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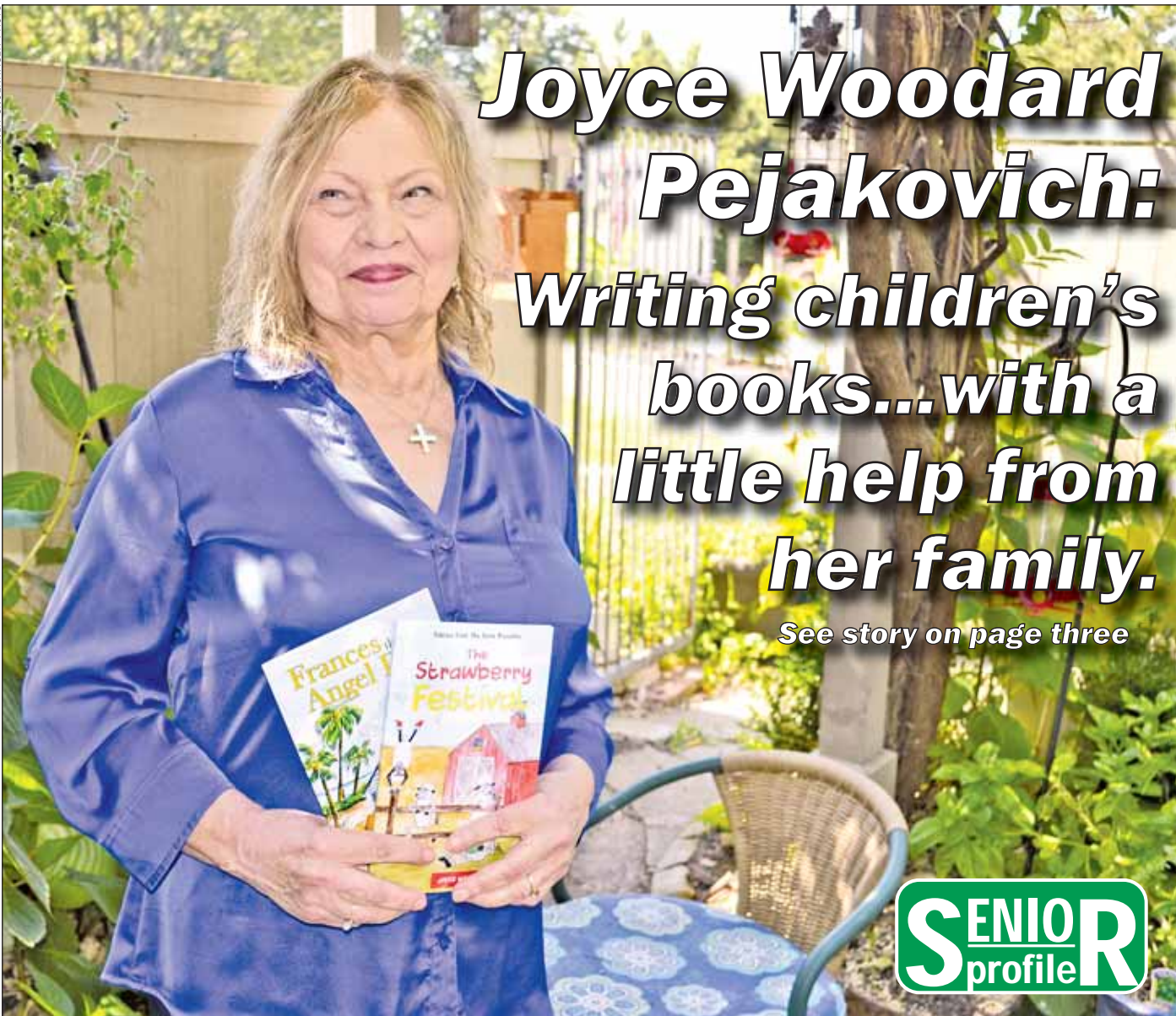
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KEVIN GROENHAGEN PHOTO



**Joyce Woodard Pejakovich:**  
**Writing children's books...with a little help from her family.**

See story on page three

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# Topeka grandma finds new passion as children's author

By Kevin Groenhagen

As a little girl growing up on a farm outside of Maize, Kansas, Joyce Woodard Pejakovich's father would tell her stories he made up every night. He would end his nightly storytelling with a question: "What do you think will happen next?" Joyce would offer an answer, and then wait for the storytelling to continue the next night. Joyce believes her father's storytelling led to her becoming a voracious reader who would later encourage her own three children and nine grandchildren to read.

While the younger Joyce could answer her father's question, the question "What do you think will happen next?" started to stump her a few years ago. She had worked for many years at the Topeka Convention and Visitor's Bureau and, later, as the executive director of the Better Business Bureau (BBB) of Northeast Kansas, where she was responsible for serving 17 counties.

"I loved it because I got to travel

throughout northeast Kansas," Joyce said. "Consumers would come into my office and I really enjoyed helping them. It was great fun when we would bust a scam."

After retiring from the BBB in 2009, Joyce wasn't sure what would happen next.

"I didn't know what I would do after retiring," she said. "My husband George was and is the assistant to the dean at Grace Episcopal Cathedral. I joined a women's group there. I had good friends there and still do. We support one another through all our ills and sicknesses. So being a church lady was my next profession. I even named a little book *The Church Lady*. It was a book with recipes. But then my back started giving out on me and I couldn't do the physical things, such as carrying baskets and trays."

Then Joyce met Frances, a dog owned by Joyce and George's friends, Mary and Mal.

"Like George, Mal is a retired chaplain and a colonel," Joyce said. "Mary is also retired Army and a colonel. We try to visit Mary and Mal in North Carolina once a year, and during that time I just fell in love with this yellow Labrador who looks more like a hound dog. She has one leg curled up and hops on three legs. She's not a show dog."

Mal and Mary had gone to the Central American country of Belize for the Episcopal Church to build a school.

KEVIN GROENHAGEN PHOTO



Joyce Woodard Pejakovich

While working at the school, they noticed a dog had taken shelter under the school's porch. Mary climbed under the porch and saw the dog had been injured. Someone had placed a makeshift splint on her leg and she was essentially left to die.

"Mary and Mal brought the dog home to the United States so she wouldn't die in Belize," Joyce said. "I kept looking

at those eyes and I'd say, 'Frances, someday I'm going to write a story about you.' We were there in October and I could see that Frances was changing in health. I started writing this book after we got back home. I told George that I needed some illustrations and he said, 'Well, I think I could handle that.' I didn't know he could do that. We put

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**Kaw Valley Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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**Contact us:**

**MAIL**

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# Author

■ CONTINUED FROM PAGE THREE

this story together that is somewhat based on the truth.”

Joyce shared her story about Frances with her oldest grandson, Nathan Fredrickson, for him to critique.

“We met at a coffee shop and he said, ‘Grandma, I think it’s really good, but there has to be more *you* in this book,’” Joyce said. “I tried not to be overexuberant about my faith in this book. Nathan said I needed to get more mystical. So, I went home to write some more and Frances turned into an angel dog.”

Joyce published *Frances the Angel Dog* last year through Prairie Dog Press, the children’s book division of Flint Hills Publishing, which is owned and operated by Thea Rademacher, Joyce’s daughter. A lawyer by training, Thea got into publishing after Joyce urged her to help Royce Fulmer write about his service during World War II.

“Royce had been our neighbor and was a most interesting character,” Joyce said. “He had built several housing developments in Topeka. At a dinner party one night, he started saying something about being in World War II. His wife said he hadn’t talked about his service during the war and he was sworn not to talk about it because it was all secret. I asked, ‘Royce, what did you do?’ He said, ‘Oh, I just made some deliveries in France.’ I kept pushing him to tell us what kind of deliveries he made. Well, he was dropping Resistance fighters into France.”

Royce took part in Operation Carpetbagger, which used modified B-24

Liberator bombers to drop agents and crated supplies to Resistance fighters in France, Italy, and the Low Countries. The U.S. government didn’t declassify the full record about Operation Carpetbagger until 1987.

Thea and Fulmer finished *A Drop in the Night: The Life and Secret Mission of a World War II Airman* just three months before Fulmer died in January 2015. The experience of publishing Fulmer’s story inspired Thea to publish the books of other authors.

Enjoying her own experience with writing *Frances the Angel Dog*, Joyce started thinking about writing another children’s book.

“I asked myself, ‘What do I know about?’” Joyce said. “Well, I know sheep. I raised sheep, rabbits, and chickens. I don’t like chickens, but chickens are part of my new book and two of my favorite characters.”

Joyce’s second book, *The Strawberry Festival*, is the first in her “Fables from the Farm” series. Designed for seven nights of reading by a parent or grandparent to a child, each chapter of the book, which has subtle Christian overtones, ends with a set of questions, including “What do you think will happen next?” The questions are designed to promote critical thinking. The book also includes recipes

for cookies and biscuits. Joyce wants parents and grandparents to share the treats with their children and grandchildren as they read the book to them.

“This book made me research my family history,” Joyce said. “I had a great-grandfather who saw this hill on the other side of a river when he was coming through Kansas on a covered



Joyce as a teenager on the farm.

wagon. He told the driver of the covered wagon to let him out there. He was going to go up the hill and homestead, and that is what he did. My mother’s father lived on that homestead all his life. The farm is still in the family. We always had Shropshire sheep on the farm. That’s all Grandpa had. This is the man who introduced me to sheep. He would bring me little lambs that weren’t being taken care of by the mother. That’s where my herd came from. When I got into writing this book, I found out our family came from the county of Shropshire in England.”

As with *Frances the Angel Dog*, George did the illustrations for *The Strawberry Festival*, including the cover illustration, which was then colored by a professional artist. The cover features four sheep, Traveler, Curly, Dancer, and Promise. The sheep, who make up the Baa-Baa-Baa Bam Band, reflect the very different personalities of Thea’s four sons, Nathan, Nick,

Andy, and Paul. As with her grandsons, the band members all have their own beat.

With her second children’s book published, Joyce already has an answer for the question “What do you think will happen next?”

“As I was writing this book, I could see the characters going off and doing something else,” Joyce said. “So, I’m writing another book that will come out probably eight or nine months from now.”

The tentative title for that book is *Mandy Squirrel and the Miracle in the Rosebush*, and it is inspired by some of Joyce’s other grandchildren.

“I love my grandchildren so much and they treat me with such love and such respect,” Joyce said.

It’s not just her grandchildren you’ll find represented in her books’ characters.

“My daddy had quite an imagination and his storytelling is actually in all these characters I have in my books,” Joyce said.

Joyce uses word-processing software on her computer to write her books, and then sends her files and George’s illustrations to Thea, who then does the copyediting, layout, and publishing. The completed books are then uploaded to Amazon.com, which is the distributor. Joyce’s books can be ordered in paperback and Kindle formats. Proceeds from book sales have been given to K9 for Warriors, which is dedicated to providing service canines to our Warriors suffering from Post-Traumatic Stress Disability, traumatic brain injury, and/or military sexual trauma as a result of military service post-9/11, and the National Guard Family Support Fund, which provides

■ CONTINUED ON PAGE FIVE

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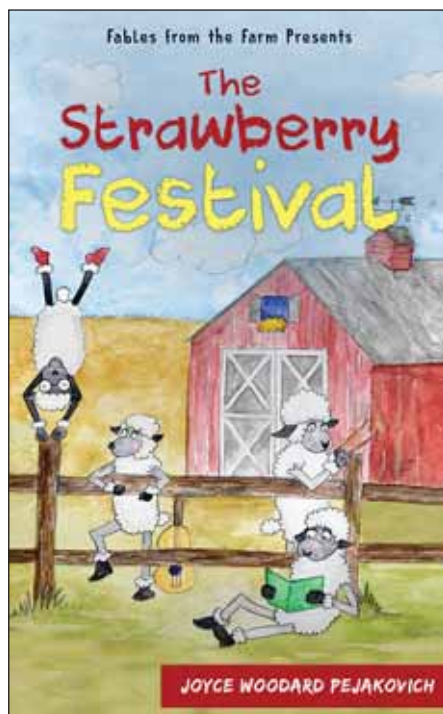
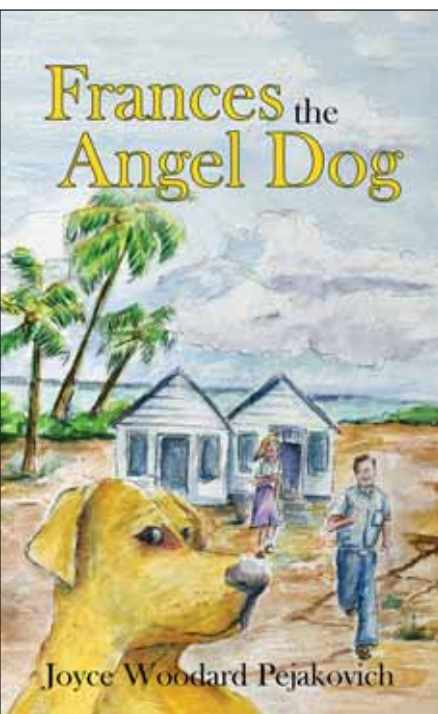


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After a career in the business world, Joyce Woodard Pejakovich is now writing children's books.

## Author

■ CONTINUED FROM PAGE FOUR

financial assistance to National Guard families.

In August, Joyce and Thea were busy preparing for the 2017 Kansas Book Festival, which will be held on Saturday, September 9, from 9 a.m. to 4 p.m. at the Kansas State Capitol in Topeka. Flint Hills Publishing will have a booth on the north side of the Capitol building, where Joyce and other authors represented by Flint Hills Publishing will be signing copies of their books. (See [kansasbookfestival.com](http://kansasbookfestival.com) for more

information about the festival.)

Joyce urges other seniors to write their own stories.

"I encourage people my age to write," she said. "Just sit down and write. Anyone can do this. What's your story? Thea spoke to my group at church last month. The group has about 30 people who are my age and older. I've gotten to know each one of them and they all have stories. I encourage them to write their stories."

For more information about Joyce's books, visit [Amazon.com](http://Amazon.com), [fablesfromthefarm.com](http://fablesfromthefarm.com), and [facebook.com/fablesfromthefarm](http://facebook.com/fablesfromthefarm). For more information about Flint Hills Publishing, visit [flintheillspublishing.com](http://flintheillspublishing.com).

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# Cedarwood Senior Cottages provide affordable senior housing

By Billie David

Nobody can say that Rebecca Buford, executive director of Lawrence's Tenants to Homeowners, can't take a hint, especially when there's Cedarwood Senior Cottages to prove it.

It all started during an Older Women's League meeting back around 2011, when long-time Lawrence activist and advocate for affordable housing, Hilda Enoch, brought up her concern that there wasn't enough affordable housing for seniors in town.

"Hilda Enoch came to me and said, 'you need to look at this,'" Buford said.

Buford agreed, and they began thinking about a vacant lot outside her office in the United Way building. At that time, Hospice was also looking at the land, but it was back in 2011, and Hospice decided that there was not enough of a market for it.

The vacant lot, located near 25<sup>th</sup> Street and Cedarwood Avenue, belonged to the county back then. That's because the United Way building was once a nursing home run by the county, which had purchased the lot with plans to expand the nursing home. But when the home closed, the land remained unused.

So Buford and Enoch took their idea to the Douglas County Commissioners.

"They were extremely generous and donated the land to us. They said they thought they were going to expand the old nursing home," Buford said, adding, "They said, 'we *are* expanding the nursing home, but in a much nicer way.'"

Then there were several years searching for funding.

"Senior housing is a big need, so our application was very well received," Buford said of the federal funding grants for affordable housing they submitted. The funding ultimately came from a combination of federal, state and local funds as well as from private donations.

The complex was planned to contain nine two-bedroom units and five one-bedroom units. The buildings are duplexes, designed to have the garages located between the living areas so that the tenants don't have to share a wall

with their neighbors.

The one-bedroom units are about 700 square feet in size, and the two-bedroom units are about 1,000 square feet. They are all equipped with washer/dryer hook-ups, and the heat pump systems have remote controls in each room to ensure maximum energy efficiency. To increase energy efficiency even more, the cottages are all-electric.

"They are 70 percent more efficient than older housing, and by not having a gas bill, people save around \$140 a year just on services," Buford said.

In addition, each unit has a back porch facing the interior of the complex, which encourages a feeling of community. The back porches face a community cottage in the center of the complex, where residents can entertain families, have community activities and social gatherings, or host classes and other programs.

"We are hoping to do more programming, now that they're all leased out," Buford said.

All the households must have at least one resident over 62, and the oldest resident there is 84.

The first half of the complex was finished by July 1, 2016, and the second half was completed by the end of 2016.

"Everyone who lives there has been very happy there," Buford said.

In the spring of 2017, a group of framers volunteered to build raised boxes for gardening, with each box measuring 8 feet by 3 feet, and the boxes are 3 feet high.

"Those boxes are going crazy now," Buford said. "Each person has a box. It's very exciting. They really like their gardens."

The landscaping was finished last fall, and the grass is growing nicely over what used to be puddles of mud. Trees were also planted as part of the landscaping, including fruit trees.

Because the land has a bit of a slope and there are areas with some drainage, the landscaping includes two rain gardens in the front, featuring plants that require plenty of water.

"It's a cool way to address drainage with pretty landscaping," Buford said.

Another challenge that the landscaping addresses is the requirement for

KEVIN GROENHAGEN PHOTO



The Cedarwood Senior Cottages complex includes one- and two-bedroom cottages, a community cottage, and raised boxes for gardening.

emergency vehicles to have enough room to turn around.

"They put in permeable pavement," Buford said. "Grass can grow through it, so it just looks like grass from a distance."

The cottages were planned to be affordable for seniors who have too

much income to be eligible for subsidized housing and who can't afford the cost of senior living facilities. They provide an alternative for seniors who need to downsize and who need an accessible design, and who also want

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# Cedarwood Senior Cottages

■ CONTINUED FROM PAGE SIX

to age in place, living in their own homes and being independent.

The universal design helps accomplish this goal. For example, if a tenant uses a wheelchair, the cabinets under the sink can be removed to allow easier access.

“It’s very flexible,” Buford said. “As you age, you don’t have to move just because the doorways aren’t large enough.”

After meeting with senior groups to get their input, Tenants to Homeowners decided to rent the units instead of selling them. The seniors said they didn’t want to own the cottages, nor did they want the responsibility of maintenance. It was also important to them to be able to have the flexibility to move out easily if the need arose.

“I liked the rental concept,” Buford said, “because that way we’d always have someone living in it.”

The one-bedroom units rent for \$555 per month, and there are two income levels that determine the rent for the two-bedroom units, with the lowest rent amounting to \$650 per month and the highest coming in at \$795 per month.

“On the market, the rent would be \$835,” Buford said.

Buford believes there will be an increasing demand for similar senior housing projects in the future and that being at the forefront of this type of housing, they can learn what works best from the innovations available and apply them to future projects. She believes that this is especially true now that we are experiencing what she referred to as an age tsunami, or a surging age demographic driven by aging baby boomers.

“The reward to me personally is being a pilot program,” she said. “We could do this all over the place so that we are addressing the need for senior housing and community, with a focus on independence.

“We’re really one of the first,” she continued. “We have a lot of independent and assisted living, but none in

■ CONTINUED ON PAGE 10

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#### EVENING PROGRAMS

##### NOT PRETTY ENOUGH: THE UNLIKELY TRIUMPH OF HELEN GURLEY BROWN

Sept. 13 – 7 p.m.

Author Gerri Hirshey discusses the complex life of the 30-year editor of *Cosmopolitan*.

##### RELIGIOUS RIGHTS OR UNLAWFUL DISCRIMINATION?

Sept. 19 – 7 p.m.

Two legal experts join the Dole Institute to explore the difficult issues that arise when the assertion of religious beliefs conflicts with the rights of others.

##### FIGHTING HUNGER IN A CHANGING WORLD

Oct. 4 – 7 p.m.

The 2003 World Food Prize Laureate, Catherine Bertini discusses her work as leader of the United Nations’ World Food Programme.

##### THE FUTURE OF THE MIDDLE EAST

Nov. 8 – 7 p.m.

The former U.S. ambassador to Saudi Arabia, Joseph Westphal examines modern issues in the Middle East.

##### ANCHORING ‘NIGHTLINE’: JUJU CHANG

Nov. 15 – 7 p.m.

Go inside the fast-paced world of network television with Juju Chang, the co-anchor of ABC News’ “Nightline” and a regular contributor for “Good Morning America” and “20/20.”

#### AFTERNOON PROGRAMS

##### DOUHET AND COMMAND OF THE AIR

Ft. Leavenworth series with Dr. Gates Brown

Sept. 7 – 3 p.m.

##### THE ELUSIVE QUEST FOR THE LACROSSE MOM: HOW DO POLITICIANS, CORPORATIONS, ORGANIZATIONS AND THE COMMUNITY ENGAGE WOMEN?

Discussion Group series

with Dole fellow Cherylyn Harley LeBon  
Sept. 12, 19, 26; Oct. 3, 24; Nov. 14 – 4 p.m.

##### VIETNAM: THREE WHO SERVED

with Matt Keenan

Sept. 21 – 3 p.m.

##### FOOD: THE ULTIMATE WEAPON FOR DEMOCRACY

with Don Loeslie

Sept. 28 – 3 p.m.

##### THE MARINES AND AMPHIBIOUS DOCTRINE

Ft. Leavenworth series with Dr. Janet G. Valentine

Oct. 5 – 3 p.m.

##### IKE AND McCARTHY: EISENHOWER’S SECRET CAMPAIGN

with David Nichols

Oct. 12 – 3 p.m.

##### NUCLEAR CONTAINMENT IN A BIPOLAR WORLD

Ft. Leavenworth series with Dr. David W. Mills

Nov. 2 – 3 p.m.



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# Cedarwood Senior Cottages

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As for innovations, smart technology holds much promise. For example, each unit has motion detectors. Tenants can set time limits, and if no movement is detected within that time limit, the motion detector alerts the landlord so that they can check on the tenant to make sure they are alright.

"It is independent living, but with safety features built in," Buford said.

Another feature that helps ensure safety is the availability of Alexa.

"You can ask Alexa to give a medication reminder every night, or if there

is a problem, like if you fall, or can say, 'Alexa, I've fallen and I need help', and Alexa alerts the landlord," Buford explained.

In addition, tenants can use Alexa to set a timer for baking, check sports scores, or ask Alexa to turn on a radio or news station.

"My goal is to replicate this, to research what works. We would love to continue to build senior housing and be in the business forever," Buford said. "No doubt Tenants to Homeowners will build another one in Lawrence. We need to get the funding together."

Buford also encourages interested seniors to get their names on the waiting list instead of waiting until there is a crisis.

"We take applications on an ongoing basis," she said. "We recommend that people fill them out and get in line. Our applications are free for any of our rental housing. Then you're on our list and we will notify you and you can turn it down and still stay on the list."

For more information, people can call the Tenants to Homeowners number at 785-842-5494.



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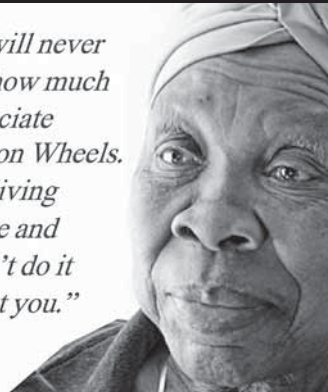


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MAYO CLINIC

# TIA increases risk of a stroke in the future

**DEAR MAYO CLINIC:** What is a “mini-stroke” and how does it differ from the stroke we typically hear about? My mother recently had a mini-stroke, but her symptoms went away. Now she seems fine. Is she at greater risk of having another stroke?

**ANSWER:** The condition you’re describing is called a transient ischemic attack, or TIA. Symptoms of TIA come and go and, as in your mother’s case, they don’t cause any lasting problems. But a TIA should not be ignored because it significantly increases the risk for having a stroke in the future.

There are two main kinds of stroke: ischemic and hemorrhagic. Hemorrhagic strokes happen when there’s bleeding into the brain tissue. They’re much less common than ischemic strokes. Ischemic strokes occur when a blocked artery cuts off the blood supply to the brain. This type of stroke accounts for about 85 percent of all strokes.

With TIA, blood flow to the brain is cut off due to a clot or other blockage in an artery. The body can sometimes break down the clot, and blood starts flowing to the brain again. That means people who have TIA typically have the same symptoms that happen with an ischemic stroke, but those symptoms go away within a short amount of time. Most TIAs last only a few min-

utes, although sometimes TIA symptoms may continue for an hour or more before they fade.

Symptoms of ischemic strokes and TIAs include sudden weakness in the face, arm or leg; sudden face, arm or leg numbness; sudden difficulty speaking or understanding others, or sudden difficulty seeing or walking.

It’s critically important that these symptoms never be ignored. They require emergency medical care immediately. That’s true even if they go away, as in a TIA. If these symptoms lead to a full stroke, treatment is available that sometimes can prevent long-term problems if given right away. If the symptoms disappear on their own, then doctors have ways of reducing the risk of a stroke in the future.

For a person who has had a TIA or ischemic stroke, testing can be performed to help identify why the blockage in the artery occurred. There are many potential causes of TIA or ischemic stroke. A small clot may form in the heart, break free and travel to a brain artery where it gets stuck. A buildup of cholesterol-containing fatty deposits in the arteries, called a plaque, may lead to a narrowing in the artery, and a clot may then form at the narrowing, break free, and cut off the blood supply to the brain. An abnormality in the blood may result in excess clotting that leads to a

blockage in an artery.

Once the underlying cause of a TIA or ischemic stroke is found, doctors can determine the best strategy to prevent a future stroke from occurring. In some cases, treatment may involve taking medications—such as aspirin, warfarin or another blood thinner - that make it less likely clots will form. In other situations, a procedure such as angioplasty may be used to open a clogged artery, or surgery may be necessary to clear fatty deposits from arteries that lead to the brain.

This evaluation and treatment is vital for preventing another stroke in the future. Making certain lifestyle changes can help, too. For example, controlling high cholesterol, high blood pressure and diabetes can reduce the risk of stroke. Not smoking, staying at a healthy weight, drinking alcohol only in moderation or not at all, and exercising regularly also make a difference.

Given her history of TIA, it’s important for your mother to review stroke symptoms and her risk factors with her health care provider, so that any nec-

essary testing can be performed. After that, they can discuss the best stroke prevention strategies for her situation.

- Robert D. Brown, Jr., M.D., Neurology, Mayo Clinic, Rochester, Minn.  
- *Mayo Clinic Q & A is an educational resource and doesn’t replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org*

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## GUEST COLUMN

# What is pre-diabetes?

By Irving A. Cohen, MD, MPH

Have you heard this term before? The government is using it now to describe what your doctor might have called “borderline diabetes,” “early diabetes,” or “at risk for diabetes.” This is not a new disease, but it



Dr.  
Irving A.  
Cohen

does show that people are waking up to the real risk of diabetes. The truth is that type 2 diabetes is a chronic disease with increasing severity as time goes on. Its earliest stages were being ignored, yet they were doing damage.

Diabetes is commonly thought of as a situation where your blood sugar is out of control. That is only half the story. Type 2 diabetes often takes years to develop. For many of those years, the most common test, your fasting blood sugar, looks perfectly normal. In early stages, your body is capable of producing extra insulin to pull your sugar level back to normal within hours. After an overnight fast, everything seems normal, but it is not.

It was not normal for the many extra hours that it took to bring your sugar level down. During that time, it made your body produce extra high levels of insulin. We think of insulin as a good thing, because it brings our blood sugar under control. What we do not realize is that all that too much insulin causes your cells to be insulin resistant and inflamed. Much damage is already being done.

There are many different red flags to alert you that you may be developing diabetes. Your doctor warning you that a blood test was “abnormal but not quite diabetic” is a strong hint! If, as a young woman, you had severe acne, irregular periods, were unable to become pregnant when you tried or if you were told there were cysts on your ovaries, that is another. If your waist

is wider than your hips, that again is a strong hint. If you get lightheaded by going a few hours without eating, that too could be a warning. If your family has a history of being overweight and developing diabetes, you need to pay attention.

Fortunately, this so-called pre-diabetic stage easily reversible. A significant change in your diet can rapidly reverse this. This alone can make you better. Greatly reducing things that raise your blood sugar can work wonders. It is not as simple as eliminating just one or two things from your table, but that’s always a good start. Americans today eat about 25 times the amount of sugar as individuals did during the Revolutionary War. Food manufacturers make this tough to figure out, using many methods to mystify understanding your food supply. In addition, flavor enhancing chemicals designed to make you eat more are also buried in that incomprehensible ingredient list that you try to read.

Does this mean that it is a impos-

sible task? No, but you have to learn in order to change. Once you do, you will probably feel better and you will certainly be reducing the chances of being harmed by diabetes. Learn what to look for, what tests to ask your doctor about, and how to change your diet successfully. Visit [www.Prediabetic.Solutions](http://www.Prediabetic.Solutions) to learn more.

- Dr. Cohen, Fellow of the American College of Preventive Medicine, trained in Preventive Medicine at Johns Hopkins University, School of Public Health, where he was the Chief Resident of Preventive Medicine. He is the author of books on topics that include diabetes recovery, weight loss, and addiction. He practices in Topeka, Kansas and can be contacted at 888-933-9833. His website is [www.PreventionDoctor.com](http://www.PreventionDoctor.com) Opinions discussed here are for general information. Always obtain specific medical advice from your personal physician.

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

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## HEALTH &amp; WELLNESS

# Posture matters

By Kim Squire DPT

Unfortunately, it's human nature to take the easy way out. It's so tempting to let your head hang, to roll your shoulders forward, round your low back or slouch in your chair while working or watching television. From a young age, children are seen slumping over electronic devices, teens slouched over their phones, and adults working tirelessly while hunched over their computer. This predicament is not considered new and is documented as early as the 1900s. Influenza

and range of motion exercises neck, use manual therapy techniques to free tight muscles and joints, or utilize pain relieving modalities such as ultrasound, electrical stimulation or heat and ice. A common exercise for this posture is called a "chin tuck" exercise. Moving on down.

**Rounded shoulders.** This is a condition that creates shortening/tightening in the chest muscles including pectoralis major and minor and lengthening/weakening of the upper back muscles including rhomboids and mid and low trapezius. This posture can also cause upper back pain and increased pressure on the front of the shoulder joints with possible tendon impingement. You might find it difficult to reach above your head or fasten your seat belt. Your physical therapist may utilize a foam roller or doorway for pectoralis stretching and prescribe strengthening exercises, frequently utilizing bands or weight equipment, for your upper back. Education about self-monitoring of your posture is important and taping strategies may be utilized. This posture may also warrant shoulder strengthening and range of motion exercises, manual therapy and modalities.

Another postural change is known as Thoracic kyphosis. This can be caused from compression fractures or arthritis in spine, or also habitual postures. Muscle imbalances may include tightness in abdominal musculature and lengthened trunk extensors. This posture may also be problematic for lung capacity, and depending on severity you may notice difficulty breathing or drawing a deep breath. Your physical therapist may prescribe seating adaptations if the postural change is fixed, mobilization of spine and rib cage if appropriate, as well as strengthening for the back muscles.

Further down is decreased lumbar curve or otherwise known as decreased lordosis. This posture can cause shortened muscles in the front of your hips including hip flexors, elongated muscles in the back of your legs including hamstrings and gluteus maximus, lengthened/weakened stomach or

abdominal musculature, and weak low back or lumbar paraspinal muscles. This position of a more rounded low back increases pressure on the bones in the lumbar spine and tailbone and can cause pain. Your Physical Therapist may prescribe stretching for muscles in the front of your legs, strengthening exercises for the muscles in the back of your legs, abdominal or core strengthening exercises, mobilization of lumbar spine, and education for correction of posture or seating adaptations.

Lastly, let's address posterior pelvic tilt. This is where your hips and tail bone are curved or tucked under. This causes tightness in your hip extensors and abdominals and lengthened/weak hip flexors and/or lumbar extensors. This posture is associated with "sacral sitting" or sitting heavily on your tailbone. This pressure can cause pain in the low back, tailbone or even pressure ulcers with prolonged positions. A Physical Therapist may address hamstring length, abdominal and lumbar strength with specific exercises. Pressure unloading may be important and seating can be addressed.

Now you may be wondering, "How do I know if I have poor posture?"

There are several ways to assess posture. An easy way to is to stand against a wall. Can you touch your heels, hips, shoulders and head easily while maintaining your balance? If not, it's likely you have some postural changes. Another way is to take a picture from the front, back and side. You could download a postural grid or Plumb line from the internet and perform a self-assessment.

Physical Therapists specialize in posture assessment. We can help isolate and strengthen weak muscles, stretch tight muscles and help to mobilize your musculoskeletal system to facilitate better posture. Therapists can also assess ergonomics or the design and arrangement of the things you use so that you can interact with improved posture safely and efficiently in your work or home. Physical Therapy is a great way to take a proactive approach to counteract the effects of poor posture, positioning, and gravity on the musculoskeletal system.

- Kim Squire DPT, is a physical therapist at LMH Baldwin Therapy Services, Lawrence Memorial Hospital.

LAWRENCE MEMORIAL HOSPITAL 

## LMH Therapy Services

ential figures to Physical Therapy Ida Rolf and Moshe Feldenkrais once stated that "function reveals structure, structure determines function" and "function develops structure." These statements continue to ring true in today's society. While bad posture is surely unattractive, there are more than cosmetics to consider. Physiological musculoskeletal changes can occur with prolonged bad posture. Posture does matter. Now let's get to the long and short of it.

**Forward head.** This is when your head is more forward than your shoulders and creates lengthening in the muscles of the front of your neck including deep neck flexors and shortened muscles in the back of your neck including cervical extensors/sub-occipitals. It also increases pressure on the bones of your neck as you look up to see the world. Due to imbalances these muscles are weak do not function properly or efficiently. You may notice that you need more pillows to keep your head comfortable at night or are unable to see as well looking up or discomfort or stiffness with turning your head while driving. Your Physical Therapist may prescribe strengthening

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## HEALTH &amp; WELLNESS

# 10 ways to boost your energy levels

A common complaint heard in doctors' offices is patients stating they're tired. When asked to rate their fatigue, most patients will rate their energy level below average. It is very normal and the vast majority of people have experi-



Dr.  
Farhang  
Khosh

enced low energy at some point in their lives. Waking up tired, lack of energy, exhausted, falling asleep in the middle of the day, or inability to concentrate are all common signs of energy problems. The good news is there are some healthy, natural ways to boost your energy:

1. Eat small, frequent meals, to avoid

the sleepy feeling that comes with digesting large meals. Protein is essential to establishing stable blood sugar levels and prevents the rises and falls in energy levels.

2. Lightly tap on the top of your head with your fingertips for a few minutes. This helps increase circulation to your brain and helps you maintain your focus.

3. Consume the proper vitamins and minerals that your body needs.

4. Cut down on coffee and energy drinks, which give you a rush of energy but will result in fatigue.

5. Get enough sleep at night. Without proper sleep, it can be difficult to stay awake the next day.

6. Take deep, controlled breaths. Deep breathing helps reduce stress, fatigue, and increases the level of oxygen in the blood.

7. Drink plenty of water.

8. Consider homeopathic remedy or acupuncture for fatigue.

9. Go outdoors. Getting some fresh air is always a good way to improve energy.

10. And finally, consider medicinal plants. The medicinal plants that are energy providers are known as adaptogens. This class of medicinal plants includes licorice, ashwagandha, ginseng, and rhodiola. Adaptogens are thought to build your resistance to physical, chemical, and biological stress, as well as boost your energy and vitality. Licorice, or *Glycyrrhiza glabra*, works wonders with the adrenal cortex. This herb is a staple of traditional medicine for adrenal insufficiency and ulcers. Glycyrrhizin is the active compound in licorice. Licorice has been positively linked to a range of other health benefits including improving the immune system, decreasing inflammation, and healing the gut lining.

Ashwagandha, or *Withania somnifera*, comes from the India's Ayurvedic medicine tradition. It is particularly useful for stress-induced sleeping problem and improving energy levels.

Korean Ginseng, or *Panax ginseng*. The main root of this plant is traditionally used in western herbal medicine

to remedy physical or mental exhaustion, strengthen immune system and to facilitate in the adaptation to stress. Other health benefits from this plant include improving sleep and treating fatigue, depression, headaches, and menopausal symptoms.

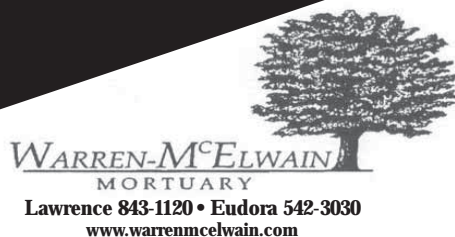
Eleuthero, or *Eleutherococcus senticosus*, is an adaptogen herb used to support cognition, alertness, immune function, fatigue, and physical stress.

Finally, Rhodiola, or *Rhodiola rosea*, is an adaptogenic herb with a long history of traditional use. It has been used for stress and fatigue management, enhance mental performance, and for the treatment of mild depression.

Trying to increase energy levels can sometimes feel like climbing a mountain. But with all the natural and alternative options available, most make it to the top. However, when using medicinal plants or any natural medication it is always advisable to check with your health care provider.

- 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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## JILL ON MONEY

# Market seems stable - what could go wrong?

If you've been thinking that stock markets have been pretty quiet this year, you are right. Through the first seven months of the year, none of three major stock market indexes has fallen by more than 5 percent. And one gauge of market movement, the CBOE Volatility Index (VIX), which measures



Jill  
Schlesinger

investors' expectation of the ups and downs of the S&P 500 Index over the next month, recently dropped to its lowest level in 24 years. Low readings have tended to be associated with low anxiety and high stock prices.

Amid this environment, what could go wrong? A number of risks to the U.S. and global markets persist. These risks do not mean that long-term investors should change their game plans; rather, they are a reminder to guard against complacency and always approach investing with caution.

Here are the risks:

- The Federal Reserve proceeds slowly. In her recent testimony, Fed

Chair Janet Yellen said, "We are watching inflation very carefully" because it remains so low. Although central bankers have attributed the recent slowdown in prices to temporary factors, Yellen acknowledged that because inflation has been running under the Fed's 2 percent target, "that there could be more going on."

Translation: Janet and company are not so sure why inflation is so low, and that lack of clarity might prompt them to keep rates too low for too long.

What's wrong with low rates, you ask? Besides punishing savers, rock bottom rates can encourage excessive risk taking, as investors seek greater returns in stocks, higher yielding bonds or real estate. As these assets rise in value, bubbles may arise—and, as we know from the past decade, bubbles have a nasty way of popping.

- Central banks proceed too quickly. An equally vexing possibility is that the Fed, the Bank of England, the European Central Bank and the Bank of China all raise rates too quickly. In doing so, officials could cause a global stock and bond market sell-off or even worse, a recession.

- Political upheaval. Although politics has not impacted markets yet, a ratcheting up of anxiety and uncertainty might very well have a negative

impact. That goes for the U.S., Britain and its Brexit negotiations with the European Union, and unforeseen events in the rest of the world.

- Investor amnesia. When stocks rise, it tends to make you forget about the punishing losses that they can inflict. While bear markets can send you into panic mode, tempting you to sell everything and hide under your bed, bull markets can also be a very dangerous time. They can lead to complacency and even may embolden you to think that you can assume more risk than you should.

Rising asset values can cause investors to gloss over basic prudence. In 2006, I met with a then-client whose net worth had jumped because of a combination of a rising stock market and skyrocketing real estate prices. In

his mind, he didn't have to save more money "because markets are doing the work for me!" You probably can guess what happened in the ensuing years.

Markets can go up and down, which is why the best way for you to control your financial destiny is to create a game plan, which puts you on track to save enough money to reach your goals. And, yes, you will need to focus on spending, which, according to Larry Stein, CFP of Disciplined Investment Management, "usually has the biggest impact on a financial plan."

- Contact Jill Schlesinger, senior business analyst for CBS News, at [askjill@JillonMoney.com](mailto:askjill@JillonMoney.com).

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## ComfortCare Homes acquires senior living facilities

ComfortCare Homes in Baldwin City has acquired Vintage Park at Neodesha and Vintage Park at Fredonia from Chicago Pacific Founders, according to Scott Schultz, President of ComfortCare Homes of Baldwin City and Ottawa.

Concurrent with this acquisition, all care homes owned and operated by Schultz will now be operated under the Morningstar Care Homes brand, replacing the ComfortCare Homes brand in Baldwin City and Ottawa, and immediately replacing the Vintage Park brand in Fredonia and Neodesha.

Morningstar Care Homes now has a senior living capacity of 81 residents in these four homes. The corporate office will remain at 813 8th Street in Baldwin City.

In addition, Morningstar Care Homes at Dunn's Vista, located in Baldwin City is under construction and plans a grand opening for the 12-bed home in 2018.

"The acquisitions in Fredonia and Neodesha continue our drive to be the senior living provider of choice in the markets we serve," said Schultz. "With the addition of the home at Dunn's Vista in 2018, approximately 50% our residential services will be provided to individuals who require the personalized memory care we are known for, and we expect memory care to be our dominant service offering in the future."

"We remain grateful to ComfortCare Homes of Wichita for helping us become established," continued Schultz. "We are very excited to firmly establish the Morningstar brand in existing and new markets that cover a broad range of senior living services including in-home non-medical care, assisted living, respite care, adult day care and of course our personalized memory care service."



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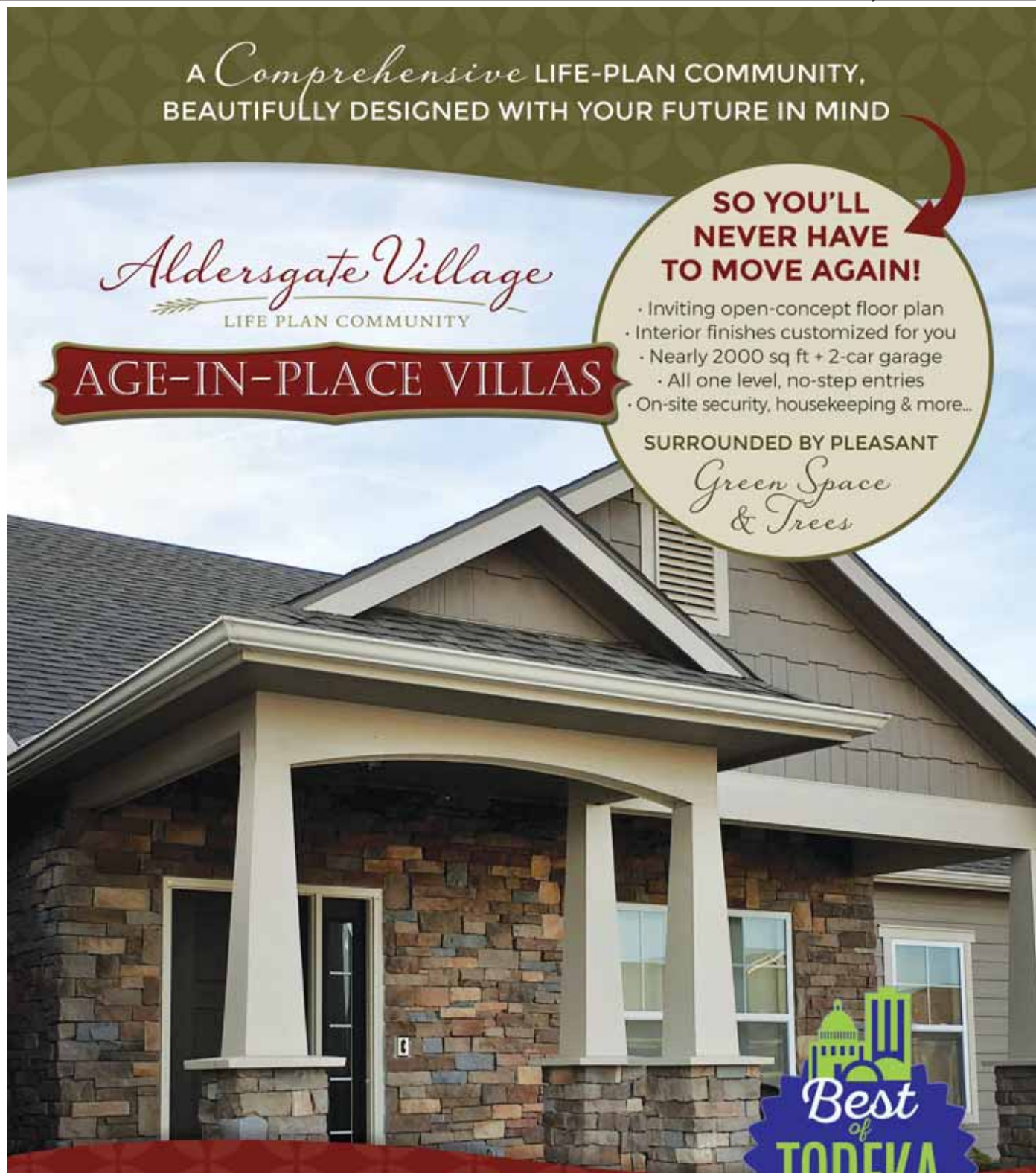
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# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

### TUESDAYS THE BLANKET PROJECT

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

### FIRST FRIDAY OF THE MONTH FIRST FRIDAY 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

### SUNDAYS, WEDNESDAYS & FRIDAYS CAPITOL BINGO HALL

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

### MONDAYS & THURSDAYS AMERICAN LEGION POST NO. 400

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

### WEDNESDAYS PINECREST APARTMENTS

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

### WEDNESDAYS & FRIDAYS VETERANS OF FOREIGN WARS

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

### WEDNESDAYS & SATURDAYS LEGIONACRES

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

### FRIDAYS EAGLES LODGE

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

### FRIDAYS ARAB SHRINE

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

### FIRST & THIRD SATURDAY OF THE MONTH VETERANS OF FOREIGN WARS

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

## DAY TRIPS/TOURS

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

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

### SEP 27 & 28 CLYDESDALES AND CRIMINALS

More than stories, we will learn of legends on this autumn tour. The Warm Springs Ranch-headquarters of the Budweiser Clydesdales' breeding operation is paired with the historic Missouri State Penitentiary and Mitchell Car Museum. Fee. Early Bird Price-through August 11. Lawrence Parks and Recreation Department, 115 W. 11th St.  
LAWRENCE, 785-832-7909

## 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

### FIRST MONDAY OF THE MONTH MEDICARE MONDAYS

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

### 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

### SEP 7 DOUHET AND COMMAND OF THE AIR

Ft. Leavenworth series with Dr. Gates Brown. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 3 p.m. Free and open to the public.  
LAWRENCE, DoleInstitute.org

### SEPTEMBER 12, 19, 26; OCT 3, 24; NOV 14 THE ELUSIVE QUEST FOR THE LACROSSE MOM: HOW DO POLITICIANS, CORPORATIONS, ORGANIZATIONS AND THE COMMUNITY ENGAGE WOMEN?

Discussion Group series with Dole fellow Cheryllyn Harley LeBon. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 4 p.m. Free and open to the public.  
LAWRENCE, DoleInstitute.org

### SEP 12 SENIOR SUPPER AND SEMINAR

This month's topic: "Shoulder Arthritis & Rotator Cuff Injury" by Douglass E. Stull, MD, of OrthoKansas, PA. Program on the third Tuesday of each month (except December), 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* for the meal due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to [connectcare@lmh.org](mailto:connectcare@lmh.org). Supper: 5 p.m., Educational presentation: 6 p.m.  
LAWRENCE, 785-505-5800, [lmh.org](http://lmh.org)

SEP 12  
**MEDICARE EDUCATIONAL SEMINAR**  
Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, September 12 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. Sign up at our website <http://centuryinsuranceagencyksc.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided. Call for more information.  
TOPEKA, 785-270-4593

### SEP 12-OCT 10 INTRO TO IPADS

Thinking about getting an iPad or already own one and not sure if you are getting the most out of it? This class will be a demonstration and learning session covering the basic operation of the device and apps for recreation, health, education, finance and socializing. Instructor: Karen Johnson. Carnegie Building, 200 Maine, 10-11:30 a.m. For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or 785-832-7909.  
LAWRENCE

SEP 13  
**NOT PRETTY ENOUGH: THE UNLIKELY TRIUMPH OF HELEN GURLEY BROWN**  
Author Gerri Hirshey discusses the complex life of the 30-year editor of Cosmopolitan. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 7 p.m. Free and open to the public.  
LAWRENCE, DoleInstitute.org

SEP 13  
**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 [tsclpl.org/register](http://tsclpl.org/register). Registration begins Monday, June 26. Computer Training Center, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 9:30-11 a.m.  
TOPEKA, 785-580-4662, [tsclpl.org](http://tsclpl.org)

SEP 13  
**EXTREME MEASURES BOOK DISCUSSION**  
Join LMH and community partner, the Lawrence Public Library for continuation of programming in the ongoing Before You Check Our series. Janelle Williamson, APRN, from LMH's Palliative Care team leads a discussion of Dr. Jessica Nutik Zitter's book, *Extreme Measures*. RSVP is required for the program to Kathleen Morgan and to borrow a copy of the book: [kmorgan@lplks.org](mailto:kmorgan@lplks.org). Meeting Room C, Lawrence Public Library, 707 Vermont St., 7-8:30 p.m.  
LAWRENCE

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SEP 14

**RETIREMENT & MEDICARE**

If your 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. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 6:30-8:30 p.m.

TOPEKA, 785-580-4662, tscpl.org

SEP 14, OCT 5, OCT 14

**PALEONTOLOGY CLASSES**

The General Paleontology class is your introduction to the topic. This class is an overview of the fossil record with hands on study of a wide variety of representative fossils and specimens. Jurassic Giants will look at the discovery, recovery and preparation of large sauropod dinosaurs excavated for the KU Natural History Museum, the first specimens recovered by KU in 100 years. The field trip will visit a 300 million year old marine site near Lawrence where everyone is guaranteed to bring home samples of marine fossils. Instructor: Craig Sundell.

Details and registration available at any Lawrence recreation center or online at [www.lprd.org](http://www.lprd.org). East Lawrence Center, 1245 E 15th Street,

- General Paleontology, September 14, 2-3:30 p.m.
- KU's Jurassic Giants, October 5, 2-3:30 p.m.
- Paleo Field Trip, October 14, 9 a.m.-12 p.m.

For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or 785-832-7909.

LAWRENCE

SEP 18

**IT'S YOUR HEALTH - BE INFORMED AND PREPARED**

Health Librarian Lissa Staley helps you determine the most reliable sources for health information. She will evaluate several websites, discuss how news headlines have changed reporting on health news, and help you figure out how you can get the best care from your doctor. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12:30-2 p.m.

TOPEKA, 785-580-4662, tscpl.org

SEP 19

**RELIGIOUS RIGHTS OR UNLAWFUL DISCRIMINATION?**

Two legal experts join the Dole Institute to explore the difficult issues that arise when the assertion of religious beliefs conflicts with the rights of others. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 7 p.m. Free and open to the public.

LAWRENCE, DoleInstitute.org

SEP 19

**SENIOR INFORMATION FAIR**

Get connected to more than 40 local vendors that can make a difference in your life. There will be voluntary vehicle safety inspections in the parking lot and one lucky attendee will be drawn to receive a gift certificate to the library's booktique. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 SW 10th

Ave., 9 a.m.-Noon.

TOPEKA, 785-580-4662, tscpl.org

SEP 20-OCT 25

**LEAP! LIFESTYLE ENRICHMENT FOR ALZHEIMER'S PREVENTION**

Want to learn more about what you can do to promote brain health? LMH, in partnership with the KU Alzheimer's Disease Center (ADC) and Neuvant House of Lawrence, is pleased to present this six week interactive class program designed and taught by representatives of the KU ADC that translates biomedical research findings into everyday strategies for Alzheimer's prevention. Topics covered include: physical activity and exercise, social and cognitive

engagement, nutrition, sleep and stress management. Wednesdays, September 20-October 25, 9:30-11 a.m. at Neuvant House, 1226 Biltmore Drive Fee is \$99 per person. Enroll at [lmh.org](http://lmh.org) or call Connect Care at (785) 505-5800.

LAWRENCE

SEP 21

**PALLIATIVE VERSUS HOSPICE CARE**

Join LMH and community partner, the Lawrence Public Library for continuation of programming in the ongoing Before You Check Our series. Join us to watch the 2017 Academy Award nominated short documentary, *Extremis*. Based on the book, *Extreme Measures* by Dr. Jessica Nutik Zitter, the film follows doctors,

patients, and families as they navigate end-of-life decisions. A discussion follows with Janelle Williamson, APRN, of the LMH Palliative Care team. No enrollment necessary. Lawrence Public Library Auditorium, 707 Vermont St., 7-8:30 p.m.

LAWRENCE

SEP 21

**VIETNAM: THREE WHO SERVED**

With Matt Keenan. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 3 p.m. Free and open to the public.

LAWRENCE, DoleInstitute.org

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# Winter Meadow Homes Inc.

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

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

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

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

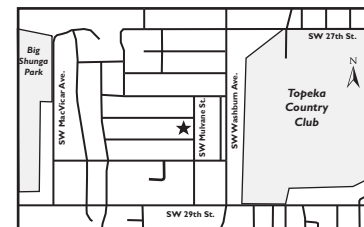


**Services Include:**

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

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

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



At our Home Plus in Topeka, Kansas, you can continue to live in a familiar homelike setting while you receive 24 hour a day supportive nursing care. Contact Ben or Darlene for a tour at 785-234-2989, 785-383-4531 or [wintermeadowhomes@yahoo.com](mailto:wintermeadowhomes@yahoo.com). Visit our website at [www.wintermeadowhomesinc.com](http://www.wintermeadowhomesinc.com) for more information.

SEP 23

**COMPUTER 101**

Today, everything related to your everyday life can be done using computers. This class is designed for beginners or those with limited or no experience. It will cover computer components, basic computer terminology, moving and copying folders and files, desktop shortcuts, and an introduction to the Internet with hands-on work at every lesson. Take home curriculum included. Instructor: Sharon Gan. Riverfront Plaza, 6th and New Hampshire, 10-11:30 a.m. For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or 785-832-7909. LAWRENCE

SEP 23

**BEGINNING SOAPMAKING-HANDS-ON MAKE AND TAKE**

Have you ever wanted to make soap but were too afraid to try on your own? In this introductory-level class you will learn how to make all-natural, beautiful, and fragrant soap using a simple cold-process method. At the end of the class you will have 4 bars of your handmade soap to take home and share with your friends or use all for yourself. Instructor: Lisa Elles. Details and registration available at any Lawrence recreation center or online at [www.lprd.org](http://www.lprd.org). Community Building, 115 W. 11th Street, 1-3 p.m. For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or 785-832-7909. LAWRENCE

SEP 25

**BRAIN LEARNING, BRAIN TRAINING AND BRAIN BUSTERS AS WE AGE**

Dr. RaLynn Schmalzried from Washburn University evaluates some of the programs and products designed to help keep a healthy brain and memory. She will also discuss how normal memory processes change as a person ages, and what limits and benefits may come from brain training. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12:30-2 p.m. TOPEKA, 785-580-4662, [tscpl.org](http://tscpl.org)

SEP 28

**FOOD: THE ULTIMATE WEAPON FOR DEMOCRACY**

With Don Loeslie. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 3 p.m. Free and open to the public. LAWRENCE, [DoleInstitute.org](http://DoleInstitute.org)

OCT 2-NOV 6

**FILM CLASS-SCREWBALL COMEDIES**

We'll explore the thoroughly American classic cinema experience- via the defining characteristics, films, filmmakers and actors that became so popular in the 1930s and 40s-Screwball Comedy. Now meeting in the theater at Pioneer Ridge. Instructor: Kellee Pratt a Social Producer for Turner Classic Movies (TCM) Film Festival in Hollywood, CA. Details and registration available at any Lawrence recreation center or online at [www.lprd.org](http://www.lprd.org). Pioneer Ridge, 1000 Wakarusa Drive, 6:30-8:30 p.m. For further information, contact Gayle Sigurdson, Lifelong

Recreation programmer at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or 785-832-7909. LAWRENCE

OCT 4

**FIGHTING HUNGER IN A CHANGING WORLD**

The 2003 World Food Prize Laureate, Catherine Bertini discusses her work as leader of the United Nations' World Food Programme. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 7 p.m. Free and open to the public. LAWRENCE, [DoleInstitute.org](http://DoleInstitute.org)

OCT 5

**THE MARINES AND AMPHIBIOUS DOCTRINE**

Ft. Leavenworth series with Dr. Janet G. Valentine. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 3 p.m. Free and open to the public. LAWRENCE, [DoleInstitute.org](http://DoleInstitute.org)

OCT 9-30

**FACEBOOK FLUENCY**

Facebook has become an essential tool for staying in touch with family, friends and the community. Take time to learn how to safely use the many features that are available. This class will start with creating a Facebook account and walk through specific skills such as security features; posting pictures, links and videos; messaging and comments. Instructor: Karen Johnson. Riverfront Plaza, 6th and New Hampshire, 6-7 p.m. For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or 785-832-7909. LAWRENCE

OCT 12-26

**GEOGRAPHY OF ITALY**

This three-lecture series will cover all 18 regions of the peninsula plus the island regions of Sicily and Sardinia. Using her library of illustrative photographs, Professor Jan Kozma will discuss the defining traits of each region, dwelling on the physical characteristics, folkloric costumes, typical products, foods, and other distinctive features. Instructor: Jan Kozma, PhD, is a KU Professor Emeritus of Italian. Details and registration available at any Lawrence recreation center or online at [www.lprd.org](http://www.lprd.org). Carnegie Building, 200 Maine, 2-4 p.m. For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or 785-832-7909. LAWRENCE

**ENTERTAINMENT**

SUNDAYS

**LAWRENCE IRISH TRADITIONAL SESSION**

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

SEP 17

**TANGO BUENOS AIRES: SPIRIT OF ARGENTINA**

Tango Buenos Aires has become one of Argentina's great cultural exports, known throughout the Americas, Europe and the Far East as the most authentic and uncompromising representative of the Tango. Tango Buenos Aires was created by the renowned composer and tango director Osvaldo Requena for the Jasmynes Festival at the famous Buenos Aires cabaret Michelangelo. The company met with tremendous success and was immediately added to the season of the General San Martin Municipal Theatre. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 [lied.ku.edu/?event=tango-buenos-aires](http://lied.ku.edu/?event=tango-buenos-aires)

SEP 22

**BLACK VIOLIN**

Black Violin blends classical, hip-hop, rock, R&B and bluegrass music. Live, they are accompanied by their incredible band, featuring ace turntable whiz DJ SPS and a drummer. Named one of the hottest bands at South by Southwest in 2013, Black Violin was invited to perform at Bonnaroo and returned to SXSW to standing-room-only crowds. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 [lied.ku.edu/?event=black-violin-17](http://lied.ku.edu/?event=black-violin-17)

SEP 24

**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](http://topekacivictheatre.com)

SEP 24

**KENNY ROGERS' FINAL WORLD TOUR: THE GAMBLER'S LAST DEAL**

Grammy Award-winning superstar and Country Music Hall of Fame member Kenny Rogers has enjoyed great success during his storied career of nearly six decades, which will be celebrated during his Final World Tour: The Gambler's Last Deal. The enduring country and pop icon has endeared music lovers around the globe with his amazing songs, heartfelt performances, distinctive voice, gift for storytelling and universal appeal. The first country artist to consistently sell out arenas, Rogers has played to

millions of fans around the world. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

[lied.ku.edu/?event=kenny-rogers](http://lied.ku.edu/?event=kenny-rogers)

SEP 28

**KU SYMPHONY ORCHESTRA WITH GUEST SIMONE PORTER, VIOLIN**

Violinist Simone Porter has been recognized as an emerging artist of impassioned energy, musical integrity and vibrant sound. At 20 years of age, Porter has already appeared with the New York Philharmonic, the Philadelphia Orchestra, Houston Symphony and Los Angeles Philharmonic, and with renowned conductors, including Yannick Nezet-Seguin, Nicolas McGegan, Ludovic Morlot and Donald Runnicles. She will perform the Tchaikovsky Violin Concerto in D Major, Op. 35 with the University of Kansas Symphony Orchestra. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 [lied.ku.edu/?event=simone-porter](http://lied.ku.edu/?event=simone-porter)

OCT 5

**JUILLIARD STRING QUARTET**

Founded in 1946, the ever-evolving Juilliard String Quartet has become a living American legend. Widely known as the "quintessential American string quartet," the Juilliard has been recognized for the boldness of its interpretation of the classics with an equal and parallel tradition of championing the new—a vibrant combination of the familiar and the daring. The quartet's sound is famously characterized by clarity of structure, compelling rhythmic drive and an extraordinary unanimity of purpose, no matter the work at hand. Repertoire: Haydn String Quartet in D Major, Op. 76, No. 5 Bartok String Quartet No. 5, Sz. 102, BB110 Dvorak String Quartet No. 11 in C Major, Op. 61. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 [lied.ku.edu/?event=juilliard](http://lied.ku.edu/?event=juilliard)

**EXHIBITS/SHOWS**

MAY 7-DEC 31

**THE LEAGUE OF WIVES: VIETNAM'S POW/MIA ALLIES AND ADVOCATES**

Open the Institute's new special exhibition with a discussion with 2017 Dole Archives Curatorial Fellow, historian Heath Hardage Lee, and POW/MIA wives on their leadership efforts during the Vietnam War, from breaking public silence to international diplomacy. The "Your Story, His Story, the Legacy" series focuses on stories of history and leadership from those with connections to Senator Dole's own life and career. Dole Institute Business Hours (9 a.m.-5 p.m. weekdays and Saturday, 12-5 p.m. Sundays). 2350 Petefish Dr. Free. LAWRENCE, 785-864-4900 [doleinstitute.org](http://doleinstitute.org)

**FAIRS/FESTIVALS**

SEP 2-OCT 15

**KANSAS CITY RENAISSANCE FESTIVAL**

Travel back in time and partake in a Kansas City

■ CONTINUED FROM PAGE 20

Tradition since 1977. Pay heed to the exploits of Jousting Knights on thundering steeds, roam the village shops for unique crafts, delight in comedy, music, magic and more on our 20 stages of non-stop entertainment, and feast on delicious food and drinks from the far reaches of the globe! There's something for the whole family in our enchanted 16-acre village. Open Weekends September 2nd – October 15th Plus Labor and Columbus Day. Kansas City Renaissance Festival, 633 N. 130th St., 10 a.m.-7 p.m. BONNER SPRINGS, 913-721-2110 kcrenfest.com

SEP 8-17

### KANSAS STATE FAIR

Find your fun at the Kansas State Fair. From the opening bell to the final grandstand blockbuster, it's a play day hay day. Take in the world-class Midway, blue-ribbon animals and family-friendly activities. It's pure Americana – an event not to be missed. Party with your pals and hear the hottest performers at the Nex-Tech Wireless Grandstand. Tour the many agricultural and educational displays. Win prizes. Brave heart-pounding carnival rides. Sample deep-fried treats and other culinary delights. Enormous vegetables, odd artifacts, homemade crafts and the infamous butter sculpture provide something for everyone. Kansas State Fairgrounds, 2000 N Poplar, 9 a.m.-9 p.m. Fee. HUTCHINSON, 620-669-3600 kansasstatefair.com

SEP 9

### GRINTER SUMMER FEST

Join us for Grinter Summer Fest when we highlight transportation from 9 a.m. until 4 p.m. Gazing out from the front porch of Grinter Place over the years you could see river ferries, boats, military trail, railroads, and state highways. Admission is free and includes interesting booths and a car show. Concessions and vendors will be available on-site. the event is a fundraiser for Grinter Place Friends. Grinter Place State Historic Site, 1420 S 78th St., 9 a.m.-4 p.m. Free. KANSAS CITY, 785-272-8681 kshs.org/event/kansas-city-grinter-place-summer-fest/19905

SEP 16

### PAXICO BLUES FESTIVAL

Held Annually in downtown Paxico on the 3rd Saturday in September, the Blues Festival delivers big city blues in a small-town setting. Admission is always free. Festival-goers are encouraged to bring a chair, just in case their dancing feet get tired! Concessions and official festival T-shirts will be available for sale. And local antiques dealers offer special sales on this day just for visitors. Live music from morning until night, 11 a.m. to 8 p.m. Paxico Merchants Association, 204 Main Street. PAXICO, 785-636-5551 paxicomerchants.com

SEP 23 & 24

### FALL FESTIVAL AND SWAP MEET

We will be making Apple Cider, Apple Butter, and Sorghum each day. Tour Cottonwood Station, our reproduction living history of an early day Kansas town. We will be sawing lumber

at the saw mill and grinding grain in the flour mill each day. Our blacksmith will be hard at work in the Blacksmith Shop. Buy, sell, or trade at the Flea Market. Stop by the General Store and attend church on Sunday in the Bloomfield Church. We will have garden tractor pulls each day and a barn dance with live music on Saturday night. We have on-site camping, modern restrooms, and on-site concessions. We are located one mile east of Meriden on K-4 Highway. Meriden Antique Engine And Threshers Association, 8275 K-4 Hwy, 8 a.m.-11 p.m. Fee. MERIDEN, 785-633-9706 meridentreshers.org

SEP 23, 24, 30 & OCT 1

### LOUISBURG CIDER MILL CIDERFEST

Kick off the fall season by joining us to help celebrate our 40th anniversary in true Cider Fest fashion! Stroll through booths of local vendors and sample the food offerings. Then sit back and relax on our front lawn while listening to local musicians provide live music. Of course, the experience would not be complete without a hot cup of our cider and our famous cider donuts to enjoy while you are here. Louisburg Cider Mill, 14730 K68 Hwy, 8 a.m.-6 p.m. Free. LOUISBURG, 913-837-5202 louisburgcidermill.com

## FARMERS' MARKETS

APR 8-NOV 18

### LAWRENCE FARMERS' MARKET

Saturday market. April 8- August 26, 7-11 a.m. September 2- November 18, 8 a.m.-12 p.m. 824 New Hampshire St. LAWRENCE, 785-505-0117 lawrencefarmersmarket.com

MAY 2-OCT 24

### LAWRENCE FARMERS' MARKET

Lawrence Public Library Outdoor Plaza, 707 Vermont St., 4-6 p.m. LAWRENCE, 785-505-0117 lawrencefarmersmarket.com

MAY 6-OCT 28

### BONNER SPRINGS FARMERS' MARKET

Every Saturday. Located at Kelly Murphy Park in the Downtown Bonner Springs area. You can visit the many local vendors this town has to offer. If you would like to participate or have any questions, please contact Travis Slankard. 8 a.m.-12 p.m. BONNER SPRINGS, 913-721-1075

## 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

### 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

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 a.m. TOPEKA, 785-357-8777 or 785-213-6016

TUESDAYS

### BADMINTON

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

FIRST TUESDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TUESDAYS

### FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

### JAZZEXERCISE LITE

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

TUESDAYS AND THURSDAYS

### HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

### FLEXEXERCISE

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

TUESDAYS AND THURSDAYS

### FREE BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

### VACCINE CLINICS

Zostavax (shingles), Tdap (tetanus, diphtheria and pertussis (whooping cough)) and Td (tetanus and diphtheria) vaccines are available



■ CONTINUED FROM PAGE 22

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  
www.OrthoKansasPA.com

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

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve New-comer 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.

**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 or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl.  
LAWRENCE

**SECOND MONDAY, SEP-MAY**

**LAWRENCE CLASSICS, GENERAL  
FEDERATION OF WOMEN'S CLUBS**

Volunteer service club.  
LAWRENCE, 785-331-4575

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

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

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

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

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

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 or call Jason.  
LAWRENCE, 785-691-8520

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Meets at the Topeka & Shawnee County Public Library, Anton Room 202, 6:45 to 8:45 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 TUESDAY OF THE MONTH  
ALZHEIMER'S SUPPORT GROUP**

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

**THIRD WEDNESDAY OF THE MONTH  
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

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■ CONTINUED FROM PAGE 23

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

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

**FOURTH THURSDAY OF THE MONTH  
TOPEKA GENEALOGICAL SOCIETY**TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. no meeting in April, November or December. TOPEKA, 785-233-5762  
www.tgstopeka.org**FOURTH THURSDAY OF THE MONTH  
CHRISTIAN WIDOW/WIDOWERS  
ORGANIZATION**

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

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

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets

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

**MISCELLANEOUS****VARIOUS DAYS, LOCATIONS****SCRABBLE CLUB - OPEN PLAY**

Anyone interested is welcome-beginner or long timer-just walk in or give a call. 1st, 3rd, and 5th Thursday, 1-4:30 p.m. at Senior Resource Center, 2920 Haskell Ave. 2nd and 4th Thursday, 1-4 p.m. at Lawrence Public Library. Mondays, 1-4 p.m. at Clinton Place, 2125 Clinton Pkwy. LAWRENCE, 785-842-0543

**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  
www.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**AUG 31-SEP 3****AMERICAN ROYAL WORLD SERIES OF  
BARBECUE**

The World Series of Barbecue is the largest barbecue competition in the world bringing teams together from over ten countries to compete for the title of Open and Invitational Grand Champion! This signature Kansas City event is getting a fresh feel with more public events and activities than ever, including incredible live music, delicious BBQ and local food, and a vendor fair authentic to Kansas City and BBQ enthusiasts. Plus, with a full line up of kids' activities the Barbecue will have fun and entertainment for all ages. Kansas Speedway, 400 Speedway Blvd,

10 a.m.-6 p.m. Fee.  
KANSAS CITY, 816-221-9800  
americanroyal.com**SEP 15, 16, 17, 22, 23, & 24  
2017 KANSAS SENIOR GAMES**The Kansas Senior Games are the Sunflower state's own multi-sport competition for ages 50+. The Kansas Senior Games takes place over two weekends each September in Topeka. Over 800 participants are expected to compete in 20 different sports. Athletes will travel to the capital city from 20 different states and more than 220 communities. The Sunflower State Games is proud to host this event designed to encourage active and healthy lifestyles for ages 50+. Sunflower State Games, 501 SE Jefferson, Suite 22, TOPEKA, 785-235-2295  
sunflowergames.com/index.php/kansas-seniorgames**SEP 23  
SMITHSONIAN MAGAZINE MUSEUM  
DAY LIVE!**

The Kansas Museum of History is participating in Smithsonian Magazine Museum Day Live! by offering two free admissions per household, per address. To participate, visit smithsonian-mag.com/museumday and print the free admission tickets. Printed ticket from the Smithsonian website must be presented at time of purchase to receive free admission. Maximum two per household, per address. Kansas Historical Society, 6425 SW 6th Ave., 9 a.m.-5 p.m. TOPEKA, 785-272-8681 ext. 230



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## MY ANSWER

# Mission trip could completely change your life

By Billy Graham

Tribune Content Agency

**Q:** I'm going on a mission trip with my church group this summer. We'll be serving in a village in a very poor country, helping to put a roof on their church and doing some Bible programs for children. Do you have any advice? - A.P.

**A:** I'm thankful your group is doing

this; from what you say, the people in this village have great needs, and you can be a real help and encouragement to them. The Bible tells us to "encourage one another and build each other up" (1 Thessalonians 5:11).

But God not only wants to work through you to help others. He also wants to work in you while you're serving the people of this village. Be alert to

His leading, therefore, asking Him to use this experience to teach you new things about Himself and what He is doing in the world. You may discover, for example, that in spite of their poverty, the people of this village are actually rich in faith and love. Sometimes our wealth and comfortable lifestyle get in the way of a true commitment to Christ.

God may also want to open your eyes to the needs of the world. Most people today have very little, compared with what we have; many, in fact, face hunger and disease almost daily. Do we care? Many also do not know Christ, and have never had an opportunity to hear of His love.

Ask God to keep you safe, but also

ask Him to bring you closer to Christ and to change your life through this experience. He may even use the trip to change your future plans. Jesus said, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field" (Matthew 9:37-38).

- Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: [www.billygraham.org](http://www.billygraham.org).

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

If you love music, collect vinyl records, or simply need to update your stereo system with quality equipment for a good price, then come to Audio-Reader's annual benefit sale, "For Your EARS Only." The 15th annual event will take place on Friday, September 8, from 6 to 9 p.m. and Saturday, September 9, from 9 a.m. to 2 p.m. at Douglas County Fairgrounds, 2120 Harper St., Building #21, in Lawrence. Thousands of vinyl records and CDs, along with vintage and modern audio equipment, will be sold for below-market prices.

Friday night's festivities include free food donated by local businesses, cool prizes, and first pick on an amazing array of vinyl, CDs, audio equipment and musical instruments. Advance

tickets are available for \$7 at Audio-Reader, 1120 W. 11th St. in Lawrence. They are \$10 the night of the event. Admission is free Saturday with many items reduced to half price later in the day.

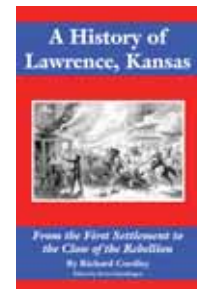
This year, Lawrence, Topeka, and Kansas City residents donated their beloved instruments, LP collections and gently used audio equipment to the sale.

Inventory includes thousands of vinyl albums, CDs & DVDs, hundreds of pieces of audio equipment, musical instruments (including guitars, keyboards and a full drum set), an antique Victrola and Beats by Dre headphones! Proceeds from the sale benefit Audio-Reader's listen-

ers, the blind, visually-impaired and print-disabled. Funds help provide free reading and information services for those who cannot read for themselves.

The Audio-Reader Network, a public service of the University of Kansas, is

a free reading and information service for anyone who cannot read conventional print because of blindness or any other visual, physical or learning disability. More information is available at [reader.ku.edu](http://reader.ku.edu) or by calling (800) 772-8898.



## The History of Lawrence, Kansas

by Richard Cordley

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



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# RICK STEVES' EUROPE

## Traveling against the crowd

By Rick Steves

Tribune Content Agency

Several years ago at Versailles, just outside of Paris, I was unable to avoid lumbering through the palace on one of the most crowded days of the year—a Tuesday in July. A steady crush of visitors shuffled through the muggy one-way route leading to the payoff: the magnificent Hall of Mirrors. Sights like these are a thrill and worth every sweaty second, but I could have avoided the worst crowds by coming late on a Wednesday afternoon instead (it's closed on Mondays, so Tuesdays are always packed). Sometimes I make mistakes so you don't have to. Here are some of my tips for dodging crowds.

**TIMING IS EVERYTHING.** In the most crowded cities, it pays to get out early and stay out late. This is especially true at places popular with cruise excursions and big-bus tour groups. In Athens, cruise passengers swarm the Acropolis until 5 p.m. That's when I head in, and I'll stay until the guard blows his whistle at me to leave. In Italy, midday crowds fill the streets and blockbuster sights in Venice, but at 7 a.m., you're able to enjoy the beauty of St. Mark's Square alone. In the evenings, cafes on the square can be relatively empty, even with the allure of their orchestras. The moral: Get up early and stay out late, and you'll have the city almost all to yourself.

Many sights are open late one or two nights a week. For instance, London's Tate Modern stays open Friday evenings, when you'll enjoy Dali and Warhol in near solitude. When most tourists are lying exhausted in their rooms, I linger alone, taking artistic liberties with some of Europe's greatest works in empty galleries.

At state-run museums in Italy, such as Florence's Uffizi Gallery, admission is free on the first Sunday of the month—so they're very crowded. It's not worth enduring the mob scene to save a few dollars—visit on a paid day instead.

Traveling off-season (November to

March) lets you avoid the peak-season pig pile. Big cities offer plenty to do year-round—and you'll avoid the stampede of busier times. Ponder Rome's Forum in peace, kick up sand on lonely Adriatic beaches, and stroll by Big Ben in London as you wonder “Where are the tourists?”

**RESEARCH SHORTCUTS.** Use an up-to-date guidebook. Even at the most packed sights, there's often a strategy that can break you out of the herd, whether it's a side entrance with a shorter wait, a guided tour that includes jumping the ticket line, a better place in town to pick up your ticket, or a pass with line-skipping privileges. Sometimes getting in more easily is just a matter of picking the right door. Grand as the Louvre's main entrance is, that glass pyramid stops looking impressive as you wait—and wait—to get through security. You can't bypass security checks, but you'll encounter shorter lines if you use the less-crowded underground entrance.

Self-service ticket machines can provide a faster way in. On my last trip to St. Petersburg, Russia, I bought my ticket to the Hermitage at a kiosk and walked right past a ticket line bulging with cruise-ship travelers—and within minutes was enjoying the czars' grand art collection. Many museums now also offer convenient mobile ticketing, saving time and paper.

**BUY ADVANCE TICKETS OR PASSES.** Many popular sights, like the Anne Frank House in Amsterdam, sell advance tickets online that guarantee admission at a certain time (often with a small booking fee that's well worth it). Given how precious your vacation time is, it makes sense to get reservations for any must-see sight that offers them—it's worth giving up some spontaneity.

Many cities offer a citywide sight-seeing pass. These often can save you serious time as well as money. For example, Paris' Museum Pass covers many top sights and allows you to skip ticket-buying lines. Combo-tickets can save time, too: Purchase the ticket at the less-popular sight, and avoid the

ticket-buying line at the popular sight. You can wait in line at Madrid's Prado Museum—or buy a combo-ticket at the less-trafficked Reina Sofia Museum.

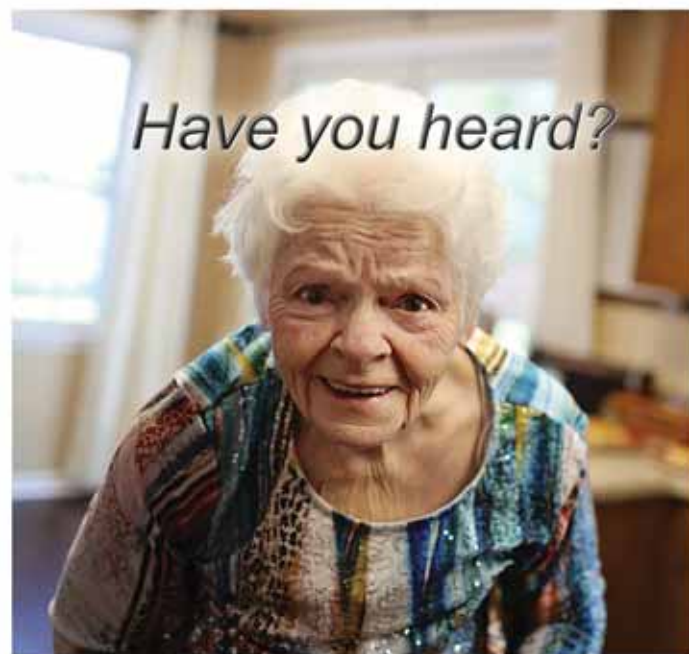
**AVOID THE BEATEN PATH.** Visit less-well-known destinations. The beaches of Greece's Peloponnesian Peninsula enjoy the same weather and water as the highly promoted isles of Santorini and Ios—but are wonderfully deserted. If you're traveling by car, take advantage of your mobility by leaving the well-worn tourist routes. The Europe away from the train tracks is less expensive and feels more peaceful and relaxed.

No matter how well-conceived your plans, it's inevitable that at some point you'll find yourself packed shoulder-to-shoulder with other visitors, but equipped with these crowd-beating strategies, you can elude the worst of the hectic tourist routine and make the most of all Europe has to offer.

- 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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# Learning the lingo of Social Security

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Is Social Security a topic in your conversations these days? Are you familiar with the lingo used to describe Social Security benefits, or does it sound like a new vocabulary to you?

Social Security employees strive to explain benefits using easy-to-understand, plain language. But if a technical term or acronym (an abbreviation of the first letters of words in a phrase) that you don't know slips into the conversation or appears in written material, you can easily find the meaning in our online glossary at [www.socialsecurity.gov/agency/glossary](http://www.socialsecurity.gov/agency/glossary).

Social Security acronyms function as verbal shorthand in our financial planning conversations. If you're nearing retirement, you may want to know what PIA (primary insurance amount), FRA (full retirement age),

and DRCs (delayed retirement credits) mean. These terms involve your benefit amount based on when you decide to take it.

If you take your retirement benefit at FRA, you'll receive the full PIA (amount payable for a retired worker who starts benefits at full retirement age). So, FRA is an age and PIA is an amount.

What about DRCs? Delayed retirement credits are the incremental increases added to the PIA if you delay taking retirement benefits beyond your full retirement age. If you wait to begin benefits beyond FRA — say, at age 68 or even 70 — your benefit increases.

Once you receive benefits, you get a COLA most years. But don't expect a refreshing drink — a COLA is a Cost of Living Adjustment, and that will usually mean a little extra money in your monthly payment.

Knowing some of these terms can help you fine-tune your conversations

about Social Security. If one of those unknown terms or acronyms does come up in conversation, you can be the one to supply the definition using our online

glossary. Sometimes learning the lingo can deepen your understanding of how Social Security works for you. Discover more at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## Social Security is there for those who served our country

By Norm Franker

Social Security District Manager in Lawrence, KS

The men and women who served our country in the military can count on Social Security to be there for them throughout their lives.

Active duty military members earn credits toward Social Security retirement benefits. Wounded Warriors can receive expedited handling of their claims to receive disability benefits. We also provide survivor benefits for young children and spouses of veterans

who have died.

You can learn more about how Social Security helps our veterans build a secure financial future for themselves and their families at [www.socialsecurity.gov/people/veterans](http://www.socialsecurity.gov/people/veterans).

Our newest initiative, *Journey to Success: Employment Tools for Veterans with Disabilities*, is a five-part online guide that helps certain disabled veterans return to fulfilling employment in the American workforce. The guide highlights resources, such as career counseling, job training,

■ CONTINUED ON PAGE 29

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# Social Security

■ CONTINUED FROM PAGE 28

employment services, and more.

You can access *Journey to Success* at [www.ssa.gov/people/veterans/](http://www.ssa.gov/people/veterans/).

We know some veterans suffered injuries so severe they cannot return to their previous work. However, for those veterans who are interested in testing their ability to find and maintain gainful employment, these resources can help. We thank all members of our military and veterans for their service and sacrifice.

To learn more about our programs and benefits, visit [www.socialsecurity.gov](http://www.socialsecurity.gov).

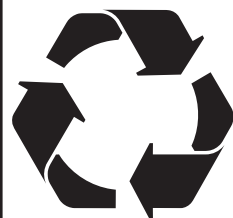
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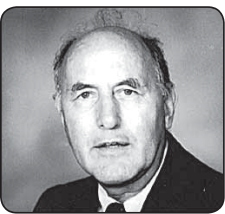
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## HUMOR

# The Pop Fly Redemption

**L**a Mancha is the posh section of Letongaloosa where the streets are winding and the house numbers are hand painted on Spanish tile. The La Mancha girls' softball team—the Amazons—and the team's star, catcher Madison "Madie" Sommerset, suffered an ignominious defeat in the final game of the 2014 regional tournament. After trailing the whole game, the Amazons allowed the Fairfield Fusions to tie the game in the bottom of the final inning.



Larry  
Day

With the score tied, and two out, a scrawny Fusion batter hit a high fly that Madie called for. Madie was wearing extra thick make-up in anticipation of posing for victory photos. Madie tried to tear off her catcher's mask but her thick make-up had bonded with the lining of her catcher's mask. She couldn't get it off. Madie muffed the play and the fusion runner crossed the plate for the winning run. There was no joy in La Manchaville, Mighty Madie had flubbed up.

Things were tough for Madie during the off season. Students called her

"Muffles" behind her back, and a few called her Muffles to her face. She developed an allergy to cosmetics and had to go to school barefaced. Worse, Madie developed a pimple on her nose. Students called her Bruja, which is "witch" in Spanish. Someone left a big red apple on her desk to remind her that she wasn't a big shot "Snow White" any more.

When it came to academics Madie had been an indifferent student. She worked hard enough in school to stay eligible for athletics and extracurricular activities, but she often failed to turn in her assignments. She just never even tried to get good grades, much less make the dean's list.

That was acceptable, even to her parents, when she was a star athlete. But when Mr. and Mrs. Sommerset found that people at the country club treated them with pity rather than the usual deference, they confronted Madie and found out that she was, academically, a nonperson. They demanded that she make the honor roll and that she excel at some other extracurricular activity than sports.

At Letongaloosa High School, forensics was to the brainy kids what athletics was to the athletic kids: a ticket to popularity and recognition. Madie had always distained non-sport activities. But now, Madie signed up for forensics and focused on poetry recitation. She memorized

and practiced reciting "Casey at the Bat." Partly because she looked the part, and partly because she loved the poem, the judges liked Madie's recitations. She won the local and district forensics poetry competitions and went on to regionals.

Competition was very tough at the regional tournament but Madie managed to win or place second in poetry recitation and found herself in the final round facing an opponent from Fusion High School. Madie's opponent was listed on the forensics tote board in the hall as Sally Teasley. The tournament was held on a Saturday in a neutral high school building. The tournament judges were from out of town. They didn't know the competitors other than by their names, and didn't know what high school the contestants represented.

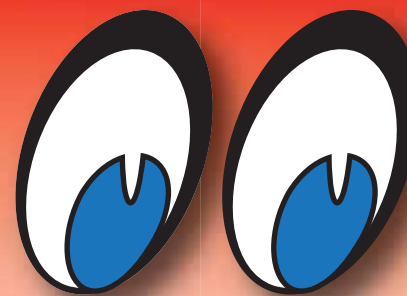
That afternoon Madie walked into the large classroom designated for the poetry competition. She wrote her name on the board under the sign "Poetry Recitation Finalists," and sat down. A moment later her opponent entered the room and signed in.

Madie drew a sudden breath. Her recitation opponent was her old softball nemesis, Sally Teasley, A.K.A. "Scrawny Arms" from Fusion High School.

The judges were sitting in student desks eight rows back. They conferred, then one of them announced: "We'll begin this session with Sally Teasley reciting 'The Highwayman,' by Alfred Noyes." Sally went to the lectern and began reciting:

"The wind was a torrent of darkness among the gusty trees..." Then she paused and turned pale. The room was silent. Sally stood frozen at the lectern. Then Madie's quiet voice came from behind her: "The moon was a ghostly galleon tossed among..." Sally brightened, picked up the refrain, and finished her recitation beautifully. After Madie had recited "Casey at the Bat," the two girls walked out of the room arm in arm.

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



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# WOLFGANG PUCK'S KITCHEN

## Building blocks: A 'high-rise' approach to a summertime favorite

As I often like to say, we eat with our eyes first. Food that looks beautiful without being too fussy starts your mouth watering in anticipation. And, by contrast, if good ingredients have been well prepared only to be presented in a way that looks unexciting, you may get less pleasure from the whole experience.



Wolfgang  
Puck

That explains why I've been taking a different approach to a summertime seasonal classic: the tomato, mozzarella and basil salad, also known in Italy as the Caprese, after the island of Capri, or the Tricolore, because its red, white and green colors mimic those of the Italian flag. Most often, the salad's three main ingredients are simply arranged overlapping each other on a plate or platter, with a vinaigrette dressing drizzled over them. That's certainly how you'll probably see it on most antipasto displays in Italian restaurants or when you order an individual one off the menu.

Even though sun-ripened tomatoes are wonderfully flavorful in August, and go so well with the rich-tasting fresh mozzarella you can find so easily in well-stocked supermarkets today, such a presentation doesn't do much anymore to get people excited about this wonderful seasonal specialty. And that's a shame. So I'd like to share the simple solution my chefs and I like to use in our restaurants: We go vertical instead of horizontal.

In other words, we've taken to stacking the ingredients, alternating slices of tomato with equally sized slices of the cheese and individual basil leaves. The result instantly

catches the eye, making people see this now familiar combination in a fresh new light.

Though that may sound like architectural or engineering skills are called for in creating such a presentation, it's surprisingly easy. Just make sure when you're shopping that you buy ripe yet firm tomatoes that are approximately the same diameter as the balls of fresh mozzarella you'll be using. (Head for the market's cheese department first so you'll have the package of mozzarella in your cart to serve as a guide.)

With a similar sensibility, I've simplified the dressing for the salad as well. Instead of making a vinaigrette, I first sprinkle each slice of tomato individually with a little salt and pepper, to make sure that every bite taken is properly seasoned. Then I drizzle each stack with good-quality balsamic vinegar that I've first reduced to a syrupy consistency to concentrate its sweet-tart flavor; I also add a drizzle of good, fruity-tasting extra-virgin olive oil.

The result is an appetizer that will make everyone at your table feel as if they're seeing and tasting this combination for the first time. What a perfect way to showcase some of summer's finest produce.

### STACKED TOMATO-AND-MOZZARELLA SALAD WITH FRESH BASIL, BALSAMIC REDUCTION AND EXTRA-VIRGIN OLIVE OIL

Serves 4

- 1 cup (250 mL) good-quality balsamic vinegar
- 4 medium-to-large sun-ripened organic tomatoes
- 8 ounces (250 g) fresh mozzarella
- 12 leaves fresh basil
- Kosher salt
- Freshly ground black pepper
- 3 tablespoons extra-virgin olive oil

Several hours before serving, prepare

the balsamic reduction. Put the vinegar in a small nonreactive saucepan and bring to a boil over medium heat. Then, reduce the heat to low and simmer until its volume reduces by a third to a half. Set aside to cool to room temperature; transfer to a covered glass container and refrigerate until ready to use.

For the salad, use the tip of a small, sharp knife to core the tomatoes. Trim and discard a thin slice from the bottom of each tomato before cutting each one horizontally into slices about 1/4 inch (6 mm) thick. Drain the mozzarella, patting it dry with paper towels, and cut crosswise into slices about 1/2 inch (12 mm) thick. Stack the basil leaves and, starting at the side of the stack, roll them up tightly into a tube shape. Cut the roll crosswise into thin slices, separating them with your fingertips into

julienne strips.

To assemble the salads on a platter or individual serving plates, alternate the slices from each tomato with slices of the mozzarella, stacking the tomato slices in the order you cut them starting with the trimmed slice from the bottom, and sprinkling each tomato slice with a little salt and pepper before placing the mozzarella on it. End each stack with a tomato slice, sprinkling it with salt, pepper and basil julienne.

Just before serving, drizzle each stack with about 1 teaspoon of the balsamic reduction. (Reserve the remainder in the refrigerator, where it will keep for several months.) Drizzle the extra-virgin olive oil over each stack; serve immediately.

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

## MY PET WORLD

# People and pets should stay together during euthanasia

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

**Dear Cathy,**

I have a sad question. Since 2011, I have had to euthanize three dogs. My dachshund Troy, almost 18 years of age, went peacefully. He went to sleep after the initial shot, and died after the second shot. My Maltese, Star, 13 years old, did not respond to either shot. They had to take her into the back room. My girl Penny, a Jack Russell, 13 years old, also did not respond to two shots and had to be taken to the back room.

My question is, what do they do in the back room? Do they suffocate the animal? Any other method? - Robert Nielsen, Baldwin, N.Y.

**Dr. Robert,**

I am sorry about your experience. It's hard enough to make the decision to put a pet to sleep, but to have the procedure get drawn out and have your dog taken away from you before it's over is just heartbreaking.

Let me put your mind at ease. They do not suffocate your animal or do anything nefarious in the "back room." Euthanasia is done through an injection, as you describe, or through an IV. The process takes only one to two minutes and your pet should pass

peacefully. These are the only two procedures they would do, so the only reason for taking your dog to another room was to probably put in an IV. But they should not have taken her from you at that moment, especially without explaining why. Your feelings are important at this time too.

While having to give more than one injection sometimes happens, this is far from the normal experience. Most pets pass quickly under either method and with just one injection. I prefer the IV method because if they need to give more euthanasia drug, it can be administered easily through the established IV. But to do this, they often take your dog to the back beforehand to insert the IV, which is why I think that's what your vet was probably doing.

Just so you know, you have every right to ask the staff what they are doing when they take your dog to another room, and your dog should not be removed from the room or taken out of your sight without you knowing why and until the euthanasia is complete. You deserve to be with your pet when it happens and have some quiet time with your pet afterwards. When it comes to euthanasia, you should be the one allowed to say, "I need to step out while you are doing this," not the other way around.

If you need to euthanize a pet in the future, maybe ask them to do it via IV. Hopefully, this will prevent you from being separated from your pet in his or her final moments.

**Dear Cathy,**

My son has an almost four-year-old lab mix. These past few months, her fur seems to be coming off in patches around her body, it scabs and bleeds at times. She seems to be losing weight as well. We don't know what's causing this. We want to take her to the vet, but the costs are so high, so we bathe her and put coconut oil on her in hopes that it cures her. So far, no changes, but more patches. Any idea what may have caused this? - Mellisa T., Arizona

**Dear Mellisa,**

Hair loss can be symptomatic of many things, like parasites, fungal infections, diseases, or allergies. Your dog could have Demodex or Sarcoptic mange, which causes hair loss, or ringworm, which can be contagious. It's not good she also is losing weight.

I know it's stressful to go the vet when money is an issue, but for the cost of an office visit, she will receive

an exam and your son can talk to the vet about what could be wrong. At a minimum, the vet may shine a black light on her skin to see if she has ringworm or do a skin scraping to see if it's ringworm or mange. The vet may even recognize the problem without a lot of tests and be able to prescribe medication or a topical ointment for her.

If the vet doesn't recognize the illness and needs blood work or diagnostic tests to determine what's wrong, he or she can at least let you know what might be wrong, so you can plan accordingly. Your vet may also be able to offer some alternative treatments if diagnostic tests cannot be done at the time.

Let me know what you find out.

- *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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## MEMORIES ARE FOREVER

*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, PO Box 486, Lawrence, KS 66044.*

*You can also send it to me by email at tom.mach@yahoo.com. Go to www.memoriesareforever.com 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

## Life Without Modern Conveniences

By Neoma Foreman

Growing up in the '40s and '50s was a simple life, but often uncomfortable and lonely.

There was no gravel on the black gumbo roads by our farm the night I was born. Dad had to walk to town and call the doctor who lived 30 miles away. The doctor had a new car and got it stuck on our road. Dad pulled the car in with the horses, and he thought the doctor was more concerned about his new car than getting me born. However, the doctor made it in time and all was well.

My sisters, 12-year-old Violet and nine-year-old Annie had been sent to our aunt's house a mile away. But they could see the lights from the car and dad's lantern and knew something was happening. Kids weren't told of expected siblings in those days so were really surprised when they came home the next day and found me. I had three

mothers from that time on.

When I was 18-months, my sisters were frying biscuits—and reading books. The pan of grease caught on fire and when they tried to get it out of the house, I was underfoot and some burning grease fell on me. I caught on fire, but God took care of me as I ran outside and rolled, extinguishing the fire. I had bad burns on my head and left arm, which necessitated a lot of care, which they gladly gave. They felt so bad for me.

One summer, the temperatures had consistently been over 100 degrees for a couple of weeks in July. We had recently gotten electricity on the farm, but had few appliances. My mother was determined to salvage the potato crop and would go out early in the morning and dig them while my dad did the chores and cultivated corn in the field. She stayed too long one day and had a heatstroke. I was nine- or 10-years-old at the time and knew enough to help her to the house and get a washcloth and sponge her face and hands. The cloth almost sizzled on her skin she was so hot, and the house was hot, too. When dad came in, he went into action. He moved the iron bed and mattress to the basement and helped her down there. Then he went to town and bought a huge block of ice and an electric fan. He put the ice in a washtub and ran an extension cord from an upstairs window to the fan where it oscillated across the ice to my mother's bed. She said she thought she had died and gone to heaven! We spent the rest of the hot summer sleeping in the cellar under the house. It was a great relief when storms came and blew the hot weather away.

We didn't have a telephone, television, or indoor plumbing. My sisters were gone to college and teaching school by the time I was growing up, so I was often alone and sometimes lonely. But I learned to read at an early age and was never bored. I spent a lot of time in the apple tree reading.

When friends came, we played in the play house under the apple tree, did cartwheels all over the pasture, and were free to run and play—until the polio threat came. After losing a cousin to polio and another fought a terrific

battle with it, my parents guarded my every move. I couldn't get out in the sun, no watermelon; even bananas were suspect as the cause had not been discovered, or the immunization. We listened to the March of Dimes money raiser on the radio and my parents contributed what they could. What a blessing when Jonas Salk perfected the vaccine for polio. When it became



Neoma Foreman

available, our entire family went to the schoolhouse where the clinic was set up for the administration of the medicine.

Each of us was given a little plastic cup of it to drink. We could hardly believe that little bit of stuff could save lives, but miracle of miracles, it did. Praise the Lord.

We did a lot of visiting family at that time. It was as if we realized life was short and we needed to take time for each other.

I believe I've lived in the best of times. I've seen a lot of changes, and a lot of them are

good, but "things" are not as important as family and living for the Lord—that is what makes life worthwhile.

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LIZ SMITH

# 'The Big Sick' - good for what ails you!

By Liz Smith

Tribune Content Agency

*"This is no time for ease and comfort. It is time to dare and endure."* - Winston Churchill

Yes, indeed, Mr. Churchill!

One does seem to spend an inordinate amount of time these days coming across, or—somewhat masochistically—deliberately looking for great quotes from great people, to assure us that bad times and history passes. Or that history repeats itself, and we are doomed. These days there's no middle ground, no "meh." And if you are "meh" feel free to be deeply ashamed.

But the dare and endure aspect of Churchill's quote is not what we deal with today. (There, isn't that a relief?!) Nope, for all our stresses, we must make time for ease and comfort. I found that and considerably more over the weekend when I took in the highly praised movie "The Big Sick."

Based—with artistic license no doubt—on the real-life courtship of the film's star, Kumail Nanjiani, and his wife, Emily V. Gordon (they share screenwriting credit) "The Big Sick," running just under two hours, put me

in a place of ease, comfort and some hope for the human condition. Not to mention hope for the big-screen comedy—although the movie is far too multi-faceted to be bracketed as a comedy, or a dramedy, or a romance, or a chick flick.

The fine writing and across-the-board superior performances, puts Hollywood on notice—you can make people laugh (and cry, and smile until your face joyfully hurts) without projectile vomiting, binge-drinking, endless gratuitous expletives and the rest of what passes for an amusing evening at the cineplex way too often. (And before I seem covered in old-person prudery, I've enjoyed films with all of the abovementioned gross enticements. But it's the old story—one good one, the rest are trash hoping to ride the raunchy coattails.)

"The Big Sick" tells of a Pakistani stand-up comic (Kumail) and his girlfriend (Zoe Kazan). In the movie they are called Kumail and Emily, just like in "real life." She is not of his race or religion.

Faster than you can say, "are we breaking up? ... Are we really serious?" she falls ill and is placed in a medically induced coma.

Kumail stands vigil at her bedside, despite the distaste and confusion

of the coma-stricken girl's parents (Ray Romano and Holly Hunter) and Kumail's mother (Zenobia Shroff), who wants nothing more than for her son to marry a nice Pakistani girl.

From there—above and around the prone and possibly doomed body of Emily—cultures clash, funny (and astonishingly cruel) things are said, bonding happens, shreds, comes together again, because, simply put, where there's life, there's hope. When there are hearts and minds there is always the possibility of rapprochement. (These days, however,

in real-life matters, I keep falling back on Bette Davis' remark in "All About Eve": "Everybody has a heart, except some people.")

Judd Apatow—whose movies often fall into an iffy category for me—is the producer. Take a bow, Mr. Apatow. Michael Showalter directs, marvelously (a total rebound from his misguided, 2015 entry, "Hello, My Name is Doris.")

But the committed, heartfelt performances are what seal the deal. Kumail, whom I

have never seen before—sorry, I don't



Judd Apatow

■ CONTINUED ON PAGE 35

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# 'The Big Sick'

■ CONTINUED FROM PAGE 34

watch "Silicon Valley"—is all kinds of funny and moving. Despite rather limited talking screen time, coma-girl Zoe Kazan is terrific. I loved Kumail's parents, played by Zenobia Shroff and Anupam Kher.

Holly Hunter—as Emily's mom - is one of those actors whose presence and delivery is so unique, so nuanced, she need only to appear onscreen to give a maximum amount of pleasure. At the sound of her it-could-only-be-Holly-Hunter-voice, my cinematic salivary glands get in an uproar.

As for Ray Romano as Emily's deeply disapproving dad, this is, to me, a revelatory turn. He is truly great here. In fact, the chemistry between Romano and Hunter almost makes one wish for an entire film based on their characters.

Obviously, I highly recommend this movie. And because these are the dog-gish-days of August and my brain is overheated, I'll even make some pre-

dictions. "The Big Sick" will receive Oscar nominations for best picture and screenplay. Kumail Nanjiani and Ray Romano will also nab nominations, and if I truly had my druthers, Ms. Hunter would too.

There! Go see "The Big Sick" and feel better. There's more than enough time to buckle down to Winston Churchill's "dare and endure."

•••

Last week we received a nice email from a lady named Kathleen who says she loves our column but, "please stop writing about television—you seem like TV junkies!"

We wrote back, reporting that the very day we received her email, several others came in, encouraging us to keep up our small-screen observations. One man's meat, etc. Our non-TV-loving fan was amused and took it well. Especially as we admitted we are TV junkies! Never has there been so much quality and quantity to choose from. (Never so much crap, either, but that's show biz.)

So, briefly. Last Sunday night's "Game of Thrones" was epic! Finally,

Dany's dragons were put to proper use. (Well, you knew it was going to happen after Emilia Clarke's Miss Targaryen snapped, "Enough with the clever plans!" as defeat loomed.) Pacing on "GOT" this season has been incredible. Fewer episodes notwithstanding, HBO is doing right by the fans.

Also viewed on Sunday, the next-to-last episode of TNT's "Claws" (season one finale this weekend). Wow. This show has cooked to a

comic/dramatic boil that is hell-bent on exploding brilliantly. It has been picked up for a well-deserved second season.

Niecy Nash, as trouble-prone Desna, who just wants to make the world more beautiful, one lacquered nail at a time, is magnificent.

Kathleen—I hope that wasn't too much TV for you?

- E-mail Liz Smith at MES3838@aol.com.

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As a result, many insurance companies wanting to sell their Medicare plans will be contacting individuals becoming eligible for Medicare. Yes, competition is a good thing but proceed with caution. Do not let a cheerful voice on the phone be the reason you choose one plan over another.

Doing your homework and a little research will pay off. Consider asking the following questions about any Medicare Plan you are considering:

- How long has the company been in the Medicare insurance market?
- What is the company's history of adjusting policy rates?
- Is there a select list of hospitals, physicians, or pharmacies you access for medical care or prescriptions?
- What is the company's complaint ratio with the Kansas Insurance Department?
- Is customer service handled only by telephone or internet, or is there a local agent who can assist you?

Lastly, ask for references and talk to others who are already enrolled in the Medicare plan you are reviewing.

With so many choices, thousands of new customers are searching the internet or seeking advice from unreliable sources about Medicare plans. Use a reputable agent to help select the right plan for you.



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09/12/17 2:00 p.m. - Heart Center	10/31/17 2:00 p.m. - Heart Center
09/26/17 6:30 p.m. - Cotton O'Neil North	11/02/17 2:00 p.m. - Heart Center
10/03/17 2:30 p.m. - 823 Mulvane	11/07/17 6:30 p.m. - Cotton O'Neil North
10/10/17 2:00 p.m. - Heart Center	11/09/17 2:00 p.m. - Heart Center
10/12/17 6:30 p.m. - Cotton O'Neil North	11/14/17 2:00 p.m. - Heart Center
10/19/17 2:00 p.m. - Heart Center	

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## GOREN ON BRIDGE

# Suit preference

With Bob Jones

Tribune Content Agency

\* Negative, values with no clear bid

Opening lead: Queen of ♠

Neither vulnerable, South deals

NORTH

♠-K 10 9

♥-10 9 8 3

♦-K 10 2

♣-A 7 5

WEST

♠-Q J 6 3 2

♥-6 5

♦-A 7 5

♣-J 4 3

EAST

♠-A 8

♥-K 7 2

♦-Q 9 6 4

♣-10 9 8 2

SOUTH

♠-7 5 4

♥-A Q J 4

♦-J 8 3

♣-K Q 6

The bidding:

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

West's overcall was based on the legal minimum, perhaps less. East's two-spade bid was not terrible by itself, just wrong with this partner. North might well have doubled two spades and easily exacted a two-trick penalty, but he chose to bid on. Except for South, every player had a close decision or two to make.

Suit preference signals have become a staple of good defense. They are used when attitude or count signals would be pointless, and there are many creative ways to use them. The suit used for the signal and the trump suit are always excluded, so a high card shows strength in the higher-ranking of the two remaining suits and a low card shows strength in the lower-ranking.

West's queen of spades lead held the first trick. West knew that his partner's delayed raise meant that East only held

two spades, and it was possible to give East a spade ruff. How could West get his partner to return a diamond rather than a club after winning the ace of spades? West found the solution by leading his jack of spades at trick two! This was a strange-looking play, with the king-10 in dummy, and East knew exactly what it meant—West's entry was in the higher-ranking side suit. East duly shifted to a diamond at trick three, which West won

with his ace and gave East a spade ruff. The defense still had a trick coming from the queen of diamonds and the contract failed by one trick.

- 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

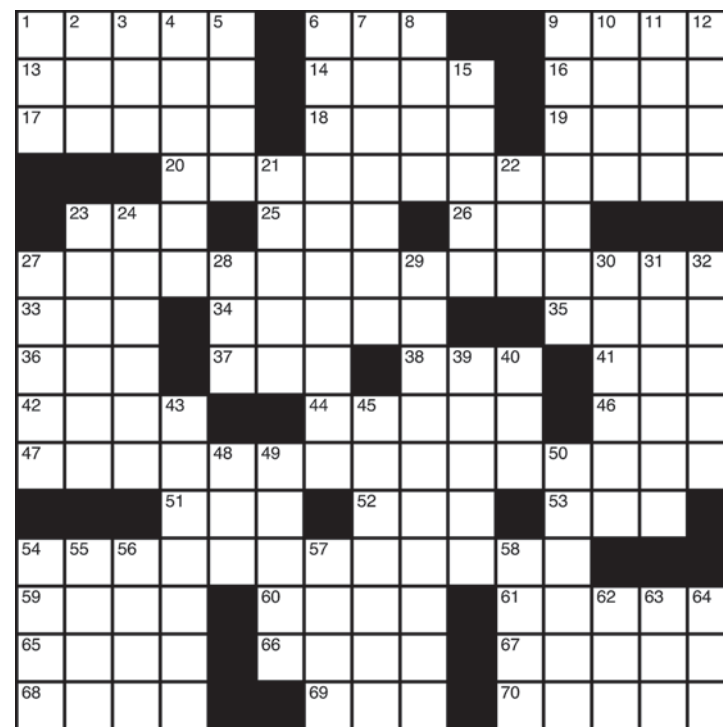
- 1 Bid with a weak hand, often
- 6 Nikon D5300, e.g.
- 9 Team up with
- 13 "Ya think?!"
- 14 Like newly Botoxed skin
- 16 Clip contents
- 17 Young fella
- 18 When Valjean adopts Cosette
- 19 Sorento and Sedona
- 20 Bar exhortation
- 23 Firetruck tool
- 25 Kerfuffle
- 26 It can cover a lot
- 27 "Defence of Fort M'Henry" poet
- 33 "Total Recall" (2012) director Wiseman
- 34 Out-and-out
- 35 Designer Klein
- 36 Acting coach Hagen
- 37 "Don't text and drive" ad, briefly

- 38 Lodging provider
- 41 Up-in-the-air approx.
- 42 "This doesn't \_\_\_ well ..."
- 44 Wingtip strings
- 46 Get someone's name wrong, e.g.
- 47 "Let's do it!"
- 51 Rim
- 52 Wine stain color
- 53 Egyptian slitherer
- 54 Magician suggested by the ends of 20-, 27- and 47-Across
- 59 Sweet pea
- 60 Seafood restaurant order
- 61 "In my view ..."
- 65 Crew of buddies
- 66 Long-drawn-out account
- 67 Poppycock
- 68 Alternatively
- 69 Get into the pool
- 70 Silver dollar topper

### Down

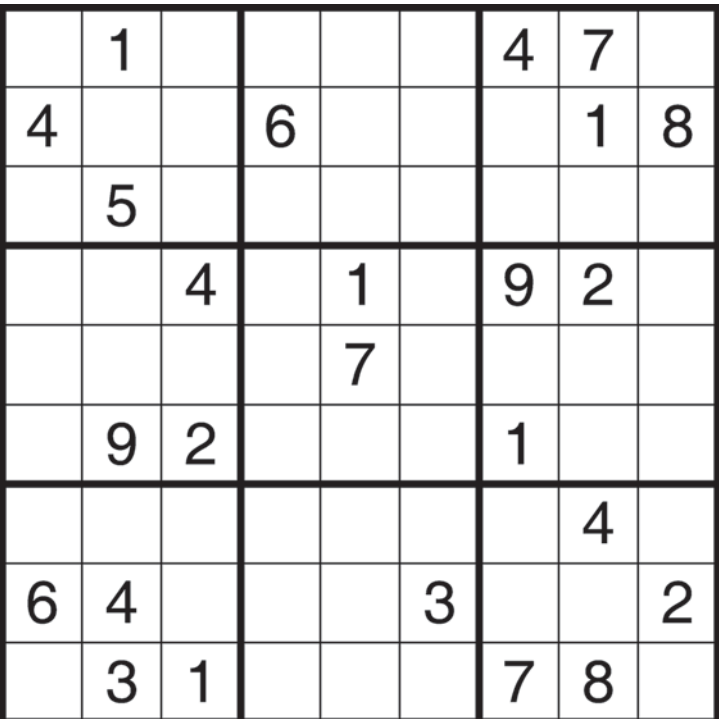
- 1 Medium of much

- 2 Luau chow
- 3 Tack on
- 4 Out-of-the-blue
- 5 "Scat!"
- 6 Shows confidence and pride
- 7 Cause of much intolerance?
- 8 Babe or Baby
- 9 Capital of Indonesia
- 10 Overlook
- 11 All-in-one Apple
- 12 Quick bite
- 15 Connect with
- 21 Bides one's time
- 22 Bean cover?
- 23 Playground response
- 24 Second word of Coleridge's "Kubla Khan"
- 27 Blunders
- 28 Flagstick holder
- 29 It's swung by some pinch hitters
- 30 Prepares to be knighted
- 31 Trick
- 32 Long (for)
- 39 "\_\_\_ say more?"
- 40 Decryption org.
- 43 Make easier to read, in



- 45 Fits in a cabin?
- 48 Hummus, e.g.
- 49 Publisher's guidelines
- 50 Gently towel off
- 54 Slight lead
- 55 Tough navy guy
- 56 Case units, often a way
- 57 Many a Meccan
- 58 Tends tots
- 62 Military address
- 63 Manjula's husband, on "The Simpsons"
- 64 "You betcha!"

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

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

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PIPTUL

XESES

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RACK 1: A1 E1 U1 M3 S1 B3 N1

RACK 2: A1 E1 E1 T1 B3 N1 L1

RACK 3: A1 I1 Y4 W4 L1 D2 B3 (Double Word Score)

RACK 4: A1 E1 E1 E1 V4 R1 W4 (3rd Letter Triple)

RACK 5: A1 E1 E1 R1 L1 C3 T1

PAR SCORE 260-270  
BEST SCORE 332

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

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION												
S <sub>1</sub>	U <sub>1</sub>	N <sub>1</sub>	B <sub>3</sub>	E <sub>1</sub>	A <sub>1</sub>	M <sub>3</sub>	RACK 1 =	<u>61</u>				
T <sub>1</sub>	E <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	B <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 2 =	<u>59</u>				
B <sub>3</sub>	A <sub>1</sub>	W <sub>4</sub>	D <sub>2</sub>	I <sub>1</sub>	L <sub>1</sub>	Y <sub>4</sub>	RACK 3 =	<u>82</u>				
R <sub>1</sub>	E <sub>1</sub>	W <sub>4</sub>	E <sub>1</sub>	A <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>	RACK 4 =	<u>71</u>				
T <sub>1</sub>	R <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	C <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 5 =	<u>59</u>				
PAR SCORE 260-270							TOTAL <u>332</u>					

## JUMBLE ANSWERS

Jumbles: BUDDY AFTER PULPIT  
EXCESS

Answer: He was this after hearing the details of his job severance package -- FIRED UP

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Dr. Tener earned his medical degree from the University of Kansas School of Medicine in 2011. He then completed his internal medicine residency in 2014 at the University of Kansas Medical Center, where he also completed a fellowship in pulmonary/critical care. He served in the Kansas Army National Guard for seven years, and now, he says he is thrilled to be in Lawrence, where the personalized atmosphere at LMH reflects a shared commitment to excellence in patient care.

*"My favorite part of being a pulmonologist is getting to know my patients on a personal level and developing relationships with them. I want to create an environment where they feel very comfortable and at ease. I'm here to help them."*

Dr. Tener is now seeing patients at Lawrence Pulmonary Specialists. For a consultation, call **785-505-3205**. Learn more at [lmh.org/pulmonology](http://lmh.org/pulmonology)



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