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## INSIDE

KEVIN GROENHAGEN PHOTO



For 32 years Topeka resident Don Free commuted to his “summer job” for a well-known Kansas City business, driving at least 70 miles each way and often traveling a much longer distance. But only half of his work days were at the home “office.” - page 12

Business Card Directory.....	26,27
Calendar .....	20
Goren on Bridge .....	36
Health & Wellness.....	16, 17
Humor.....	32
Jay’s Musical Memories.....	31
Jill on Money.....	19
Mayo Clinic .....	18
Memories Are Forever .....	35
My Answer .....	38
My Pet World .....	34
Puzzles and Games.....	37
Rick Steves’ Europe .....	30
Wolfgang Puck’s Kitchen.....	33

## Peggy Gollither: Helping veterans and their families.

*See story on page three*



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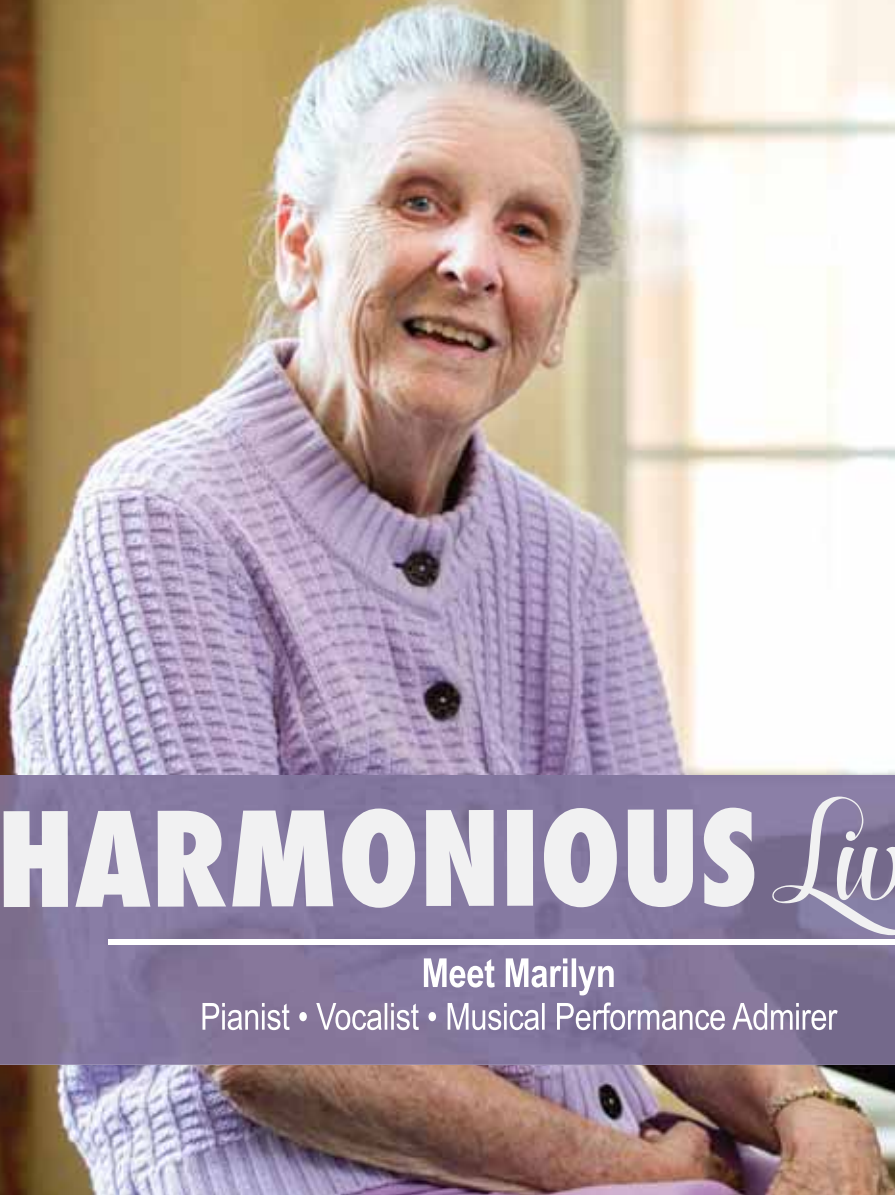
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# Golliher helps veterans with Aid and Attendance Benefit

By Kevin Groenhagen

Several years ago, Peggy Golliher and her family found themselves in a situation far too familiar to many families.

“My mother had long-term care insurance, but it wasn’t quite enough to pay for her full care in Omaha, Nebraska,” Golliher said.

Fortunately, Golliher learned about a little-known benefit that could help her mother.

“I’m an insurance agent by trade and have been for about 30 years,” Golliher said.

Through her work as an insurance agent, Golliher met an insurance agent in Kansas City who was helping eligible veterans and their survivors sign up for the United States Department of Veteran Affairs’ (VA) Aid and Attendance (A&A) Benefit.

“I visited with my mom and sister, and strongly suggested we look into this benefit,” Golliher said. “Mom said it’s not there because the VA didn’t tell her about it. I told her it was there and I just

needed a copy of Dad’s honorable discharge. He was in the Navy during World War II. My mother did qualify for the benefit and she was able to stay in private care without having to put her on Medicaid. The A&A is a fabulous program.”

At that time, her mother’s A&A benefit was about \$900 a month. If she were still alive today, her benefit would be \$1,149 per month. After her experience with signing up her mother for the A&A, Golliher nearly a decade ago launched Veteran Help, LLC, a company dedicated to helping veterans and widows of veterans with their long-term care expenses by qualifying for the A&A.

“I did research on it for quite a while,” she said. “I wondered, if there was a benefit out there for veterans, why wouldn’t the government tell my clients who are veterans and their widows? For the first five or six years, it was a little tough convincing veterans that the VA didn’t tell them about the benefit. I just saw a huge opportunity



Peggy Golliher (standing in front of Kansas Honor Flight’s float) during last year’s Veterans Day parade in Topeka.

to get this benefit out there to all these veterans and all these older people that my clients were suddenly becoming.”

Not all veterans and/or their survi-

vors are eligible to receive the A&A. According to Golliher, those applying for the benefit must meet the three M’s,

■ CONTINUED ON PAGE FOUR

## Kaw Valley Senior Monthly

Kevin L. Groenhagen  
Editor and Publisher

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# Peggy Gollither

■ CONTINUED FROM PAGE THREE

or the military qualifications, the medical qualifications, and the monetary qualifications. She has a qualifications questionnaire on her website at [veteranhelp.us](http://veteranhelp.us). The questionnaire includes the following questions:

- Is the Veteran age 65 or older, or permanently disabled?
- Is the un-remarried surviving spouse the last spouse of the Veteran at the time of his death?
- Did the Veteran serve at least 90 days in active service, with at least 1 day during a wartime period?
- Did the Veteran receive an honorable or general discharge?
- Is the Veteran/Surviving spouse spending at least 75% of his/her monthly income on medical expenses? (including RX, Health insurance, home health care, assisted living and/or nursing home)?

If the answer to all those questions is "yes," Gollither can provide the veteran

or surviving spouse with a Confidential Evaluation Intake form to begin the process of applying for the A&A benefit.

"We provide the information to them and then let them decide what they want to do," Gollither said. "We never move forward on anything unless the family is involved. It's really important that the family is involved."

There is no charge to file the paperwork for the veterans and/or their widowed spouses. There is also no charge for the VA work. In fact, the VA forbids anyone to charge to help veterans fill out the paperwork.

Gollither has traveled throughout Kansas and has even visited other states to conduct seminars on the A&A at retirement communities. However, after a health issue nearly three years ago, she decided she needed help with helping others.

"I teamed up with Scott Sexton," she said. "Scott is a VA-accredited attorney in Topeka. He and his team have assisted hundreds of veterans and their widows since 2003."

"If you go directly through the VA, they could take longer than a year

because they are so backlogged," Gollither continued. "Seniors have a hard time getting all this information together. Some people die before they get the benefit. Scott and his team are able to get the benefit in about eight weeks, which is virtually unheard of."

The lifetime benefit is tax-free and pays retroactively to the time of application.

"And if you're a married veteran with a dependent, it's more than \$2,100 a month," Gollither added. "If mom and

dad are both in a facility and they have only one Medicaid bed, they might move dad to a separate room. We need to do whatever we can to keep them stay together. It's sad when you see that parents have to be separated."

Remarkably, most eligible veterans are unaware of the A&A. In fact, a September 19, 2012 *New York Times* article about the benefit started with this paragraph: "Here's a riddle: When is a government benefit that pays for

■ CONTINUED ON PAGE FIVE



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# Peggy Golliher

■ CONTINUED FROM PAGE FOUR

caregivers, assisted living and a nursing home not a benefit? When hardly any people know they're entitled to it."

"It's probably one of the lesser-known benefits," Randal Noller, a Veterans Affairs spokesman in Washington, told the *New York Times*. Of the 1.7 million World War II veterans alive as of 2011, who were in need of caregiving assistance and thus eligible, Noller said only 38,076 veterans and 38,685 surviving spouses were granted the A&A benefit that year.

Hundreds of thousands of Korean War and Vietnam War veterans are also eligible, yet are not receiving the benefit.

Unfortunately, the VA's own information on A&A is somewhat confusing. According to the VA's webpage on A&A, "These benefits are paid in addition to monthly pension, and they are not paid without eligibility to Pension" — for which you have to be "totally

disabled." Many people don't know that when wartime veterans turn 65, the VA automatically classifies them as "totally disabled." In addition, if they meet income and asset criteria, they are eligible for a basic pension.

Golliher gets phone calls about the A&A from all over the country and has helped those as far away as California and Florida.

"If they live outside of a 200-mile radius from Topeka, we usually use the telephone and computers, including using Skype," she explained.

Skype is a telecommunications application software product that specializes in providing video chat and voice calls between computers, tablets, mobile devices, the Xbox One console, and smartwatches via the Internet and to regular telephones.

Golliher has conducted seminars at senior facilities, retirement communities, VFWs, and American Legions in Kansas and neighboring states. While doing a seminar in Wichita, Golliher became involved with Kansas Honor Flight. An Honor Flight is conducted by non-profit organizations dedicated

to transporting United States military veterans Washington, D.C. to see the memorials of the respective wars they fought in. Kansas Honor Flight sent 357 veterans to Washington in 2016 and another 386 veterans in 2017. Golliher is currently the president of the Topeka chapter of Kansas Honor Flight, which is now in its third year.

"All the expenses for the two-day trip are paid for the veteran," Golliher said. "That's \$700 per veteran. Each veteran has to have a guardian with them. It also cost \$700 for each guardian. The guardian is usually a high school student. It has to be someone who can push a wheelchair. I think the walk is about three miles."

Given the cost of the Honor Flights, Golliher and her husband, Kem, spend a lot of time involved in fundraising.

"We had a biscuits and gravy breakfast one morning and we raised over \$900," Golliher said. "So, we were able to pay for at least one veteran to go on the honor flight. We set up a table at the

Great Overland Station in Topeka on Memorial Day and ask for donations and hand out information. This year we're going to try to have a softball tournament in which all the proceeds go to the Kansas Honor Flight."

Community groups are also encouraged to do fundraisers for Kansas Honor Flight. For example, the Seaman High School Key Club presented a check for \$1,100 to Kansas Honor Flight last May after organizing six fundraisers.

Topeka Honor Flight also had a float in the Topeka Veterans Day parade last November 11.

"That was very awesome because put the Honor Flight float at the very front of the parade," Golliher said.

For more information about Veteran Help, LLC and the A&A benefit, call Golliher toll-free at 888-939-2224 or visit [veteranhelphelp.us](http://veteranhelphelp.us). For more information about Kansas Honor Flight, contact Golliher at [pgolliher@veteranhelphelp.us](mailto:pgolliher@veteranhelphelp.us) or visit [kansashonorflight.org](http://kansashonorflight.org).

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# Mace helps clients win disability

By Billie David

When Monte Mace's job as a court reporter with the Social Security Administration took him to Fargo, North Dakota, for a hearing, he had no idea that the trip would lead to his opening his own business in Lawrence, which he named Monte Mace Disability.

During the trip, he met a man who had once done the same kind of work as Mace was doing. The man had turned the knowledge he had gained through hours of listening to the disability proceedings into the basis of self-employment and was now working as a representative to help disabled individuals apply for benefits.

"That was the first disability representative I had seen who had switched from what I was doing," Mace said.

This type of work seemed customized for Mace, who has had extensive experience dealing with the challenges people with disabilities face and who wasn't ready to retire yet.

"My interest goes back to my daughter, who was born with birth defects," he said, explaining that his daughter has used a wheelchair since she was five years old.

Mace, who grew up in Garnett, Kansas, and who taught journalism at the University of Kansas for four years, learned firsthand how difficult it was to find affordable wheelchairs for his daughter from local dealers, which led to his first venture into the field, creating publications for people with disabilities that included advice on how to find wheelchairs and other assistive devices.

"I spent most of my career in publishing," Mace said. "That was the first combining of my personal interest with

disability. I enjoy working especially in areas I have a personal interest in, and that's disability."

At the time Mace went to Fargo, he had worked with the Social Security Administration for seven years, recording the hearings and taking extensive notes. This experience plus taking care of his daughter gave him plenty of insight into what one should do—and avoid doing—when applying for benefits.

"With my background in living with someone with a disability, being around products and people who help, I have a good idea what people with disabilities need," Mace said.

So he opened Monte Mace Disability in August of 2017 and has already helped win disability benefits for his first two clients.

"People can do it on their own," Mace said

of applying for Social Security disability benefits, "but it is so complex. Some people don't stand a fighting chance because they don't know what to do,"

On the other hand, anybody can represent somebody who is applying for benefits, and that person is usually an attorney. The representative must fill out legal documents and submit a fee agreement to Social Security, which has to approve it.

"They have high standards," Mace said. "They watch closely and if you don't follow the rules, they ban you."

Applying for disability benefits can be quite a complicated process. The Social Security Code of Federal Regulations covering the process is almost 1,400 pages long.

"If you have a limited education or mental problems, you won't understand. It's just too complex," Mace



Monte Mace



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# Monte Mace

■ CONTINUED FROM PAGE SIX

said. "Sitting through hundreds and hundreds of hearings, I learned what the judges are looking for and what claims are more likely to be approved."

For example, Mace remembers a hearing he attended for a man who was obviously disabled but who made the mistake of coming without medical evidence.

"The fellow was in his late 50s and lived in a rural area," Mace said. "He came into the hearing with leathery skin and lived in a cabin with no electricity, no running water, and a wood-burning stove."

Although the man's disability was obvious to everybody in attendance, including the judge, he fell between the cracks because he had no money and no insurance, so he hadn't been able to afford a doctor and get the documentation he needed.

"You need to see a doctor and build up a medical record," said Mace, who gives his clients forms for their doctors to fill out.

"They ask questions about physical limitations. That's how Social Security decides the cases," Mace said. "Filling out forms helps the judges have the information they need."

To receive disability in a timely manner, it is essential to be informed, because even with documentation, it can be a long and complicated process. Of all the people who apply, 70 percent are denied at the first level.

"Normally, you are denied a second time," Mace said.

This can be appealed, but it takes from a year to a year and a half to get the hearing in front of a judge.

"There's close to 1,000 judges across the nation, but there's so many people applying that it takes a long time," Mace said. "Some people die before their hearing comes up."

The younger a person is when they apply for disability, the more difficult

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# Monte Mace

■ CONTINUED FROM PAGE EIGHT

it is.

“For people over the age of 50 and 55, the rules become more lenient and it’s easier to get benefits,” said Mace, who explained that the process recognizes that for many people who do manual labor, their bodies wear out over time.

Some people have trouble getting disability benefits because they don’t know that there is a \$1,100-per-month limit on how much a person can earn and still be eligible for disability payments.

This can be a Catch 22 situation, for example, for somebody in their 50s who has stage 4 cancer and who would otherwise qualify for disability but who is not old enough to be eligible for Medicare and retirement benefits and who can’t afford to stop working, Mace said.

Mace helps people apply for both Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). SSDI is for disabled workers who have worked and paid in enough to be eligible for disability payments. SSDI awards are higher than for SSI, which is for people who haven’t worked enough quarters to be eligible for disability. For example, a typical monthly payment for SSDI in 2016 was \$1,166 while for SSI it was \$733.

“The requirements are the same for both groups, but after that things are different,” Mace said. “For example, for SSI the payment goes to the date

of application, but for SSDI it goes back to the date you claim you were disabled.”

Another example is that, because SSI is for people with almost no income and very few resources and with lower Social Security awards, they can get Medicare almost immediately. An SSDI award, on the other hand, requires younger people who qualify to wait two years before they can be on Medicare.

In today’s political world, it is becoming increasingly harder for people to qualify for disability.

“Congress is trying to save money by reducing ‘giveaways,’” Mace said, explaining that programs like disability are sometimes thought of as gifts from the federal government.

“But it isn’t,” he said. “It has been withheld from our wages all the years we have worked, so it isn’t an entitlement. There will be more controversy about it. Seniors will fight, because that’s what we have paid into the system for.”

Mace and other disability representatives he has talked to agree that, with the growing difficulty and pitfalls people are facing when applying for benefits, in the future there will be an even greater need for the services of disability representatives who can simplify the process and increase a claimant’s odds of winning.

Mace is a member of the National Association of Disability Representatives (NADR), where he can benefit from the experiences of other representatives.

“You see emails from others that say, ‘I have come across this situation. How do you handle this,’ and you can

get suggestions. It is an excellent way to increase my education. I’m taking a course from them,” he said.

Mace will take a test in May, which will allow him to get direct payment from Social Security,

“At the current moment, I have to bill clients directly,” he said. “If I pass the test, Social Security will automatically do it for me.”

But there is no fee if he doesn’t win

the case, and the payment is limited to back benefits, he explained, adding that representatives are allowed to receive up to 25 percent of back benefits but can’t get paid out of current or future benefits.

More information is available on Mace’s website at [montemacedisability.com](http://montemacedisability.com), or you can email him at [montemace2000@yahoo.com](mailto:montemace2000@yahoo.com), or call him at 785-331-6452.



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# Don Free retires from Royals Radio Network after 32 years

By Dave Pomeroy

For 32 years Topeka resident Don Free commuted to his “summer job” for a well-known Kansas City business, driving at least 70 miles each way and often traveling a much longer distance. But only half of his work days were at the home “office.”

On an almost daily basis, Free did what many of us like to do in the summer—go to major league baseball games. He has, in fact, attended thousands of games as his job took him to every major league city as an employee of the Kansas City Royals. After 50 years in broadcasting, of which 32 were doing Royals games, Free saw his last game as an employee of the team on October 1 when the club hosted the Arizona Diamondbacks.

Free, manager of Radio Network Operations for the Royals, spent 18 years at WIBW-TV, channel 13, in Topeka before joining the radio network. His first years in the broadcast

booth were as an employee for Stauffer Communications and then, later, the baseball team. He credits engineer Elmer Gunderson of the station for his inspiration and training to be a broadcast technician.

Topeka remained home for Free, his wife, Sandy, and their children. His commute from the capital city to Kansas City took an hour and 10 minutes. For a night game, he left home around two in the afternoon. Then after each game he was back on I-70. A normally long day could become even longer due to things like rain delays and extra innings. As a result of traveling with the team, he had the opportunity to get acquainted with many players and developed an appreciation for the tough schedule the players face with few days off, being away from family and frequent travels often getting to a city in the middle of the night and playing again the next day. Of course, Free followed the same grueling schedule.

Free, who estimates seeing 5,000



Don Free

major league games, is an avid Royals fan and cites several events in Royals history that stand out. Of course, being part of the team that won the 2015 World Series was one. Other Royal highlights for Free are Bret Saberha-

gen's no-hitter in 1991, the 2012 All-Star game, and the 2014 American League Wild Card game with the Oakland Athletics.

The first thing one noticed upon

■ CONTINUED ON PAGE 13

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# Don Free

■ CONTINUED FROM PAGE 12

seeing Free in the media area at a major league stadium was the great respect shown for the Royals radio engineer. In August during the last appearance of the Royals in the Oakland-Alameda County Coliseum in 2017, there were numerous well-wishers prior to, during, and following the game to give their best regards to the retiring broadcaster. The A's even pictured Free on the large scoreboard screens saluting his contribution to baseball.

One of those paying tribute to the retiring producer/engineer was Lee Jones, who retired from a similar position a year earlier with the San Francisco Giants. Lee crossed the bay to the coliseum to see Free and thank him for his help when the two teams met at the K in the 2014 World Series. Jones said Free was invaluable in setting up pre- and post-game shows for the San Francisco broadcasts. He said it was evident toward the end of game

seven that the celebration could be in either clubhouse. He said he and Don worked together to be ready for both locations and praised Free for making it easier for him to provide a program back to the Bay Area for KGMZ and the 16-station A's radio network.

Oakland A's radio engineer, Michael Baird, and Ray Fosse, the team's play-by-play announcer and former American League All-Star catcher, also came by to visit with Free. Baird said there were never any issues with Free. He solves issues. According to Baird and Fosse, he knows how to fix things and can keep "the show going." Not all can do that.

It did not take long to see Free take charge. He was always on the first team bus from the hotel to the stadium to make sure things were ready when needed. He had his own equipment when the team was on the road, which had to be set up at the start of each series. Equipment is set for the season for games at Kauffman Stadium. Technology changed greatly during Free's tenure, but all agreed that he remained on top of those changes. Previously sent

■ CONTINUED ON PAGE 14

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# Don Free

■ CONTINUED FROM PAGE 12

over landlines, the signal now goes to Topeka, where it is uplinked via satellite to the 68 radio station affiliates.

Don made the radio broadcasts sound easy, but much work took place that was far from easy. Free prepared well so that events took place as they should. The use of computers today helped Don keep things in the right sequence and still allow for changes that can take place during a game. Some messages that went from Free to the announcers were verbal and arrived on headsets, while others reached the announcers via printed cards handed to them. They advise the announcers to such things as FCC required station identification and the official game attendance. If a question arose during a game, Free was quick to look for an answer and make it available.

Baseball Hall of Fame announcer Denny Matthews has been part of the broadcast team since the inaugural 1969 season following the move of the Kansas City Athletics to Oakland. Matthews said he will miss the nonpareil engineer. "He has an unbelievable work ethic and is a one-man band."

Only two engineers have held the position. Steve Physioc, Steve Stuart, and Ryan Lefebvre are three other play-by-play announcers who teamed up with Free to bring the games to listeners of the six-state Royals Radio Network and each member of the trio agreed with Matthews.

Lefebvre said when he announced for the Minnesota Twins, the team hired an engineer on the road.

He appreciates having an engineer who travels with the Royals and can do it all. He said, "Don is the guy people go to. He can correct issues and has the tools. Nobody works harder or cares more." And after 29 losing seasons by the "Boys in Blue" Lefebvre is pleased that Free was part of the 2015 World Champion Kansas City Royals.

When you listen to the Royals during the upcoming 2018 season, you will notice something missing at end of each broadcast—Don Free's on-air credit. But somewhere Don will still be cheering on his favorite team.

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# NAVIGATING THE MEDICARE MAZE

## 10 tips for choosing a Medicare plan

1. **There are two main ways to get Medicare coverage:** You can choose Medicare (Parts A and B), which is provided by the federal government, or choose a Medicare Advantage plan (Part C). These plans are offered through private insurance companies.

2. **With Original Medicare, you'll pay a share of the cost:** You contributed to Medicare by paying taxes.

day month, the month of your birthday, and the three months after your birthday month. If you enroll before the month you turn 65, coverage starts on the first day of your birthday month. If you enroll during your birthday month or later, coverage starts on the first day of the month following the date you enroll.

7. **Review your choices once a year:** After you choose your Medicare coverage, you can make changes each year during the Medicare Annual Enrollment Period (AEP), October 15-December 7. Review your coverage to see if it still fits your needs.

8. **Special Election Period (SEP):** In some cases, you may be able to enroll in, or switch, plans outside of the IEP and AEP. This includes changes in your life situation, such as: You retired and leave a health care plan through your

employer or union, or you move out of your current health plan's service area.

9. **Review your current coverage:** For example, if you have group coverage from your job, or retiree insurance from a former employer, you'll want to see how it fits with Medicare.

10. **Help is available:** Medicare can be complicated, but help is available. You may even qualify for financial help.

- *Contact Stephens-Chapin Insurance at 785-841-9538 for help when it is time for you to enroll in Medicare.*



Chris  
Chapin

That's why you're eligible for Medicare when you turn 65. Original Medicare doesn't pay for everything. You still pay a share of the cost in monthly premiums and co-pays.

3. **Medicare supplement insurance can help control out-of-pocket costs:** If you need a lot of medical care, you may end up with big bills. Medicare supplement insurance plans help with some of the expenses Medicare Parts A and B don't pay, like copays and deductibles.

4. **Prescription drug coverage can help limit drug costs:** As a Medicare member you can get optional prescription drug coverage (Part D): You can enroll in a stand-alone Part D plan to go with your Original Medicare coverage, or you can enroll in a Medicare Advantage plan that includes prescription drug coverage.

5. **Know the choices in your state:** Original Medicare (Parts A and B) is the same across the United States. Medicare Advantage (Part C) and prescription drug (Part D) plans are offered by private insurance companies and may be available only in certain counties, states or regions. Medicare supplement policies offer nationwide coverage and are available by state.

6. **Enroll at the right time:** The Initial Enrollment Period (IEP) is your first chance to enroll in Medicare. It's the three months before your 65<sup>th</sup> birth-



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## HEALTH &amp; WELLNESS

# Black Cohosh

**B**lack Cohosh has a long history of being used as a medicinal plant, especially in North America. Black Cohosh has a reputation of being used frequently when women are in menopause. But this historical medicinal

ous places, including North America.

The Native Americans used Black Cohosh for many medicinal purposes. These treatments include, but are not limited to, snakebite and as a ceremonial herb to bring visions. In addition, Native Americans used black cohosh to treat other afflictions, such as sore throats, fever, cough, kidney problems, and depression. Some early American settlers thought the root to be the main ingredient in witches' brew, and any female caught with it in her possession was burned as a witch. However, this medicinal plant was very frequently used by the settlers to treat various conditions, such as rheumatism, lack of periods, or painful and heavy menstrual cycles. Extracts from this plant are thought to be an analgesic; anti-inflammatory, and can act as a sedative. Currently, people use Black Cohosh as a dietary supplement for menopausal



*Dr.  
Farhang  
Khosh*

plant has been used to treat other conditions besides menopause.

Black Cohosh is commonly called by other names, such as snakeroot, black snakeroot, fairy candle, black bugbane, rattleweed, and rheumatism weed. Black Cohosh is a member of the buttercup family and grows in vari-

symptoms, including hot flashes (also called hot flushes) and night sweats, vaginal dryness, heart palpitations, tinnitus, vertigo, sleep disturbances, nervousness, and irritability. In fact, the herb has been widely used in Europe for more than 40 years and is approved in Germany for premenstrual discomfort, painful menstruation, and menopausal symptoms.

The National Center for Complementary and Integrative Health is researching Black Cohosh and how it affects the body. A recent research study showed some over-the-counter Black Cohosh products contain the wrong herb or contain mixtures of Black Cohosh and other herbs that are not listed on the label. Black Cohosh is sometimes confused with Blue Cohosh (*Caulophyllum thalictroides*), which has different effects and may not be safe for some individuals. Black Cohosh has been used for generations and will continue to be used for above-mentioned symptoms. However, it is always recommended to check with your healthcare providers about combining herbs with your

medications. This will help ensure coordinated and safe care in all treatments.

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

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## HEALTH &amp; WELLNESS

# Hand pain: Is it carpal tunnel syndrome?

By Maria Perdikis, OTR/L

People who have pain and/or tingling in their hand often assume they have carpal tunnel syndrome. However, there are other reasons you may have hand pain including for instance arthritis and weakness. Carpal tunnel



syndrome is a common condition in which undue pressure is placed upon a specific nerve, the median nerve, which runs through the carpal tunnel in the wrist. The carpal tunnel is made of eight wrist bones, nine tendons that run through the tunnel to our fingers, and the median nerve. Swelling and/or inflammation in this small tunnel can place pressure on the median nerve and cause the pain and tingling of carpal tunnel syndrome.

## Repeated Movement: Inflammation

People who engage in repetitive activities with their hands for prolonged periods of time are at greater risk for developing inflammation of the carpal tunnel. Activities such as computer keyboarding or working on an assembly line which require repeated patterns of movement with

the hands. However, there are other factors that place people at greater risk for the development of carpal tunnel syndrome including: fractures of the wrist, arthritis, rheumatoid arthritis, and pregnancy.

## Signs & Symptoms of the Syndrome

The following are eight possible signs of carpal tunnel syndrome:

- Numbness and tingling affecting primarily the palm side of the thumb, index finger, middle finger and the half of the ring finger.
- Painful burning or shooting pains along the hand, wrist or forearm.
- Cramping of the muscles of the fingers, palm, wrist and forearm
- Decreased grip strength and tendency to drop objects from hand.
- Sleep disturbances usually due to positioning of the wrists in bent positions. The accumulation of fluids in the hands and wrists may also occur while sleeping. These fluids do not drain properly while laying down and place extra pressure on the median nerve
- Muscle wasting, also called atrophy, which is first noted along the muscles under the thumb. This also occurs during the later stages due to continuous pressure on the nerve.
- Morning stiffness of the finger and hands.
- Difficulty accurately detecting hot and cold using the fingers and hand.

**Take Action: Reduce Stress on Your Hands**

There are ways to reduce the stress on your hands and wrists to decrease the risk of developing carpal tunnel syndrome. These may also assist with relieving the symptoms of the condition.

- Maintain the wrist in a neutral or straight position while at rest and during activity like computer use.
- Avoid leaning on the heel of the hand. This posture can overstretch the nerve in the carpal tunnel.
- Learn to take breaks every 10 to 15 minutes during repetitive or stressful activity using the hands.
- Use ergonomic tools such as ergonomic keyboards or ergonomic gardening tools.
- Switch hands during repetitive activities.
- Wear wrist splints while sleeping to assist with maintaining the wrist in a neutral position.
- Avoid repetitive gripping and pinching. For example: avoid wringing out washcloths with your hands.
- Reduce force during activity and relax your grip. Do not force open jars with your hands, use a jar opener tool.

• Sit or stand with good posture.

**Steps to Get Help**

If you feel that you may have carpal tunnel syndrome or are experiencing some of the above symptoms, consult your primary care physician. He or she may diagnose the condition based upon a combination of your medical history, the history of your symptoms and activities and a physical examination. In certain cases, your physician may have you see a specialist, usually a neurologist who is a physician dealing with disorders of the nervous system. The neurologist may complete a nerve conduction study to rule out or confirm a diagnosis of carpal tunnel syndrome. These nerve tests can help the doctor determine whether your carpal tunnel syndrome is mild, moderate or severe. In many cases, the doctor will refer you to an occupational therapist for evaluation and treatment to reduce the inflammation, increase your strength, improve your range of movement and restore you to full use of your hand.

- Maria Perdikis, OTR/L, is an occupational therapist at Lawrence Memorial Hospital.

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# MAYO CLINIC

## Proton pump inhibitors generally safe when used as directed

**DEAR MAYO CLINIC:** I regularly have heartburn and my doctor is recommending I try a proton pump inhibitor. Can you tell me more about this medication? Are there any risks to taking it?

**ANSWER:** Proton pump inhibitors (PPIs) are the most effective medications for the treatment of chronic acid reflux (gastroesophageal reflux disease, or GERD) and peptic ulcer. They work by blocking the production of stomach acid—too much of which can cause a burning sensation in your chest or throat (heartburn)—and by giving damaged tissue in your esophagus time to heal.

Proton pump inhibitors come in prescription and nonprescription strengths. These medications are most commonly taken as a pill once a day, usually about an hour before breakfast. Proton pump inhibitors are generally safe when you use them as directed. But as with any medications, there are potential risks with taking them.

Long-term use of proton pump inhibitors has been associated with a greater risk of infections such as pneumonia and a form of antibiotic-associated diarrhea caused by the bacteria *Clostridium difficile* (*C. difficile*). However, whether proton pump inhibitors are directly responsible hasn't been proved.

A recent study by Mayo Clinic doctors found that over time, proton pump inhibitors can change the environment of your gut by reducing the diversity of friendly bacteria (microbiome) normally found within your bowels. These bacteria help you digest food, absorb vitamins and perform other healthy body functions.

Loss of bacterial diversity can make it easier for less friendly germs such as *C. difficile* to multiply and cause an infection. If you take antibiotics frequently and also require treatment of reflux symptoms, using of another type of antacid medication—such as a histamine (H<sub>2</sub>) blocker—may reduce your risk of diarrhea. Knowing your

medical history will help your doctor make the best decision regarding the need to use a proton pump inhibitor and for how long.

Less stomach acid also can make it harder for your body to absorb nutrients, such as magnesium, iron, vitamin B-12 and calcium.

Evidence suggests an association between prolonged proton pump inhibitor use and a higher risk of bone fractures in older adults, but this is usually in those who are already at increased risk because of other conditions. In many cases, a supplement can help correct nutrient deficiencies. (Adapted from Mayo Clinic Health Letter) - John DiBaise, M.D., Gastroenterology & Hepatology, Mayo Clinic, Scottsdale, Ariz.

**READERS:** Do you spend a lot of time in a car or watching television? If

so, you may be increasing your risk of developing depression, at least according to recent research published in the journal Mayo Clinic Proceedings.

The research began in 1982 when about 12,000 people responded to a research survey regarding overall health. Sedentary behaviors and exercise levels were assessed, as well as history of depressive symptoms.

About 4,800 people from the original survey who said they didn't have depressive symptoms were assessed again 10 to 20 years later. For those who spent nine or more hours in a car each week, the risk of developing depressive symptoms was 30 percent greater than in those who spent less than five hours a week in a car. For those who watched more than 10 hours of TV a week, the risk of developing depressive symptoms was 47 percent greater than in those who spent less than five hours a week watching TV. Finally, for those who spent 19 hours or more each week either watching TV or in a car, the risk of developing depressive symptoms was 69 percent greater than in those who spent less than 12 hours each week doing so.

Engaging in physical activity and exercise didn't offset the risk of developing depressive symptoms until the time spent being active or exercising equaled or exceeded five hours a week.

Depression is often a complex disease and its causes are often just as complex. Still, this research does highlight associations between sedentary behavior and developing depression that's supported by past research.

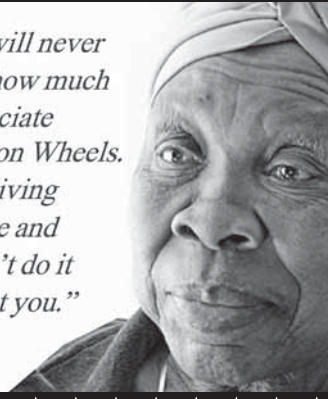
Social isolation appears to contribute to—or be the result of—depression. Spending more time watching TV or in a car ends up displacing time you might have spent interacting with others or moving about. And there's a clear link between physical activity and reduced depression. (Adapted from Mayo Clinic Health Letter)

- *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](http://www.mayoclinic.org).*

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## JILL ON MONEY

# Working longer means a better retirement

Years ago, I wrote an article that warned people not to place too much faith in their ability to work longer to fund retirement. The risk was abundantly clear: Just because you want to keep toiling, does not mean that you will be able to do so. For some, there will be



Jill  
Schlesinger

physical limitations and for others there may not be a job. That's why nudges like me encourage you to save diligently during your working years.

Of course, if you are sandwiched between the obligations of kids and aging parents or find yourself in your 50s without enough banked, you have two other options: Spend less in retirement and/or delay the age of retirement. The latter is the focus of this column, because working longer can have a significant impact on your retirement years. That's because a delay allows you to continue contributing to your 401(k) or IRA; it allows your savings and investments a longer time to grow; you avoid early withdrawals from your

nest egg; and you can wait to file for Social Security retirement benefits, which results in a larger monthly check for the rest of your life.

A recent paper by the National Bureau of Economic Research confirms this common sense notion. Retiring at age 66 instead of 62, for instance, can increase a retirement standard of living by almost 33 percent. Hang in there until age 70 and your standard of living will improve by nearly 75 percent. The authors of the paper note: "The results are unequivocal. Primary earners of ages 62 to 69 can substantially increase their retirement standard of living by working longer. The longer work can be sustained, the higher the retirement standard of living." Even working a few more months can increase retirement income by 2 percent!

Another key insight of the analysis is that as we get older, some decisions, such as how much to save in retirement accounts going forward, become less instrumental in changing the affordable retirement standard of living. "Saving an additional 1 percent of earnings, for instance, would affect the retirement standard of living much more at age 36 than at age 56," the bureau points out. And fretting about performance and cost of the investments inside of your retirement "diminishes with age since

there are fewer years to enjoy the benefit of a lower-cost portfolio."

Steve Vernon, a consulting research scholar at the Stanford Center on Longevity and contributor to CBS MoneyWatch.com, notes that for middle-income workers (defined as those with less than \$1 million in retirement savings), one of the most important decisions to make is "when to leave the paid workforce and whether to work part time for a period until full retirement."

According to the Society of Actuaries, Americans who reach age 65 are projected to live another 21 years to age 86, on average. If these same Americans reach age 86, their life expectancy would extend to age 93!

If you want a general idea of how long you might live, you can check out a couple of different resources. Livingto100.com is a calculator that asks 40 questions related to your health and family history and takes about 10 minutes to complete. At the end, you will be asked to create an account to store your answers. (When I completed the survey, the result was 100 even!) You can also

go to the Society of Actuaries Longevity Illustrator, which estimates the probability that you will live for a certain number of years, based on four simple inputs. In my case, there was an 86 percent chance that I will survive another 25 years.

- 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.

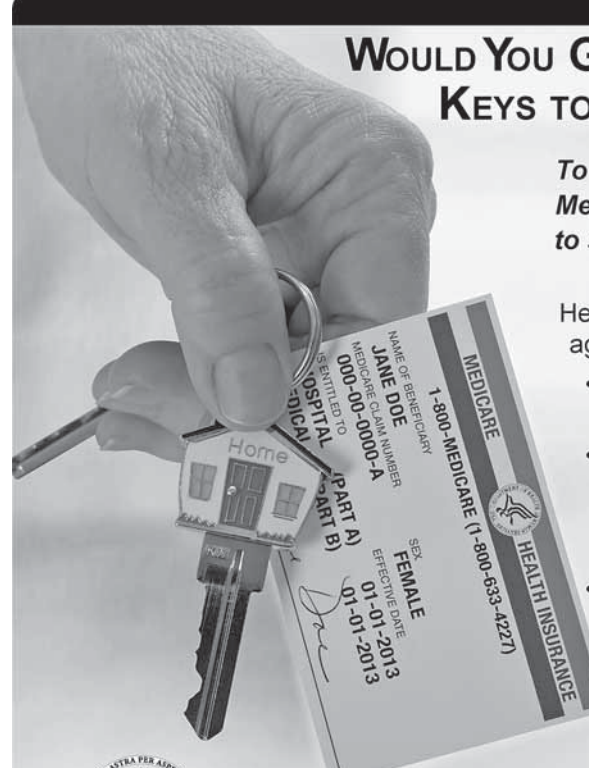
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## WOULD YOU GIVE YOUR KEYS TO A STRANGER?



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

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

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- Check medical bills and statements with your personal healthcare journal
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# SENIOR CALENDAR

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

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417 or email [kevin@seniormonthly.net](mailto: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 ARTWORK

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

## BINGO

SUNDAYS & TUESDAYS  
**AMERICAN LEGION POST NO. 1**  
3800 SE Michigan Ave, 6:30 p.m.  
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 & 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

## DAY TRIPS/TOURS

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](http://watkinsmuseum.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](http://freestatebrewing.com)

APR 25  
**UNIQUELY KANSAS CITY**  
History, geography and people all help make Kansas City unique. Our day will take a closer look at three stops—the Steamboat Arabia Museum, City Market and Bird's Botanicals. You may register for the class at any Lawrence recreation center, or on-line at [www.lprd.org](http://www.lprd.org). For more information please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909. LAWRENCE

## 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](http://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

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

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

MAR 2  
**AARP DRIVER SAFETY CLASS**  
The AARP Driver Safety refresher class has helped millions of drivers age 50+ sharpen their skills and drive safely on today's roads. Senior Resource Center for Douglas County, Peaslee Center, 2920 Haskell Ave., 8:30 a.m.-4:30 p.m. Fee. Russ T Hutchins, Instructor. Call 785-312-4627 or email [russht724@gmail.com](mailto:russht724@gmail.com). LAWRENCE

MAR 5  
**MEDICARE MONDAYS**  
Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-3 p.m. TOPEKA, 785-580-4400

MAR 8  
**RETIREMENT & MEDICARE**  
If you're nearing retirement age, learn about Medicare from SHICK program trained counselors and agency staff. They will answer questions, give unbiased counsel and help you determine how Medicare will best work for you. Topeka & Shawnee County Public Library, Menninger Room 206, 1515 SW 10th Ave., 6:30-8:30 p.m. TOPEKA, 785-580-4400

MAR 10  
**NUTRITION CARNIVAL**  
Join LMH, the Lawrence Public Library, and our other wonderful community partners for the free Nutrition Carnival. Interactive, fun nutrition education activities and information for kids ages 4 and up to adults; special presentations, performances and guests, including the Last Carnival Circus Arts and Aerial Dance School; the Edible Books Festival; and healthy snacks and giveaways. For more information, go to [lawrence.lib.ks.us](http://lawrence.lib.ks.us) and click on News and Events. Lawrence Public Library, 707 Vermont St., Sat, Mar 10, 11 a.m.-1 p.m. LAWRENCE, 785-505-5800, [lmh.org](http://lmh.org)

MAR 10  
**USING MAPS IN GENEALOGY RESEARCH**  
Part of our popular series of genealogy classes taught by Richard and Alisa Branham. This will be an expansion of Richard's first class on Land Records and Maps, with a more intense focus on using maps as an analytical tool. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-12 p.m. Fee. LAWRENCE, 785-841-4109 [watkinsmuseum.org/genclasses.php](http://watkinsmuseum.org/genclasses.php)

MAR 11  
**READ ACROSS AMERICA KEYNOTE ADDRESS - LIZZIE VELASQUEZ**  
Anti-bullying activist and YouTube star Lizzie Velasquez will deliver this year's Read Across Lawrence keynote address at the Lied Center. Born with a rare genetic condition (marfanoid-progeroid-lipodystrophy syndrome) that prevents weight gain, Velasquez's unusual appearance made her a target of bullying as a child. Lied Center of Kansas, 1600 Stewart Drive, 2 p.m. LAWRENCE, 785-864-2787 [lied.ku.edu/calendar](http://lied.ku.edu/calendar)

MAR 12  
**HEALTHWISE SENIOR SUPPER**  
Surgeon Dr. Wael Khreiss will share “Improving Surgery Recovery: Enhanced Surgical Recovery Pathway for Major Abdominal Surgery” at the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. \$5 per person for the meal. Reservations requested by Wednesday, March 7. Register online at <https://stormontvail.asaconnected.com/> or please call. TOPEKA, 785-354-5225

MAR 12  
**1 TO 45: THE BEST AND THE WORST OF AMERICAN PRESIDENTS PART 3**  
Presidential historian and former Dole Institute director Richard Norton Smith returns for a deep dive into presidential rankings and what they can teach us. Smith will guide the audience through an examination of the executive office from the exalted to the ignoble, with his participation in the annual C-SPAN Presidential Historians Survey serving as a backdrop. How do time and history shape our viewpoints of a president's success or failure? A ranking is only the beginning of the story. Dole Institute of Politics, 2350 Petefish Dr., 7 p.m. Free. LAWRENCE, 785-864-4900

■ CONTINUED FROM PAGE 20

MAR 12

### 1 TO 45: THE BEST AND THE WORST OF AMERICAN PRESIDENTS PART 4

Presidential historian and former Dole Institute director Richard Norton Smith returns for a deep dive into presidential rankings and what they can teach us. Smith will guide the audience through an examination of the executive office from the exalted to the ignoble, with his participation in the annual C-SPAN Presidential Historians Survey serving as a backdrop. How do time and history shape our viewpoints of a president's success or failure? A ranking is only the beginning of the story. Dole Institute of Politics, 2350 Petefish Dr., 7 p.m. Free. LAWRENCE, 785-864-4900

MAR 13

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, March 13, 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 Heart Center at 929 SW Mulvane. 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](mailto:info@century-health.com). Light snacks and beverages provided. TOPEKA

MAR 13

### SENIOR SUPPER AND SEMINAR

This month's topic: "Nutrition Trivia" presented by Aynsley Anderson, RN, Lawrence Memorial Hospital Community Outreach & Engagement. On the 2nd 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](mailto:connectcare@lmh.org). LAWRENCE, 785-505-5800, [lmh.org](http://lmh.org)

MAR 14

### HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. Registration is required at [tscpl.org/register](http://tscpl.org/register). Topeka & Shawnee County Public Library, Computer Training Center, 1515 SW 10th Ave., 9:30-11 a.m. TOPEKA, 785-580-4400

MAR 15

### 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. Carnegie Building – East Gallery, 200 W. 9th Street, 10-11:30 a.m. No pre-registration required.

LAWRENCE, 785-832-1175

MAR 15

### BASICS OF NATIVE PLANT GARDENING

Join GHF for the first workshop in our 2018 Native Plant Gardening Workshop Series. Prairie Ecologist Courtney Masterson will talk about aspects of starting and enlarging native gardens including site assessment and selection, purchasing, and planting. An RSVP is encouraged. Email GHF at [grasslandheritage@gmail.com](mailto:grasslandheritage@gmail.com) to RSVP and for more information. Carnegie Building, 200 W. 9th St., 7 p.m. Free. LAWRENCE, 785-840-8104 [grasslandheritage.org](http://grasslandheritage.org)

MAR 19

### YOUNGER NEXT YEAR

Learn about the many lifestyle and care options for seniors available today. Wilma Booth & Jamie Floyd from Atria Hearthstone Retirement Community will discuss these different options, enabling you to make educated decisions. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 12:30-2 p.m. TOPEKA, 785-580-4400

MAR 26

### ADULT COLORING

Enjoy a relaxing afternoon coloring, being creative and socializing. We'll provide coloring pages. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 12:30-2 p.m. TOPEKA, 785-580-4400

MAR 29

### THE LONELINESS OF THE BLACK REPUBLICAN

Harvard Kennedy School professor Leah Rigueur lays out a new understanding of the interaction between African-Americans and the Republican Party, exploring the seemingly incongruous intersection of civil rights and American conservatism. Her book, "The Loneliness of the Black Republican," delves into four decades of history from the New Deal to Reagan's ascent in 1980. This program is hosted in partnership with the KU Department of African & African-American Studies and includes a book sale and signing. Dole Institute of Politics, 2350 Petefish Dr., 7 p.m. Free. LAWRENCE, 785-864-4900

MAR 30

### AARP DRIVER SAFETY CLASS

The AARP Driver Safety refresher class has helped millions of drivers age 50+ sharpen their skills and drive safely on today's roads. Senior Resource Center for Douglas County, Peaslee Center, 2920 Haskell Ave., 8:30 a.m.-4:30 p.m. Fee. Russ T Hutchins, Instructor. Call 785-312-4627 or email [russht724@gmail.com](mailto:russht724@gmail.com). LAWRENCE

APR 2

### MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-3 p.m. TOPEKA, 785-580-4400

APR 6, 13, 20 & 27

### ADVENTURES IN LEARNING

Spring Adventures in Learning session at the Shepherd's Center of Topeka begins April 6 and runs for four consecutive Fridays, 9-11:30 a.m. Each Friday enjoy two classes from the eight offered and refreshments. Class choices are offered in health, religion, news and current events, people and places, community, the arts, library wisdom, potpourri (classes that may not fit one of the regular categories), or a "back by popular demand" speaker. For more information, call or visit website.

TOPEKA, 785-249-3258 [shepherdscentertopeka.org](http://shepherdscentertopeka.org)

## ENTERTAINMENT

SUNDAYS

### LAWRENCE IRISH TRADITIONAL SESSION

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

LAWRENCE, [lawrencecession.com](http://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](http://americanamusicacademy.com)

MAR 1

### HAMLET BY WILLIAM SHAKESPEARE

"Hamlet" is arguably Shakespeare's greatest play. Written in 1602, it is one of the most complete portrayals of the human psyche that exists in Western literature. A compelling tale of familial discord, personal ambition, love and

revenge, "Hamlet" has enthralled audiences for 400 years. Mortality and madness are two of the most pronounced themes of Shakespeare's epic and the characters — Hamlet, Ophelia, Gertrude and Claudius — inhabit a rich landscape replete with deceit, mistrust and schemes. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30 p.m. Fee.

MANHATTAN, 785-532-6428

[k-state.edu/mccain/events/2017-2018](http://k-state.edu/mccain/events/2017-2018)

MAR 2-31

### MAMMA MIA!

Writer, Catherine Johnson's, sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago. The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make "Mamma Mia!" a guaranteed smash hit this spring. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue. Fee. See website for dates and times.

TOPEKA, 785-357-5211

[topekacivictheatre.com/project/mamma-mia](http://topekacivictheatre.com/project/mamma-mia)

MAR 2, 3, 4\*, 8, 9, 10, 11\*

### RING OF FIRE

From the iconic songbook of Johnny Cash comes this unique musical about love and faith, struggle and success, rowdiness and redemption, and home and family. More than two dozen classic hits — including *I Walk the Line*, *A Boy Named Sue* and *Folsom Prison Blues* — tell Johnny Cash's remarkable life story in a foot-stompin', crowd-pleasin' salute! Theatre Lawrence, 4660 Bauer Farm Dr. Evening performances start at 7:30 p.m. \*Indicates a 2:30 p.m. performance.

LAWRENCE, 785-843-7469

[theatrelawrence.com/season/2017-18\\_Season/Ring.html](http://theatrelawrence.com/season/2017-18_Season/Ring.html)

MAR 2

### DANCING THROUGH THE DECADES

Get your funky groove on for Trinity In-Home Care at our annual fundraiser! The best dance music of the decades, plus an amazing raffle and punch wall to win prizes! Proceeds support Trinity In-Home Care's Medicaid and Sliding Scale services, which support elderly and people with disabilities throughout Douglas County. Maceli's Banquet Hall & Catering, 1031 New Hampshire, 7 p.m. Call for ticket info. LAWRENCE, 785-842-3159

MAR 2

### SENSE AND SENSIBILITY BY JANE AUSTEN

"Sense & Sensibility" is one of Jane Austen's most popular novels. The characters live in a world in which choices are limited — especially for the women. The story revolves around the lives of two sisters, Elinor who is levelheaded and full of sense, and the hopelessly romantic, Marianne. After the untimely and unexpected death of their father, both sisters and their mother are forced to leave their comfortable lives, while their half brother

■ CONTINUED ON PAGE 22

■ CONTINUED FROM PAGE 21

and his wife inherit the family estate. The only hope for these two sisters is a profitable marriage. Seduction, courtship, love, heartbreak and surprise abound in this classic romantic comedy. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30 p.m. Fee.

MANHATTAN, 785-532-6428

k-state.edu/mccain/events/2017-2018

MAR 9

### STORY SLAM: KARMA

Stories told live, MOTH-style, the second Friday of each month. 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. March's theme: Karma. Lawrence Arts Center, 940 New Hampshire St. Free.

LAWRENCE, 785-843-2787

lawrenceartscenter.org/event

MAR 10

### ANTHONY TRIONFO, FLUTE

Praised for his "spellbinding" performances with "authoritative intellect" by the Santa Barbara Voice after his performance of the Jolivet Concerto with the Music Academy of the West Festival Orchestra, flutist Anthony Trionfo made his recital debuts on the Young Concert Artists (YCA) Series at the Kennedy Center as well as in New York City's Merkin Concert Hall. Lied Center of Kansas, 1600 Stewart Drive, 2 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

MAR 13

### RIVERDANCE

The international Irish dance phenomenon is back by popular demand in Riverdance — The 20th Anniversary World Tour. Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song. Of all the performances to emerge from Ireland — in rock, music, theatre and film — nothing has carried the energy, the sensuality and the spectacle of Riverdance. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30 p.m. Fee.

MANHATTAN, 785-532-6428

k-state.edu/mccain/events/2017-2018

MAR 13

### THE STAATSKAPPELLE WEIMAR ORCHESTRA OF GERMANY

The Lied Center is honored to host The Staatskapelle Weimar on its first tour of North America. Founded in 1491, it is one of the oldest, most illustrious orchestras in the world. In 1756, Duchess Anna Amalia made the orchestra the primary musical institution of the city of Weimar. There are many famous names in classical music history that have been associated with the orchestra, including Johan Hummel, Franz Liszt, Richard Strauss and many others. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

MAR 25

### SENIOR CLASS

Our senior improv company is made up entirely of 55+ year old actors from our community. They define life in the golden years as a terrifically fun-filled trip! Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 2 p.m. Fee.

TOPEKA, 785-357-5211

topekacivictheatre.com

MAR 30

### FRANK WALN

Frank Waln is an award-winning Sicangu Lakota hip-hop artist and music producer from the Rosebud Reservation in South Dakota. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

## EXHIBITS/SHOWS

MAR 18

### MANHATTAN COIN SHOW

Vendors will be showing and selling all sorts of coins and paper money. The club will also raffle several prizes. Four Points by Sheraton on Ft. Riley Blvd., 10 a.m.-4 p.m. Free admission.

MANHATTAN, 785-556-0263

manhttancoinclub.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. Wanamaker. Mall walking hours are Monday-Saturday 7 a.m. to 9 p.m. and Sundays 11 a.m. to 6 p.m. Log your visits — at the kiosk in the northwest corner of the lower level — to be eligible for prizes from sponsors West Ridge Mall and Stormont Vail Health. Free.

TOPEKA

ONGOING

### FREE MEMORY SCREENING CLINIC

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

TOPEKA, 785-368-0744

ONGOING

### WELLNESS COACHING

Are you trying to make lasting lifestyle changes related to healthier eating, weight loss exercise, smoking cessation or improving your blood pressure, cholesterol or glucose numbers? Consider meeting with a certified wellness coach.

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

ONGOING

### FIT FOR LIFE

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

ONGOING

### ZUMBA GOLD

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

LAWRENCE, 785-832-7920

MONDAYS

### HEALTHY STEPS AND THE GET FIT TOUR

Join us for free group walks, all this month, open to all ages and abilities. Healthy Steps is proud to partner with The Get FIT Tour presented by The Health Hippie, Chris Omni, at West Ridge Mall, 1801 S.W. Wanamaker. 5:45 to 6:45 p.m. Mondays. Free and open to all.

TOPEKA

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 LITE

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

### HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS

### FLEXERCISE

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

### FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

### VACCINE CLINICS

Zostavax (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

■ CONTINUED FROM PAGE 22

questions. Appointments available at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.

TOPEKA, 785-354-6787

### WEDNESDAYS

#### FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter).

Appointments available by phone or at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.

TOPEKA, 785-354-6787

### FIRST WEDNESDAY OF THE MONTH

#### FREE HEARING CONSULTATIONS

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

LAWRENCE, (785)748-8034

### FRIDAYS

#### BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

### SECOND THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### 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

### MAR 6

#### HEALTHY STEPS CELEBRATION

Join us at the monthly Healthy Steps Celebration at West Ridge Mall, 1801 S.W. Wana-maker. 9 to 10 a.m. at the lower level center court. Free blood pressure screenings, snacks and goodies, and prize drawings are included.

Free and open to all.

TOPEKA

### MAR 7

#### KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

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

LAWRENCE, 785-505-5800, lmh.org

## HISTORY/HERITAGE

### MAR 2

#### THOMAS FOX AVERILL: BOOK READING & DISCUSSION

Renowned local author Thomas Fox Averill discusses and reads from his latest novel, *Found Documents from the Life of Nell Johnson Doerr*, the gripping tale of a female Lawrence pioneer. Books available for purchase and signing. Watkins Museum of History, 1047 Massachusetts St., 6 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org

### MAR 4

#### BLEEDING KANSAS 2018 PROGRAM SERIES:

"Black Civil War Veterans Build a Church in 1867" by Deborah Barker, Franklin County Kansas Historical Society, executive director, emeritus. Book signing follows presentation. Constitution Hall, 319 Elmore, 2 p.m. Suggested donation \$3.

LECOMPTON

lecomptonkansas.com/bleeding-kansas-2018-program-series-announced

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

### MONDAYS

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

Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m.

Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

### WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m.

Arbor Court, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m.

Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

### FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.

Wyndam Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.

Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

## MEETINGS

### SUNDAYS

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

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

LAWRENCE

### MONDAYS

#### BREAST CANCER SUPPORT GROUP

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

LAWRENCE, 785-979-8362

### MONDAYS, WEDNESDAYS & FRIDAYS

#### WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

OrthoKansasPA.com

### MONDAYS

#### GRIEF SUPPORT GROUP

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

TOPEKA, 785-232-2044

### FIRST MONDAY OF THE MONTH

#### INDIVIDUAL BEREAVEMENT SUPPORT

Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell.

TOPEKA, 785-271-6500; 785-230-6730 on first Monday between 5:30 and 7:30 p.m.

### FIRST & THIRD MONDAY OF THE MONTH

#### BEREAVEMENT SUPPORT GROUP

LAWRENCE SENIOR CENTER

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

### FIRST & THIRD MONDAY OF THE MONTH

#### GRIEF SUPPORT GROUP

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

LAWRENCE, 785-505-3140

### FIRST & THIRD MONDAY OF THE MONTH

#### CAREGIVER SUPPORT GROUP

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

LAWRENCE MEMORIAL HOSPITAL

4-5 PM, 785-840-3140

### FIRST & THIRD MONDAY OF THE MONTH

#### CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by 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

### FIRST TUESDAY OF THE MONTH

#### BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### FIRST TUESDAY OF THE MONTH

#### LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, 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

### 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.

■ CONTINUED ON PAGE 24

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**FIRST THURSDAY OF THE MONTH  
PARKINSON MEETING**

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

**EVERY OTHER THURSDAY  
GRIEF SUPPORT GROUP**

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

TOPEKA, 785-232-2044

**EVERY OTHER THURSDAY  
GRIEF SUPPORT GROUP**

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

TOPEKA, 785-232-2044

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

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

TOPEKA, 785-235-6600

**SATURDAYS**

**LAWRENCE BRIDGE CLUB**

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

LAWRENCE, 785-760-4195

**ONE SATURDAY EACH MONTH  
LAWRENCE DEATH CAFE**

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death.

A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact [cwhiston@sunflower.com](mailto:cwhiston@sunflower.com) or visit [www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl](http://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**

Civitan's 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](http://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](mailto:info@soroptimisttopeka.org) for more information.

TOPEKA, 785-221-0501

[soroptimisttopeka.org](http://soroptimisttopeka.org)

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

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

LAWRENCE, 785-218-4083

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

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

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

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

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

LAWRENCE, 913-831-3888

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

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

LAWRENCE, 785-843-2584

[happytimesquares.com](http://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

■ CONTINUED ON PAGE 25



**Is the cost of advertising in  
the daily newspapers  
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Call Kevin at 785-841-9417 to find out how your advertising can reach seniors in Lawrence and Topeka for rates that are not out of this world.

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■ CONTINUED FROM PAGE 24

### THIRD TUESDAY OF THE MONTH PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP

Meets at the Topeka & Shawnee County Public Library, Anton Room 202, 6:45 to 8:15 p.m. For more information. Please contact Jeff Landers. TOPEKA, 785 224 5946.

### 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 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 ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

TOPEKA, 785-478-0651

## MISCELLANEOUS

### VARIOUS DAYS, LOCATIONS SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. Mondays, 1-4 p.m. at Clinton Place, 2125 Clinton Pkwy. Thursdays, 1-4 p.m. at Lawrence Public Library. 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

### SECOND SUNDAY OF THE MONTH MONTHLY GUIDED HIKE

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

LAWRENCE, 785-842-8562

ksoutdoors.com/State-Parks/Locations/Clinton

### MAR 2 & 3

### MARBLE CRAZY

Glass artists from across the country gather at the Moon for two days of marble making demonstrations. The artists will exhibit and sell their work directly to the public. There will be multiple demonstrations at the torch, the glass furnace and the marble machine. Moon Marble Company, 600 East Front St., 10 a.m.-7 p.m. Free.

BONNER SPRINGS, 913-441-1432

marblecrazy.com

MAR 17

### ANNUAL ST. PATRICK'S DAY PARADE

Patrick's Day Parade in Lawrence is full of Irish fun. Each year, thousands of people don their green and line the streets in downtown Lawrence to watch the parade pass by. The parade is one of several events that parade organizers host to raise money for local charities. 11 a.m. Free.

LAWRENCE

MAR 24, 25 & 31

### EASTER EGG HUNT EXPRESS

Ride an 11-mile round-trip with the Easter Bunny! (approx 2-hour trip) During the ride, the train will stop at Norwood prior to returning to Baldwin City, where the little ones can hunt for over 1000 Easter Eggs! Midland Railway, 1515 High Street, 10 a.m.-3:30 p.m. Fee.

BALDWIN CITY, midlandrailway.org/easter-2

MAR 31

### EASTER EGG ROLL WITH DOLE

This event includes a White House-style egg roll race, egg hunt, snacks, crafts, live bunnies and more. The event is on rain or shine, and all children receive a special goody bag when departing the event. Children of all ages are welcome, though egg roll and hunt activities are split up between ages 3-12. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.-12 p.m. Free.

LAWRENCE, 785-864-4900

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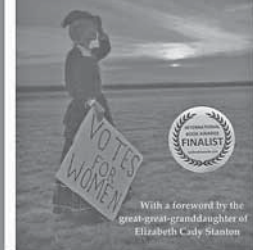
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# When is a good time to start receiving Social Security benefits?

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

After a lifetime of working, you deserve a comfortable retirement. For over 80 years, Social Security has been helping people shape their future, assisting them with a variety of benefits. It's up to you as to when you can start retirement benefits. You could start them a little earlier or wait until your "full retirement age," or delay retirement to get extra money each month. There are benefits to either decision.

Full retirement age refers to the age when a person can receive their Social Security benefits without any reduction, even if they are still working part or full time. In other words, you don't actually need to stop working to get your full benefits.

For people who reach age 62 in 2018 (i.e., those born between January 2, 1956 and January 1, 1957), full retirement age is 66 and four months. Full retirement age was age 65 for many years. However, due to a law passed by Congress in 1983, it has been gradually increasing, beginning with people born in 1938 or later, until it reaches 67 for everybody born after 1959.

You can learn more about the full retirement age and find out how to look up your own at <http://www.socialsecurity.gov/planners/retire/retirechart.html>.

You can start receiving Social Security benefits as early as age 62 or any time after that. The longer you wait, the higher your monthly benefit will be, although it stops increasing at age 70. Your monthly benefits will be reduced permanently if you start them any time before your full retirement age. For example, if you start receiving benefits in 2018 at age 62, your monthly benefit amount will be reduced permanently by nearly 27 percent.

On the other hand, if you wait to start receiving your benefits until after your full retirement age, then your monthly benefit will be higher. The amount of

this increase is two-thirds of one percent for each month — or eight percent for each year — that you delay receiving them until you reach age 70. The choices you make may affect any benefit your spouse or children can receive on your record, too. If you receive benefits early, it may reduce their potential benefit, as well as yours.

You need to be as informed as possible when making any decision about receiving Social Security benefits. Read the publication *When to Start Receiving Retirement Benefits* at <http://www.socialsecurity.gov/pubs/EN-05-10147.pdf>.

When to start receiving retirement benefits is a personal decision based on your own situation. Check out our Retirement Checklist at <http://www.socialsecurity.gov/pubs/EN-05-10377.pdf> to learn about additional factors to consider as you think about when to start receiving your retirement benefits.

If you decide to receive benefits before you reach full retirement age, you should also understand how continuing to work can affect your benefits. Social Security may withhold or reduce your benefits if your annual earnings exceed a certain amount. However, for every month benefits are withheld, it may increase your future benefits. That's because at your full retirement age Social Security will recalculate your benefit amount to give you credit for the months in which benefits were reduced or withheld due to your excess earnings. You can learn more at <http://www.socialsecurity.gov/planners/retire/whileworking.html>.

Social Security's mission is to secure your today and tomorrow. You can learn more by visiting our Retirement Planner at <http://www.socialsecurity.gov/planners/retire>.



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# Five facts you might not know about Social Security

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Most people know at least something about Social Security. For decades, Social Security has been providing valuable information and tools to help you build financial security. Here's your opportunity to find out a little more, with some lesser-known facts about Social Security.

1. Social Security pays benefits to children.

Social Security pays benefits to unmarried children whose parents are deceased, disabled, or retired. See Benefits for Children at [www.socialsecurity.gov/pubs/EN-05-10085.pdf](http://www.socialsecurity.gov/pubs/EN-05-10085.pdf) for the specific requirements.

2. Social Security can pay benefits to parents.

Most people know that when a worker dies, we can pay benefits to surviving spouses and children. What you may not know is that under certain circumstances, we can pay benefits to a surviving parent. Read our Fact Sheet Parent's Benefits, available at [www.socialsecurity.gov/pubs/EN-05-10036.pdf](http://www.socialsecurity.gov/pubs/EN-05-10036.pdf), for the details.

3. Widows' and widowers' payments can continue if remarriage occurs after age 60.

Remarriage ends survivor's benefits when it occurs before age 60, but benefits can continue for marriages after age 60.

4. If a spouse draws reduced retirement benefits before starting spouse's benefits (his or her spouse is younger),

the spouse will not receive 50 percent of the worker's benefit amount.

Your full spouse's benefit could be up to 50 percent of your spouse's full retirement age amount if you are full retirement age when you take it. If you qualify for your own retirement benefit and a spouse's benefit, we always pay your own benefit first. (For example, you are eligible for \$400 from your own retirement and \$150 as a spouse for a total of \$550.) The reduction rates for retirement and spouses benefits are different. If your spouse is younger, you cannot receive benefits unless he


or she is receiving benefits (except for divorced spouses). If you took your reduced retirement first while waiting for your spouse to reach retirement age, when you add spouse's benefits later, your own retirement portion remains reduced which causes the total retirement and spouses benefit together to total less than 50 percent of the worker's amount. You can find out more at [www.socialsecurity.gov/OACT/quickcalc/spouse.html](http://www.socialsecurity.gov/OACT/quickcalc/spouse.html).

5. If your spouse's retirement benefit is higher than your retirement benefit, and he or she chooses to take reduced


benefits and dies first, you will never receive more in benefits than the spouse received.

If the deceased worker started receiving retirement benefits before their full retirement age, the maximum survivors benefit is limited to what the worker would receive if they were still alive. See [www.socialsecurity.gov/planners/survivors/survivorchartred.html](http://www.socialsecurity.gov/planners/survivors/survivorchartred.html) for a chart.

Social Security helps secure your financial future by providing the facts you need to make life's important decisions.



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## RICK STEVES' EUROPE

# What's new in Italy for 2018

By Rick Steves

Tribune Content Agency

Italy bubbles with emotion, corruption, traffic jams, strikes, religious holidays and crowds.irate ranters shake their fists at each other one minute and walk arm-in-arm the next. It's bella chaos, and if you're up-to-date on your sightseeing and transit info, you'll love it. Here's the latest, gleaned from research done for the 2018 edition of my Italy guidebook, to help you enjoy Europe's richest, craziest culture.

Rome has been improving its tourist infrastructure and offerings. Two new sound-and-light shows in the Trajan's Forum area are an increasingly popular evening activity: the Caesar's Forum Stroll and the Forum of Augustus Show. Both help you imagine the world of the Caesars, as colorful images are projected on ancient walls, columns and porticos while English narration brings the story to life. And Ara Com'era ("The Ara as it was") is a new 45-minute "virtual reality" show at Museo dell'Ara Pacis, which allows visitors to see what the Altar of Peace looked like in its day. The Pantheon, one of the city's best-preserved ancient monuments, which is currently free to enter, will start charging an entry fee (about \$2) in May.

I still strongly recommend getting the Roma Pass, which is now a plastic card that covers sightseeing and transportation. Rome's main train station, Termini, has good new dining options:

the modern Mercato Centrale market hall and the spacious Terrazza Termini food court.

It's now even more worthwhile to travel south, just beyond Naples, to Pompeii. The site's best-preserved home, the House of the Vettii, with its many surviving mosaics and frescoes, reopened after a long closure.

As the birthplace of the Renaissance, Florence is a priority on any Italian itinerary. However, sightseers must deal with constant changes to ticketing and entry schemes. Travelers who want to view the Uffizi Gallery's amazing collection of Italian paintings will pay a significant price increase starting in 2018. Peak-season ticket prices (March through October) are up more than 50 percent to about \$25; tickets drop to \$15 in the winter. Seasonal pricing is also being introduced at the Pitti Palace and Boboli Gardens. And for the first time, sightseers can buy a combination ticket covering all these sights. This three-day ticket gives travelers one-time priority entry to all three sights, and will cost about \$45 in peak season (half that in winter).

For the past couple of years, reservations have been required to climb the Florence Duomo's famous dome, and time slots book up. If climbing the dome is a must for you, book online many days in advance of your arrival at [www.museumflorence.com](http://www.museumflorence.com) (if you wait until you arrive in town, it may be too late).

Visiting nearby Pisa is easier than ever with the opening of the new "Pisa Mover" train, which connects Pisa's airport and its train station in five minutes. Pisa's main tourist information office has moved to a convenient spot at the Field of Miracles, next to the Duomo's ticket office.

Visitors to San Gimignano, Italy's most overrated hill town, may be interested in a new option: gelato-making classes, offered by Sergio of Gelateria Dondoli in his kitchen down the street from his shop. Charismatic Sergio was a member of the Italian team that won the official Gelato World Cup—and his gelato really is a cut above.

Urban improvements are underway in bustling northern Italy. Arriving by train in Milan is more convenient now that high-speed Italo trains stop at Milano Centrale (instead of at the less-central Porta Garibaldi station). In Venice, a new shopping hot spot has opened amidst all the elegant decay. Located near the Rialto Bridge, the Fondaco dei Tedeschi luxury mall has great rooftop views of the enchanting city.

Cruise ships are now stopping in the port of La Spezia for their excursions to Florence. And, since this port puts them so close to the popular Cinque Terre region, thousands of cruisers are opting for excursions into this most

spectacular stretch of the Italian Riviera. Consequently, the Cinque Terre is experiencing more congestion than ever. The hordes converge on its five tiny ports for the lovely hikes through the national park that connects them. While segments of the regional hike are invariably closed because of frequent washouts and landslides, there are always plenty of open hiking trail available in the nearby hills.

It's always smart to beware of thieves in any place with tourist crowds (in Italy and beyond), but now that the Cinque Terre's train stations are so often overcrowded, it's especially important to guard against stealthy pickpockets there.

Italy continues to be as exquisite—and exasperating—as ever. While it may seem as orderly as spilled spaghetti, the country actually functions quite well. If you have a positive attitude, equip yourself with good information and expect to travel smart, you will. Buon viaggio!

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

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## JAY'S MUSICAL MEMORIES

# Think green for spring

By Jay Wachs

How can it be March already? I love the month of March because it signals the start of Spring.

It also brings us St. Patrick's Day and this year LawrenceHits.com is proud to be the media sponsor of the Lawrence St. Patrick's Day Parade.

We'll be live on Facebook from the corner of 7th and Mass by Liberty Hall with Kay Traver and Phil Bradley anchoring the broadcast.

You can watch the parade LIVE from home or watch it again later after its over!

Now, with that shameless plug out of the way, it's time to think GREEN for Spring.

This month, my staff challenged me to find a song or band that includes the word green in their band name or title from each of the four decades of music that we play in either Lawrence or Baldwin City. Surprisingly, the hardest decade to research was the 1980s. Lots of purple (thank you Prince) but not a lot of green. That being said, let's journey down way of Green Acres (see what I did there) and start with the 1960s.

Our 1960's feature this month comes from The Lemon Pipers. The Oxford, Ohio, band had a number one song in late 1967/early 1968 with "Green Tambourine." The song represented the powerful influence of the emerging psychedelic sound with its fade in and out echoes on the word tambourine. Original drummer Bill Albaugh passed away in 1999 at the age of 53.

The 1970s boasted 13 top 40 hits for soul crooner Al Green. Green started his career as a gospel singer and returned to gospel full time in 1980. The biggest hit of his career on the

charts was the mid-tempo jam "Let's Stay Together" which went to number one on the pop charts in 1971 and spent nine weeks on the R&B charts. Tina Turner's cover of that song helped to launch her solo career in 1984.



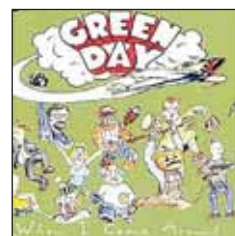
Green had a minor R & B hit in 1987 and continues to record both gospel and secular music including an acclaimed duet with Annie Lenox covering the 60s classic "Put A Little Love In Your Heart." Green is still active and performing at the age of 71.

In 1982, new wave alternative band-New Order released a song called "Everything's Gone Green." The song came off their 1981 album titled

"Movement" and actually charted on the dance/club play singles chart at number 34. The band's most easily recognized hit was the 1983 dance floor smash "Blue Monday." New Order continues to be active on the electronic dance music scene and is celebrating its fourth decade of making music.



Finally, the 90s belonged to Billie Joe Armstrong and his pop-punk rock band



Green Day.

Their biggest 90s hit came in 1994 with the song "When I Come Around" which spent seven weeks at number one on the modern rock charts and reached number 6 on the pop charts in December, 1994.

Whatever your shade of green, wear it loud and proud in March and it will

bring us good luck for a warm and prosperous season of great oldies, baseball, apple pie and all the good stuff.

- Jay Wachs is the owner and operator of both LawrenceHits.com and Baldwin City Radio which are APP and website based oldies streaming radio stations. Wachs also handles public relations, marketing and advertising for over 55 locally owned and operated Douglas County, Kansas businesses.

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## HUMOR

# Nosey Nelida and Sir Jeremiah go to Washington

Nosey Nelida (a name given her by her childhood friends, and supported by her adult acquaintances) was a shop keeper who—because she was nose—discovered a sting operation that the U.S. government had set up to catch fraudulent medical equipment suppliers.

To keep her from compromising the operation, the government let her in on the secret and later gave her credit for



Larry Day

shutting down the crooked operation. Nelida got a trip to Washington and a visit to the White House where, her abilities made the President uncomfortable.

Sir Jeremiah Teancrumpets, the British billionaire, came from a long line of titled aristocrats. For a large part of his life, “Jerry” (don’t let him hear anyone call him that) was given to rage. He raged against almost everything, because to Sir Jeremiah almost everything was outrageous.

Then one day his heart blew a gasket. Sir Jeremiah survived the heart attack because his servants called a physician who practiced laugh therapy. The doctor lived on the estate next to Sir Jeremiah’s. The physician spent weeks giving Sir Jeremiah laugh therapy. It was hard duty, but the therapist finally succeeded in making the old sour puss laugh. But that didn’t change Sir Jeremiah’s personality. After he’d been through laugh therapy everyone said Sir Jeremiah’s laugh was scarier than his rage.

Sir Jeremiah was tight with money. He hated parting with a penny, and parting with a pound caused him real

pain. Following an election, the new government in Great Britain raised taxes, mostly on the wealthy. Sir Jeremiah groaned like Bill Grogin’s goat—the one that the folk song says was tied to a railroad track.

After researching his options, Sir Jeremiah decided to move to the United States. He came across Nosey Nelida’s name, reputation, and U.S. government connections in his research.

Sir Jeremiah contacted Nosey Nelida and—after protracted and sometimes bitter negotiations—he hired her to obtain an immigrant visa and a green card for him. Sir Jeremiah decided to cross the Atlantic by ship incognito. Nosey Nelida met him at Riker’s Island and helped him get through customs. The landing fees nearly caused him apoplexy, but Sir Jeremiah—true to his therapist’s training—laughed instead of going into a rage. The sound of that cackle panicked dock workers, customs officials, and travelers.

Once in New York City itself, Sir Jeremiah suffered serious pain when he found out how much taxis and hotel rooms cost.

“Dash it!” he said, “This is outrageous!” His blood pressure rose precip-

itously. Sir Jeremiah was on the verge of another heart attack. Fortunately, his laugh therapy training kicked in, and instead of having a seizure, he unloosed a loud cackle. The sound frightened everyone within earshot, including pigeons pecking at crumbs in the street. Up they rose, forming a huge flock, and flew away, never to return to that area again.

Nosey Nelida was one of the people whom that fiendish cackle had frightened. But being Nelida, she recovered quickly, and had soon devised a plan to utilize that fearsome sound.

Within weeks, Sir Jeremiah Teancrumpets and Nelida Nacamora had set up a pest control company called N and T, Inc. The firm specialized in frightening pigeons and other pesky birds away from hotels, businesses and, chic residential housing complexes.

They obtained a copyright on Sir Jeremiah’s horrific laugh, and developed a nationwide chain of pest control centers.

The company prospered immediately. Animal-protecting organizations looked on N and T Inc. as a humane

business that didn’t hurt creatures. City chambers of commerce got on board because the method made them appear benevolent. The mass media picked it up as a “good” news story that helped balance their often negative reporting.

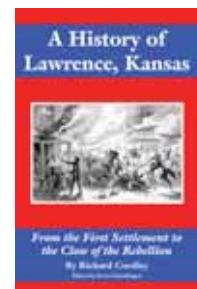
Soon Washington politicians took notice. Here, they realized, was a phenomenon that they could enthusiastically embrace—one that wouldn’t come back to bite them.

At the White House, the Chief of Staff put the matter on the President’s agenda.

“Sir,” he said, “we have a win-win opportunity here,” and explained the situation.

“Get those people in here at once,” said the President. “Give them a private tour, make them up a certificate and schedule a press conference. I’ll sign it personally. Heaven knows we could use some good news around here.”

- 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.



## The History of Lawrence, Kansas

by Richard Cordley

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# WOLFGANG PUCK'S KITCHEN

## This delicious dish is simple enough for family meal, yet elegant for special dinner party

It seems to me that people who love to cook at home often have two separate styles of recipes that they rely on. First come the everyday dishes that they make week after week for their family and any close friends who might drop by—simple, straightforward, delicious food they can cook quickly and easily with minimal fuss. And then there are more elaborate, special-occasion dishes that they only make to impress their guests at special dinner parties.



Wolfgang  
Puck

I think, however, that the very nature of special occasion entertaining has changed over the years. More and more hosts and guests alike prefer that dinner parties feel like relaxed family-style meals - occasions at which you don't have to dress up in uncomfortable clothes, worry whether you're using the right fork, or be extra cautious not to drip your red wine on the fancy tablecloth. Good food that feels more like a family supper puts everyone at ease gathered around the table at happy ease.

That's why, right now, when you're probably still thinking about how you'd like to change the way you cook and entertain in 2018, I'd like to share a favorite recipe of mine that is equally welcome and easy to prepare whether you serve it to your loved ones on a weeknight or present it to week-end dinner party guests. It's my pork medallions on apple compote with black pepper cider sauce.

Pork is a really home-style choice of meat, and it's usually so reasonably

priced. Yet, when you choose a piece of boneless pork loin and ask the butcher in your supermarket to cut it into the medallion-shaped pieces called for in the recipe, you have a main ingredient that looks surprisingly elegant for a special party. The medallions also cook very quickly, which makes them a perfect choice for a family meal. (You could also prepare a similar version of the dish substituting medallions of lamb, slices of boneless turkey breast, or even boneless and skinless chicken breast halves.)

The apple compote beneath the pork is also an appealingly homey preparation. Yet, a few easy special touches - some apple cider jelly and splashes of white wine and cream - transform the compote into something surprisingly elegant. The same goes for the sauce spooned over the pork, which gains its own bright flavor from the cider jelly plus some coarsely crushed black peppercorns.

Those three easily assembled elements add up to a dish that looks like something a fine restaurant might serve, yet tastes like the best in comfort food. In other words, it offers the best of both worlds, making it a recipe I hope you'll want to prepare again and again, whatever the occasion.

### PORK MEDALLIONS ON APPLE COMPOTE WITH BLACK PEPPER CIDER SAUCE

Serves 4

For the black pepper cider sauce:

- 1 cup (250 mL) good-quality canned chicken stock or broth, plus a little extra if needed
- 2 tablespoons apple cider jelly or apple jelly
- 1/2 cup (125 mL) heavy cream
- 1 tablespoon unsalted butter
- 1 tablespoon crushed black peppercorns, plus extra to taste

### For the apple compote:

- 2 pounds (1 kg) large pippin or Granny Smith apples
- 1 tablespoon unsalted butter
- 2 teaspoons apple cider jelly or apple jelly
- 1/4 cup (60 mL) dry white wine
- 1/2 cup (125 mL) heavy cream
- Kosher salt
- Freshly ground black pepper
- Pinch freshly grated nutmeg

### For the pork medallions:

- 1 1/2 pounds (750 g) pork loin, cut into 8 equal medallions
- 1 to 2 tablespoons all-purpose flour
- Kosher salt
- Freshly ground black pepper
- 1 to 2 tablespoons vegetable oil
- 1 to 2 tablespoons unsalted butter
- Finely chopped fresh Italian parsley, for garnish

First, prepare the sauce: In a 10-inch (25-cm) skillet, combine the stock or broth and the jelly. Over medium-high heat, simmer briskly until the liquid reduces to 1/2 cup (125 mL), stirring frequently to take care that the sugar in the jelly doesn't burn along the side of the pan. Pour in the cream and simmer briefly, just until the sauce thickens. Whisk in the butter and crushed pep-

percorns to taste. Cover and keep warm.

For the compote, peel, core, and quarter the apples, then cut into thin slices. In a 12-inch (30-cm) skillet, melt the butter over high heat. Add the apples, saute briefly, and then reduce the heat to medium and continue cooking, stirring occasionally, until the apples are soft. Add the jelly and wine and stir until the jelly melts. Add the cream and stir until the apples are evenly coated. Season to taste with salt, pepper, and a hint of nutmeg. Keep warm.

To prepare the medallions, first lightly dust them all over with the flour and season to taste with salt and pepper. Over medium-high heat, heat 1 or 2 heavy skillets with enough cooking surface to hold the medallions in a single layer without crowding. Add 1 tablespoon each of oil and butter to each skillet, and swirl to coat the cooking surface. Add the pork medallions and saute until golden-brown, 3 to 4 minutes per side.

To serve, mound the compote on 4 heated plates. Arrange two medallions on top of the compote on each plate. Spoon a little sauce over and around the medallions. Garnish with parsley, and serve immediately.

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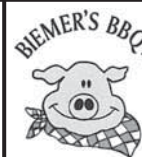
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## MY PET WORLD

# Distract and treat for timid dogs afraid of cars

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

**Dear Cathy:** My son, who lives with us, has a three-year-old, 106-pound female German shepherd/boxer mix. She is a very sweet and loving dog, but very timid. We have a large fenced-in yard, which is where she typically goes. But we live at the end of a cul-de-sac and when we take her for a walk, she often gets afraid if a truck passes the cross-street and refuses to go. Often this will happen even if no vehicle passes, but you can see her looking down the block as if anticipating a truck coming by.

When we ask her if she wants to go for a walk, she gets very excited and runs to the door, but may stop within a few feet of the doorway once we get outside. Sometimes, she can be coaxed by raising her by her harness and walking her for a few steps, and as soon as she passes the cross street, she is fine and will walk as far as we can go. If we drive her past the cross-street and then take her for a walk, she is fine as well. She is also good at dog parks. She is somewhat sensitive to loud noises. Can you suggest any solutions? I hate to have to put her into a car and drive her each time we want to go for a walk. - Scott, Oceanside, NY

**Dear Scott:** Your instincts on how to handle this problem are right so far. Putting her in the car and taking her to a park is a good accommodation for now. Walking her at the quietest time of the day—very early in the morning or later a night—and introducing some training may also reduce her stress at that cross-street.

The goal is to distract her and keep her moving. Take her out when the traffic on the cross-street is fairly quiet. When she balks and stops, gently turn back toward the house, using her name and saying “heel.” This will take her mind off the street for a moment and onto you to see what you are doing. Give her a treat to reward her for

“heeling.” Then turn again and head back to the street. Repeat this process every time she balks. Before reaching the cross-street, turn and go back to the house on the first few days of training.

When the number of balks reduces, walk her to the cross-street, but turn back toward the house right before you reach the street. Take a few steps, turn again and approach the cross-street at a quick pace. Use her name and give her treats as you walk through the intersection. Give her treats until you get her to a place where she feels comfortable again.

Not every dog gets past their fears, and sometimes you must make accommodations. But since this is only one intersection, I think a few days or weeks of distraction work will help her learn there is nothing to fear.

**Dear Cathy:** I read your column where Rich from New York wrote about his 17-year-old cat pooping outside his litter box. You suggested the cat could be arthritic. My mom experienced this problem with her cat, and found that a Rubbermaid container lid

turned upside down with litter in it worked wonders. Her cat could easily get in and out of the litter with minimal discomfort. To address the extra litter outside of the lid, she used a throw rug underneath it. Hope this tip helps others too! - Deb, Chicago, IL

**Dear Deb:** Basically, your mom created a low-profile litter box for her arthritic cat. The rug captures a lot of the litter, which probably requires only a broom for quick clean-up and daily maintenance. Thanks for sharing. Hopefully, it helps another arthritic cat.

**Dear Cathy:** Each week, I read your column and rarely find postings about cats. Your column is mainly about dogs. I love dogs, but I have a cat and would like you to post more information about cat behavior, medical information,

problems, etc. - Gloria, New York

**Dear Gloria:** Over the last few months, I have answered dog and cat questions fairly evenly. But thanks for keeping me on my toes and making sure I don't play favorites. You don't have to wait for someone else to ask a question about cats though. This is a question-based column, so let me know your questions or concerns about cats or any other pets, and I will be happy to respond.

- 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](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.

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*I would like to receive your memory as a child. It should be about 725 words more or less and include a photo of yourself as a child. You can write your favorite memory either longhand or have it typed out. Then mail it to me at Tom Mach, 3807 Hunters Hill Drive, Lawrence, KS 66044.*

*You can also send it to me by email at tom.mach@yahoo.com. Go to [www.memoriesareforever.net](http://www.memoriesareforever.net) for more information. Don't worry about spelling or grammar as I would be happy to edit it and send it back to you for approval. This column will cease to exist if I don't receive memories from our Senior Monthly readers. Thanks.*  
- Tom Mach



Tom  
Mach

## Memories of Fateful Days

By Mike Hartnett

I was born on May 13, 1946. Of all of the earth-shaking events that have occurred in my lifetime, the two that stand out the most were the assassination of President Kennedy in Dallas in 1963 and the attack on the country on September 11, 2001.

It was a cold Friday when some of my speech teammates at St. Ignatius High School in Chicago piled into the priest's car for the 150-mile drive to Bloomington, Illinois, so we could participate in a high school tournament hosted by Illinois State University.

When the priest started the car, someone turned on the radio and we heard that there was a rumor that shots had been fired near President Kennedy's motorcade in Dallas. The further we drove, the worse it got. By the time we arrived in Bloomington, President Kennedy was dead.

I said to the priest, "Oh let's just go home. Who cares about a speech tournament?"

The priest said, "No, President Kennedy would want us to carry on."

So we carried on. The following day at the awards banquet, someone from Illinois State, probably the head of the speech department, was the speaker. A handsome young man who encouraged us, like the priest, that President Kennedy would want us to carry on. He never finished his speech, however, because he broke down and was led off the speaker's dais, weeping.

After that somber moment, the winners in the various speech competitions were announced. I competed in many tournaments, before and after that fateful weekend. It was the only tournament I ever won.

Almost 38 years later I was a newsletter editor in Peoria, Illinois, when I saw the airplanes fly into the World Trade Center in New York. What on earth could a newsletter editor in Peoria have to contribute to the nation's memory of that awful time? I think we all have them. Here are mine:

A subscriber who ran a small manufacturing company in Canada woke up on September 12 to hear this message on his phone:

[I'm paraphrasing here.] "HELP! I'm trapped under the rubble. I can't see! I can't move. I don't know who I'm calling—I'm just punching numbers in the dark! Please help me!"

My subscriber called the police, who made a copy of the message and sent it to New York. At least one radio station played it on the air with the announcer asking, "Does anyone recognize this voice?"

To my knowledge, no one ever did.

I was also writing part-time for a magazine and a few days after 9/11 I called the editor to give her a progress report on my article. Karen lived near New York City and was in no mood to talk about the article.

[Paraphrasing again.] "I just read about a woman whose husband died in the Twin Towers. The authorities just brought her a foot!"

Karen is shouting now. "What is she supposed to do?!? Bury the foot? And then a week later they'll bring her an arm?"

The next day I talked to another writer, Michelle, who also lived in the NYC area. She read about a grade school class in which one third of the young students lost a parent that day.

[Paraphrasing again.] "What is the teacher supposed to do?"

Michelle is shouting now, too. "Ok class, sorry about your parents, now take out your arithmetic books?"

The stories aren't all sad, however. My brother-in-law was in England when the Twin Towers fell. The hotel sent a note to each American guest, many of whom were stranded there because so many flights had been cancelled. The note said, "Stay as long as you need to stay. Use the phone as much

as you want. There will be no charge."

The daughter of friends of ours was scheduled to be married in Manhattan the Saturday after September 11. She had to dress in her hotel room and walk a block and a half to the church in her wedding gown. Every New Yorker who saw her on the sidewalk stopped and applauded.

That makes sense, because getting married is a statement of optimism. "My life will be better. My spouse's life will be better. The world will be better."

If ever New Yorkers needed a boost of optimism, it was then. We sure could have used a boost of optimism on that cold November day in 1963, too.



Hartnett

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## GOREN ON BRIDGE

# Pressure on the dummy

With Bob Jones

Tribune Content Agency

Neither vulnerable, South deals

NORTH

♠-K Q 9 8 7

♥-A 10 6 3 2

♦-10 3

♣-6

WEST

♠-A J 5 4

♥-Q 5

♦-K 9 8

♣-9 5 4 2

EAST

♠-10 2

♥-J 8 7

♦-6 4 2

♣-A Q 8 7 3

SOUTH

♠-6 3

♥-K 9 4

♦-A Q J 7 5

♣-K J 10

NORTH

♠-Q 9

♥-A 10 6

♦-Void

♣-Void

WEST

♠-A J 5

♥-Void

♦-Void

♣-9 5

EAST

♠-10

♥-8

♦-Void

♣-A Q 8

SOUTH

♠-6

♥-4

♦-Void

♣-K J 10

The bidding:

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

\*Transfer to spades

Opening lead: Four of ♠

North might have continued with a bid of four hearts, counting on partner to have at least one three-card major for his opening bid. Just as well that he passed, as a four-heart contract would be difficult on any lead and have no chance on a diamond lead.

West defended the hand strangely, starting with a spade lead rather than a club. Declarer won with dummy's king, then led the 10 of diamonds and ran it, hoping for some luck. The 10 held the trick, so South repeated the

finesse, but West won with the king this time and shifted to the queen of hearts. South would have done well to duck this, but hoping the shift was from the queen-jack, he won this in hand with the king and cashed three diamond tricks. He then led the nine of hearts and ran it to East's jack. This was the position:

East made up for any sins that might have been committed by his partner by leading the ace of clubs. This put pressure on the dummy to find a discard, and there was no winning answer. A spade and West would get three spade tricks, so South did his best by discarding a heart from dummy. A heart from East now end-played the dummy. West got the last two tricks with the ace-jack of spades.

- 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](mailto:tcaeditors@tribpub.com).

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# PUZZLES & GAMES

## CROSSWORD

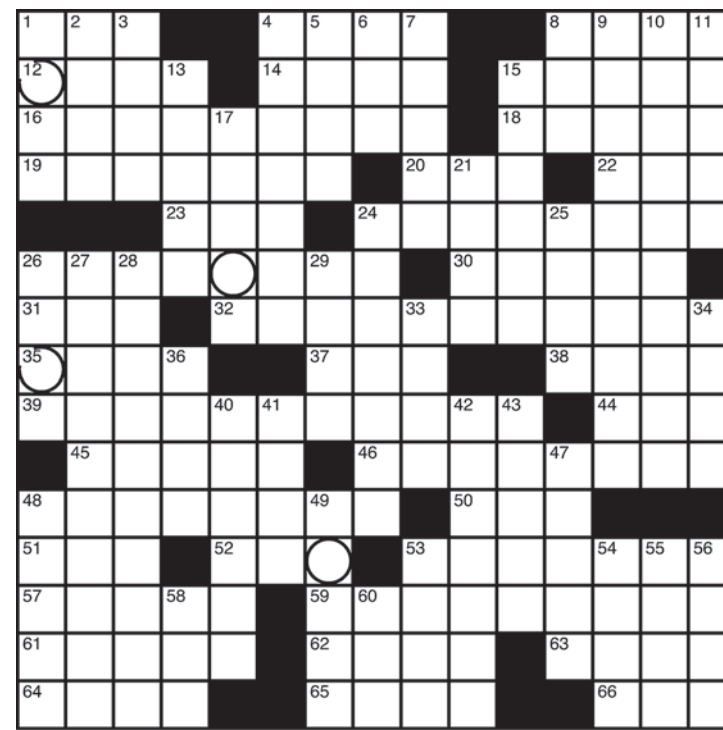
### Across

- 1 Mimic
- 4 Dreidel stakes
- 8 "The Avengers" co-star
- 12 Droops
- 14 Two-dimensional figure
- 15 2013 Literature Nobelist
- 16 With the circled letter over, self-ruled entity
- 18 "Breakfast at Tiffany's" co-star
- 19 Website revenue source
- 20 "Now wait just a sec ..."
- 22 Some bling
- 23 Where many kids squirm
- 24 Passage
- 26 One who really gets in your head?
- 30 Where a "cluck and grunt" might be ordered
- 31 Response to an order
- 32 With the circled letter over, humanitarian goal

- 35 Corp. bigwigs
- 37 "Double Fantasy" artist
- 38 "I got it"
- 39 With the circled letter over, undercover missions
- 44 Favorable, as a contract
- 45 Some aides
- 46 Actors change them often
- 48 Old Ford minivan
- 50 Product of Ptolemy
- 51 Stop
- 52 Dude (up)
- 53 Illusions
- 57 Take care of
- 59 With the circled letter over, concern of the Fed
- 61 "Citizen Kane" poster name
- 62 Mercyhurst University city
- 63 Draw guffaws from
- 64 "Hey, you!"
- 65 Nik Wallenda need
- 66 Color

### Down

- 1 On the briny
- 2 Took care of
- 3 Silly Putty holders
- 4 2007 Acer acquisition
- 5 Often-named stretches
- 6 Service to be redone
- 7 Workout portmanteau
- 8 Sticking point
- 9 Skinny
- 10 Wrestling style
- 11 Dead man walking
- 13 Rowling teacher
- 15 Like steres
- 17 Drifted off
- 21 Indic language
- 24 French poet executed by Robespierre
- 25 Digging
- 26 Delicacy
- 27 Revelations
- 28 Female in the wild
- 29 Home run
- 33 Bad end
- 34 Barclays Center hoopsters
- 36 Lily variety
- 40 Lie atop
- 41 About
- 42 Runner in a race
- 43 Pencil maze instruction
- 47 Pro and Mini



- 48 "Sour grapes" coiner
- 49 1973 resignee
- 53 Israel's Iron Lady
- 54 Fix
- 55 Owner of StubHub
- 56 Ophthalmologist's concern
- 58 One of the small fry
- 60 Test for one on the DL, perhaps

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

## 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.

CATUE

□ □ □ □ □ □ □ □

CIGNI

□ □ □ □ □ □ □ □

VURSYE

□ □ □ □ □ □ □ □

PURUSE

□ □ □ □ □ □ □ □

A: "□ □ □ □ □ □ □ □ - □ □ □ □ □ □ □ □"

TO LEARN ABOUT THE COSMOS, CARL SAGAN ATTENDED A ---

## SCRABBLE G R A M S

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□ □ □ □ □ □ □ □

A<sub>1</sub> E<sub>1</sub> I<sub>1</sub> T<sub>1</sub> C<sub>3</sub> S<sub>1</sub> K<sub>5</sub>

□ □ □ □ □ □ □ □

A<sub>1</sub> A<sub>1</sub> E<sub>1</sub> I<sub>1</sub> T<sub>1</sub> T<sub>1</sub> G<sub>2</sub>

□ □ □ □ □ □ □ □

A<sub>1</sub> O<sub>1</sub> O<sub>1</sub> Y<sub>4</sub> W<sub>4</sub> R<sub>1</sub> D<sub>2</sub> Double Word Score

□ □ □ □ □ □ □ □

E<sub>1</sub> E<sub>1</sub> I<sub>1</sub> U<sub>1</sub> Q<sub>10</sub> Z<sub>10</sub> B<sub>3</sub> 3rd Letter Triple

□ □ □ □ □ □ □ □

E<sub>1</sub> E<sub>1</sub> I<sub>1</sub> N<sub>1</sub> N<sub>1</sub> L<sub>1</sub> V<sub>4</sub>

□ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □

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PAR SCORE 270-280  
BEST SCORE 356  
FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

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

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



## SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION													
C <sub>3</sub>	A <sub>1</sub>	K <sub>5</sub>	I <sub>1</sub>	E <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 1 =	<u>63</u>					
A <sub>1</sub>	G <sub>2</sub>	I <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	RACK 2 =	<u>58</u>					
D <sub>2</sub>	O <sub>1</sub>	O <sub>1</sub>	R <sub>1</sub>	W <sub>4</sub>	A <sub>1</sub>	Y <sub>4</sub>	RACK 3 =	<u>78</u>					
B <sub>3</sub>	E <sub>1</sub>	Z <sub>10</sub>	I <sub>1</sub>	Q <sub>10</sub>	U <sub>1</sub>	E <sub>1</sub>	RACK 4 =	<u>97</u>					
E <sub>1</sub>	N <sub>1</sub>	L <sub>1</sub>	I <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>	N <sub>1</sub>	RACK 5 =	<u>60</u>					
PAR SCORE 270-280							TOTAL						<u>356</u>

## JUMBLE ANSWERS

Jumbles: ACUTE, ICING, SURVEY, PURSUE

Answer: To learn about the cosmos, Carl Sagan attended a -- "UNIVERSE-ITY"

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## MY ANSWER

## Sin always has consequences, but God is loving and merciful

*(Editor's note: Rev. Billy Graham died on February 21 at the age of 99. Tribune Content Agency has been the distributor of Rev. Graham's "My Answer" column since its debut in 1952. His legacy will continue to touch millions of people through his many ministries. The syndicated column, "My Answer," will also carry on. It will be based on the thoughts, words and works of Rev. Graham. It will be compiled and edited by his associates.)*

**By Billy Graham**

Tribune Content Agency

**Q:** Does God punish our children for the wrong things that we've done? I've heard people say this, but it doesn't seem very fair to me. - Mrs. J.R.R.

**A:** We alone are responsible for our own sins, and we alone are accountable to God for what we've done (or

failed to do). We can't blame anyone else; we alone must bear our guilt, for we alone have sinned. The Bible says, "The child will not share the guilt of the parent, nor will the parent share the guilt of the child" (Ezekiel 18:20).

Sadly, however, children sometimes have to bear the pain of their parents' disobedience. The child of an alcoholic father (for example) may have to endure a burden of loneliness and resentment; a dissolute or neglectful mother may cause deep psychological damage to her children. Sin always has bitter consequences, not only in our lives, but in the lives of our children.

It shouldn't be this way, of course; God entrusted our children to us so we would raise them with love and wisdom, and be an example to them of godly character and discipline. The Bible says, "Start children off on the

way they should go, and even when they are old they will not turn from it" (Proverbs 22:6).

But even when our upbringing hasn't been perfect (or has even been evil), it should remind us of our need for God. His love for us never fails (even if our parents have failed us) and He wants to make us His children forever. Make sure Christ is the foundation of your life and your family, and pray this for other families also. The Bible says, "For no one can lay any foundation other than the one already laid, which is Jesus Christ" (1 Corinthians 3:11).

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A photograph of two cyclists riding on a dirt path in a wooded area. The cyclist in the foreground is wearing a red and black cycling jacket, a white helmet, and sunglasses. The cyclist in the background is wearing a blue cycling jacket, a grey helmet, and sunglasses. Both are wearing gloves and riding road bikes. The background shows trees and a misty or overcast sky.

## Healthy living and healthy people – that's our inspiration.

As board-certified orthopedic surgeons, highly accomplished athletes and regulars on the Lawrence Loop, Dr. Prô and Dr. Stull know a lot about healthy living. Inspired by you and for you, they share your goals for staying active, healthy and close to home. And, like all of us at Lawrence Memorial Hospital, they are committed to being your partners for lifelong health.

Start your healthy future today at [lmh.org/partner](http://lmh.org/partner)

Stephan Prô, MD and Douglass Stull, MD  
Board-Certified Orthopedic Surgeons and Sports Medicine Physicians



**A Partner for Lifelong Health**