

Kaw Valley **Senior Monthly**

FREE!
Take One Home With You

September 2018

Serving Active Seniors in Northeast Kansas since 2001

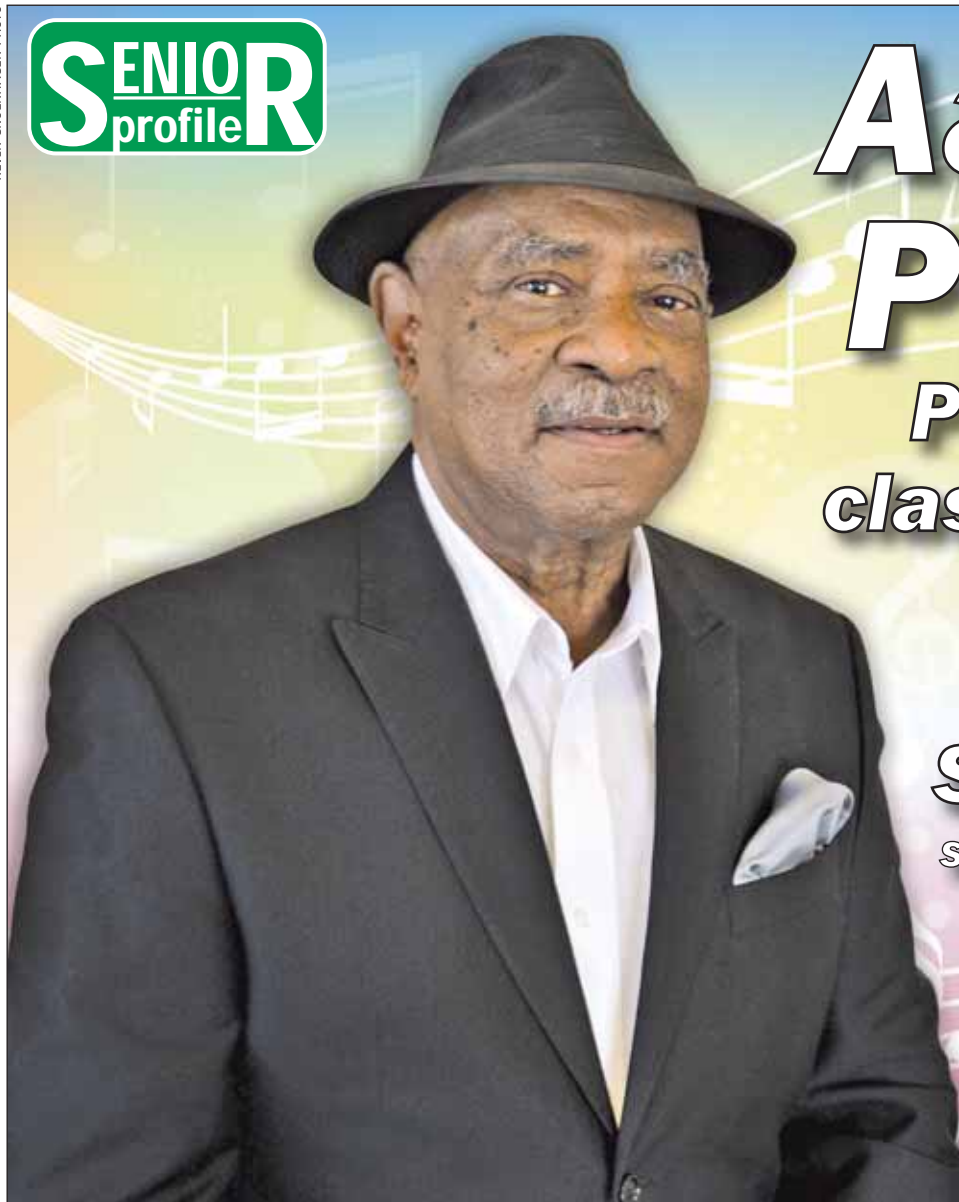
Vol. 18, No. 3

INSIDE



KEVIN GROENHAGEN PHOTO

SENIOR profile R



Aaron Price:
Performing classics from the Great American Songbook.

See story on page three

The Lawrence Veterans Day Parade planning committee is seeking veterans to participate in commemorating the 100th anniversary of the signing of the armistice that ended World War I on November 11. - page 6

- Business Card Directory...28, 29
- Calendar.....20-27
- Financial Focus 19
- Gore on Bridge36
- Health & Wellness..... 16, 17
- Humor.....33
- Jay's Musical Memories.....31
- Jill on Money.....18
- Mayo Clinic 15
- Memories Are Forever31
- My Answer38
- My Pet World34
- Professional in Aging Profile ... 10
- Puzzles and Games.....37
- Rick Steves' Europe30
- Wolfgang Puck's Kitchen..... 32

www.seniormonthly.net

NOW accepting 55 and over!

National Church Residences
CEDAR SQUARE

Affordable Apartments for Seniors age 62+



- One-bedroom and studio floor plans available
- Resident Service Coordinator
- Community and game room
- On-site transportation available
- Central air
- Emergency call system and elevator

Call us today for a personal tour of your new Cedar Square Home!

1550 South Cedar • Ottawa, Kansas 66067 • Phone: 785.242. 8110 • TDD: 614.442.4390 • www.nationalchurchresidences.org/cedarsquare



PRSR1 STD
U.S. Postage
PAID
Lawrence, KS
Permit No. 19

THE Art OF Living

Find inspiration in your everyday life.



MOTIVATIONAL *Living*

Meet Roy

Landscape Painter • Former Newspaper Owner • Veteran

Our robust life enrichment programs help you pursue your favorite interests or discover new ones together with friends.

LEGEND[™]
ASSISTED LIVING & MEMORY CARE
at Capital Ridge

1931 SW Arvonla Pl
Topeka, KS 66615
(785) 272-9400

The
Windsor
of Lawrence
ASSISTED LIVING & MEMORY CARE

3220 Peterson Rd
Lawrence, KS 66049
(785) 832-9900

Find us on Facebook!



Legend Senior Living



Residences of Legend Senior Living[™]

www.legendseiorliving.com



Price finds his voice as a singer of classic songs

By Kevin Groenhagen

It's somewhat unusual for people to discover a new talent in their 60s and 70s. For example, Paul Heitzman of De Soto, whom *Senior Monthly* featured in July 2001, took up running in his 60s. He soon became one of the fastest runners in his age group in the entire country. Laura Ingalls Wilder was in her 60s when she published *Little House in the Big Woods*. And Grandma Moses took up the paint brush at the age of 75.

For Topeka's Aaron Price, 75, his new talent is singing, which he didn't discover until he was in his 60s.

Price grew up in Topeka, moved to Kansas City in 1962, and then, after talking to friends who lived in California, moved to Los Angeles in 1964. He lived in California for more than 50 years and worked in several different positions, none of which required him to sing.

"Over the years, I did a little bit of everything," he said. "I was a machinist at one time, I was a barber at one

time. I did factory jobs. Then I was a claims adjuster for Farmers Insurance. I handled material damage at body shops."

But then Price decided he wanted to learn how to play a musical instrument.

"I was taking guitar lessons," he said. "My teacher was a very good friend of George Benson's, the great jazz guitarist. Benson's cousin told me I needed to pursue singing, which had never crossed my mind. I just liked the songs that I sang."

The songs that Price likes to sing include songs from what belong to the "Great American Songbook." That title doesn't refer to an actual book or specific list of songs. In addition, there is no consensus on which songs are in the "Great American Songbook." For Price, it's the music he grew up with.

"That's the music from the Sinatra era," he said. "That includes Brook Benton, Nat King Cole, Tony Bennett, and others."

Price initially began singing as some-

KEVIN GROENHAGEN PHOTO



Aaron Price

thing fun to do. But others thought he should consider going further with his new hobby.

"There was a performing center that used to have jazz sessions on Monday nights," Price said. "They had an open

mike session. When I would go there, some of the professional musicians who came there encouraged me to keep singing."

Price began performing at house par-

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

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 160 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 \$8.50 for 12 monthly issues.

Contact us:

MAIL

2612 Cranley St.
Lawrence, KS 66046

PHONE / TEXT

785-841-9417

E-MAIL

kevin@seniormonthly.net

Senior Monthly is locally owned and operated.

Hear Better for Less!

Finally... Affordable Hearing Aids!

We are so confident you will not find better pricing in the local market... If you do, we will beat their price by 10% - **GUARANTEED!**

We honor all manufacturer warranties!



NEXT GEN HEARING LLC
HEAR BETTER FOR LESS

www.nextgenhearing.net

545 Columbia Dr., Ste. 1004
Lawrence, KS 66049

End of Summer Savings!

SPECIAL EVENT Now through September 28

No Money Down & Financing Available

\$22/Mo. OR **\$750 Ea.**



100% Digital Hearing Instruments

Fits up to a 40 dB loss.

Up to 60% off LiNX models



Casey Penfold, HIS
President/Owner

Call today to schedule your appointment!

785-551-7525

Aaron Price

■ CONTINUED FROM PAGE THREE

ties and jazz clubs, including Pip's on La Brea, which is located near Hollywood.

About three years ago, Price recorded the vocals for a CD that includes classics such as André Previn and Dory Previn's "You're Gonna Hear from Me," Johnny Mercer and Richard Whiting's "Too Marvelous for Words," and Andy Razaf and Don Redman's "Gee, Baby, Ain't I Good to You," which was The King Cole Trio's final #1 song on the Harlem Hit Parade.

Accompanying Price were seven musicians listed collectively as "The LA Elite Players." Price had also performed live with some of these musicians at clubs in the Los Angeles area.

"These are some of the people who encouraged me to sing," Price said. "They are all professional musicians."

One of the professionals who encouraged Price to sing is Nolan Shaeed, a

trumpet player. Shaeed was a musical director for Marvin Gaye, lead trumpet with Count Basie, and has worked with numerous artists, including Natalie Cole, Stevie Wonder, Diana Ross, and Phil Collins.

"Nolan plays trumpet on the CD and is a sound engineer," Price said. "I went to his studio to record the CD."

Price returned to Topeka about two years ago. After returning, he began performing for wedding anniversaries, social club gatherings, and receptions.

"I sang for a wedding anniversary at the Kansas Museum of history in June," Price said. "They have a great room for receptions and weddings."

Before singing at such an event, Price shares his repertoire of more than 200 songs with those who are interested in hiring him so they can pick which songs they want him to perform. His repertoire includes many songs that would be considered as belonging to the Great American Songbook, but it is not limited to those classics. The list also includes country classics such as

■ CONTINUED ON PAGE FIVE



NEUVANT HOUSE

OF LAWRENCE

Person Centered Care



Many Amenities of Home and More! Take a tour of Neuvant House today



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 with physical needs.

KEY FEATURES

- Beautiful home and surroundings
- Secure environment
- Private Suites
- Nutritious home-cooked meals
- Personalized care and services
- Engaging programs and activities
- 24 hour staff and assistance
- Many more amenities

Learn more about Neuvant House!

785-856-7900

NeuvantHouse.com

admin@neuvanthouse.com

Take a video tour at www.NeuvantHouse.com

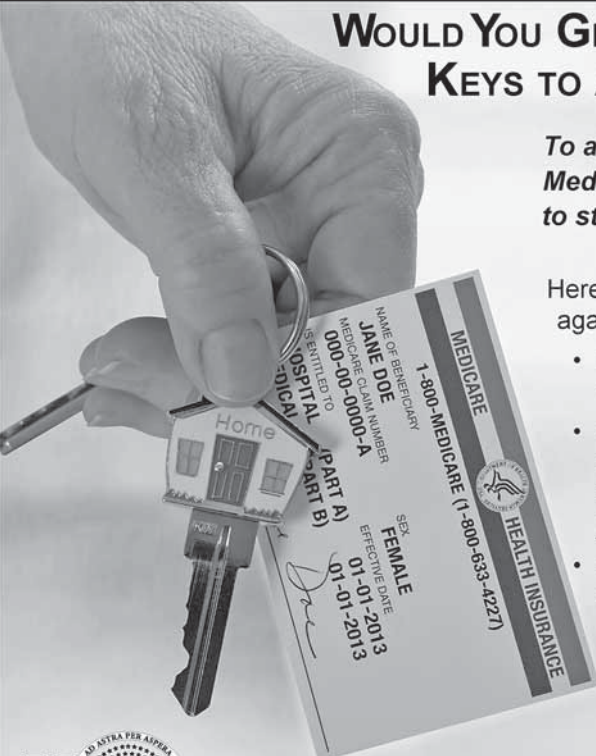
1216 Biltmore Drive, Lawrence, KS 66049

WOULD YOU GIVE YOUR KEYS TO A STRANGER?

To a scammer, your Medicare card is the key to stealing your benefits.

Here's how you can protect against health care fraud:

- Don't give your Medicare number to strangers
- Check medical bills and statements with your personal healthcare journal
- Report errors and suspicious charges to **800-432-3535**



This project was supported, in part by grant number 90MP0087, from the U. S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.

Kansas SMP
Empowering Seniors To Prevent Healthcare Fraud

Kansas
Department for Aging and Disability Services

PROTECT
Medical Numbers

PREVENT
Scams and Errors

REPORT
Your Concerns

Aaron Price

■ CONTINUED FROM PAGE FOUR

“Wichita Lineman” and “The Bollweevil Song,” blues classics such as “C. C. Rider” and “Ain’t Nobody’s Business What I Do,” and pop classics such as “Try to Remember” and “It’s All in the Game.” (For trivia buffs, “It’s All in the Game” was a No. 1 single for Tommy Edwards in 1958. In 1951, Carl Sigman composed the lyrics to a wordless 1911 composition titled “Melody in A Major,” written by Charles G. Dawes, later Vice President of the United States under Calvin Coolidge and a co-recipient of the Nobel Peace Prize in 1925. “It’s All in the Game” is the only No. 1 single to have been co-written by a U.S. Vice President or a Nobel Peace Prize laureate.)

But what if someone wants Price to perform a song that is not part of his repertoire?

“If I know the song, I’ll play it for them,” he said. “Or, if I have time, I can probably add it to my repertoire.”

Price performs by himself, but he says people still get the big band experience.

“I have a great music system, so when I perform it comes out as a very professional performance,” he explained. “The sound system includes all types of genres. I have an eclectic taste in music. I even have some country and western that I like. I like George Strait and Glen Campbell. I like a little R&B. But mostly I like the songs from the Great American Songbook. That’s the jazz classics.”

According to Price, two hours is usually enough time for him to perform for an event, but he can perform longer if necessary.

“I enjoy watching people having

fun while I perform,” Price said. “My music is very danceable because I have a jazz combo and big band orchestra incorporated in my music. My music is mostly for the mature audience. But some younger people, especially college students in jazz studies, enjoy the music as well. This is music they get to learn about in their studies. Good music never gets old.”

In fact, many older songs have been featured in more recent commercials. “Lean On Me” (1972) is featured in a Dawn dishwashing liquid commercial, “Beyond the Sea” (1945) is featured in a Carnival Cruise Line commercial, and “I’ve Got You Under My Skin” (1936) was used a just few years ago in an NBA commercial. These songs are part of Price’s repertoire.

In addition to performing at events, Price often performs at the SouthWind Gallery during the First Friday Art Walks in Topeka.

For more information about Aaron Price, his music, and his rates (which he says are very reasonable), contact Price at 323-326-2177 or aapvocal@gmail.com.



PETERSON
KRISCHE
VAN HORN DDS

*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
www.pkvdds.com

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

COMPASSIONATE EXPERTS.
STATE-OF-THE-ART
PROCEDURES. CLEAR,
COMFORTABLE VISION
FOR LIFE.



There is no substitute for experience when it comes to your vision. The surgeons at Genstler Eye Center have been enhancing sight through advanced surgical solutions for over 25 years. Put your sight in the hands of experience!



Genstler Eye Center

SURGICAL VISION SOLUTIONS

4505 W Sixth Street, Suite C • 785.273.8080 • g-eye.com

Moving to 2200 Harvard Road in late 2018

Veterans Day Parade to be held in Lawrence

By Billie David

At 11:00 a.m. local time on November 11, 2018, bells will ring across the nation to commemorate the 100-year anniversary of the signing of the armistice that ended World War I effective on the 11th hour of the 11th day of the 11th month of 1918.

On the 100th anniversary, on the same day at the same time at the Veterans Day Parade in Lawrence, participants and spectators will observe a moment of silence to commemorate the anniversary and to honor those who served during World War I.

This will be the second Veterans Day Parade held in the city of Lawrence since 1968. The first one since then was held last year, on Veterans Day of 2017. And this year, the search for veterans living in Douglas County is being extended so that even more veterans can be invited to come and be recognized and thanked for their service.

"It's for all Douglas County veterans, those in Lawrence, Eudora, Baldwin City, Lecompton and all the other places," said Mike Kelly, who chairs the Lawrence Veterans Day Parade planning committee this year.

The outreach effort to find and invite all Douglas County veterans includes contacting all of the veterans who signed up for the parade last year as well as those who came but didn't join in the parade because of personal preferences, preferring instead to watch from the sidelines.

"Last year we had over 300 veterans, and we're looking for more veterans this year," said Michelle Mailand, vice chairperson of the parade committee.

"We are checking the retirement communities this year," added Kelly, "One of them has come through in a big way. Twelve people from there have signed up.

"If you're in a wheelchair, if you need a van, whatever assistance you need," he continued, "as long as you can be outside in November weather, we will provide accommodations for you."

"Some individuals don't consider themselves to be veterans," Mailand said, referring to the federal definition of veteran as someone who has served in the active military and who was discharged or released under conditions other than dishonorable. There is no minimum amount of time of service required to be considered a veteran according to this definition, as long as the discharge was not dishonorable.

"You don't have to have been in combat or overseas," Mailand said. "You can be in the Reserves or the National Guard."

Last year's parade included veterans in their 20s all the way up to their 90s. World War II veterans generally rode in cars because of their age, said Kelly, who himself has served on active duty in the Air Force for 34 years, retiring in 2006.

"The World War II Veterans were near the front of the parade, and as they passed by, we had organized all the others to give them a salute," he added. "That was a special part for me."

It also exemplifies the reason for the parade—and the reason for the outreach—which is to thank veterans for their service, both those who have never been thanked and those who have.

"It's non-political," Kelly said. "It's just to thank veterans."

Last year, veterans from World War II, Korea, Vietnam, the Gulf Wars, Iraq and Afghanistan participated in the parade, and all branches of the military were represented, including the Army, Navy, Air Force, Marine Corps and Coast Guard. In addition, a Douglas County veteran member of the United States Merchant Marine who served in World War II combat at sea as an auxiliary to the U.S. Navy participated in the parade.

The catalyst for restoring the parade tradition again came last year from Lawrence Veterans Affairs counselor Sandra Wisdom, who had heard from several local veterans how important expressing thanks for their service was to them, and also their lamenting the



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 \$3,200 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.
- Trained staff on duty in AL 24 hours per day.
- Regular health monitoring.
- Medical director onsite two days per week.
- Utilities including cable TV.
- Security cameras.
- 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



Parade

■ CONTINUED FROM PAGE SIX

fact that Lawrence had not held a Veterans Day parade in nearly 50 years.

Wisdom talked to Kim Murphree, who organized the 2017 Lawrence Veterans Day Parade planning committee.

Last year's parade also revealed a generous amount of community involvement, Kelly remembered. "I estimated about 2,000 people attended, and that was on a rainy day," he said. "We're trying to support the parade in Lawrence and keep it going for many years to come."

Not only the community in general but also the businesses in Downtown Lawrence pitched in to help make last year's parade a success.

"A lot of people pulled together to take care of last-minute things," Kelly said. "Michelle and the others just weren't going to let it fail. The people all came together in the end, and we put on a pretty good parade."

This year, the Lawrence Veterans

Day Parade will be held on Sunday, November 11. Spectators should try to be in place by 10:45 a.m. in order to observe the moment of silence at 11:00 a.m. The parade will start at 7th and Massachusetts streets and continue on to 11th and Massachusetts.

Some aspects of the parade are still in the planning stages, including an aerial fly-over.

"We will have military vehicles and representation from all of the branches," Kelly said.

Funds raised will provide a financial grant to a local Douglas County Veteran identified by the Eastern Kansas Health System Veterans Administration.

The parade committee also welcomes sponsorships, volunteers, and parade entries from individuals, families, groups and businesses wishing to thank the veterans. All forms—parade entry, veteran entry, sponsorship and volunteer—are available at the website LawrenceVeteransDay.org. The planning committee can also be contacted via the website. The Lawrence Veterans Day Parade Association (LVDPA) is a 501 non-profit, now in its first year.

The rehabilitation you need...



wherever you call home

All Your Home Care Needs Under One Roof

Home Health | Rehabilitation | Hospice | Help at Home

(785) 843-3738 | www.KansasVNA.org



**CAA STEPHENS CHAPIN
INSURANCE**

MEDICARE

**Open Enrollment
begins October 15th**

We offer all **MEDICARE**
Supplement and
Advantage plans



- All original Medicare Supplement Plans
- All Advantage Plans
- Competitive Drug Plans

**Call Bill Woody or Chris Chapin
785-841-9538**

**Friendly LOCAL service
conveniently provided at**

CAA STEPHENS CHAPIN INSURANCE
2711 West 6th St., Ste. A • Lawrence, KS 66049
www.sciagency.com

What does a gym membership and a dental membership have in common?

By James Otten, DDS

If you've ever joined a gym, you understand the give-and-take nature of this relationship. You want to be healthier, you know it's good for you and paying for the membership gives you more ownership and motivation to participate. If you are the type of person who invests in your health and you know the value of real prevention, having a structured program that focuses on long term health and wellness may be just the right thing for you. This is a very positive trend in both medicine and dentistry focusing on wellness, not just disease.

So what does a membership program look like? In our Optimal Wellness Membership Program, we have bun-

dled our world class preventive services at a significant savings off normal fees. When pre-paid for the year, we know patients are more likely to stay on their recommended check-up intervals more closely, which prevents more costly and complicated issues that can creep up without symptoms. Our particular program also includes a variety of services, including, but not limited to, oral cancer screening, complimentary wellness consultation, fluoride treatments if desired, emergency visits if necessary, half-off whitening, and 10% discounts on nearly all other services of the practice.

Dental benefits through what is known as traditional "insurance" can be very disappointing. This membership program can bring more certainty to your financial commitment to your

health and we feel offer exceptional value. Membership is not necessary to join our practice and we are happy to help you get any benefits that you already have. However, if this makes more financial sense and fits better with your health centered values, we can help you transition. At James Otten Dentistry, we are interested in providing dental services to people who are serious about their health and so we decided to offer this model. We feel

this gives anyone who this fits for a great opportunity to have better outcomes and a better life.

We are excited to provide world-class care in a predictable, affordable way. If you want to find out more about the benefits of membership or need help with any oral health question, or would like a complimentary second opinion, contact our office at 785-843-6404, visit www.jamesottendds.com. Or email us at info@jamesottendds.com.

Come see what has changed! Tour the newly renovated Tanglewood Nursing and Rehabilitation!



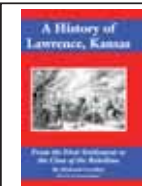
Call today for a tour!

785-338-2979

5015 SW 28th St.

Topeka, Kansas 66614

Tanglewoodnursingandrehabilitation.com



The History of Lawrence, Kansas

By Richard Cordley

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

INTRODUCING

HOME Plus



Assisted Living with progressive, age-in-place nursing care in a charming home environment



Aldersgate
VILLAGE
LIFE PLAN COMMUNITY

ONLY 12 PRIVATE SUITES AVAILABLE

- Round-the-clock on-site nursing care
- Personalized attention for each resident
- Over 6,500 square feet of living space
- Spacious and friendly social areas
- The only Home Plus within a full-service Life Plan Community

TAKING RESERVATIONS NOW:

785-286-7490

aldersgatevillage.org/HomePlus

7200 SW Uxbridge Circle, Topeka, KS 66614

New law gives support to family caregivers

For the hundreds of thousands of caregivers across Kansas tirelessly caring for their parents, spouses, and other loved ones so they can live independently at home, help is here. The Kansas Lay Caregiver Act took effect on July 1, giving caregivers support as their loved ones are admitted to the hospital and as they transition home.

Across Kansas, caregivers spend four million hours each year caring for loved ones—a contribution totaling about \$3.8 billion in unpaid care. They carry out tasks like managing finances, providing transportation, helping with bathing and dressing, cooking meals and more. Some caregivers even take on complicated medical and nursing tasks like cleaning wounds, giving injections, and managing medications. Once done by doctors and nurses, these tasks are now being performed by caregivers at home, most with little to no training.

“Caregivers are the first line of defense against older Kansans having

to leave their homes for readmission to the hospital or another care setting,” said Dr. Maren Turner, State Director of AARP Kansas, which serves more than 318,000 members age 50 and older across the state.

Passed by the legislature in March 2017, and signed by Governor Brownback on March 28, 2017, the Kansas Lay Caregiver Act supports caregivers and their loved ones from hospital to home.

The Kansas law requires hospitals to record the name of the patient’s designated caregiver upon admission and keep that caregiver informed of their loved one’s discharge plans. It also helps make sure that caregivers have the instruction they need to safely care for their loved ones when they come home from the hospital.

“Many times, caregivers are asked to provide care that requires training. The Kansas Lay Caregiver Act will ensure that hospitals across our state—large and small, rural and urban – will consistently recognize the caregiver and

provide instruction on how to care for the patient once they are home.

“The responsibilities and burdens on home-caregivers will only increase, as Baby-Boomers age. And, medical-technologies are becoming more common in the home—which further complicates care delivery. That’s why it’s important to have an objective caregiver who’ll be well-trained at the time of discharge.”

AARP Executive Council Member Judy Bellome of Lawrence, who is a retired nurse, said, “This legislation will improve the quality of care of countless Kansans and save the taxpayers money in the process by lowering readmissions to hospital emergency rooms.”

Nationally, almost half (46%) of family caregivers perform medical or nursing tasks for their loved ones with multiple chronic physical and cognitive conditions—and 78 percent of caregivers who provide these tasks manage medications, including administering intravenous fluids and injections.

Source: *Home Alone: Family Caregivers Provide Complex Chronic Care* (AARP Public Policy Institute, 2014)

If you have questions about the Kansas Lay Caregiver Act, or if you’d like to have an AARP Kansas representative give a presentation to your group or organization, contact AARP Kansas at 866-448-3619 or ksaarp@aarp.org. You can also find more information at www.aarp.org/ks.

If you’re a caregiver and would like to share your caregiving story or read about others who are caregivers, visit www.iheartcaregivers.org.

Caregiving Resources:

- CARE Act information Wallet Card Action aarp.org/kswalletcard
- Kansas Caregiver Resource Guide
- *Home Alone: Family Caregivers Providing Complex Chronic Care (October 2012) Caregiving in the US: 2015 Report*
- AARP’s I Heart Caregivers Initiative
- AARP Caregiving Resource Center



Are you **certain** you are taking advantage of *every* tax break you deserve?

Call TODAY for your **COMPLIMENTARY Tax Review!**

TOPEKA

785-232-6923

LAWRENCE

785-838-4380

LENEXA

913-764-1127

www.MidwestTF.com

Delivering simple solutions in a complex world

Meals on Wheels

“You will never know how much I appreciate Meals on Wheels. I love living at home and couldn’t do it without you.”

Serving Shawnee and Jefferson Counties

2701 SW East Circle Dr. S, Suite 2
Topeka, KS 66606

(785) 295-3980

www.mowks.org



Thank You.



Midland Care celebrates forty years in this community. We appreciate your support to continue these services of hope, comfort and support.



Call Today!
800-726-7450
midlandcare.org



PROFESSIONAL IN AGING PROFILE

Name: Gary Mehalic

Business: Bath Innovations Walk-In Bathtubs and Remodeling

Position: Owner

What does your business do? We



Mehalic

specialize in one of the highest quality walk-in bathtubs available with features not typically found on other tubs. I take pride in helping out clients every day with being able to

bathe safely in the comfort and privacy of their own homes. We have found that it is a lot more cost effective to modify your home rather than move into a commercial facility. Most people also seem to be a lot happier being able to stay in the comforts of the familiar surroundings in their own homes.

We are a small family-owned company with less overhead than our com-

petitors, thus being able to make our high-quality tubs much more affordable to our valued clients. I also do all of my own estimating, which also saves our customers from having to pay for salesmen's commissions like with other companies. I don't believe in high pressure tactics as with many other companies, but instead enjoy treating my clients like family.

Our walk-in bathtubs help our clients is with pain management. Many of our clients have also found that the therapeutic jets offer considerable relief from chronic pain stemming from arthritis and fibromyalgia. Our walk-in bathtubs are a wonderful alternative to traditional tubs that are hard to get in and out of along with the slipping and falling hazards.

Who did you want to be as a kid? Superman and Roy Rogers-I remember in first grade I wore a t-shirt with a big "S" on the front and cape made out of a sheet. I really thought I could fly (or wished I could)! As for Roy Rogers, I had a holster set with two matching

toy cap guns. Against my mother's best judgment, she let me wear them one day to a church meeting with a large room full of women. Sitting there being quite bored, I took a cap gun out of the holster and was playing with it when it accidentally went off with a very loud bang. You should have seen more than a hundred women jump about a foot high off their seats. It's very funny now, but I was in big trouble then and it was very embarrassing for my mother.

What's your hidden talent? I have played keyboard for years and have been in many bands. I lived in Topeka years ago and started there. Here in Kansas City I joined a barber-shop chorus and have competed on an international level. One of my greatest experiences was when we competed in Salt Lake City, Utah. We sang and competed where the Mormon Tabernacle Choir sings on television. It was a huge facility and the largest we ever competed in. Great memories!

What's your addiction? Lamar's apple fritters and glazed chocolate donuts

Have you had a brush with fame? Back in the 90's, I was in Branson on

vacation and went to see the country singer Barbara Mandrell. We were sitting close to the front and she picked me out of the audience during the show to talk to. She ended up coming down off the stage with her wireless microphone and next thing I knew she took me back on stage with her and sang a love song to me. Half way through the song, she asked me to dance with her as the band continued to play. I had no idea she was hardly five foot tall, and I am 6 feet 4 inches. Every man there would have loved to trade places with me. When we were done dancing she gave me a kiss and took me by the hand back down to my seat. I was handed a video of us that was professionally recorded that I still have to this day.

What's your favorite hobby? I love to fish! I have two sons that also love to fish! Our favorite place to go is usually Branson, Missouri, and trout fish in Lake Taneycomo. We have had some great times together making memories of the "Big One That Got Away"!

- If you would like to be featured in the Professional in Aging Profile section, please email Kevin Groenhagen at kevin@seniormonthly.net.

MEDICARE VS. MEDICAID

Medicare and Medicaid sound very similar but they are two very distinct programs. This article will provide a basic overview of each federal program and describe how each is funded by our federal government.

MEDICARE

Medicare is America's health insurance program for people age 65 or older. Some people under age 65 may also qualify for Medicare due to certain disabilities, permanent kidney failure or Lou Gehrig's disease. The program, signed into law July 30, 1965 by President Johnson, helps with the cost of healthcare, but it does not cover all medical expenses or the cost of long-term care.

Medicare is financed by general revenues, a portion of payroll taxes paid by workers and employers, and by monthly premiums deducted from Social Security or Railroad Retirement checks. The Centers for Medicare & Medicaid Services (CMS) is the agency in charge of the Medicare program.

MEDICAID

Medicaid is a federal government program designed to provide healthcare coverage to people with low income and limited assets, other than the home they live in. Medicaid is funded jointly by federal and state governments. The federal government reimburses each state a percentage of program expenditures. Although the federal government establishes certain parameters for all states to follow, each state administers and funds their Medicaid program differently. This results in variations in Medicaid coverage across the country.

Medicaid provides free or low-cost health insurance coverage to qualified low-income individuals. This includes eligible adults, children, pregnant women, the elderly, and people with disabilities. Medicaid may also pay Medicare premiums and out-of-pocket expenses for persons enrolled in both programs. About 15% of Medicare beneficiaries also have coverage with Medicaid.

SUMMARY

While Medicare and Medicaid are different public health programs, it is easy to see why the programs are often confused. The programs have similar names and a similar purpose, i.e., to provide health insurance coverage.

The difference is Medicare is primarily designed for individuals age 65 and older, and Medicaid provides assistance to qualified individuals due to low-income.



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

Go to <http://www.centuryinsuranceagencyks.com> or email info@century-health.com for more information.



Bridge  aven

**We Never Forget
The Individual Within.**

**Learn about our Alzheimers and Dementia Care Homes:
www.mybridgehaven.com or call us at 785.371.1106**

The four parts of Medicare explained

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Social Security and Medicare have a few things in common. Both programs help safeguard millions of Americans as well as improve the quality of life for our family and friends. Although both programs are household names, many people may not be familiar with the details of Medicare.

Medicare is our country's health insurance program for people age 65 or older. The program helps with the cost of health care, but it doesn't cover all medical expenses or the cost of most long-term care. You have choices for how you get Medicare coverage. If you choose to have original Medicare coverage, you can buy a Medicare supplement policy (called Medigap) from a private insurance company to cover some of the costs that Medicare does not.

Medicare has four parts:

- Medicare Part A (hospital insurance) helps pay for inpatient care in a hospital or skilled nursing facility

(following a hospital stay). Part A also pays for some home health care and hospice care.

- Medicare Part B (medical insurance) helps pay for services from doctors and other health care providers, outpatient care, home health care, durable medical equipment, and some preventive services.

- Medicare Part C (Medicare Advantage) includes all benefits and services covered under Part A and Part B. Some plans include Medicare prescription drug coverage (Medicare Part D) and other extra benefits and services.

- Medicare Part D (Medicare prescription drug coverage) helps cover the cost of prescription drugs. Some people with limited resources and income may also be able to get Extra Help with the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about \$4,900 per year. You must meet the resources and income requirement.

Medicare's different parts are further explained in our publication at www.socialsecurity.gov/pubs/EN-05-10043.pdf.

If you can't afford to pay your Medicare premiums and other medical costs, you may be able to get help from your state. States offer programs for people eligible for or entitled to Medicare who have low income. Some programs may

pay for Medicare premiums and some pay Medicare deductibles and coinsurance. To qualify, you must have Medicare Part A and have limited income and resources.

You can learn more about Medicare, including how to apply for Medicare and get a replacement Medicare card, at www.socialsecurity.gov/benefits/medicare.

The greatest breakthrough in senior care? Mom's cozy cottage.

We help aging parents stay at home, whether they're dealing with Alzheimer's, arthritis or anything in between.

PERSONAL CARE | 24-HOUR CARE | MEMORY CARE | HOSPICE SUPPORT | MEALS AND NUTRITION



J.D. Power President's Award
Recipient for "Excellence
in Customer
Satisfaction"



The J.D. Power President's Award is a discretionary recognition given to companies that demonstrate dedication, commitment and sustained improvement in setting customers' best experiences first. For more information visit jdpower.com

Home
Instead
SENIOR CARE®
To us, it's personal.

Lawrence...785.856.8181

Topeka...785.272.6101

HomeInstead.com/584

Each Home Instead Senior Care franchise is independently owned and operated. © 2018 Home Instead, Inc.

*Established in
Tradition...
Grounded in the
Present*



WARREN-McELWAIN
MORTUARY

Lawrence 843-1120 • Eudora 542-3030
www.warrenmcelwain.com



Your Life. Your Style.
Your Home.

Apartments starting at just \$1650 per month

- Complimentary housekeeping
- Free on-site laundry
- Social activities and entertainment
- Scheduled transportation
- Complete kitchens
- And much more!

Call us today at 785.273.6847 for a personal tour.

Andrea Graham, Director

1200 SW Drury Lane • Topeka

Look for us!

Customize Your Move-In Special for a Limited Time!

PICK ANY TWO
ITEMS FROM
THE LIST BELOW

PICK 2

- ♡ 2 Year Rent Freeze
- ♡ Flat Screen TV
up to 42"
- ♡ 2nd Person Free
for 3 months
- ♡ Free Pack-N-Move
up to \$1000
- ♡ Security Deposit Waived

LIMITED TIME OFFER!

Please call our live-in management team for more details on this special offer and to select your suite before they're all rented!

785-842-2400

*OFFER EXPIRES 9/30/18.



Meadowlark Estates 
Gracious Retirement Living

4430 Bauer Farm Drive, Lawrence, KS 66049

Midland Care celebrates 40 years

By Midland Care Staff

Forty years. It can seem like a long time. It can also seem like it's happened in the blink of an eye.

For us, 40 years has been meeting new people every day. People who have needed our services, our care and our support while taking care of a loved one. We have been able to be there for a precious time in their lives and we cherish each passing like it was one of our own.

Forty years of holding the hand of someone who knew it was their time; holding the spouse while we cried together for their loss; sharing stories about someone who touched their lives and now ours.

Midland Care has been a part of thousands of stories, friendships and lives. We are honored to be a community organization that has grown because of the trust people place with us.

"Over the past 40 years there have been significant changes to health-care," said Karren Weichert, President & CEO of Midland Care. "How we deliver care has changed, but the focus on the dying, bereaved and physically frail continues to motivate our staff each day. The privilege of sharing the journey and witnessing precious moments of life with those we serve is a teacher like no other."

Forty years in this community as we continue to grow together. We appreciate your support to continue these services of hope, comfort and support.

MIDLAND CARE SERVICES:

Hospice

Providing care at end of life is about much more than treating an illness. Hospice care is about treating all dimensions of suffering: physical, emotional and spiritual. It's also about treating whole families, ensuring that patients' support systems are the resources they need to surround their loved ones in comfort and compassion. Patients and their families are served by a team of highly-qualified professionals that includes doctors, nurses, home health aides, chaplains and social workers.

Home Health

Some medical providers still do house calls. Midland Care Home Health allows patients to stay in their own homes as they recover from hospitalizations or heal from surgeries. Our specially-trained home health teams include nurses (RNs and LPNs), physical and occupational therapists, certified home health aides (HHAs) and social workers who work with patients' current doctors to offer the best possible care.

Palliative Care

Palliative Care helps fill the gaps left in traditional medicine by offering holistic treatment of symptoms for some of the most vulnerable people in our community. A typical palliative care patient has multiple health conditions and lives everyday with difficult symptoms. Many have limited social and financial resources.

Choices

Those who have seen hospice firsthand know it makes a difference. Yet, one barrier to receiving hospice care has been that patients must forgo curative care in order to qualify for Medicare hospice benefits. The Medicare Care Choices Model (MCCM) is a Medicare demonstration that allows patients with certain conditions to receive hospice-like services alongside curative care.

Thrive at Home

Midland Care Thrive at Home provides personal care assistance to anyone who could use an extra hand to live at

home safely. The program gives clients and their loved ones peace of mind by offering services like light housekeeping, meal preparation and medication reminders. This support allows our elders to remain in their own homes as vital parts of our community.

Program of All-Inclusive Care for the Elderly

Midland Care's Program of All-Inclusive Care for the Elderly (PACE) is a national program that provides community-based care and services to people who would otherwise need a nursing home level of care. The program is designed to keep people 55 and older, living safely in their own homes and communities. On average, a PACE participant lives 36 months longer.

Residential Care

When our elders need the support of a full community, Midland Care offers skilled nursing and home plus care for residents at all levels of care. Midland Care at Linnwood Park in Valley Falls is among the area's highest-rated communities for seniors. When families look for a safe, home-like environment, our dedicated, experienced staff is ready to welcome their loved one's home.

Adult Day Health

Midland Care Adult Day Health provides a safe, enriching environment for adults who are unable to be alone during the day. The Midland Care Adult Day Center is a warm, welcoming places to spend time. Participants gather to socialize and join in stress-free activities to stimulate their inter-

ests. Exercise classes and educational activities help keep people physically and mentally active.

Meals on Wheels

In 2017, Meals on Wheels entered into a Management Services Agreement with Midland Care Connection. The goal of the collaboration is to streamline and control administrative expenses to the greatest extent. The anticipated outcome is that a greater portion of fundraised dollars goes directly to the provision of the meals.

Volunteer Services

Midland Care has roots stretching back to 1978, when a group of volunteers concerned with quality of life for the dying formed Hospice of Topeka. Then and now, volunteers are at the heart of Midland Care. Volunteers serve in patient care, sitting at bedside and providing companionship for hospice patients. They also provide administrative and fundraising support, helping create more resources for patient care.

Center for Hope and Healing

The Midland Care Center for Hope and Healing provides services to adults, teens and children who have experienced the death of a loved one. Services range from individual counseling to hosting shared meals between grieving families. Partnerships with service providers and area schools have allowed the program to grow into a resource for community organizations.

For more information about Midland Care services call 800-726-7450 or visit www.midlandcare.org.



VIEVE LIFE | EXPLORE LIFE

Right where you live.
Referral and resources for
senior care and living.

785-813-1851
www.vievehealth.com



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

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.

MAYO CLINIC

Impaired sleep and dementia risks

DEAR MAYO CLINIC: Is it true that sleep deprivation eventually could lead to Alzheimer's disease?

ANSWER: There have been a number of studies looking at the effect of sleep on disorders that impair cognitive function, such as Alzheimer's disease. Although no research has shown a clear link between sleep deprivation and Alzheimer's, it is possible that impaired sleep over many years may put you at higher risk for some forms of dementia, including Alzheimer's disease.

Alzheimer's disease is a progressive type of dementia that impairs memory, thinking and social abilities severely enough to interfere with daily functioning. Sleep problems are a common component of Alzheimer's disease. Alzheimer's disease can disrupt the normal sleep-wake cycle, causing daytime drowsiness and nighttime restlessness. And, as Alzheimer's gets worse

over time, these sleep disturbances often get worse, too. For many people with the disease, round-the-clock naps eventually replace deep, restorative nighttime sleep.

The question of whether a lack of healthy sleep could contribute to the development of Alzheimer's disease is under investigation. Although the exact cause of Alzheimer's isn't well-understood, researchers believe that a buildup of an abnormal protein called beta-amyloid in the brain contributes to the disease. As it accumulates in the brain, beta-amyloid appears to damage or destroy brain cells by interfering with communication among cells.

When you get a good night's rest, particularly when you're in deep sleep, research has shown that beta-amyloid is cleared from your brain. If your body doesn't get the quality sleep it needs, over time, beta-amyloid may not be adequately cleared from the brain. It's possible that could enhance the buildup

of this abnormal protein, thereby raising the risk of Alzheimer's disease.

The Centers for Disease Control and Prevention recommends adults get an average of at least seven hours of sleep a night. If you struggle to get that much sleep, consider incorporating some basic sleep tips into your routines that may improve the quantity and quality of your sleep.

One of the best steps you can take to encourage better sleep is to set a sleep schedule and stick to it. Your bedtime and wake-up time don't have to be exactly the same every day, but they should be generally consistent. For example, try to limit the difference in your sleep schedule on weeknights and weekends to no more than one hour. Staying on a schedule reinforces your body's sleep-wake cycle.

Set up your bedroom environment to help you sleep. For most people, that means keeping it dark, cool and quiet. For the best sleep, turn off all electronic devices at least 30 to 60 minutes before you got to bed. This gives your brain time to relax and wind down, making timely sleep more likely. Keep computers and TVs out of your bedroom, and shut down cellphones at night, storing

them in another room.

Leading a healthy, active lifestyle can promote healthy sleep, too. Eat a well-balanced diet. Keep alcohol to a minimum. Although alcohol can make it easier to fall asleep faster, it makes it harder to stay asleep. Exercise regularly. If you have a sleep disorder, such as sleep apnea, restless leg syndrome or insomnia, have those conditions evaluated and treated.

Getting a good night's sleep is important. Not only could long-term sleep deprivation raise your risk for dementia, research has shown that, over time, people who don't sleep enough also may be at an increased risk for other health problems, including high blood pressure, heart disease and diabetes. - Ronald Petersen, M.D., Ph.D., Alzheimer's Disease Research Center, Mayo Clinic, Rochester, Minn.

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

© 2018 Mayo Foundation for Medical Education and Research. Distributed by Tribune Content Agency, LLC. All Rights Reserved.

You may already have a remote control for your next hearing aids!



Starkey, Oticon, Widex and GN ReSound can now use either iPhone or Android smartphones to control their newest hearing aids. The remote control sends audio signals from a phone in the wearer's pocket directly into the hearing aids

The remote control features include volume control, program control and battery condition. The newest Widex circuits allow real-time fine tune adjustments for difficult listening environments.

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



QUALITY Service You DESERVE

- 24/7 Admissions
- Alzheimer's / Dementia Unit
- InHouse Physical, Occupational and Speech Therapy
- Outpatient Therapy
- Short Term Rehab
- Wound Care
- IV Therapy
- 24 Hour Nursing Care

Accepts Medicare, Medicaid and most insurances.

For more information, call

620-364-2117

601 Cross Street • Burlington, Kansas
lifecarecenterofburlington.com

HEALTH & WELLNESS

Valerian root can benefit anxiety, insomnia and more

Valerian root has been used as a medicinal plant since the ancient times of the Greeks and Romans. Throughout literature we see mention of this medicinal plant. Hippocrates and Galen both mentioned this herb and its properties in their writings.



Dr.
Deena
Beneda

Valerian root is mentioned in folklore. For example, in Sweden during the medieval days, it was sometimes placed on the wedding clothes of the groom to ward off the envy of elves. In the 16th century, we see mention of this plant in the literature being given to women who were having trouble sleeping or were sick. In the 17th century, this plant is mentioned for treatment of cough and for pain relief. Up until the 19th century, it was used as a treatment for epilepsy.

Medicinally, Valerian root is a popular nervine, sedative and calming agent. Just as noteworthy as its medicinal properties is the smell of this medicinal plant. It is well known for its odor, which has been described as smelling like sweaty socks, unwashed feet or aged cheese. Fortunately, the taste of this medicinal plant does not resemble its smell.

Valerian root extract's main action is how it acts on the brain's chemistry. It can cause sedation by increasing your brain's GABA level. GABA stands for Gamma-amino butyric acid, an inhibitory neurotransmitter in the central nervous system. In large enough quantities, it can cause sedation. Valerian root has historically been used as a sedative, antiseptic, anticonvulsant, migraine treatment, and pain reliever.

Studies show that Valerian root

reduces the time it takes to fall asleep and improves sleep quality. Unlike many prescription sleeping pills, Valerian has fewer side effects and is less likely to result in morning drowsiness. Valerian root is often combined with other sedating herbs, such as hops (*Humulus lupulus*).

Valerian root can have the same anti-anxiety effects of prescription drugs without all the serious side effects. Valerian increases GABA in the brain thereby helping to relieve anxiety.

By reducing anxiety and improving the length and quality of sleep, Valerian root can significantly help with daily stress management. Valerian is a natural sedative and antispasmodic, which makes it effective at decreasing muscle spasms and acts as a muscle relaxer. This makes it effective treatment with headaches, pain relief and premenstrual syndrome. In addition, valerian root offers relief for many other common health concerns, including:

- Restless leg syndrome
- Nervousness
- Tension
- Hot flashes
- High blood pressure

Although Valerian root is generally regarded as safe, it can have side effects, such as headache, dizziness or stomach problems. In addition, Valerian root could cause an interaction with certain prescription medications, so it is always best to check with your health care provider before taking any medicinal plant.

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



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

MORE WAYS TO PLAY



Experience exciting table games and slot machines, award-winning dining, live entertainment, and *Golfweek's* Best Course in Kansas, all only minutes from Topeka. Plan your stay at Prairie Band Casino today and – whether your game's played on felt, at the slots, or on the links – discover even more ways to play.



PRAIRIE BAND
CASINO & RESORT™

15 minutes north of Topeka

1-888-PBP-4WIN | prairieband.com
12305 150th Road | Mayetta, KS 66509

Must be 21 years of age or older to gamble. Minimum age to play Bingo is 18. Owned by the Prairie Band Potawatomi Nation. Getting help is your best bet. Call the confidential toll-free Problem Gambling Helpline at 1-800-522-4700.

HEALTH & WELLNESS

Understanding pain

Pain is normal.

Pain is a basic, individual, human experience. Yet, we all experience it differently. Two people can have similar medical histories, have the same surgery, and one person has pain for days after the surgery and the other has pain for years.



Without pain, how would we know to take a splinter out of our finger before it gets infected? How would we know when we break a bone? Pain motivates us to do something; to get help, to help take care of the problem and to help us stay safe in the future. Pain protects us from danger. Think of pain like danger messages.

Chronic pain is not normal.

Our body does an incredible job of healing. For example, your ankle heals after a sprain. Your back heals after a disc injury. Your knee heals after surgery. But sometimes the danger messages will continue even after the body heals. Your body still is interpreting signals as dangerous. You have scans and they are negative. Your x-rays are negative, your MRI is negative for any problems, you had your knee replaced, but yet you still have pain. Your body still tells you

there is something wrong. Most likely, your body is giving you misinformation, resulting in chronic ankle, back or knee pain.

Danger messages: Turning the volume down or up

Your body has the power to shut down or amplify those danger messages. We have our own opioid (endogenous) system that is 60 times more powerful than any drug on the market. Have you ever had a cut on your leg, you are bleeding, yet you do not know when or where it occurred? There is damage, but no pain. Our bodies have the amazing ability to shut pain down, suppress those danger messages using the endogenous opioid system. Flooding our body with pain-relieving signals. We all have them. Some of us can harness them better than others.

Pain is individualized and it is very complex.

Your pain is unique to you. This is based on:

1. Genetics: "Thank you mom and dad for giving me this pain."
2. The amount of tissue damage that occurred at the time of your injury: A broken leg vs. an injured toenail.
3. Your life experiences and how you learned to cope. "Now that I am hurt, what do I do? Will this pain ever go away, so that I can enjoy my life again?"

The more you learn, the more you

own it, the better you will feel.

Pain University: Learn to change how you feel

You can change how you feel about your pain. You can harness the opioid system in your body and shut down the signals that are telling you there is a danger (pain). There are four main strategies for you to take control of your life and decrease your pain:

1. Understanding how pain works
2. Good Sleep
3. Working towards goals
4. Movement.

Pain University, a six-week interac-

tive class, is the first step in taking control of your life and begin enjoying life again. It works by understanding why you have ongoing pain. The more you understand why you hurt, the less pain you will have.

Title of class: Pain University with Debbie Rico DPT

Course: A 6-week interactive class

Dates: Wednesdays, October 3rd through November 7th 2018

Time: From 2:30-4:30 p.m.

Location: Lawrence Memorial Hospital conference room

Cost: \$150, for the 6 weeks of 2-hour class sessions.

The more you understand how to treat your pain, the less pain you will have. The more you move, the less pain you will have.

If you have more questions please call 785-505-5840.

Here is the link for more information or to sign up online: <https://preview.tinyurl.com/y7664mr3>.

MISSION TOWERS

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

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group • Library
- Entertainment • Well Maintained

For more information, call Dee

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

"We Serve and Enhance the Lives of Others With Caring Hands."

100% Employee Owned Company!

MEDICALODGES

Eudora

"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

JILL ON MONEY

Dealing with the 401(k) problem

At a time when Congress can't seem to agree on much, lawmakers are acknowledging that the main retirement savings vehicle, the 401(k), needs some fixing. Before you get too excited, the changes being considered are more like touchups, rather than a renovation.

Early conversations include: requiring plan sponsors to let participants know how much their total savings would translate into monthly income;



Jill
Schlesinger

the addition of annuities as investment vehicles inside 401(k)s; a repeal of the age limit on IRA contributions; the ability to use taxable stipends or fellowship payments to fund traditional or Roth IRA accounts; a more liberal approach to pooled 401(k) plans, which would help more small businesses offer retirement benefits to their employees; and the option to use a portion of a tax refund to fund retirement.

While none of these ideas represents a game-changer for retirement savers, it would be the first major enhancement since 2006. But if lawmakers wanted to seek a more radical approach, they

would consult with Teresa Ghilarducci and Tony James, co-authors of "Rescuing Retirement: A Plan to Guarantee Retirement Security for All Americans," who claim that "The U.S. experiment with 401(k)s and IRAs, launched in the early 1980s, has failed miserably to deliver on its promises."

Ghilarducci, a labor economist and leading expert in retirement security and James, executive vice chairman of the investment firm Blackstone Group, have a detailed, well-researched and more extreme recommendation for rescuing the U.S. retirement system. It starts with a concept called a Guaranteed Retirement Account, which would be offered to every worker, "from Uber drivers to CEOs."

The GRA would be portable, whether you work for a number of companies or for yourself, and each person would control his or her account.

It would be funded by a minimum 3 percent of salary, half contributed by the worker and half by the employer. All workers would be free to make additional GRA contributions up to the current 401(k) limits of \$18,500 (\$24,500, if over the age of 50). The GRA plan would provide tax credits to those earning under the median income level and would also put limitations on retirement plans for wealthier earners.

Perhaps the most interesting part of the GRA is that it fixes some of the big problems that are prevalent in current

plans, the biggest of which is that right now, saving for retirement is voluntary. The GRA would mandate retirement savings for everyone, including those who work part-time or are self-employed.

Additionally, it would prohibit participants from tapping their funds, even in the case of hardship. This may seem mean-spirited, but the authors argue that those who have traditional pensions can't access their funds early either.

This component of the GRA would prevent retirement "leakages" that occur due to hardship withdrawals; cashouts or lump sum distributions after an employee leaves a job; or loans against 401(k) assets, which deplete plan holdings over time.

The GRA would bring down the cost of investing by pooling savings and allowing workers to choose a professional manager. Acknowledging that this might seem like a Wall Street boondoggle, the authors say that anyone managing these accounts would have to be federally licensed and would be

regulated as a fiduciary.

Finally, the plan would include a turnkey way to annuitize retirement savings for life, which would supplement Social Security retirement income.

One last note: this hybrid defined contribution/benefit plan would be deficit neutral.

If it all sounds too good to be true, encourage you to check out the book. I was a cynic, but after reading it and interviewing Ghilarducci and James for my podcast, I'm a convert.

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

© 2018 Jill Schlesinger

Distributed By Tribune Content Agency, LLC

THE FIRST APARTMENTS

"Home without the hassles"

Independent Community Living for 62 and older & under 62 100% disabled.

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour on-site staff
- Restricted entrance
- Lit parking lot with surveillance
- On city bus route
- Beauty salon
- First Floor Laundry Room
- Multiple resident activities
- Meals on Wheels Congregate meal site
- On site maintenance
- Library Red Carpet Services
- Service Coordinator
- Walking distance to multiple churches, grocery store and pharmacy

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



Babcock Place

Affordable Independent
Senior Living

Applications Being Accepted

1700 Massachusetts in Lawrence
Secure, age-restricted apartments
adjacent to downtown & grocery.
Amenities include transportation
and meals programs. Rent based
on income, utilities included.

www.ldcha.org  842-8358



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



FINANCIAL FOCUS

Consider financial gifts for your grandchildren

National Grandparents Day is observed on September 9. If you're a grandparent, you may get some gifts or cards — or maybe even a phone call! But you might feel that it's better to give than to receive, especially when it comes to your grandchildren. And you can make a real difference in their lives by making a financial gift for their future.



Derek
Osborn

For starters, think about your grandchildren's education. If college or some type of vocational school is in their future, you may want to help them meet some of the costs, which can be considerable. One common education-savings vehicle is a 529 savings plan. With this plan, earnings on withdrawals are tax free, provided they are used for qualified education expenses. (Keep in mind that 529 savings plan distributions not used for qualified expenses may be subject to ordinary income tax and a 10% IRS penalty on the earnings.) You also may be eligible for a state income tax incentive for contrib-

uting to a 529 savings plan. Check with your tax advisor about these incentives, as well as all tax-related issues pertaining to 529 savings plans.

A 529 savings plan's contribution limits are quite generous. And, as the owner of a 529 plan, you have flexibility in choosing where the money goes — if your grandchild decides against college or another type of advanced education, you can transfer the plan to another beneficiary. And due to recent tax law changes, the scope of 529 plans has been expanded to include qualified withdrawals of up to \$10,000 for tuition expenses per year per beneficiary at public, private or religious elementary or secondary schools. Be aware, though, that a 529 savings plan could affect any financial assistance your grandchild might receive. Although a 529 plan owned by a grandparent won't be reported as an asset on the Free Application For Federal Student Aid (FAFSA), withdrawals from the plan are treated as untaxed income to the beneficiary (i.e., your grandchild) — and that has a big impact on financial aid. So, you may want to contact a financial aid professional about the potential effects of any gifts you're considering.

A 529 savings plan isn't the only financial gift you could give to your grandchildren. You also might consider giving them shares of stock, possibly held in a

custodial account, usually known as an UTMA or UGMA account. However, you only control a custodial account until your grandchildren reach the age of majority as defined by state law, at which time they take it over. They then can use the money for whatever they want — and their plans may not have anything to do with books or classes.

Still, your grandchildren might be particularly interested in owning the stocks contained in the custodial account — many young people enjoy owning shares of companies that make familiar products. And your gift may even get your grandchildren interested in long-term investing.

No matter what type of financial gifts you give to your grandchildren, make sure you keep enough money to pay for your own needs. It's important to balance your personal savings needs with your desire to be generous.

Giving financial gifts can be rewarding

— to you and your grandchildren. Consider exploring some possibilities soon.

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



928 Massachusetts
Lawrence KS
785-843-0611
www.theetcshop.com

- Custom KU Jewelry (Exclusively at The Etc. Shop)
- Handbags, Wallets, Briefcases
- Leather Goods for Men & Women
- Huge Selections of Sterling Silver
- Antique Native American Jewelry

Brighton, Scully, HOBBS

Drop in for big city selection in a small town!
Conveniently open 7 days a week!

Compare Our CD Rates

Bank-issued, FDIC-insured

6-month	2.05 % APY*	Minimum deposit \$1,000
1-year	2.35 % APY*	Minimum deposit \$1,000
3-year	3.00 % APY*	Minimum deposit \$1,000

* Annual Percentage Yield (APY) effective 08/21/2018. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

Call or visit your local financial advisor today.



Derek Osborn

Financial Advisor
4106 West 6th Street, Suite A
Lawrence, KS 66049

785-841-0382

Derek.Osborn@edwardjones.com

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

NOW OPEN!

Douglas County
MONUMENT WORKS
For a Life Lived

547 Indiana St. • Lawrence • 785-856-2370

SENIOR CALENDAR

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

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

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWALK

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

SEP 8 & 9

HASKELL INDIAN ART MARKET

165+ Native American Artists will be in attendance. Each artist will have their handmade artwork on display and for sale. Buy direct from the artist. Haskell Indian Nations University, 23rd & Barker. Starts at 10 a.m. Free admission. LAWRENCE, 785-749-8467
facebook.com/events/168813210446617

SEP 15

FRIENDS OF SHAWNEE TOWN ARTS & CRAFTS FAIR

Shop over 100 vendor booths all featuring hand made goods including jewelry, wood workings and numerous other artisan items. We'll also have multiple food booths available, to meet all of the

needs of your taste buds! Special activities for children, and something for everyone. A \$1 donation to benefit Shawnee Town. For more information on being a vendor or a sponsor of this event, please call Royal Krueger at 913-248-2360 or email her at rkrueger@cityofshawnee.org. Shawnee Town 1929, 11501 W. 57th, 9 a.m.-4 p.m. SHAWNEE, 913-248-2360
facebook.com/events/863375667117689

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS

LEXINGTON PARK

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

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

EDUCATION

ONGOING

COOKING CLASSES

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

ONGOING

FREE INSURANCE COUNSELING

Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug Program. Stormont Vail Health HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.

TOPEKA, (785) 354-6787

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHE

Lecture and lunch. Lexington Park, 1011 SW

Cottonwood Ct.

TOPEKA, 785-273-4545

FRIDAYS

HEALTHWISE TV

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

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical

■ CONTINUED ON PAGE 21



*Where Families
Come Together*

Drop by one of our
three locations and see
why Families love calling
Vintage Park "Home."

*All Inclusive Pricing
Restaurant Style Dining*

Call Vintage Park today!

BALDWIN CITY

Vintage Park at Baldwin City
321 Crimson Ave.

785-594-4255

OTTAWA

Vintage Park at Ottawa
2250 S. Elm

785-242-3715

TONGANOXIE

Vintage Park at Tonganoxie
120 W. 8th St.

913-845-2204

vintageparkassistedliving.com

■ CONTINUED ON PAGE 21

■ CONTINUED FROM PAGE 20

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

SEP 11

SENIOR SUPPER AND SEMINAR

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

SEP 1

COMPUTERIZED GENEALOGY SERIES 2

Now that you have your family tree, move to the next level. Find records on your family. You will learn how to locate local resources from libraries and repositories. This class will focus on finding your ancestors where they may be hidden using resources online. Registration required. Computer Training Center, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 11 a.m.-1 p.m.
TOPEKA, 785-580-4400

SEP 6, OCT 4, NOV 1, DEC 13

FT. LEAVENWORTH SERIES

Exploring the interaction between home fronts and war fronts throughout history with military historians from Ft. Leavenworth. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 3 p.m.
LAWRENCE, doleinstitute.org

SEP 6

COMPUTERIZED GENEALOGY

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

SEP 6

MASTER GARDENER SERIES: COMPOSTING

Don't toss it, compost it. Turn your organic waste to garden gold. Presented by Shawnee County Extension's Master Gardeners. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8 p.m.
TOPEKA, 785-580-4400

■ CONTINUED ON PAGE 22



ROBERT J. DOLE
INSTITUTE OF POLITICS
The University of Kansas

FALL 2018 PROGRAMS AT THE DOLE INSTITUTE OF POLITICS

All programs free and open to the public

CAN'T-MISS EVENTS

JOURNALISM AND POLITICS LECTURE: THE KANSAS MIDTERMS

Sept. 11 — 7 p.m.

A panel of Kansas journalists discuss the midterm elections, highlight key races across the state and make predictions for Election Day.

2018 CONSTITUTION DAY PROGRAM CELEBRATING THE 150TH ANNIVERSARY OF THE 14TH AMENDMENT

Sept. 18 — 7 p.m.

Explore the enduring legacy of perhaps the single most important amendment to the U.S. Constitution in a panel discussion led by Stephen McAllister, U.S. Attorney for the District of Kansas.

ELIZABETH DOLE WOMEN IN LEADERSHIP LECTURE

Sept. 30 — 4 p.m.

This lecture will explore the nation's military caregiver crisis with a conversation between Meg Kabat of the Department of Veteran Affairs, and Dole Foundation caregiver fellows Robyn Loveland and Carolyn Tolliver-Lee.

EDWARD F. REILLY LECTURE BETTER ANGELS: CAN WE DEPOLARIZE AMERICA?

Oct. 4 — 7 p.m.

Rob Robertson of the nonprofit Better Angels examines how the group is working to heal political divides in America.

"BIG SONIA" SCREENING + FILMMAKER Q&A

Oct. 12 — 2 p.m.

Watch the documentary about one of Kansas City's last Holocaust survivors and hear from the film's creators.

IN CONVERSATION WITH SONIA WARSHAWSKI

Oct. 19 — 2 p.m.

Follow up the documentary's film screening with an in-person visit from Sonia Warshawski herself.

UNMASKING THE SPY: INTELLIGENCE GATHERING

Oct. 30 — 7 p.m.

Explore the complex challenges of a career in intelligence with Ron Marks, a 33-year veteran of national security and a former CIA official.

AFTERNOON EVENTS

FT. LEAVENWORTH SERIES

Sept. 6, Oct. 4, Nov. 1, Dec. 13 — 3 p.m.

Exploring the interaction between home fronts and war fronts throughout history with military historians from Ft. Leavenworth.

DISCUSSION GROUPS

POLITICAL CAMPAIGNS, TOP TO BOTTOM: DATA, DOOR KNOCKING AND THE 2018 MIDTERMS

Sept. 12, 19, 26; Oct. 3, 10, 17, 24 — 4 p.m.
with fall fellow Kelly Dietrich

WORK, FIGHT, GIVE: AMERICAN RELIEF POSTERS OF WWII

Oct. 25 — 3 p.m.
with Hal Wert

SAVE THE DATE

DOLE LEADERSHIP PRIZE CEREMONY

Nov. 7 — 2 p.m.

2018 KANSAS ELECTIONS CONFERENCE

Nov. 28 — 1 p.m.

2018 NATIONAL POST-ELECTION CONFERENCE

Dec. 5-6

2350 Petefish Dr., Lawrence, Kansas — Learn more at doleinstitute.org

■ CONTINUED FROM PAGE 21

SEP 8

BETTER LIVING EXPO

Resources for a healthy and active life. Sponsored by the Senior Resource Center for Douglas County. Crown Toyota Pavilion, 3430 S. Iowa St., 9 a.m.-3 p.m. Tickets \$5 (children free). LAWRENCE, YourSRC.org/EXPO

SEP 10-OCT 29

FILM NOIR 2

Like a book club for movies, members of this class view classic films then meet to view clips, discuss scenes and explore the history and influences of selected films. This fall we take a second look at Film Noir—is it a film genre or a style? Novice and passionate fans are welcome to join the discussion—you always see something new and understand why these classics have endured. Discussions are facilitated by Kellee Pratt, cinephile and classic film blogger. Class Code: 427449. Pioneer Ridge Theater. 1000 Wakarusa Drive, 6:30-8:30 p.m. Fee. LAWRENCE, 785-832-7920

SEP 10

MEDICARE MONDAYS

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

SEP 10

COMPUTERIZED GENEALOGY

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

SEP 11

JOURNALISM AND POLITICS LECTURE: THE KANSAS MIDTERMS

A panel of Kansas journalists discuss the midterm elections, highlight key races across the state and make predictions for Election Day. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 7 p.m. LAWRENCE, doleinstitute.org

SEP 11

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, September 11, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane, Topeka, KS 66606. For information call 785-270-4593, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. TOPEKA

SEP 12

DIABETES AND ORAL HEALTH

Did you know there is a correlation between diabetes and gum disease? Join us for a presentation by Marvin Heinbach, DDS, about diabetes and your oral health. Lawrence Memorial Hospital, Conference Room A, 6 p.m. Free. Registration is not required. LAWRENCE

SEP 13

RETIREMENT & MEDICARE

Learn about Medicare from Senior Health Insurance Counseling for Kansas. They will answer questions, give unbiased counsel and help you determine how Medicare will best work for you. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 6:30-8:30 p.m. TOPEKA, 785-580-4400

SEP 15

EXPLORING KANSAS'S NOOKS AND CRANNIES

Marci Penner and WenDee Rowe help us see Kansas with new eyes. They spent 4 years visiting all 626 incorporated cities in Kansas to research Kansas Guidebook 2 for Explorers. In this program, they will share dozens of photos and tales sure to inspire Kansas road trip adventures. Q&A and book signing to follow. Learning Center, 120A, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 2-3:30 p.m. TOPEKA, 785-580-4400

SEP 16-OCT 21

BOCCE BALL LADDER LEAGUE

Bocce is a relaxed, strategic game that can be easily learned. In this league individual players will be ranked weekly based on their win/loss record and matched with an opponent. Class Code: 327281. Fee. 3-5 p.m. Lawrence Parks and Recreation. LAWRENCE, 785-832-7920

SEP 17

SUCCESSFUL AGING & YOUR BRAIN

Watch the "Successful Aging & Your Brain" video produced by the DANA Foundation. Following the viewing Dr. Paul Morte, a retired neurologist, will facilitate a question and answer session. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12:30-2 p.m. TOPEKA, 785-580-4400

SEP 18

CELEBRATING THE 150TH ANNIVERSARY OF THE 14TH AMENDMENT

Explore the enduring legacy of perhaps the single most important amendment to the U.S. Constitution in a panel discussion led by Stephen McAllister, U.S. Attorney for the District of Kansas. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 7 p.m. LAWRENCE, doleinstitute.org

SEP 18

ESTATE PLANNING SEMINAR

How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the

benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Those attending get a free copy of the book Estate Planning Overview. Senior Resource Center, 2920 Haskell Avenue, 6-7:30 p.m. Register with the Senior Resource Center (842-0543) or Lawrence Parks & Recreation (832-7920). LAWRENCE

SEP 22

MORE RARE AND UNUSUAL TREES

More rare and unusual tress have been identified around Lawrence. Join us on a bus tour focusing on the special features, values and cultivation of specimens that make them stand out as unique. Instructor: Jon Standing. Class Code: 427442. Fee. Holcom Park Recreation Center, 2700 W 27th Street, 10 a.m.-12:30 p.m. Lawrence Parks and Recreation. LAWRENCE, 785-832-7920

SEP 25

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, September 25, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane, Topeka, KS 66606. For information call 785-270-4593, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. TOPEKA

SEP 27

GENERAL PALEONTOLOGY |

Join instructor Craig Sundell for an overview of the fossil record and return for a more focused look at the great inland sea that once covered western Kansas. Then take your knowledge to a 300 million year old marine site near Lawrence to collect fossils. Details available at www.lprd.org or your neighborhood recreation center. East Lawrence Recreation Center, 1245 E 15th Street, 2-3:30 p.m. Lawrence Parks and Recreation. LAWRENCE, 785-832-7920

SEP 27

JOSIAH MCAFFEE: A COLORFUL HISTORICAL CHARACTER!

Wendi Bevitt, from Buried Past Consulting, will explain the role of this former Topeka mayor in bringing the gospel, education, and equality for African Americans to early day Kansas. Hosted by the Topeka Genealogy Society. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8:30 p.m. TOPEKA, 785-580-4400

SEP 30

CELEBRATING THE 150TH ANNIVERSARY OF THE 14TH AMENDMENT

This lecture will explore the nation's military caregiver crisis with a conversation between Meg Kabat of the Department of Veteran Affairs, and Dole Foundation caregiver fellows

Robyn Loveland and Carolyn Tolliver-Lee. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 4 p.m. LAWRENCE, doleinstitute.org

OCT 1

MEDICARE MONDAYS

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

OCT 1

MEMORY LOSS, DEMENTIA & ALZHEIMER'S DISEASE

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

OCT 4

BETTER ANGELS: CAN WE DEPOLARIZE AMERICA?

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

OCT 4

COMPUTERIZED GENEALOGY

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

OCT 20

WHAT IS THAT TREE?

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

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

The Lawrence Irish Session is a lively gathering of musicians sharing Irish traditional tunes each week. Beginners and experienced players are welcome. Come to listen, learn and share tunes and songs of Ireland, and best of all, have a great time. Henry's on 8th, Upstairs in the Pub,

■ CONTINUED FROM PAGE 22

11 E. 8th St., 5:30-9 p.m.
LAWRENCE, lawrencecession.com

THURSDAYS

JUNKYARD JAZZ

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

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

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

SATURDAYS

COMMUNITY JAM

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

SEP 14

STORY SLAM: NEW BEGINNINGS

Stories told live, MOTH-style, the second Friday of every month, September to May (except December). Never the same story, or evening, twice. Adults, 18+ only. Live music & social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire. Admission: Suggested Donation \$5.
LAWRENCE, lawrenceartscenter.org

SEP 21, 22, 23*, 27, 28, 29, 30*, OCT 5, 6, 7*

THE BRIDGES OF MADISON COUNTY

Based on the best-selling novel about a forbidden love affair between a photographer and a housewife, this is a sweeping romance about the roads we travel, the doors we open, and the bridges we dare to cross. Theatre Lawrence, 4660 Bauer Farm Dr. Evening performances start at 7:30 p.m.
*Indicates a 2:30 p.m. performance. Fee.
LAWRENCE, 785-843-SHOW
wp.theatrelawrence.com/events/2018-19-season

OCT 5

NOTO STORY SLAM

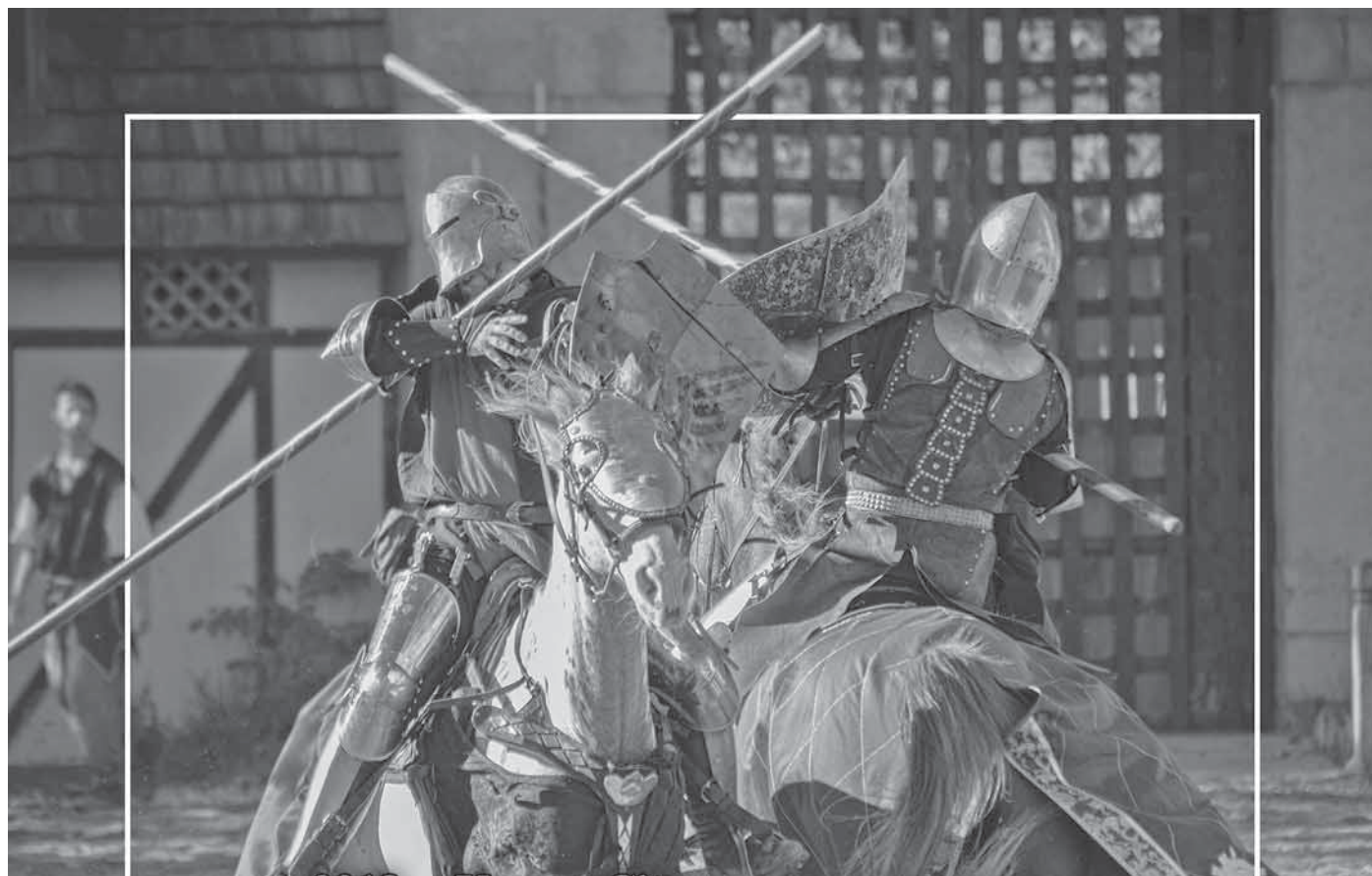
Listen to or be one of 10 people who each tell a 5-minute story on the theme of scary or mysterious stories. The audience will award a cash prize to the best story, based on quality and presentation. Sign up to be a storyteller begins at 6:30. Hosted by Kay Duganator and Matt Spezia. NOTO Arts Place, 905 N Kansas, 7-9 p.m.
TOPEKA, 785-580-4400

FAIRS/FESTIVALS

SEP 6-8

JOHNSON COUNTY OLD SETTLERS FESTIVAL

A tradition since 1898, this festival fills downtown Olathe with nationally recognized musical entertainment, a huge carnival, classic auto show, arts and crafts vendors, over 20 excellent



2018 Kansas City
Renaissance Festival

Giant Puppet Troupe
Whiskey & Bourbon Tastings
Bow Blast • Bloody Mary Bar
Battle Axe Pub

Open Weekends
Sept 1st - Oct 14th
Labor Day & Columbus Day
10am-7pm • Rain or Shine
913.721.2110 • #KCRenfest

FREE Parking!

Provided by **OLATHE**
LINCOLN 

Get Advanced Tickets at KCRenfest.com : Use code "kawvalley" for \$2 off!

Get Advanced Discount Tickets at participating locations



Coupons Available at participating locations



Sponsored by



■ CONTINUED FROM PAGE 23

food booths operated by local non-profit organizations, and much, much more. The largest parade in Kansas begins 10 a.m. on Saturday. Downtown Olathe, 12-11 p.m. Free admission. OLATHE, johnsoncountydsettlers.com

SEP 7, 8, 9, 14, 15 & 16

FLINT HILLS SHAKESPEARE FESTIVAL

The Flint Hills Shakespeare Festival is a St. Marys, community-based initiative focused on providing small-town, classical, outdoor theater and a village festival experience to local and regional patrons under the stars of northeast Kansas. Each fall, local volunteers transform a wood on the edge of town, affectionately known as Sir William's Hollow, into a rustic outdoor Shakespearean amphitheater and family friendly village festival. The festival was established in 2010 and has continued to grow into a successful annual event with over fifty food, game, and artisan booths spread throughout the forest that features a full length Shakespearean show nightly. Sir William's Hollow, 28170 Mt. Calvary Rd., 5-11 p.m. Fee. SAINT MARYS, 785-844-1698 flinthillsshakespearefestival.com

SEP 7-16

KANSAS STATE FAIR

Kansas' largest 10-day event showcasing Kansas agriculture, industry, and commerce, with a wide variety of entertainment and exhibits. See website www.kansasstatefair.com or printed schedule for event times or call 620-669-3600. Kansas State Fairgrounds, 2000 N Poplar, 9 a.m.-9 p.m. Fee. HUTCHINSON, 620-669-3600

SEP 8

LENEXA SPINACH FESTIVAL

To honor Lenexa's history as the "Spinach Capital of the World," this festival offers live music, an outdoor food court, numerous kids activities and competitions, antique and craft shopping and, of course, a spinach recipe contest and the World's Largest Spinach Salad. Events for kids include a baby crawling contest, inflatables, arts and crafts stations, a rock skipping contest, face paint, and a visit from Popeye and Olive Oyl. Sar-Ko-Par Trails Park, 87th Street & Lackman Road, 9 a.m.-4 p.m. Free. LENEXA, 913-477-7100, lenexa.com/spinach

SEP 14 & 15

LIED LOVES LAWRENCE: COMMUNITY ARTS & MUSIC FESTIVAL

Enjoy live performances by Mwenso & The Shakes, The Steel Wheels, Big Sam's Funky Nation, Quixotic and the KU School of Music, as well as behind-the-scenes workshops, kid-friendly activities, treats, food trucks and more. Lied Center of Kansas, 1600 Stewart Drive. Friday, 7:30 p.m.-12 a.m. Saturday, 4 p.m.-12 a.m. LAWRENCE

SEP 15 & 16

FREEDOM FESTIVAL

History comes alive at the Freedom Festival. Historical reenactors around the country come to Osawatomie to recreate the Battle of Osawatomie, a key moment in the fight to make Kansas a free state. Visitors are welcome to observe the action while enjoying local fare and listening to live music. John Brown Memorial Park, 10th & Main St., all day. Free. OSAWATOMIE, 913-755-4385 facebook.com/Freedom-Festival-228670270589465

SEP 22 & 23

FALL FESTIVAL AND SWAP MEET

We will be making Apple Cider, Apple Butter, and Sorghum each day. Tour Cottonwood Station, our reproduction living history of an early day Kansas town. We will be saving 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 a barn dance with live music on Saturday night. We have on-site camping, modern restrooms, and on-site concessions. Meriden Antique Engine And Threshers Association, 8275 K-4 Hwy, 8 a.m.-11 p.m. Fee. MERIDEN, 785-633-9706 meridenthreshers.org

FARMERS' MARKETS

APR 14-NOV 17

LAWRENCE FARMERS' MARKET - SATURDAYS

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

APR 14-NOV

TOPEKA FARMERS' MARKET

Saturdays. 12th and Harrison, South of the Judicial Building, 7:30 a.m.-noon. TOPEKA, 785-249-4704 downtowntopekafarmersmarket.com

APR 21-OCT 27

LENEXA FARMERS' MARKET

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

MAY 5-OCT 27

LEAVENWORTH FARMERS' MARKET

Every Saturday from May thru October at the Leavenworth Farmers Market, 7 a.m.-12 noon. The Market is located at the beautiful Haymarket Square at the corner of 7th and Cherokee Street. LEAVENWORTH, 913-651-2683 leavenworthfarmersmarket.com

MAY 8-OCT 23

LAWRENCE FARMERS' MARKET - TUESDAYS

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

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

ONGOING

HEALTHY STEPS MALL WALKING

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

ONGOING

FREE MEMORY SCREENING CLINIC

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

ONGOING

WELLNESS COACHING

Are you trying to make lasting lifestyle changes related to healthier eating, weight loss exercise, smoking cessation or improving your blood pressure, cholesterol or glucose numbers? Consider

INSERT YOUR FLYERS IN **SENIOR**
MONTHLY FOR AS LITTLE AS **\$275.00!***



FULL COLOR

Printing on gloss text paper for incredibly low rates. Options include 8.5" x 5.5" or 8.5" x 11", and insertion in copies of Senior Monthly delivered in Topeka and/or Lawrence. Contact Kevin at 785-841-9417 or kevin@seniormonthly.net for more information.

*Includes flyer design and printing!

■ CONTINUED FROM PAGE 24

meeting with a certified wellness coach. LMH offers this service for a fee. To learn more, contact Aynsley Anderson Sosinski, RN at (785) 505-3066 or aynsley.anderson@lmh.org. LAWRENCE

ONGOING

FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

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

LAWRENCE, 785-832-7920

DAILY

EXERCISE CLASS

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

FIRST MONDAY OF THE MONTH

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

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

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

FIRST TUESDAY OF THE MONTH

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

TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LIFE

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS

FLEXEXERCISE

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

VACCINE CLINICS

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

TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCÉ BALL

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

LAWRENCE

WEDNESDAYS

FREE NUTRITION CLINIC

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

WEDNESDAYS

FREE MEDICATION CLINIC

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

TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

LAWRENCE, (785)748-8034

THURSDAYS

WELLNESS CLINIC

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

TOPEKA, 785-273-4545

FRIDAYS

BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

SEP 5

KNOW YOUR NUMBERS - CHOLESTEROL AND GLUCOSE SCREENING

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

LAWRENCE, 785-505-5800, lmh.org

SEP 13-OCT 25

FENCING

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

LAWRENCE, 785-832-7920

SEP 22

LMH ANNUAL HEALTH FAIR

Free health screenings provided by local physicians & practitioners with health & wellness information exhibits & comprehensive blood work for a nominal fee. Registration in advance is only required if you wish the discounted blood work price. Call the LMH Lab at (785) 505-2653 and ask for the health fair specialist. The discounted blood work fee only applies to those registrations received by the Lab by 9/14/2018. LMH Lower Level Meeting Rooms, 7-10:30 a.m.

LAWRENCE

SEP 24

FITNESS 60+

Learn how Tai Chi can help you stay active, flexible and stable as you age. Doug Petrie will be our instructor for this session. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12:30-2 p.m.

TOPEKA, 785-580-4400

HISTORY/HERITAGE

SEP 21 & 22

KEEPING LEGENDS ALIVE

Come join us on September 21 and 22 as we celebrate the dedication of our nation's first World War I memorial, Haskell Stadium and Memorial Arch. Completed in 1926 at a cost of \$250,000 (Nearly \$3.5 million today) and constructed solely from donations by Native American people, this structure commemorates the 415 students, staff, faculty, and alumni who served in the United States Armed Forces during the first World War. Haskell Cultural Center, 2411 Barker Ave.

LAWRENCE

facebook.com/events/1021251788000079

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.,

■ CONTINUED FROM PAGE 25

Lawrence, 10:30-11:30 a.m.
Babcock Place, 1700 Massachusetts St.,
Lawrence, 1-2 p.m.

FRIDAYS

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

MEETINGS

SUNDAYS

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

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

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

OrthoKansasPA.com

FIRST MONDAY OF THE MONTH INDIVIDUAL BEREAVEMENT SUPPORT

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

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

FIRST & THIRD MONDAY OF THE MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH GRIEF SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH SPOUSE/PARTNER LOSS

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

FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

EVERY TUESDAY THROUGH FRIDAY MEN'S COFFEE

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

TUESDAYS

BREW HA HA!

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

TUESDAYS

GENERAL GRIEF SUPPORT GROUP

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

TUESDAYS

INTERGENERATIONAL CHOIR

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

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

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

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

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

FIRST TUESDAY OF THE MONTH TOPEKA AREA OSTOMY SUPPORT GROUP

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool

with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124.

LAWRENCE, 785-838-7885
OrthoKansasPA.com

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

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

WEDNESDAYS

GRIEF SUPPORT GROUP

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

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

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

FIRST THURSDAY OF THE MONTH LAWRENCE AREA PARTNERS IN AGING Networking group. Call Ashley at 785-842-0543 for more information. \$12.00 to attend (includes lunch). 11:30 a.m.-1 p.m.

FIRST FRIDAY OF THE MONTH STROKE SUPPORT GROUP

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

SATURDAYS

LAWRENCE BRIDGE CLUB

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

ONE SATURDAY EACH MONTH LAWRENCE DEATH CAFE

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

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet

and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.
TOPEKA, 785-580-4662

SECOND MONDAY OF THE MONTH LMH HEART BEATS

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

SECOND TUESDAY OF THE MONTH LAWRENCE ACTION CIVITAN CLUB

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

SECOND WEDNESDAY OF THE MONTH MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF THE MONTH DIABETES EDUCATION GROUP

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

SECOND WEDNESDAY OF THE MONTH SOROPTIMIST INTERNATIONAL OF TOPEKA

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

SECOND THURSDAY OF THE MONTH DEMENCIA SUPPORT GROUP

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

SECOND THURSDAY OF THE MONTH NAACP MEETING-LAWRENCE CHAPTER

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

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

Sponsored by the Alzheimer's Association-

■ CONTINUED FROM PAGE 26

Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.

LAWRENCE, 913-831-3888

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

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

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

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

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

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

TOPEKA, 785-286-2329 or 785-231-0763

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

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

LAWRENCE, 785-505-2712

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

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

LAWRENCE

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

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

LAWRENCE, 785-843-7481

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

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

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

**THIRD FRIDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

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

**THIRD SATURDAY OF THE MONTH
JAYHAWK MODEL MASTERS**

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

LAWRENCE, 785-312-4840

jayhawkmodelmasters.com

**FOURTH WEDNESDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

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

**FOURTH THURSDAY OF THE MONTH
TOPEKA GENEALOGICAL SOCIETY**

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

TOPEKA, 785-233-5762

tgstopeka.org

**FOURTH THURSDAY OF THE MONTH
CHRISTIAN WIDOW/WIDOWERS ORGANIZATION**

We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards.

5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com.

TOPEKA

**FOURTH FRIDAY OF THE MONTH
NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES**

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

LAST WEDNESDAY OF THE MONTH

WARM UP WEDNESDAYS GROUP

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

TOPEKA, 785-430-2194

SEP 4

QUARTERLY PITCH-INS (POTLUCK)

Meat and beverage provided. The Midland Care Center for Hope and Healing, 1112 SW 6th St., 5:30-7 p.m.

TOPEKA, 785-430-2194

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

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

LAWRENCE

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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

TOPEKA, 785-783-8300

kansasdiscovery.org

TOURS/TRIPS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

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

LAWRENCE, 785-841-4109

watkinsmuseum.org

**FIRST SATURDAY OF THE MONTH
DISCOVER WITH DOLE**

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

**SECOND SATURDAY OF THE MONTH
FREE SATE EAST SIDE BREWERY TOUR**

East Side Brewery offers tours on the second Saturday of the month at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level,

if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.
LAWRENCE, 785-550-9718, freestatebrewing.com

OCT 8 & 9

WAY OUT WEST IN KANSAS-VICTORIA, HAYS AND NICODEMUS

Cultural, historic and scientific wonders of Kansas are all stops on this trip to the west. Stops include the art deco Steifel Theatre in Salina; the Basilica of St. Fidelis, known as the Cathedral of the Plains in Victoria; the national historic site of Nicodemus, oldest and only remaining Black settlement west of the Mississippi River and the Sternberg Museum, a destination by itself. Motorcoach travel with pick-up stops in Topeka and Lawrence. Class Code: 327875. Lawrence Parks & Recreation Department. Fee. Early Bird Deadline: August 27.
LAWRENCE, 785-832-7920

MAR 16-25

SHADES OF IRELAND

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

Kaw Valley Senior Monthly

accepts

INSERTS!

We can insert your circulars or flyers for just \$50 per 1,000.*
Call 785-841-9417 for more information.
*10% discount when you do 6,000 inserts.

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

ATTENTION SENIORS:

See how much we can save you on your Medicare Supplement. Call Bruce today at (785) 242-6955.

Bruce Osladil

OSLADIL INSURANCE SERVICE
411½ S. Main St. • Ottawa, KS 66067

Irving A. Cohen, MD, MPH, FACPM*is a Medical Doctor who is Board-Certified in Preventive Medicine*

Learn how YOU can reverse or prevent diabetes, lose weight and reduce chronic conditions.

We will evaluate, teach, and supervise your progress.

*We Will Not sell you food, supplements, or diet pills.*1919 SW 10th Ave Topeka

call now for an appointment (785) 783-7779

www.PreventionDoctor.com*most insurance is accepted***Questions about****MEDICARE OR SOCIAL SECURITY**STEPHENS • CHAPIN
INSURANCE

Call **Bill Woody, Jr.**
for answers.

785-841-9538

STEPHENS CHAPIN INSURANCE
2711 W. 6th St. • Suite A • Lawrence, KS



Matthew 5:14, 16

Yes, you CAN! Stay at HOME!

Our qualified nurses and certified staff will provide the care you need at HOME.

CALL NOW!**785-424-2785****Our Services Include:**

- Personal Care
- Companionship
- Homemaker services
- Run Errands
- Appointments
- Private Duty
- Respite Care
- Medication Reminders
- Wellness monitoring
- Diabetes Care

For more SERVICES!

Visit our web site:

Web: www.gracefulhealthcare.comEmail: grace@gracefulhealthcare.comFacebook.com/[gracefulhomehealthcare](https://www.facebook.com/gracefulhomehealthcare)**CARE AT HOME**

Insured

I HELP YOU WIN DISABILITY

Disabled and no longer able to work? I'll help you through the Social Security disability maze. Free consult. No fee unless you win.

785-331-6452montemacedisability.com**Moving? Downsizing? Need Storage?****PROFESSIONAL
Moving & Storage**

3620 Thomas Court • Lawrence, KS 66046

785-842-1115**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.

**We're Just Your Style!****21ST & FAIRLAWN***We're Just Your Style!*

Over 50
Unique Shops,
Restaurants
and Stores.

21st & Fairlawn
Topeka, Kansas**Cedar Square Senior Apartments**

We offer affordable quality housing

For persons 62 and over

Now accepting 55 and over!

One Bedroom & Studio Floor Plans

We are renovating come take a Look!

1550 S. Cedar Ottawa KS 66067

Call today to schedule an appointment

Phone: 785-242-8110

TDD: 614-442-4390

Office Hours Monday—Friday 8:30am to 4:00pm



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 (color extra) when paid in advance. That's like getting one month for free.

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment

Selling Your Home?*I want to help you each step of the way.*

*Real and Honest *Frequent Communication

*Dedicated Representation *Detailed

*Respectful *Above and Beyond Service

**Kat Hall**

REALTOR®

(785) 371-4255

KatHall@kw.com

kw INTEGRITY
KELLERWILLIAMS**We Improve People's Lives**Home Health, Skilled Nursing, Physical,
Occupational and Speech Therapy
Private Duty Care**Int-rim**
HEALTHCARE INC.

1251 SW Arrowhead Rd., Suite 103 • Topeka

785-272-1616**RIVER CITY PAINTING & REPAIRS****785-856-4660****PEAVLER & ASSOCIATES****MEDICARE QUESTIONS?****John McGrath**

SENIOR BENEFITS SPECIALIST

785-418-7298

Email:

johnm1738@outlook.com

Fax:

866-514-2919

**Just Call
June!****June Rockey**
REALTOR®

Senior Specialist

(785) 224-8454 (Mobile)

(785) 267-8600 (Fax)

2222 SW 29th Street
Topeka, KS 66611

June@JuneRockey.com

**COLDWELL
BANKER**GRIFFITH & BLAIR
AMERICAN HOME**Girl Friday Senior
Concierge Services L.L.C.****Grocery Shopping Services and More!**Bonded and Insured
Services Available for Shawnee,
Jefferson and Jackson Counties
For a free consultation,
please call (785)-364-6614www.girlfridayks.comg.fridayseniorservices@yahoo.com*Aldersgate*
VILLAGE

LIFE PLAN COMMUNITY

Independent Living
Assisted Living
Memory Care
Skilled Nursing CareRehabilitation Services
Sub-Acute Program
TransportationCall (785) 478-9440 or visit aldersgatevillage.org!

7220 SW Asbury Drive | Topeka, KS 66614

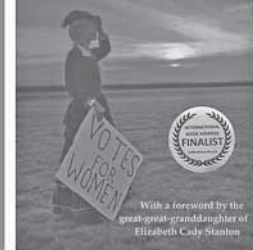
**Bath Innovations
WALK-IN BATHTUBS
& REMODELING****CALL TODAY
for a FREE
"no high pressure"
estimate.
913-912-1750****CHS****CRITICARE**

Home Health Services, Inc.

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

*Medical Equipment with Home Comfort*1006 W. 6th St. • Lawrence
785-749-4878 • 800-527-9596www.criticarehhs.com**Medicare
Accredited****Angels at Sunset**by the author of *Sissy!*

Tom Mach

**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

**Natural
Medical
Care****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

**Sons of The American Revolution**

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

Charles Robinson Chapter
(Lawrence)John Saylor (President)
785-841-5756**Thomas Jefferson Chapter**
(Topeka)Brian Vazquez (President)
785-272-7647**BUSINESS CARD DIRECTORY SPECIAL**

Six months for \$85.00 (color extra) when paid in advance. That's like getting one month for free.

RICK STEVES' EUROPE

It's more than a tour; it's an education

By Rick Steves

Tribune Content Agency

Honolulu or Havana? The world is full of travel opportunities that are more than enjoyable—they can be transformational. By getting out of your comfort zone, you realize that different people find different truths to be self-evident and God-given. You gain empathy for the other 96 percent of humanity—and in many ways you can learn a lot about your own country by viewing it from afar.

While many extremely rewarding destinations are not on the typical bucket list, they can be perfectly safe and reasonable to explore. And, while you can certainly venture out on your own, I prefer to enlist the help of what I call “reality tour companies.” I’ve taken several of these tours, and found them to be informative, inspirational and a great value.

Even if you normally don’t consider yourself a “tour person,” visiting a complicated corner of the world with a nonprofit organization is a good bet: These tours are safer, easier (the logistics have been worked out for you) and with connections to a network of people in the location, they give you insider knowledge, greatly increasing your opportunities for learning.

Years ago, I spent two intensive weeks in Central America with 14 Americans

on a tour organized by Augsburg College’s Center for Global Education. At our first hotel, we had an orientation meeting and met our tour guide. Looking around the room, I realized that this group was one of hardened political thinkers—lawyers, a legislator, political organizers, businesspeople and activists. There wasn’t a selfie stick in sight.

The tour incorporated a program designed to give us a balanced look at a complex situation: We visited with the United Nations Peacekeeping group, the local military’s PR office, professors from local colleges, farm workers’ unions and church groups. One day we met with socialists in the morning and the U.S. ambassador in the afternoon. The next day we met with the pro-business, right-wing political party (supported by the USA), then the Mothers of the Disappeared (women whose sons were killed by right-wing death squads).

These experiences contributed mightily to my political awareness. My group and I returned from our trip with valuable insights, ready to question traditional ways of thinking.

Our nation is confronted with complicated and unprecedented challenges. And lessons learned from our travels have never been more important as we search for answers. Here are some travel organizations that can help thoughtful

Americans get an education on the road.

FRIENDSHIP FORCE (www.friendshipforce.org): This nonprofit focuses on person-to-person exchanges, with locals welcoming travelers into their homes. Each one- to three-week program includes fun experiences, such as learning to make traditional lavash bread in Armenia, visiting historic Brazilian fishing villages or tobogganing on sand hills in Australia’s Hunter Valley.

GLOBAL EXCHANGE REALITY TOURS (www.globalexchange.org/tours): Global Exchange’s five- to 16-day Reality Tours connect travelers to locals in 40 destinations to help them gain perspective on international human rights. Participants get a first-hand look at global issues, with experiences such as meeting with health organizations in Haiti, observing Cuban teachers and musicians at work or visiting a farming co-op in Korea.

NEW COMMUNITY PROJECT (www.newcommunityproject.org): One- to two-week Learning Tours enable participants to learn about places where people are struggling with basic needs. Tour members meet people from all walks of life—from human-trafficking survivors to indigenous shamans to farmers—to learn about difficult challenges that people are facing with resilience and hope.

XPERITAS COMMUNITY PARTNERSHIP PROGRAMS (www.xperitas.org): This nonprofit educational organization offers one- to two-week immersive programs with local, grassroots organizations in indigenous and marginalized communities around the world. Travelers live with the partner communities, eat what the locals eat and help with community-led local development projects.

AFSNext (www.afsusa.org/afs-next): Part of AFS-USA (the well-known study abroad organization), AFSNext offers international volunteer opportunities (such as community advocacy, teaching and humanitarian work) and professional internship programs (such as wildlife conservation and community development).

In addition to educational tours, various organizations sponsor “volunteer vacations,” work camps and other service projects in needy countries, including Global Volunteers (www.globalvolunteers.org), Volunteers for Peace (www.vfp.org) and Service Civil International (www.sciint.org). If you’ve got more time and stamina than money, consider Workaway.info, which connects you with families or small organizations offering room and board in exchange for volunteer work, usually manual labor (such as gardening, carpentry and painting).

My travels around the globe—in places ranging from El Salvador and Cuba to Iran and Palestine—have sharpened both my love of what America stands for and my connection with our world. I’ve learned to treasure—rather than fear—the world’s rich diversity. And I believe that if more of its citizens traveled out of their comfort zones, America—with all its power, wisdom and goodness—could do a better job of making our world a better place.

- 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.

© 2018 Rick Steves

Distributed By Tribune Content Agency, LLC.



Hearing Loss Affects One In Three American Adults

How is hearing loss affecting you? Learn more lawoto.com/hearing

Audiologists

Misti M. Ranck MS CCC-A

Meryl R. Lockling, AuD

Serving the Lawrence area for over 30 years

Lawrence • Ottawa • Topeka

785-841-1107



LAWRENCE
OTOLARYNGOLOGY
ASSOCIATES, LLC

Ear, Nose and Throat Specialists

JAY'S MUSICAL MEMORIES

Do You Remember...September?

By Jay Wachs

One of my favorite records to play on air, at a club or at a private party is "September" by Earth Wind and Fire.

Man I love that song. It's fun and infectious and has a great horn section and needs to be played loud.

Do you remember September? Here are some lyrics to jog your memory if you don't:

Do you remember the 21st night of September?

Love was changing the minds of pretenders

While chasing the clouds away

Our hearts were ringing

In the key that our souls were singing

As we danced in the night

Remember how the stars stole the night away

Hey hey hey

Ba de ya, say do you remember

Ba de ya, dancing in September

Ba de ya, never was a cloudy day

"Ba de ya" can't be found in the dictionary, but it can be found in our hearts.

September also represents the beginnings of the fall season.

I love fall more than any other time of the year.

Warm days and cool nights.

Apple picking.

Leaf raking.

Bonfires.

And football!

Whether it's the KU fight song, the Notre Dame theme song or Hurt Em Bad's Monday Night Football rap the early 80s, music inspires me to get ready for a season of football fun. The thrill of victory. The agony of defeat. And memories of Howard Cosell on

ABC's Monday Night Football.

All of these wonderful memories and traditions that are kept alive today.

So, let's go back to the 21st day of September and see what was popular in years past:

1998: Aerosmith "I Don't Wanna Miss a Thing"

1988: Bobby McFerrin "Don't Worry...Be Happy"

1978: A Taste of Honey "Boogie Oogie Oogie"

1968: Jeannie C. Riley "Harper Valley PTA"

Whatever your plans are for September, bring the music along with you.

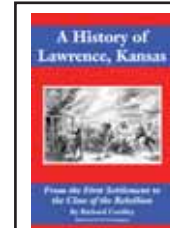
Just remember the best months of the year are still to come with Halloween, Thanksgiving and Christmas ahead.

So many great tunes to remember and enjoy.

And all of them are yours for the listening at www.lawrencehits.com, on our free mobile APP, Tune In Radio or on our ROKU channel.

Happy listening and remember September.

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



The History of Lawrence, Kansas

by Richard Cordley

See www.seniormonthly.net/books or call Kevin at 785-841-9417 to purchase.



LawrenceHits.com

Website and APP
Streaming Oldies Radio
HITS of the 60s - 90s
Pop - Rock - Soul
News
Weather
Sports

**Locally Owned & Operated
Douglas County Kansas
Online and APP Radio Stations
Now In Our 5th Year**

WOLFGANG PUCK'S KITCHEN

Looking for something light from your grill? Put hamachi on the menu.

I love to travel, whether I'm relaxing on vacation with my wife and our sons or meeting with my chefs and business partners at my restaurants around the world. As the old saying goes, travel broadens the mind. In my line of work it also literally broadens my culinary horizons, exposing me to wonderful new ingredients and ways to cook.

Take the following recipe for grilled hamachi with grilled papaya and



Wolfgang Puck

Southeast Asian vinaigrette. I was introduced to it back in 2001 when my team and I opened our branch of Spago that still delights guests at the Four Seasons Resort in Maui. And I still enjoy cooking the light combination of seared fish and tropical fruit to this day. In fact, it remains one of my favorite summer dishes. It's easy to understand why.

On a hot summer day, we're all looking for food that taste fresh and light yet satisfies the hunger that easily builds up when you're active outdoors. This recipe meets those needs.

The many people who have come to love sushi will be familiar with hamachi, the Japanese name for a fish known in English as yellowtail or amberjack; it is also sometimes misnamed yellowfin tuna, but that is a different species. Regardless, the fish has a dense flesh that satisfies meat lovers with a mild, clean flavor that equally delights dedicated seafood fans and those wary of "fishy" fish. You can find hamachi in good seafood shops and supermarket fish departments; or feel free to substitute fresh tuna.

I'm happy to see that sushi's popularity has convinced many people to

enjoy certain fish cooked rare, because that's the best way to prepare hamachi while keeping it moist and tender. During cool weather, you can pan-sear the fish for this recipe in a very hot skillet with a little bit of peanut oil; but, during outdoor cooking season, it makes perfect sense to fire up the grill. That also makes it possible for you to grill the papaya, deliciously caramelizing its surface, to serve as both an accompaniment for the fish and as a colorful, flavorful addition to the vinaigrette dressing served as a sauce for the final presentation.

Speaking of that dressing, you can find the two key seasonings you may need for it—red chile-flavored oil and briny fish sauce, a flavor you'll recognize from Thai and Vietnamese cuisine—in a well-stocked supermarket's Asian foods aisle. With the vinaigrette's aromatic combination of tangy, salty, sweet and herbal flavors, it adds so much to the dish; almost like an Asian salsa. In fact, you may find yourself making it to serve with other grilled dishes all summer long!

GRILLED HAMACHI WITH GRILLED PAPAYA AND SOUTHEAST ASIAN VINAIGRETTE

Serves 4 as a main dish, 8 as an appetizer

For the grilled papaya:

1 large ripe but still slightly firm papaya

2 teaspoons Asian-style chile oil
Kosher salt

For the vinaigrette:

1/2 cup (125 mL) red wine vinegar
1/4 cup (60 mL) fresh lime juice
1/4 cup (60 mL) Asian fish sauce



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

(nuoc mam)

2 tablespoons soy sauce

1/3 cup (85 mL) peanut oil

1/4 cup (60 mL) sesame oil

3/4 cup (185 mL) diced grilled

papaya

1/4 to 1/2 cup (60 to 125 mL) diced

sweet yellow onion or red onion

3/4 cup (185 mL) peeled, seeded, and

diced cucumber

3 tablespoons chopped fresh mint

1 tablespoon chopped fresh basil

1 teaspoon sugar

1/2 teaspoon freshly ground white pepper

For the grilled hamachi:

1 large piece hamachi (yellowtail) fillet, about 1 1/2 pounds (750 g)

Kosher salt

Freshly ground black pepper

Preheat a charcoal or gas grill, or an indoor electric countertop grill or stovetop grill pan.

Meanwhile, start preparing the grilled papaya. Halve the papaya lengthwise, scoop out the seeds, and then peel each half with a swivel-bladed vegetable peeler or paring knife. When the grill is hot, brush each half all over with the chile oil and season lightly with salt. Grill both halves until brown grill

marks appear and the fruit softens slightly, 1 to 2 minutes per side, turning with grill tongs. Remove from the grill, and set aside to cool.

For the Southeast Asian vinaigrette, cut off and dice enough of the cooled papaya to make 3/4 cup (185 mL); cut the remaining papaya lengthwise into slices 1/4 inch (6 mm) thick and set aside. In a large non-reactive mixing bowl, whisk together the vinegar, lime juice, fish sauce and soy sauce. Whisking continuously, drizzle in the peanut oil and sesame oil. Stir in the diced papaya and as much onion as you like until thoroughly combined. Stir in the cucumber, mint, basil, sugar and white pepper; cover and refrigerate until serving.

For the grilled hamachi, drizzle the fish all over with peanut oil and season to taste with salt and black pepper. Grill directly over high heat until well-seared but still very rare, 30 seconds to 1 minute per side. Remove the fish from the grill, and cut crosswise into slices 1/4 inch (6 mm) thick.

Arrange the fish slices overlapping on serving plates, and arrange the papaya slices around them. Spoon some of the vinaigrette over each portion, passing the rest at the table. Serve immediately.

© 2018 Wolfgang Puck Worldwide, Inc. Distributed By Tribune Content Agency, LLC.

Restaurant Guide

McFARLAND'S Restaurant



Casual Dining, Private Parties

Over 70 years of serving fine food

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

Serving Topeka Since 1969



Open 7 Days A Week
6:00 a.m.-3:00 p.m.

1034 S. Kansas Ave.
785-232-1111

Old 56

Family Restaurant

2227 S. Princeton St.
Ottawa, KS 66067
785-242-7757



912 S. Chestnut
Olathe, KS 66061
913-390-9905

Chic-A-Dee CAFÉ



"Good Home Cooked Food"

Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm

3036 SE 6th • Topeka • 785-233-0216

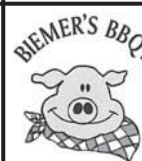


You're Gonna Love It!

Pizza, Sandwiches,
Pasta, Salads

Family Dining
Carryout

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



Voted Best BBQ in Lawrence

University Daily Kansan
Top Of The Hill 2011

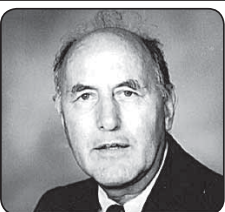
2120 W. 9th St. • Lawrence • 785-842-0800

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

HUMOR

Everything old is new again

Putting an actual pen to an actual piece of paper is becoming a thing of the past—at least that's how it seems most days. I started writing quips and short stories back in 1945, back in the days that surely pre-date any social media account, smart phone app, tablet or laptop. This doesn't mean that I don't still like to scribble and jot ideas down when the mood strikes or when the deadline for my column is just around the corner.



Larry
Day

What it does mean is that writers of my generation communicated in a different way than today's 21st-century wordsmiths typing and uploading their stories at lightning speed. Now that I've been living as a "writer" for nearly 75 years, I can look back over my stories and notes I've jotted down since I was nine years old, and see how putting a pen to paper has shaped my life as a writer.

Looking back, I'm shocked that I've been writing this long. I hadn't really given it much thought until I was chatting with my friend and childhood pal, Eloise Simplekins.

Eloise had always been considered plain—beginning with her name and continuing with her squat chunky figure, her thick unruly hair, her flat face, her squinty eyes, and her pug nose. But she is, and always has been very smart. Eloise always had a unique

perspective and a kind word.

We met for lunch at the Main Street Diner in downtown Letongaloosa last Tuesday. Eloise wanted to tell me about her latest idea to expand her current business as La Mancha's premier pre-cleaning lady and to reminisce about "the good ol' days."

"When I started my company, people in town thought I was just plum crazy, but I didn't listen and I'm glad I didn't...just like you," Eloise grinned.

I smiled. I knew the story she was about to regale me with.

"I'll never forget the look on Miss Bunker's face when she read that note she caught you passing to Dean Larson. I still can't believe that you convinced her that what you wrote was an idea for a story."

"Ha, yeah. 'Screw You.' I told her it was a title for a story about a boy who gets a toolbox for Christmas."

Eloise laughed, "Miss Bunker said she wanted to read the story and threatened to call your mother if you didn't finish it before we left school that afternoon."

Smiling, I thought back to that day. Putting a pen to that piece of paper changed my life. It was the catalyst for my life as a writer—for my becoming a foreign correspondent, world traveler, newspaper reporter, and now, a humor

writer.

I don't consider myself to have had a particularly exciting or extraordinary writing life, but Eloise likes to remind me of that story I wrote for Miss Bunker.

A few years ago, Eloise started a company that services fastidious homemakers. Her idea was to send pre-cleaning ladies to homes where the homemakers can't stand to let their regular cleaning ladies see the mess.

"Your gumption 'way back when' stayed with me. It gave me the courage to start my company. It took me a while, but I finally got to where I want to be...thanks to you, old friend."

Over the years, Eloise and I have managed to keep up. We both have websites, blogs, a presence on social media.

So, I was truly surprised when Eloise told me her new idea: hand-written notes. She wanted to jot down "Thank

you" messages to her clients for their business and support.

In a time when messaging and texting has become our primary form of communication, the idea showed 21st-century genius. Even I couldn't remember the last time I had written or received a personal note—a grocery list from my wife, Emmaline, doesn't count, does it?

It had been a good day. I left the diner that afternoon feeling good about my life as a writer and headed home to work on this month's column. A few days later, I received a note from Eloise. It was hand-written and one of the best messages I have ever gotten from my old friend:

"Everything old is new again."

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

1 BR
starts at
\$345



2 BR
starts at
\$370

-Leisure Living Offering the Best of Both Worlds-

A Peaceful Country-like setting, At Rates That Can't Be Beat!

We rent to those 62 and older or disabled, regardless of age.



Call (785) 594-6996 for more info.
1016 Orchard Lane • Baldwin City



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

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

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



prairie wind
senior living inc.

HOME PLUS

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



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

MY PET WORLD

Sweet talk, distractions and other 'magic' tricks for cutting cat's nails

By **Cathy M. Rosenthal**
Tribune Content Agency

When I opened my email, I was pleasantly surprised to find a slew of reader tips on how to cut a cat's nails. I am impressed with so many soft-spoken cat parents who have mastered the art of distraction to get their felines to pay attention only to them, and not the approaching nail clippers. In my house, I have to hide the nail clippers behind my back because my cat has learned what the shape of my hand looks like when hiding clippers.

Here are a few ways cat parents say they sweet talk, distract and otherwise trick their cats into a nail trim.

Dear Cathy: I wait until my cat is sleeping. I then gently pick up his nearest paw and clip those nails. I am telling him he is a good cat while doing it. I then get his other paw done. After I am done and have loved and praised him, I give him a treat. - Becky Hixson, via email

Dear Cathy: I have always had the best results when trimming my cats' nails by taking them outside. Since they are indoor cats, they are not outside often. I bring one cat at one at time, sit them on my lap, and trim their nails. They are so interested in what's happening around them, they don't even realize I'm cutting their nails. I can do all three cats in 15 minutes with no trauma to them or scratches and frus-

tration to me. - Laura, Aurora, IL

Dear Cathy: I have clipped my cat's nails while they are sleeping, drowsy or napping. Even if they wake up, I can talk to them in a calm voice and get a few nails done each time. - Carol, Ellington, CT

Dear Cathy: I bought a "cat in a bag" or similar product where you can extract one foot at a time. It works for me. - Jae, Terrebonne, Oregon

Dear Cathy: We have a 16 1/2-year-old rescue Jack Russell. He is the love of our lives. He recently went deaf and now is almost blind as well. He recently underwent surgery to have 13 teeth pulled. He's a real trooper. Even though, he has all these old age issues, he remains spry when he's up.

He has, however, begun to howl and bark when we're not home. Unfortunately, I have an 85-year-old mother who lives downstairs and is having a real hard time with this. She's never been a pet person. We don't go out often and try to our kid to watch him, but if I am not in the house, he whines horribly and cries for hours. It's so painful to watch, but I can't be here 24 hours a day every day. Is there anything we can do? He's been to the vet and they say his blood work is better than a human's! - Lauren, Wantagh, NY

Dear Lauren: Any change in behavior can often be tracked back to health issues, so I am glad you ruled that out first.

Sometimes, as dogs and cats age, they get a little clingier. If your dog is only howling when you are gone, this can be a form of separation anxiety. Instead of destroying your house though, he is destroying your mom's peace of mind.

Treat this like anxiety. Get him an Anxiety Wrap or ThunderShirt to wear when you are not home. Give him some over the counter calming chews, put a few drops of Rescue Remedy in his water, or give him melatonin (1 mg two to three times a day).

If these natural methods of reducing anxiety don't calm your dog, talk to your vet about a mild anti-anxiety medication. I think if you treat him for anxiety, you will get results.

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

© 2018 Distributed By Tribune Content Agency, LLC.



Affordable Senior Living



2125 Clinton Parkway
in Lawrence

Rent Subsidized
Apartments for
Qualified Seniors

Applications being accepted
841-1000 www.ldcha.org

Clinton Place Apartments



Martin Creek Place

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

Age 62 & older.

4950 SW Huntoon • Topeka 785-273-2944

RETIRED
DOESN'T MEAN
BORED

See our team in action at
McCritePlaza.com

Independent Living • Assisted Living
Health Center • Rehab Unit
Home Health • FOOTBALL TEAM?

Enjoy a vibrant, active life at McCrite Plaza.
Get off the bench and call us for a tour!

■ 785-267-2960 ■ 1608-1610 SW 37th St. Topeka, KS ■

Huge sale of vinyl records, audio equipment and CDs to benefit KU Audio-Reader Network

If you love music, collect vinyl records, or simply need to update your stereo system with quality equipment for a good price, then come to Audio-Reader's annual benefit sale, "For Your EARS Only." The 16th annual event will take place on Friday, September 14, from 6 to 9 p.m. and Saturday, September 15, from 9 a.m. to 2 p.m. at Douglas County Fairgrounds, 2120 Harper St., building #21, in Lawrence. Thousands of vinyl records and CDS, along with vintage and modern audio equipment, will be sold for below-market prices.

Friday night's festivities include free food donated by local businesses, cool prizes, and first pick on an amazing array of vinyl, CDs, audio equipment and musical instruments. Advance tickets are available for \$10 at Audio-Reader, 1120 W. 11th St. in Lawrence. They are \$15 the night of the event. Admission is free Saturday with many items reduced to half price after noon.

This year, Lawrence, Topeka and Kansas City residents donated their beloved instruments, LP collections and gently used audio equipment to the sale, and local record stores were also generous with their excess inventory.

Thousands of vinyl albums, CDs and DVDs, hundreds of pieces of audio equipment and several interesting instruments, including saxophones,

violins, a banjo, and multiple acoustic and electric guitars have been donated. Proceeds from the sale benefit Audio-Reader's listeners, the blind, visually-impaired and print-disabled. Funds help provide free reading and information services for those who cannot read for themselves.

The Audio-Reader Network, a public service of the University of Kansas, is a free reading and information service for anyone who cannot read conventional print because of blindness or any

other visual, physical or learning disability. More information is available

at reader.ku.edu or by calling (800) 772-8898.



Carol Ronnebaum

SENIORS REAL ESTATE SPECIALIST

- Simplifying Senior Moves
 - Baby Boomer Moves - *Up, Down, Relocate*
- 785-640-2685 • Carol@CarolRealtor.com
2222 SW 29th St. • Topeka, KS 66611
TopekaSeniorLiving.com



Arbor Court Retirement
Community at Alvamar

Lawrence, Kansas



1510 ST ANDREWS DRIVE
LAWRENCE, KS 66047
785-841-6845

www.arborcourt-lawrence.com



LIKE US ON FACEBOOK at
Arbor Court - Retirement
Community at Alvamar

YOUR LIFE. YOUR STYLE. YOUR HOME.

**Arbor
Court**
*Start enjoying
your retirement!*

Studios start at
\$1525 per month
including
breakfast,
lunch, utilities,
housekeeping,
transportation,
and so much
more!

*Call us for our
move-in
specials and a
complimentary
tour and lunch!*

Peterson Acres II

Affordable Housing
Based on Income.

Applications being accepted.

Senior Community at 2930 Peterson Road
in Lawrence. 2 bedroom duplexes with
handicap accessibility, W/D hookups,
emergency maintenance and resident service
program. Applicants must be 50 years of
age or older. One pet allowed.
842-8358 or www.ldcha.org.



GOREN ON BRIDGE

Brave young Swedes

With Bob Jones

Tribune Content Agency

East-West vulnerable, South deals

NORTH

♠-Q 10 5 4

♥-5

♦-Q J 4 3

♣-K J 9 7

WEST

♠-J

♥-A Q J 10 6

♦-10 8 7

♣-A 8 6 5

EAST

♠-K 7 3 2

♥-K 9 8

♦-9 6 5

♣-Q 10 4

SOUTH

♠-A 9 8 6

♥-7 4 3 2

♦-A K 2

♣-3 2

The bidding:

SOUTH	WEST	NORTH	EAST
1♣	1♥	Db1*	2♥
2♠	Pass	3♣	Pass
4♠	All pass		

*Negative, values with no clear bid

Opening lead: Seven of ♦

Many European players open one club with all of their weak balanced hands regardless of minor suit distribution, hence the one-club opening here. North-South were young Swedish experts, Ola and Mikael Rimstedt. Mikael's jump to four spades looks like too much to us. Perhaps it was due to the exuberance of youth, but aggressive bidding like that can only be justified by success.

The opening diamond lead was won with the ace and declarer led a club at trick two. He accurately put up dummy's king when West played low. Rimstedt next led a heart, won by East with the eight. East cashed the queen

of clubs and led another club, ruffed by South. Rimstedt ruffed a heart on the table, led a diamond back to his king, and ruffed another heart.

Rimstedt held his breath and led the queen of diamonds. The play of the diamond spots by East-West made it seem a certainty that the diamonds were splitting 3-3. West would have led the 10 of diamonds from an original holding of 10-9-8-7. Both opponents duly followed suit and declarer brought it home from there. Rimstedt led dummy's last club,

ruffed low by East and overruffed by declarer. Rimstedt ruffed his last heart with dummy's 10 of spades. East overruffed with the king, but that was the last trick for the defense. Making four after a well-bid hand!

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

© 2018 Tribune Content Agency, LLC.

Prairie Commons

Celebrating 20 years of providing seniors a place to call home.

Features...

- 1 & 2 Bedroom Apts.
- Ongoing Resident Groups and Activities
- Washer & Dryer Connections
- Beautiful Landscaping
- 24 hour Emergency Maintenance
- Gated Entry with Controlled Access
- Resident Activities
- Detached Garages

Please contact us for a personal tour and more information.

(785) 843-1700



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

5121 Congressional Circle
Lawrence, Kansas
www.liveatprairiecommons.com



PUZZLES & GAMES

CROSSWORD

Across

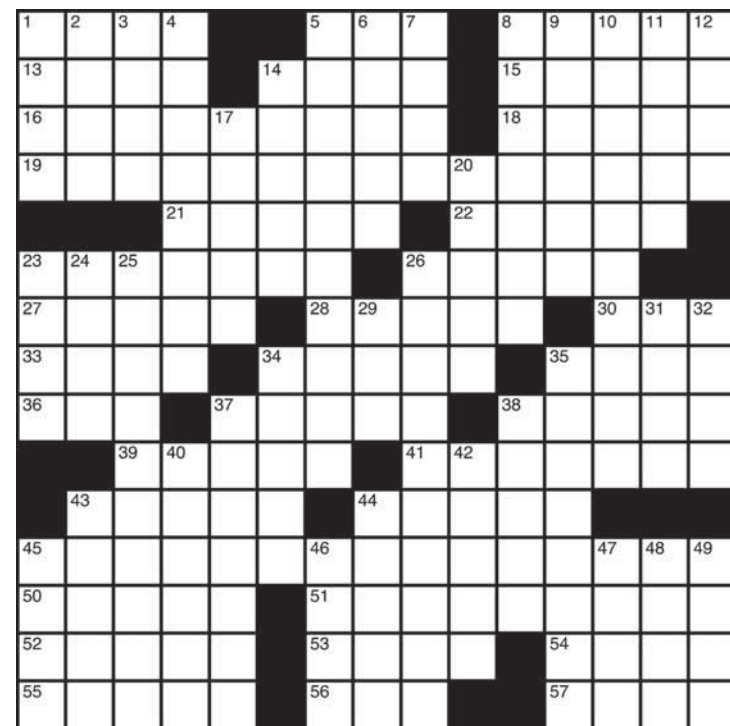
- 1 Jet
- 5 Govt. property overseer
- 8 Artists' pads
- 13 Great ___
- 14 Gets onstage
- 15 Detached
- 16 Slid across the pond, maybe
- 18 Start of a noncommittal RSVP
- 19 Last-minute number?
- 21 Awards for "Rent" and "Hedwig and the Angry Inch"
- 22 Cads
- 23 San Francisco, to most Californians
- 26 Rice on a field
- 27 Laid-back
- 28 Big lugs
- 30 PC-checking org., at times
- 33 Word of regret
- 34 Pebbles bearer
- 35 Drop

- 36 Bringing it up can lead to a fit
- 37 It first passed 2014 in 2014, briefly
- 38 Choice word
- 39 "Fried Green Tomatoes at the Whistle Stop Cafe" author
- 41 Raiding group, familiarly
- 43 Fool
- 44 Sand bar
- 45 Figure it out
- 50 Hitching post?
- 51 Group of football players, perhaps
- 52 "Mr. Belvedere" actress
- 53 Weight
- 54 French bread
- 55 Square figures
- 56 Gp. using sub titles?
- 57 Unattached

Down

- 1 "Thus with a kiss ___": Romeo
- 2 Table salt, in chem

- class
- 3 Pants part
- 4 Words said in passing?
- 5 Intuition
- 6 Part of WYSIWYG
- 7 Home position, for some
- 8 Bar staff
- 9 Bar tool
- 10 Line diagram
- 11 Former leader?
- 12 Sebaceous gland issue
- 14 "Enough already!"
- 17 Fare on a stick
- 20 Round Greek letter
- 23 Monument Valley locale
- 24 Sitcom marine
- 25 Computer screen?
- 26 Act too hastily
- 29 Overdone
- 31 Measure of passing time
- 32 Organic frozen-food brand
- 34 One traveling in Old West circles?
- 35 Lowers the volume of, in a way
- 37 "SNL" sketches, e.g.
- 38 Like a bad apple
- 40 University founder



- Stanford
- 42 Film hero Roy who wielded a bat called "Wonderboy"
- 43 De Gaulle's birthplace
- 44 Keeps away from
- 45 Willing
- 46 Briefs covering, in brief
- 47 Unaligned: Abbr.
- 48 Supergirl's Krypton name
- 49 Irritating blanket

© 2018 Tribune Content Agency, Inc.

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

JUMBLE

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

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

ACTFE

□ ○ □ □

KIYLS

□ ○ □ □ □

TARNTY

□ □ □ □ □

LUTDON

□ □ □ □ □

Print answer here: □ □ □ □ □ □ □ □ □ □

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

©2014 Tribune Content Agency, LLC All Rights Reserved. Check out the new, free JUST JUMBLE app

SCRABBLE G R A M S

Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2018 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.

A₁ E₁ Y₄ S₁ S₁ P₃ N₁ 2nd Letter Triple

A₁ E₁ U₁ Y₄ D₂ N₁ R₁

A₁ I₁ O₁ S₁ V₄ R₁ D₂ Double Word Score

A₁ I₁ O₁ D₂ N₁ R₁ L₁

A₁ E₁ I₁ U₁ D₂ M₃ N₁

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 260-270 FIVE RACK TOTAL

BEST SCORE 321 TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 38

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

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: FACET, SILKY, TYRANT, UNTOLD

Answer: Minnie Mouse was telling Mickey about her day, and Mickey was -- ALL EARS

© 2018 Tribune Content Agency, Inc.

SCRABBLE G R A M S SOLUTION												
S ₁	Y ₄	N ₁	A ₁	P ₃	S ₁	E ₁	RACK 1 =	70				
U ₁	N ₁	R ₁	E ₁	A ₁	D ₂	Y ₄	RACK 2 =	61				
A ₁	D ₂	V ₄	I ₁	S ₁	O ₁	R ₁	RACK 3 =	72				
O ₁	R ₁	D ₂	I ₁	N ₁	A ₁	L ₁	RACK 4 =	58				
U ₁	N ₁	A ₁	I ₁	M ₃	E ₁	D ₂	RACK 5 =	60				
PAR SCORE 260-270								TOTAL	321			



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

MY ANSWER

We can pray anywhere, anytime

By Billy Graham

Tribune Content Agency

Q: As a child, my parents told me I should always pray before I go to sleep, but now I'm often so tired that I drop off almost immediately. Am I offending God by not praying at the end of the day, like I was taught? - Mrs. L.F.F.

A: Your parents wanted to establish good habits in you, and learning to pray every night before you went to sleep certainly was one of them. The Psalmist declared, "You, God, are my God, earnestly I seek you.... On my bed I remember you" (Psalm 63:1,6).

But prayer shouldn't be something we do just because we think we ought to, or because we're afraid we'll offend God if we don't pray. Prayer is simply talking to God, and that's something we can do all the time. Remember, God

is our loving Heavenly Father, and He wants us to come to Him and talk with Him. We know this because He sent His only Son into the world to give His life for us and make us part of His family forever. Have you asked Christ to come into your life?

Yes, it's good to set aside a specific time during the day to pray and also read the Bible when we're alert, and I encourage you to do this. But we can pray in our hearts as we drive or walk down the street or talk with a friend. Even if you're tired at the end of the day, you can still pause to thank Him for His blessings.

Prayer is one of our greatest privileges as believers; make it part of your life every day. It should be as natural as eating and sleeping—and as necessary. No wonder the Bible tells us to "pray continually" (1 Thessalonians 5:17).

- Send your queries to "My Answer,"

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

© 2018 Billy Graham.

Distributed By Tribune Content Agency, LLC.

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.

"The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+.

Clearly, the numbers don't add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line."

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

Kaw Valley
Senior Monthly

785-841-9417

GROEN ZONE

Leonard Pitts, Lawrence Journal-World smear veterans

By Kevin Groenhagen

While fighting Japanese forces on Iwo Jima on February 23, 1945, Corporal Hershel W. Williams daringly went forward alone to attempt the reduction of devastating machine-gun fire from the unyielding positions. Covered only by four riflemen, he fought desperately for four hours under terrific enemy small-arms fire and repeatedly returned to his own lines to prepare demolition charges and obtain serviced flame throwers, struggling back, frequently to the rear of hostile emplacements, to wipe out one position after another.

On January 12, 1952, Corporal Ronald Eugene Rosser was acting as a forward observer with Company L's lead platoon during an assault on a heavily fortified hill near



Hershel W. Williams

Ponggil-li, South Korea. When the unit came under heavy fire, Rosser went forward three times and attacked the hostile positions alone, each time returning to friendly lines to gather more ammunition before charging the hill again. Although wounded himself, he helped carry injured soldiers to safety once withdrawal became necessary.

During the Battle of Ia Drang on November 14, 1965, in South Vietnam, Major Bruce P. Crandall flew 22 missions in an unarmed helicopter into enemy fire to evacuate more than 70 wounded and bring ammunition and supplies to U.S. forces.

Staff Sergeant Leroy A. Petry risked his life above and beyond the call of duty in action with an armed enemy in the vicinity of Paktya Province, Afghanistan, on May 26, 2008. While

crossing a courtyard, Petry and another Ranger were engaged and wounded by automatic weapons fire. Still under enemy fire, and wounded in both legs, Petry led the other Ranger to cover. He then engaged the enemy with a hand grenade, providing suppression as another Ranger moved to his position. The enemy quickly responded by maneuvering closer and throwing grenades. The first grenade explosion knocked his two fellow Rangers to the ground and wounded both with shrapnel. A second grenade then landed only a few feet away from them. Instantly realizing the danger, Petry, unhesitatingly and with complete disregard for his safety, deliberately and selflessly moved forward, picked up the grenade, and in an effort to clear the immediate threat, threw the grenade away from his fellow

Rangers. As he was releasing the grenade it detonated, amputating his right hand at the wrist and further injuring him with multiple shrapnel wounds.

What do these four men have in common? They were all awarded the Medal of Honor, the United States of America's highest and most prestigious personal military decoration. In addition, they, as well as 18 other Medal of Honor recipients, endorsed Donald Trump for president in 2016.

These men were far from the only veterans to support Trump. Exit polling by CNN found that Trump won the veteran vote by a 2-to-1 margin. In fact, veterans probably provided the margin of victory in swing states such as Florida, North Carolina, and Ohio.

Few Americans would deny that these patriots are loyal to their country.

However, that's exactly what nationally-syndicated columnist Leonard Pitts did on July 19.

"[Trump whisperers at Fox] — along with 63 million voters — sold America out on a promise of white primacy restored and tax cuts for billionaires," Pitts wrote. Those 63 million voters, whom Pitts said sold out America, include 22 Medal of Honor recipients and millions of veterans. No newspaper that respects its readers — let alone veterans — would have published Pitts' smear. The Lawrence Journal-World thought it was acceptable to do so.

I am a fifth great-grandson of U.S. Rep. Matthew Lyon of Vermont, who, under the Sedition Act of 1798, was imprisoned for four months and fined \$1,000 after he criticized President John Adams. This was wrong and Congress acknowledged it was wrong by returning Lyon's fine, albeit posthumously. Americans have the right to criticize their presidents. Pitts and the Journal-World also have a First Amendment right to smear the voters, including voters who have put their lives on the line to defend our country. But would decent people exercise this right?

If you believe our veterans shouldn't be smeared, please let the Journal-World's publisher, Scott Sanford (785-832-7277 – ssanford@ljworld.com), and/or the Journal-World's editor, Chad Lawhorn (785-832-6362 – clawhorn@ljworld.com), know what you think.

...

Hollerin' dog

On August 16, the Lawrence Journal-World joined dozens of other newspapers throughout the country in condemning President Donald Trump's criticism of fake news. The editorial began with this sentence: "There is nothing fake about the work being done by the reporters at the Lawrence Journal-World."

Is this true?

In the May issue of Senior Monthly I noted that Journal-World columnist Leonard Krishtalka had shared a quote attributed to James Watts, Ronald Reagan's first Secretary of Interior. That quote was shown to have been fabricated more than a decade ago. Krishtalka either knew he was sharing

a fabricated quote or he failed to do research in a competent manner.

The July 25 issue of the Journal-World included an editorial that took Attorney General Jeff Sessions to task for saying the University of Kansas had therapy dogs available to help students cope with the results of the 2016 presidential election.

"We can't speak to the events at Cornell, Michigan and Tufts, but the therapy dogs at KU had nothing to do with the 2016 election," the editorial claimed. "Rather, the therapy dogs were brought in in December to give students — regardless of who they supported in the election — the opportunity to relieve stress during the week of final exams."

"At best, Sessions or his staff failed to adequately research the therapy dog event at KU," the editorial continued. "At worst, Sessions purposely twisted the facts to paint KU students with a broad but wildly inaccurate brush. Either way, the attorney general of the United States should know better.

"Given his boss' disdain for apologies and adamant refusal to ever admit a mistake, it's doubtful Sessions will do the right thing and apologize to the University of Kansas and its students. But certainly such an apology is warranted."

Someone failed to conduct adequate research, but it wasn't Sessions.

The Wall Street Journal published an online article with the headline "Colleges Try to Comfort Students Upset by Trump Victory." The article mentioned what Cornell, Michigan and Tufts had done to help students cope. It also mentioned the University of Kansas: "And the University of Kansas reminded students via social media of the therapy dogs available for comfort every other Wednesday."

The Journal-World editorial claimed the dogs were brought in to relieve stress during the week of final exams. The Wall Street Journal article was published on November 9, 2016, one day after the election, but more than a month prior to final exams.

There is an old saying that applies here: "If you throw a rock into a pack of wild dogs, the one you hit will holler." In other words, if you say something about a group of people, the people who complain about it are likely the people that statement is true about.



Go further with **state-of-the-art** orthopedic care

*Adam Goodyear, MD
Fellowship-trained Orthopedic Surgeon
Specialties: Total joint replacement and
revision (hip and knee)*

After recently completing his fellowship training in Colorado, Dr. Goodyear joined OrthoKansas to return to his Kansas roots and achieve his goal of taking care of Kansans. He brings the latest advances in total joint replacement, revision and reconstruction, with extensive expertise in hip and knee repair.

Like all our physicians and staff at OrthoKansas, Dr. Goodyear is committed to helping adults stay active, healthy and close to home. Whether you're an athlete or simply active, you'll receive the most up-to-date orthopedic care from specialists who care deeply about helping you perform at your best.

Stay close. Go further. Call **785-843-9125** or visit **orthokansas.health**



A partner for lifelong health