolling a pill I didn't mind that—at least she was inside peanut butter and lunch meat, to



Steve Dale

no avail. Is there a secret trick? - D.N..

A: Cats often seem like magicians, per reporter and journalism professor. able to determine if there's a pill within He has written humorous fiction-some- a mile of their food bowl, and dogs can be pretty adept, too.

> First, stop hiding pills inside peanut butter or lunchmeat. The problem is, your dog is on to you. She's figured out that where there's peanut butter or lunch meat, there's likely to be a bittertasting pill. Substitute another treat You have lots of options, including liverwurst, baby food, cheese, or tasty Pill Pockets. Check with your vet on the best choice

If you want to try liverwurst, for © 2015 Tribune Content Agency, Inc. example, start on a day when you have some time. Early in the morning, roll the liverwurst into three little balls. Make a big deal of this, then as you hand each ball to your dog, say something like, "Here's your special treat!"

Now, repeat the same process two more times. The final time around, roll FOUR little liverwurst balls. Inside the third ball, hide the dog's pill. By now, your dog will be conditioned to know that liverwurst balls are wonderful.

Start again by saying, "Here's your special treat!" so your dog is excited about what's about to happen. Confidently, pop her the first three balls and hold the fourth at her nose, ready to go. For dogs, smell overtakes taste. Be smooth, confident, upbeat and quick and this "secret" trick will work.

(By the way, if you do use lunchmeat or peanut butter to entice your dog, low salt is preferred.)

Another solution might be to simply buy moist dog food and hide your dog's pills in that. "Hoover dogs" who inhale their food may never realize there's a nasty pill there.

Q: Can the feline herpes virus be treated successfully? You said in a column that "once treated, the symptoms disappear over time." However, you didn't explain the actual treatment. Jack, my 16-year-old cat, has feline herpes, which has caused significant damage to his right eve. What can we do? - K.R., Bethlehem, PA

A: "For ocular herpes, there are antiviral eye drops," says Dr. Susan Little, president of the American Association of Feline Practitioners. "Also, there's an anti-viral oral medication called famciclovir, which has demonstrated safety for cats. See your veterinarian to determine the best approach."

- Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 154, Buffalo, NY. 14207. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.

INSERTS!

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

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

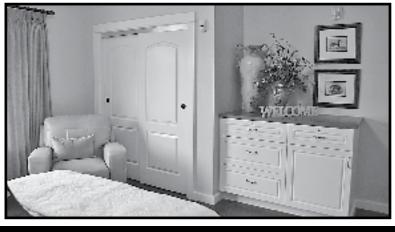


September 2015 • 33

NEUVANT HOUSE

Person Centered Care





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

One campus, two specialties of care.

WEST HOUSE

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

EAST HOUSE

Designed to care for individuals living with advanced physical needs.

KEY FEATURES

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

· Personalized care and schedules

Learn more about Neuvant House

Matt Stephens

1 785-856-7900 © admin@neuvanthouse.com Take a video tour at www.NeuvantHouse.com

1216 Biltmore Drive, Lawrence, KS 66049

We will be there for you!

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

Call Vintage Park today!

Make Vintage Park Your First Choice For Assisted Living

From Short-term Respite Stays to Making Vintage Park Your Home....

BALDWIN CITY 321 Crimson Ave. 785-594-4255

Vintage Park at Baldwin City Baldwin City, KS 66006

www.vintageparkbaldwin.com

OTTAWA Vintage Park at Ottawa 2250 S. Elm Ottawa, KS 66067

785-242-3715

Tonganoxie, KS 66086 120 W. 8th St. 913-845-2204

Vintage Park at Tonganoxie

TONGANOXIE

www.vintageparkottawa.com www.vintageparktonganoxie.com

34 • September 2015

WOLFGANG PUCK'S KITCHEN

Sun-ripened tomatoes add fresh summer flavor to pasta

By Wolfgang Puck

Tribune Content Agency

D ite into a peak-of-season, sun-rip-Dened tomato picked at the moment when it's fully matured, yet still firm, and you'll experience one of the greatest pleasures summer has to offer. The juices might run down your chin as your mouth fills with a flavor that's the perfect balance of savory and sweet. At that moment, you'll understand the culinary meaning behind the tomato's classification as a "vegetable-fruit." It's botanically part of the fruit family, but we use it as a vegetable.

The tomatoes you find in farmers' market stalls right now, and even in the produce sections of well-stocked supermarkets, are so good eaten just as they are that there isn't much need to cook them. I demonstrated that recently by dressing chopped fresh tomatoes with some balsamic vinegar, extra-virgin olive oil and seasonings (basically, a vinaigrette dressing) to make a topping for garlic toasts for a classic Italian bruschetta.

The possibilities offered by summer's finest tomatoes extend, however, beyond that kind of salad-like treatment into the world of pasta sauces, which most people think of as cooked preparations. Yet, as you'll see in the following recipe, great tomatoes can actually be used as the foundation for an uncooked sauce that is warmed only by the still-hot, just-drained pasta with which it is tossed.

One of the most important points when making a dish such as this is to eliminate anything that would water down the sauce or otherwise weaken it, while at the same time including ingredients that amplify flavors that would ordinarily be intensified through the cooking process. That's why I first peel the tomatoes and remove their watery seeds, leaving only their flavorful flesh, before chopping them. I also like to include anchovies in the mix-

ture, which don't really contribute any noticeable fishy flavor but do enhance the sauce with their brininess. Likewise, I prefer to use brine-cured olives like the ones you'd find loose in the deli department of a supermarket or packed in their brine in a glass jar, rather than water-packed black olives.

For the pasta, I like to use bite-sized shapes that will hold some of the sauce in their crevices or holes. The moment it is drained, stir it, still dripping, into the sauce. The pasta's heat activates the mixture in a way that will dazzle you with the aromas and flavors of summer.

PASTA WITH FRESH TOMATOES. **BLACK OLIVES AND ANCHOVIES**

Serves 4

3/4 pound large sun-ripened organic

Kosher salt

2 garlic cloves

3/4 pound uncooked bite-size regular or whole wheat pasta, such as bow ties, fusilli or medium shells

2 tablespoons extra-virgin olive oil 1/2 cup (125 mL) plus 1 tablespoon chopped fresh flat-leaf parsley leaves

INSERTS!

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

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

2 anchovy fillets, patted dry with paper towels

1/4 teaspoon red pepper flakes

1 pound (500 g) red, or mixed red and vellow, organic cherry tomatoes, some left whole, some halved

1/4 cup pitted, coarsely chopped cured black olives

1/4 cup well-drained sun-dried tomatoes, cut into thin strips

1/2 tablespoon sugar

1/4 teaspoon freshly ground black

Freshly grated Parmesan, for serving (optional)

Bring a large pot of water to a boil. Meanwhile, half-fill a mixing bowl with ice cubes and water and place it

With the tip of a small, sharp knife, carefully cut out the core of each large tomato with shallow, angled cuts around the stem end. Then, score a shallow X in the skin at the opposite

When the water is boiling, use a wire skimmer or slotted spoon to carefully lower the tomatoes into the water. Boil just until their skins begin to wrinkle, 15 to 30 seconds. Then, immediately use the skimmer or spoon to transfer the tomatoes to the ice water. Leave the

McFARLAND'S

Restaurant)

4133 Gage Center Dr. • Topeka • 785-272-6909

Old 56

Family Restaurant

2227 S. Princeton St.

Ottawa, KS 66067

785-242-7757

Serving Topeka Since 1969

Casual Dining, Private Parties

Over 70 years of serving fine food

Open 7 Days A Week

6:00 a.m.-3:00 p.m.

1034 S. Kansas Ave.

785-232-1111

912 S. Chestnut

Olathe, KS 6606

913-390-9905

Seniors dine out an average of 4-5 times per week! If you would like to

add your restaurant to the Senior Monthly Restaurant Guide, please

call Kevin at 785-841-9417 for details.

pot of water boiling.

As soon as the pot of water comes to a boil, salt the water. Add the pasta and cook until al dente (tender but Each month I will write about a

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

tomatoes. Cut each crosswise in half and squeeze out the seeds. Coarsely I would love to hear from you. If you a large pasta serving bowl.

with the stainless-steel blade. Process cago.) - Tom Mach until uniformly pureed

Pour the puree into the serving bowl with the chopped tomatoes. Add the cherry tomatoes, olives and sun-dried tomatoes. Season with the sugar, 1/2 teaspoon of kosher salt and the black

As soon as the pasta is done, drain it and immediately add it to the bow with the tomato mixture. Add the remaining parsley and toss well.

Spoon the pasta into individual large shallow serving bowls. Serve immediately, passing Parmesan for guests who

© 2015 Wolfgang Puck Worldwide, Inc. Distributed By Tribune Content Agency, LLC.

Chic-A-Dee

CAFÉ

"Good Home Cooked Food"

Unite Gover Love 968

Pizza, Sandwiches,

Pasta, Salads

Family Dining

Carryout

Voted Best BBQ

in Lawrence

University Daily Kansan

Top Of The Hill 2011

510 E Front St. • Perry • 785-597-5133

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

Restaurant Guide

MEMORIES ARE FOREVER

still slightly chewy), following the memory of a person's life and I hope manufacturer's suggested cooking you will enjoy it. For information you need to submit your own memories, While the pasta is cooking, drain the please visit my blog at

www.MemoriesAreForever.net

chop the tomatoes and transfer them to wish to include a nostalgic picture of yourself, please send it as an attach-Put the olive oil, 1/2 cup (125 mL) ment to your submission email. (The of parsley, garlic, anchovies and red photo below is me as a two-year-old pepper flakes in a food processor fitted sitting on the steps of my home in Chi-



Tom Mach

Gift of Voice

By Ronda Miller

Come memories are like a painful Doburr in our side; no matter how hard we attempt to dislodge them, they only become more deeply embedded Other memories are like a jewel, we know not to trust them in just anyone's nands. Perhaps these are the memories we bring out on rare occasions to help ourselves through a tough moment Regardless of whether the memory is good or bad, they are as unique as each ndividual who experiences them.

Not long after I turned three, my nother died by suicide and my family was separated. My brother, who was a year older than I, was sent to live with my father's side of the family with an aunt and uncle who lived in Kansas. My sister and I were sent to live with a different sister, an aunt who lived with ner husband in Ft. Morgan, Colorado.

My memory of life with my aunt and uncle had indeed become transformative in numerous respects. My uncle made himself available to play with my sister and me far more often than my father ever had. Uncle Earl seemed to have a natural affinity for children. I spent the next couple of years being nurtured (even spoiled), in contrast to my previous life experience in which my brother and sister and I were left almost entirely on our own. My mother, of course, had been deeply depressed, and my father had worked as a police officer. Uncle Earl held me, rocked me, and gave me the most important things I continue to cherish today—a love for expressing myself, my own voice! He was the person who taught me my numbers, alphabet, how to spell, nursery rhymes, and, eventually, how to

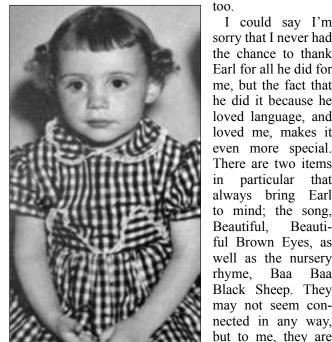
get buried among other debris that life often throws in our direction. Earl died suddenly, in his mid-40s, due to pancreatic cancer. My sister and I were sent into a series of different living situations. I had a chance to say goodbye to Earl. I remember thinking, even as a five-year-old child, how very sick he was as he lay in bed with profuse amounts of sweat on his forehead. He hugged me and told me he loved me one last time before the massive cancerous growth within his stomach I grieved over Uncle Earl's passing

These are the type of memories that

such that, when I turned 17, I became depressed—not only because of my uncle's demise, but because my Mom had died, I was no longer allowed to see my Dad again, and I was often not even allowed to see my brother. Together, these tragedies became so acute I had to be hospitalized for seven weeks. My mind became flooded with memories of snow-laden farm fields, irrigation ditches, my uncle's kindly green eyes, his voice singing to me as he held me that kept me going. I hadn't allowed myself to think or talk about Earl for decades since then until recently when the publisher of my latest book of poetry, MoonStain, asked me when I first started writing. It was then that I

realized how much I associate words children the love of lyrics and rhyme with the most pleasant times from my childhood.

It was because of Earl that I associate poetry with healing and soothing kindness. It was because of Earl that I reach for writing as a tool to help me through the bleakest of times as well as the most pleasant of times. Sadly, Earl had no way to know I'd become a writer. He had no way of knowing that one day my love of language would lead me to teach my two children, at age three, how to read and



Ronda Miller connection I felt as a write; later I'd also teach other people's child, and they always make me smile.

part of the deepest

<u>September 2015 • 35</u>

Your parents want to stay in the place they call home. If you're looking for help a few hours a week or 24/7. We can help.



Call for a free, no-obligation appointment

Lawrence • 856.8181 Topeka • 272.6101

for our digital brochure visit www.HISC584.digbro.com

homeinstead.com/584

Mon.-Fri. 6 am-8 pm. Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216

My uncle grew sugar beets and raised cattle. My aunt was a homemaker. It was quite a change from the life we nad experienced in Loveland, Colorado. My uncle and aunt were a decade and a half older than my parents. Their son and daughter were older and would soon be leaving the household

devoured him.

GOREN ON BRIDGE

Simple is best

Goren on Bridge: With Bob Jones

Tribune Content Agency
East-West vulnerable. South deals.

NORTH

- **♦-**A Q 6 **♥-7653**
- ♦-A O 9
- **♣**-8 3 2 **EAST**

♠-9753

♦-K 10 6 4

♣-J 10 9 7

Pass

♥-K

WEST **♠**-842 **♥**-O J 10 8

♦-J83

♣-6 5 4 **SOUTH**

♠-K J 10

♥-A 9 4 2 **♦-752**

3NT

♣-A K O

The bidding SOUTH 1NT Pass

Pass Pass

Meals on Wheels of Shawnee and



Jefferson Counties, Inc.

healthy and delicious meals

Call today: (785) 295-3980

Meals on Wheels and good nutrition can help you:

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

chronic illness RURAL DELIVERY AVAILABLE



Please contact us, if you'd like to become a meal

delivery volunteer! www.meals-on-wheels-inc.org Opening lead: Queen of •

Many good players will eschew Stayman and raise no trump directly when they have 4-3-3-3 distribution. Nine tricks will often prove easier to take than 10, especially if there are no ruffs available.

South ducked the opening heart lead and allowed East's king to win. Declarer won the jack of clubs shift with the ace and cashed the ace of hearts, getting the expected bad news there. Diamonds offered the only remaining hope for a ninth trick. Low to the nine followed by low to the queen would produce an extra trick almost two-thirds of the time. Not bad, but South found a better line. Declarer cashed the top three tricks

in both spades and clubs. When both opponents followed to all of these tricks, South made a play that guaranteed the contract. He led a low diamond, planning to cover any card

played by West. When West played low, dummy's nine was inserted, losing to the 10. East could cash his two black winners, but he was then forced to lead a diamond into the board's ace-queen and declarer had his nine tricks!

Bulletin of the International Bridge Press Association, and especially Tim © 2015 Tribune Content Agency, LLC.

Bourke, of Australia, as a source for many of the deals seen in this column.

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



dies radio WRENRADIO.NET all oldies... all the time SUDOKU: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

PUZZLES & GAMES

Across

- Handhold
- Part of a comparison
- Roadside chain, for
- Sean who played Samwise Gamgee
- Dash
- Arum family tuber
- Quantum theory
- Glides
- Heart part?
- iust be me" Fertile deposit
- Facetious Appalachian

- 10 Montreal Protocol
- "Men in Trees" star
- Take at: try to wallop

- Marcy May Marlene"
- portmanteau 35 Old blade

9

8

6

CROSSWORD

- concerns

- Egyptian menace
- pioneer
- Texter's "... but that may
- Elizabeth of "Martha

3

8

36 Like some grazers

- 37 Span. girl
 - 41 Smart alecks 44 Complexity
 - 47 Inscribed marker
 - 48 High-tech worker 49 Taken out, in a way
 - 51 Back in the day 53 Rare pro golf feat
 - 56 Daughter of Loki 57 "We Three Kings" kings
 - 58 Joining device 59 Ring material
 - 62 Desierto's lack 63 Ravel's "Gaspard de la
 - 64 Nice book
 - 65 Treated 66 Mdse. containers

6

9

3

2

6

67 Pool events

Down

8

2

8

5

2

- Chinese tea
- Nessman of WKRP Be a team
- Turkish skewer Friends you may never

potations and to addict to sack": Falstaff Havana "How do" Trojan War hero 9 Like some rude jokes, briefly 10 Disaster 11 Cookout fare 12 Wait to land, perhaps 13 Reserved, with "for' 22 Style 23 Takes it slow, in a way 24 "Yes!" 25 Chuckleheads 29 Hitch 30 Safari coverings 33 Kind of telescope 34 Songwriter Green 38 1991 "Favorite Album - Country" American Music Award winner

39 1970 sci-fi film starring

42 Start of a favorite-meal

43 1998 "King Lear" Olivier

last big-screen

performance

reminiscence

40 Regarding

Joan Crawford in her

see

"... forswear thin

44 Doctrines

- 46 Harass
- 50 "This I Promise You" band
- Award winner 54 Boor

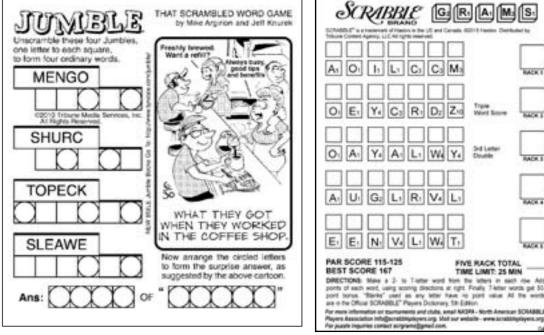
- 45 Anger

- 55 Similar
- 60 Scrap for Fido

<u>September 2015 • 37</u>

61 Video game letters © 2015 Tribune Content Agency, Inc.

52 Bottled-up type?



Answers to all puzzles on page 38

www.seniormonthly.net

38 • September 2015 KAW VALLEY SENIOR MONTHLY **CROSSWORD SOLUTION SUDOKU SOLUTION**

_																							
ì	L	Α	S	Р		Т	Н	Α	Ν		¢	F	C	S	1	7	2	5	1	8	a	3	6
ı	Е	C	Н	Е		Н	0	J	0		Α	R	1	P		′	~	9	*	0	9	3	,
L	S	Т	Ι	Ν		Ε	L	Α	Ν		Т	Α	R	0	3	6	4	9	7	2	8	5	1
		Α	S	Р		М	Α	Х	Р	L	Α	N	C	K	-	_	_	_	-	_	-	4	,
ì	Α	S	Н	Α	Υ	S			С	0	С	K	L	Ε	5	9	8	3	1	6	1	4	2
	М	0		L	0	Е	S	S		0	L	S	Ε	N	4	8	6	7	9	1	3	2	Ę
۲	Е	Ν	Ν	S	Υ	L	Т	U	C	K	Υ				-	_	_		~		_	-	_`
,	Ν	Ε	Ε		0	٧	1	Ν	Ε		S	R	Т	Α	2	3	1	6	8	5	4	9	7
			W	1	S	Е	Ν	Н	Е	1	M	Ε	R	S	$\overline{}$	-	-	4	_	~	_	4	,
)	Е	Р	Т	Н		S	Т	Ε	L	Α		В	0	T	9	5	/	4	2	3	6	1	8
)	Ν	L	0	Α	Ν			L	0	Ν	G	Α	G	0	6	2	5	8	3	9	1	7	4
ì	R	Α	N	D	s	L	Α	М		Н	Е	L				~				9		-	_
١	А	G	1		Υ	0	Κ	Ε		0	Ν	1	0	N	8	4	3	1	5	7	2	6	ξ
L	G	U	Α		Ν	U	1	T		L	1	٧	R	E	-	4	_	\sim	0	4	-	0	,
;	Е	Е	N		C	Т	Ν	S		М	Ε	Ε	Т	S	/		9	2	6	4	5	8	3

XRAPPLE BRAND GRAMS SOLUTION



JUMBLE ANSWERS

GNOME CRUSH **POCKET WEASEL**

Answer: What they got when they worked in the coffee shop -- LOTS OF "PERKS"



Like Senior Monthly on Facebook (facebook.com/seniormonthly) and be eligible for monthly prize drawings.

www.seniormonthly.net

Reserve Your Space Today!

For the "2016 Senior Resources Directory," a special pull-out section that will be available in the January 2016 issue of Kaw Valley Senior Monthly.

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

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

Deadline is Dec. 11

Contact Kevin at 785-841-941 or kevin@seniormonthly.ne for more information.

An online form is a	vailable at www.seniormonthly.net/directory.html
Business/Organization Name Address:E- Phone:E- URL:	
	ur services and/or products (up to 75 words)

The 2015 Senior Resources Directory is available online at www.seniormonthly.net/2015resourceguide.pdf



YOUR LIFE. YOUR STYLE. YOUR HOME.





COME LIVE WHERE THE PRICE IS RIGHT

Call us for our great move-in specials!



Amenities included in your monthly rent:

- Private Apartments
- Complimentary Housekeeping
- Free On-site Laundry
- Social Activities and Entertainment
- Scheduled Transportation
- Complete Kitchens
- Safety Designed Bathrooms

- Tornado Shelter
- Beauty/Barber Salon
- Daily Exercise Program
- Fine Dining
- Private Party Area
- Outdoor Living Areas
- Pet Friendly
- And Much, Much More!

ARBOR COURT RETIREMENT **COMMUNITY AT ALVAMAR** 1510 St. Andrews Dr. • Lawrence

785-841-6845

Call us today for a personal tour! ARBOR COURT RETIREMENT **COMMUNITY AT TOPEKA**

4200 SW Drury Lane • Topeka

785-273-6847

85%

OF BREAST CANCERS occur in women with NO FAMILY HISTORY OF BREAST CANCER.

3 convenient locations offer digital mammography and fast results. STARTING AT AGE 40, GET A MAMMOGRAM

ONCE A YEAR.

Call today for an appointment. Walk-ins welcome at LMH South weekdays 10 a.m. to 2 p.m.

785.505.3300 lmh.org/breastcenter





Stay healthy. Stay close.

Stay for Life.

Call now: 785.505.3300

LMH South 3500 Clinton Place LMH Imaging West 4525 W. 6th Street LMH Main Campus 325 Maine Street

