

*2023*



# SENIOR RESOURCES DIRECTORY

A special pull-out section in the JANUARY 2023 issue of Kaw Valley Senior Monthly

**AFFORDABLE RENTAL HOUSING**

### Tenants to Homeowners, Inc.

2518 Ridge Court  
Lawrence, KS 66046

**Phone:** 785-842-5494

**Email:** lpehrsonth@gmail.com

**Web:** www.tenants-to-homeowners.org

**Contact:** Liza Pehrson, Rental Manager

TTH, Inc. provides affordable rental housing to seniors in Douglas County, with cottage/duplex communities in Lawrence and Baldwin City. Applications are accepted at all times (regardless of unit availability) and processed for no charge. Vacancies are filled using pre-qualified applications from our application pool. More information available on our website: tenants-to-homeowners.org.

**ALZHEIMER'S & DEMENTIA CARE**

**Phone:** 785-856-8181 (Lawrence)

785-272-6101 (Topeka)

**Web:** www.homeinstead.com/584

Home Instead Senior Care is a State Licensed Class B Home Health Agency and the world's trusted non-medical provider of Alzheimer's and dementia care, cooking, cleaning, shopping/errands & personal care. Our CAREGivers encourage, assist & stimulate clients in daily activities that improve quality of life to help them maintain their independence. We have begun the CARE initiative (Changing Aging thru Research & Education). We provide classroom-style Alzheimer's training for our CAREGivers and host Alzheimer's Family caregiver workshops for the community. We do pre-employment drug screens and regular quality assurance visits.

**DISABILITY SERVICES**

Monte Mace Disability  
Winning disability claims

### Monte Mace Disability

803 E 1259 Rd.

Lawrence, KS 66047

**Phone:** 785-331-6452

**Email:** montemace2000@yahoo.com

**Web:** montemacedisability.org

**Contact:** Monte Mace

I act as your legal representative to help you win Social Security disability or Veterans Administration disability ratings. Compassionate and caring (my daughter uses a wheelchair). Fees are paid by SSA or VA if you win out of back pay due you. You pay nothing. I help with initial applications as well as denials.

**HEALTH ADVOCACY**

### Sunflower Health Advocates

2815 Trail Rd.

Lawrence, KS 66049-4232

**Phone:** 785-766-4622

**Email:**

jill@sunflowerhealthadvocates.com

**Web:** SunflowerHealthAdvocates.com

**Contact:** Jill Ice

We are a private-pay service that helps clients and families better understand and navigate the healthcare system. Our clients call upon us to help facilitate their healthcare journey, to include coordinating aspects of care that range from understanding their medical appointments, to helping obtain and understand prescription drugs, to facilitating communication between clients, healthcare providers and family members. We help vulnerable patients get the care they need and provide a constant sense of support.

**HEALTH INSURANCE**

### Truly Affordable Health Solutions

PO Box 245  
Pomona, KS 66076

**Phone:** 785.214.4089

**Email:** Don@TrulyAHS.com

**Web:** www.TrulyAHI.com

**Contact:** Don Barkley

Local Agent! For individuals under 65 AND small businesses, we provide customized health insurance solutions that have lower premiums, lower deductibles, nationwide networks, and no open enrollment restrictions. If you're in good health, we can usually save 20-40% over anyone else's quote!

For people 65 and above, we provide Medicare supplements, Home Health care plans, and dental/vision plans.

Visit our website and contact us for a FREE consultation today! 785.979.0722 ask for Don.

**HEALTH SYSTEM**

**LMH Health**

325 Maine St.  
Lawrence, KS 66044

**Phone:** 785-505-5000

**Web:** www.lmh.org

LMH Health is a healthcare system of devoted physicians, nurses and clinical staff joined together to partner with you in your lifelong health. Our 174-bed hospital, 13 primary care clinics and numerous specialty care clinics are here for you and your loved ones across Lawrence, Douglas County and neighboring communities in Baldwin City, Eudora, McLouth and Tonganoxie.

**HOME HEALTH**

**Grace Home Care**

1215 SW Gage Blvd. Suite B

Topeka, KS 66604-1893

**Phone:** 785-286-2273

**Email:** Debbie@gracehomecare.com

**Web:** www.Gracehomecare.com

**Contact:** Debbie Holroyd

Proud winners of the 2022 Best of Home Care - Best Home Care Provider, Best Employer and Best in Leadership. SERVICES INCLUDE: Companionship, Personal cares (Bathing, Dressing, Positioning), Med. reminders, Light housekeeping, Laundry, Meal prep, Shopping, Errands, Appointments, Transportation and much more. It's Good To Be Cared For, It's GREAT To Be Cared About!

**HOME HEALTH**

**Phone:** 785-856-8181 (Lawrence)

785-272-6101 (Topeka)

**Web:** www.homeinstead.com/584

Home Instead Senior Care is a State Licensed Class B Home Health Agency and the world's trusted non-medical provider of Alzheimer's and dementia care, cooking, cleaning, shopping/errands & personal care. Our CAREGivers encourage, assist & stimulate clients in daily activities that improve quality of life to help them maintain their independence. We have begun the CARE initiative (Changing Aging thru Research & Education). We provide classroom-style Alzheimer's training for our CAREGivers and host Alzheimer's Family caregiver workshops for the community. We do pre-employment drug screens and regular quality assurance visits.

**HOME HEALTH****MIDLAND  
CARE****Midland Care  
Connection**200 SW Frazier Circle  
Topeka, KS 66606**Phone:** 800-491-3691**Web:** www.midlandcare.org

At Midland Care, our specially-trained home health team works with your current doctors to provide the best post-acute care you will need. Your team provides care, focused on recovery and independence in the comfort of your own home. Our goal is to listen carefully to create a plan focused on your lifestyle and what you want to do to achieve those goals. The sooner you call, the sooner we can help.

**HOSPICE****MIDLAND  
CARE****Midland Care  
Connection**200 SW Frazier Circle  
Topeka, KS 66606**Phone:** 800-491-3691**Web:** www.midlandcare.org

Hospice care is a supportive health care option, meeting end-of-life needs, for those who are facing a life-limiting illness focusing on quality of life. Care takes place in your own home, long-term care facility, assisted living environment, or The House at Midland Care, our inpatient hospice house. If you are interested in learning more, contact Midland Care. You do not have to wait for a doctor's referral to call us to find out more information. The sooner you call, the sooner we can help.

**HOME HEALTH AND  
HOSPICE AGENCY****Interim  
HEALTHCARE INC.****Interim Healthcare**1251 SW Arrowhead Rd., Suite 103  
Topeka, KS 66604-4061**Phone:** 785-272-1616**Email:** jharrison@interimhealthcare.com**Web:**

www.interimhealthcare.com/topeka

**Contacts:** Jill Harrison, Owner

Tina Downey, LMSW, Vice President

Interim HealthCare is a family owned Home Health and Hospice Agency, in business for over 40 years. We have locations in Topeka, Manhattan and Lawrence. Our services include Private Duty Care, Home Health, Hospice and Staffing. "We Care, We're There" 24 hours a day, 7 days a week.

**INDEPENDENT LIVING  
RETIREMENT COMMUNITY****Arbor Court Retirement  
Community at Alvamar**1510 St Andrews Drive  
Lawrence, KS 66047**Phone:** 785-841-6845**Emails:**

tracy.harmon@healthmarkgroup.com

susan.cook@healthmarkgroup.com

**Web:** arborcourt-lawrence.com**Contacts:** Tracy Harmon, Susan Cook

Arbor Court Retirement Community is a beautiful community for seniors over the age of 55. Spacious, private apartments with full kitchens include housekeeping, flat linen laundry service, most utilities, breakfast and lunch, activities galore and many other amenities for easy, carefree living. Please contact us today to schedule lunch and a tour.

**HOME HEALTH, HOSPICE,  
HELP AT HOME, REHABILITATION****VISITING NURSES****Douglas County Visiting  
Nurses Association***All your home care needs  
under one roof*200 Maine Street, Suite C  
Lawrence, KS 66044**Phone:** 785-843-3738**Web:** KansasVNA.org

For more than 50 years, VNA has provided highly skilled, caring professionals who provide Home Health, Hospice and Help at Home Services in Douglas County and the surrounding areas. As Douglas County's first not-for-profit Home Health agency, VNA is here to serve our community, regardless of their ability to pay.

Our licensed and bonded Home Health, Hospice and Help at Home team is available 24 hours a day, 7 days a week.

**IN-HOME CARE****Home  
Instead.***To us, it's personal***Phone:** 785-856-8181 (Lawrence)

785-272-6101 (Topeka)

**Web:** www.homeinstead.com/584

Home Instead Senior Care is a State Licensed Class B Home Health Agency and the world's trusted non-medical provider of Alzheimer's and dementia care, cooking, cleaning, shopping/errands & personal care. Our CAREGivers encourage, assist & stimulate clients in daily activities that improve quality of life to help them maintain their independence. We have begun the CARE initiative (Changing Aging thru Research & Education). We provide classroom-style Alzheimer's training for our CAREGivers and host Alzheimer's Family caregiver workshops for the community. We do pre-employment drug screens and regular quality assurance visits.

**HOME PLUS, ADULT DAY CARE****Prairie Wind  
Senior Living**5227 SE 77th St.  
Berryton, KS 66409**Phone:** 785-862-5318**Email:** prairiewindhome@gmail.com**Contacts:** Brooke Fischer, Nancy Benney

Prairie Wind is Home. A private 5-bed home, family owned and operated. Our family, with more than 60 years experience in elder care, is there to provide all the assistance needed to keep you or your loved one as independent and secure as possible. We also provide Adult Day Care around the clock. If you need a safe place for your loved one while you work, sleep or take time to care for your own needs, we can help. Let our family care for yours.

**INSURANCE****OSLADIL  
INSURANCE SERVICE**  
Annuities • Life • Health • Medicare Ins • Long Term Care  
**Bruce and John Osladil****Osladil Insurance  
Service**411 1/2 S. Main St.  
Ottawa, KS 66067**Phone:** 785-242-6955**Email:** bruceins@weblink2000.net**Contacts:** Bruce, John and Shirley Osladil

Medicare Supplements. Prescription Drug Plans. Short Term Medical. Life insurance for all ages. Affordable life insurance for grandchildren—small premium for two years, paid up to age 25. Long Term Care. Call 785-242-6955.

**INSURANCE**
**Stephens Chapin  
Insurance**

2711 West 6th St. #A  
Lawrence, KS 66049

**Phone:** 785-841-9538  
**Email:** customerservice@stephens-ins.com  
**Web:** www.sciagency.com  
**Contact:** Chris Chapin

Choosing a Medicare health plan can be very confusing. We can simplify the process. Our office has years of experience assisting people new to Medicare and those interested in changing their current coverage. Let our licensed agents help you select the plan you want. We provide this service at no charge.

**LONG-TERM CARE ADVOCACY**
**Kansas Advocates for  
Better Care**

536 Fireside Ct., Suite B  
Lawrence, KS 66049

**Phone:** 785-842-3088  
**Email:** info@kabc.org  
**Web:** www.kabc.org  
**Contacts:** Dan Goodman,  
Devon Plumberg, Lenette Hamm

Kansas Advocates for Better Care provides guidance and information about quality elder care at home and in all Kansas adult care facilities. We offer several publications at no cost including facility inspection reports. KABC works to improve elder care through support and education with aging Kansans and their caregivers and through advocacy work with public policy maker. We provide training to prevent elder abuse and exploitation and to improve quality of care. No cost. Just help when you need it. Visit our website or call for more info.

**MEAL SERVICES**
**Meals on Wheels of  
Eastern Kansas**

2134 SW Westport Dr.  
Topeka, KS 66614

**Phone:** 785-430-2186  
**Web:** www.mowks.org

Meals on Wheels of Eastern Kansas serves homebound seniors in Shawnee, Jefferson and Douglas counties. Clients can enjoy nutritious meals delivered Monday – Friday. Utilizing Meals on Wheels helps seniors remain in their home independently while receiving a daily safety check at the time of meal delivery.

**MEDICAL EQUIPMENT**
**Apollo Medical  
Services - Lawrence**

1410 Kasold Dr. Ste. 4  
Lawrence, KS 66049

**Phone:** 785-856-0226  
**Email:** logangieffer@gmail.com  
**Web:** www.apollodme.com  
**Contacts:** James Peterson, Logan Gieffer

We are a Kansas family-owned company that provides home medical equipment through both insurance and cash purchases. CPAP, BiPAP, PAP supplies, wheelchairs, walkers, lift chairs, and other home equipment. We do home deliveries as well!

**MEDICAL EQUIPMENT**
**Criticare Home Health  
Services, Inc.**

1006 W. 6th St.  
Lawrence, KS 66044

**Phone:** 785-749-4878 or 1-800-527-9596  
**Email:** Criticare@criticarehhs.com  
**Contacts:** Lori Heasty, Owner,  
Scott Moore, General Manager,  
Tanya Ward, Office Manager

Criticare is a locally owned Company that has been providing high quality home medical equipment, supplies and services in Douglas County and surrounding counties for over 30 years. Criticare specializes in respiratory equipment such as oxygen concentrators, sleep apnea equipment and supplies, and nebulizers. Criticare has two licensed Respiratory Therapists on staff. Also, Criticare provides manual wheelchairs, walkers, canes, hospital beds, bath aids, daily living aids, compression garments, mastectomy prosthetics and bras and much more.

**MEMORY CARE**
**Bridge Haven Village  
Eltern's House**

1701 Research Park Drive  
Lawrence, KS 66047

**Phone:** 785-371-1106  
**Email:** srandolph@mybridgehaven.com  
**Web:** www.mybridgehaven.com  
**Contact:** Sarah Randolph

One of four small memory care homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Flat fee. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

**MEMORY CARE**
**Bridge Haven Village  
Madel's House**

1701 Research Park Drive  
Lawrence, KS 66047

**Phone:** 785-371-1106  
**Email:** srandolph@mybridgehaven.com  
**Web:** www.mybridgehaven.com  
**Contact:** Sarah Randolph

One of four small memory care homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Flat fee. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

**MEMORY CARE**
**Bridge Haven Village  
Oma's House**

1701 Research Park Drive  
Lawrence, KS 66047

**Phone:** 785-371-1106  
**Email:** srandolph@mybridgehaven.com  
**Web:** www.mybridgehaven.com  
**Contact:** Sarah Randolph

One of four small memory care homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Flat fee. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

## MEMORY CARE


**Bridge Haven Village  
Opa's House**

1701 Research Park Drive  
Lawrence, KS 66047

**Phone:** 785-371-1106  
**Email:** srandolph@mybridgehaven.com  
**Web:** www.mybridgehaven.com  
**Contact:** Sarah Randolph

One of four small memory care homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Flat fee. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

## PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY


**Midland Care  
Connection**

2134 SW Westport Drive  
Topeka, KS 66614

**Phone:** 800-491-3691  
**Web:** www.midlandcare.org

Midland Care's Program of All-Inclusive Care for the Elderly (PACE) is a health care program that helps people at risk for needing a nursing home stay in their own homes and communities. Participating in PACE simplifies access to health care. Services include home support, nutrition services, medical supplies, medical transportation, doctors appointments, and socialization opportunities.

## REAL ESTATE


**Topeka's Senior's Real  
Estate Specialist**

2222 SW 29th St.  
Topeka, KS 66611

**Phone:** 785-640-2685, 785-633-2588  
**Email:** Carol@CarolRealtor.com  
**Web:** CarolRealtor.com  
**Contacts:** Carol Ronnebaum, Tracy Ronnebaum

Thinking of a move? A later-in-life move can be overwhelming, creating many questions. A Senior's Real Estate Specialist understands issues that you and your family are facing. From eliminating household items to selling your home, seniors deal with problems not found with traditional home sales. A specialized professional will listen to your needs and provide the resources that you need for a more positive home selling experience.

## RETIREMENT COMMUNITY



LIFE PLAN COMMUNITY

**Aldersgate Village**

7220 SW Asbury Dr.  
Topeka, KS 66614

**Phone:** 785-478-9440  
**Email:** rrolley@aldersgatevillage.org  
**Web:** www.aldersgatevillage.org  
**Contact:** Renessa Lolley

Perhaps you or a loved one have reached the point in life when you're looking for a new place to call home, a community that allows you all the time you desire to spend with family, friends, hobbies, and activities. Aldersgate Village meets that need in a secure environment, offering a wealth of services to make your life easier. Independent Living, Assisted Living, Home Plus, Memory Care, Skilled Nursing and Rehabilitation.

## RETIREMENT COMMUNITY

**BRANDON WOODS  
AT ALVAMAR**


1501 Inverness Drive  
Lawrence, KS 66047

**Phone:** (785) 838-8000  
**Email:** TMetcalf@5ssl.com  
**Web:** fivestarseniorliving.com  
**Contacts:** Taira Metcalf, Donna Bell, Tara Moore

Brandon Woods is a continuing care retirement community offering Independent Townhomes, Independent Living Apartments, Assisted Living Apartments, and Memory Care Studios. Please call Taira Metcalf at (785) 838-8000 if you would like to learn more about Brandon Woods at Alvamar.

## RETIREMENT COMMUNITY



**Prairie Commons**  
5121 Congressional Circle  
Lawrence, KS 66049

**Phone:** 785-504-1551  
**Email:** prairiecommons01@gmail.com  
**Web:** liveatprairiecommons.com  
**Contact:** Ai L. Hunter

Affordable living for independent seniors age 55+. Prairie Commons features one and two bedroom apartments nestled in a park-like setting but still close to a variety of retail shops and restaurants. We offer a cozy clubhouse with our own library and fitness room. Call us today to set an appointment for a tour. We would love to help you find your new home.

## SENIOR APARTMENTS



**Cedar Square  
Apartments**  
1550 S. Cedar St.  
Ottawa, KS 66067

**Phone:** 785-242-8110  
**Email:** 0074@nationalchurchresidences.org  
**Contact:** Denise M. Collins

National Church Residences Cedar Square is an affordable independent senior living community for all ages 62+ located in Ottawa, Kansas. We provide residents all the amenities for a peaceful and comfortable living environment at a rate they can afford. Our spacious apartment homes and location gives our residents' families peace of mind by knowing their loved ones are able to live and enjoy a high quality of life. Give us a call today!

## SENIOR MAGAZINE

**Senior Monthly**

**Kaw Valley  
Senior Monthly**

9703 Hayes St.  
Overland Park, KS 66212

**Phone:** 785-841-9417  
**Email:** kevin@seniormonthly.net  
**Web:** www.seniormonthly.net  
**Contact:** Kevin Groenhagen

Kaw Valley Senior Monthly covers news and issues of interest to active individuals who are "50 and better." Each issue offers columns on personal finance, health and fitness, and other senior issues. Other features include puzzles, cooking, humor and a calendar of events. Advertisers in *Senior Monthly* can reach readers in both the Lawrence and Topeka markets for rates that are comparable to those found at community newspapers with much smaller circulation numbers.



# IMPORTANT PHONE NUMBERS



## ABUSE & NEGLECT PREVENTION & INTERVENTION

Adult Care Complaint Program .....	800-842-0078
Adult Protective Services .....	800-922-5330
Center For Safety And Empowerment .....	888-822-2983
Kansas Advocates for Better Care....	785-842-3088
Kansas Attorney General .....	800-432-2310
Kansas Crisis Hotline .....	888-363-2287
Kansas Department for Aging and Disability Services .....	800-842-0078
Kansas Elder Law Hotline .....	888-353-5337
KS Dept. of Health and Environment .....	785-842-4600
OR .....	800-842-0078
Kansas Legal Services .....	888-353-5337
Kansas Long-Term Care Ombudsman .....	877-662-8362
Kansas Protection Report Center .....	800-922-5330

## ADULT DAY PROGRAMS

Baldwin Health Care .....	785-594-6492
Brewster Place Retirement Comm....	785-274-3314
Brookdale Topeka .....	785-271-5100
Hickory Pointe Care & Rehabilitation .....	785-863-2108
Kelly House of Meriden North.....	785-484-0100
Legend Healthcare .....	913-369-8705
Midland Care (Lawrence) .....	785-842-3627
Midland Care (Topeka) .....	785-232-2044
Prairie Wind Home Pro .....	785-862-5318
Tanglewood Nursing & Rehabilitation .....	785-217-1523
Wellsville Retirement Community ....	785-883-4101
The Windsor of Lawrence.....	785-832-9900

## ADVOCACY

AARP Kansas .....	866-448-3619
Aging and Disability Resources Center .....	800-432-3535
Alzheimer's Association.....	800-272-3900
Centro Hispano Resource Center .....	785-843-2039
Eldercare Locator .....	800-677-1116
HealthWise Clinic.....	785-354-6787
Independence, Inc.....	785-841-0333
Jayhawk Area Agency on Aging .....	800-798-1366
Kansas Advocates for Better Care....	785-842-3088
OR .....	800-525-1782
KS Dept. for Aging & Disability Services .....	800-432-3535
Kansas Foundation for Medical Care..	800-432-0770
Kansas Health Consumer Coalition .....	785-232-9997
Kansas Health Care Association .....	785-267-6003
Lawrence-DG Co. Health Department Project LIVELY .....	785-843-3060
Senior Resource Center for Do. Co... ..	785-842-0543

## ALZHEIMER'S/DEMENTIA SUPPORT

Alzheimer's Helpline.....	800-272-3900
Brookdale Topeka .....	785-271-5100
Douglas County Visiting Nurses.....	785-843-3738
Home Instead, Lawrence.....	785-856-8181
Home Instead, Topeka.....	785-272-6101
Hope Senior Living.....	785-749-4727
Interim Healthcare, Inc.....	785-272-1616
Jayhawk Area Agency on Aging .....	785-235-1367

Life Care Center of Burlington.....	620-364-2117
Senior Resource Center for Do. Co... ..	785-842-0543

## ASSISTED LIVING

Aldersgate Village .....	785-478-9440
Atria Hearthstone Assisted Living....	785-234-6806
Brandon Woods at Alvamar .....	785-838-8000
Brewster Place Assisted Living.....	785-274-3314
Bridge Haven Village Eltern's House... ..	785-371-1106
Bridge Haven Village Madel's House... ..	785-371-1106
Bridge Haven Village Oma's House... ..	785-371-1106
Bridge Haven Village Opa's House....	785-371-1106
Brookdale Topeka .....	785-271-5100
Country Place Senior Living .....	913-662-7330
Countryside Health Center .....	785-234-6147
Hillside Village of De Soto.....	913-583-1266
Homestead Assisted Living .....	785-272-2200
Homestead of Auburn .....	785-256-7100
Kelly House I.....	785-234-8888
Lawrence Presbyterian Manor .....	785-841-4262
Legend at Capital Ridge .....	785-272-9400
Lexington Park Assisted Living.....	785-233-7511
Meriden Adult Services Plus .....	785-484-2380
McCrite Plaza Topeka.....	785-267-2960
Midland Care at Linnwood Park.....	785-945-3634
Monterey Village .....	785-227-9101
Morningstar Care Homes of Baldwin City .....	785-594-2603
MorningstarCare Homes of Ottawa... ..	785-242-1809
Neuvant House of Lawrence.....	785-856-7900
Oak Creek Senior Living.....	785-272-2601
Pioneer Ridge Assisted Living .....	785-749-4200
Rolling Hills Health Center .....	785-273-2202
Topeka Presbyterian Manor .....	785-272-6510
Vintage Park at Baldwin City .....	785-594-4255
Vintage Park at Gardner .....	913-856-7643
Vintage Park at Ottawa.....	785-242-3715
Vintage Park at Tonganoxie.....	913-845-2204
Wellsville Retirement Community ....	785-883-4101
The Windsor of Lawrence.....	785-832-9900

## ASSISTIVE TECHNOLOGY

American Care Equipment.....	913-383-3456
Apria Health Care.....	785-272-7191
Assistive Technology for Kansans....	800-526-3648
Audio-Reader.....	800-772-8898
Banner Mobility .....	785-235-3070
Criticare Home Health Services .....	800-527-9596
East Central Kansas AAA .....	785-242-7200
Hanger Orthopedic Group, Inc.....	785-232-5382
Helen Keller National Center .....	913-677-4562
Home Elevator Company .....	316-721-2225
Independence, Inc.....	888-824-7277
Jayhawk Area Agency on Aging .....	800-798-1366
Kansas Chapter of the Arthritis Foundation .....	785-272-8461
Kansas Commission for the Deaf and Hard of Hearing.....	800-432-0698
Kansas Equipment Exchange .....	866-666-1470

Kansas Telecommunications Access Program .....	785-234-0200
Library Outreach Services.....	785-580-4545
Lincare Inc .....	785-354-1000
Medical Arts Pharmacy.....	785-843-4160
OCCK, Inc. ....	785-827-9383
Resource Center for Independent Living .....	785-528-3105
Starr Medical Supply, Inc. ....	785-456-7827
Talking Books .....	785-580-4530
Topeka Independent Living Resource Center, Inc. ....	785-233-4572

## CAREGIVER ASSISTANCE

Caregivers Home Health .....	785-354-0767
Caregiver Support Services .....	785-842-0543
Douglas County Visiting Nurses.....	785-843-3738
Home Instead (Lawrence).....	785-856-8181
Home Instead (Topeka).....	785-272-6101
Jayhawk Area Agency on Aging .....	800-798-1366
Midland Care (Lawrence) .....	785-842-3627
Midland Care (Topeka) .....	785-232-2044
Trinity In-Home Care .....	785-842-3159

## CASE MANAGEMENT

East Central Kansas AAA .....	785-242-7200
OR .....	800-633-5621
Jayhawk Area Agency on Aging .....	800-798-1366
Jefferson County Health Department ..	785-863-2447
Johnson Co. Area Agency on Aging..	913-894-8811
Leavenworth Council on Aging.....	913-684-0777
Mason's Memory, LLC .....	785-242-8882
Project LIVELY.....	785-843-0721
Shawnee County Health Agency Project Access .....	785-291-2490
TARC .....	785-232-0571 ext. 311
Wyandotte/Leavenworth AAA.....	913-573-8531

## COMPUTER TRAINING

Computer Learning Center, Independence, Inc. ....	785-841-0333
Lawrence Workforce Center.....	785-840-9675
Topeka-Shawnee County Public Library..	785-580-4400
Topeka Workforce Center .....	785-235-5627
Washburn Tech .....	785-273-7140

## CONSUMER INFORMATION/ADVOCACY

Attorney General's Consumer Hotline..	800-432-2310
Better Business Bureau.....	703-276-0100
Insurance Commissioner's Hotline... ..	800-432-2484
Kansas Advocates for Better Care....	800-525-1782
Kansas Legal Services .....	888-353-5337
Kansas Insurance Consumer Hotline .....	800-432-2484
Kansas Senior Medicare Patrol .....	800-432-3535
National Fraud Information Line.....	800-876-7060

## COUNSELING

Bert Nash Community Mental Health Center .....	785-843-9192
Catholic Social Services .....	785-841-0307



# IMPORTANT PHONE NUMBERS



■ CONTINUED FROM PAGE SIX

Consumer Credit Counseling Service.....	
.....	785-749-4224
DCCCA (Drug/Alcohol Problems) .....	785-841-4138
Headquarters (24-hour hotline).....	785-841-2345
KU Psychological Clinic .....	785-864-4121
Life Connections, Inc. ....	785-213-2342

## CRISIS & DISASTER SERVICES

American Red Cross (fire, disaster, crime victim relief) .....	785-843-3550
Headquarters (24-hour hotline).....	785-841-2345
Emergency Service Council (Rent and Utility Assistance) Apply at any of the following agencies:	
Ballard Community Center .....	785-842-0729
Senior Resource Center for Do. Co. ...	785-842-0543
E.C.K.A.N .....	785-841-3357
Salvation Army .....	785-843-4188

## DENTAL SERVICES

Douglas County Dental Clinic.....	785-312-7770
Health Care Access .....	785-841-5760
Johnson County Community College Dental Hygiene Program .....	913-469-3808, ext. 1
Marian Dental Clinic .....	785-233-2800
Peterson Krische Van Horn DDS .....	785-842-0705

## DISABILITY SERVICES

Assisted Technology for Kansans.....	785-841-1067
Audio-Reader.....	800-772-8898
Cottonwood.....	785-842-0550
Independence, Inc.....	785-841-0333
Jayhawk Area Agency on Aging .....	785-235-1367
Kansas Commission on Disability Concerns...	785-296-1722
Kansas Commission for the Deaf & Hard of Hearing .....	800-432-0698
KU Speech, Language and Hearing Clinic .....	785-864-4690
Make-A-Difference Information Network.....	800-332-6262
Monte Mace Disability.....	785-331-6452
Resource Center for Independent Living.....	785-267-1717
Topeka-Shawnee County Public Library Red Carpet Room.....	785-580-4545
T.T.Y. for Independence, Inc.....	785-841-1046
T.T.Y. for KU Speech, Language and Hearing Clinic.....	785-864-5094
Talking Books (Topeka Public Library) .....	800-432-2925

## DRIVING

AARP 55 Alive Safe Driving Course...	785-354-5225
AARP Smart Driver Course.....	785-842-0543
Driver's License/ID Card (Topeka) ...	785-266-7380

## EDUCATION

Adult Learning Center .....	785-832-5960
Centro Hispano Resource Center .....	785-843-2039
Computer Learning Center, Independence, Inc. ....	785-841-0333
K-State Research & Extension .....	785-843-7058

KU Continuing Education.....	785-864-4790
Lawrence Adult Learning Center .....	785-832-5960
Lawrence Parks & Recreation .....	785-832-7920
Let's Help .....	785-234-6208
Osher Lifelong Learning Institute .....	913-897-8530
Senior Resource Center for Do. Co. ...	785-842-0543
Stormont Vail HealthWise .....	785-354-6787

## EMERGENCY ALERT DEVICES

ComForCare Senior Services .....	913-906-9880
Douglas County Visiting Nurses.....	785-843-3738
Helping Solution, LLC .....	913-213-3202
Metro Security Watch.....	888-785-0625

## EMPLOYMENT ASSISTANCE

Foster Grandparents .....	785-296-5474
Lawrence Workforce Center .....	785-840-9675
Older Kansans Employ. Program .....	785-234-6208
Senior Companion Program ..	785-232-7765, ext. 215
Topeka Rescue Mission.....	785-354-1744
Topeka Workforce Center .....	785-235-5627
Washburn University Career Services...	785-670-1450

## FINANCIAL ASSISTANCE

Housing and Credit Counseling, Inc. ....	785-749-4224
Kansas Legal Services .....	785-354-8531
Kansas Veterans Commission .....	785-843-5233
Low Income Energy Assistance Program .....	785-296-2649
Social Security.....	866-698-2561
Tax Counseling for Elderly (Feb.1-Apr.15) .....	785-842-0543

## FITNESS & RECREATION

Baldwin City Recreation.....	785-594-3670
Lawrence Parks & Recreation .....	785-832-7920
McLouth Recreation Commission .....	913-796-6473
Ottawa Recreation Commission .....	785-242-1939
Shawnee County Parks & Recreation... ..	785-267-1156
Topeka Parks & Recreation .....	785-368-3798
YMCA (Bonner Springs).....	913-422-9348
YMCA (Topeka).....	785-354-8591
YWCA (Topeka).....	785-233-1750

## FOOD ASSISTANCE

Antioch Family Life Center .....	785-232-1937
Ballard Community Center .....	785-842-0729
CHAMPSS Meal Programs .....	785-235-1367
E.C.K.A.N., 1600 Haskell, 204 .....	785-841-3357
El Shaddai .....	785-232-5754
Fellowship and Faith .....	785-354-7262
Harvester's Community Food Network..	816-929-3220
ICARE, Inc. ....	785-267-5910
Joyful Harvest Church.....	785-354-8154
Jubilee Cafe.....	785-841-7500
Just Food.....	785-856-7030
Lawrence Interdominational Nutrition Kitchen .....	785-830-8844
Let's Help, Inc. ....	785-234-6208
Meals on Wheels (Lawrence) .....	785-830-8844
Meals on Wheels (Shawnee and Jefferson	

counties).....	785-295-3980
Salvation Army (Lawrence) .....	785-843-4188
Salvation Army (Topeka).....	785-233-9648
Senior Resource Center for Do. Co. ...	785-842-0543

## GOVERNMENT OFFICES

Kansas Attorney General.....	800-432-2310
KS Dept. for Aging & Disability Services..	800-432-3535
Kansas Governor .....	785-296-3232
Kansas Insurance Department .....	800-432-2484
Kansas Secretary of State .....	785-296-4564
Kansas State Treasurer .....	785-296-3171

## GRIEF AND LOSS SUPPORT

Midland Care (Lawrence) .....	785-842-3627
Midland Care (Topeka) .....	785-232-2044
Rumsey-Yost Funeral Home and Crematory .....	785-843-5111
Warren McElwain Mortuary .....	785-843-1120

## HEALTH

AdventHealth Ottawa.....	785-229-8200
American Red Cross .....	785-843-3550
Douglas County Health Dept .....	785-843-0721
Health Care Access.....	785-841-5760
HealthWise - Stormont Vail Health... ..	785-354-6787
Kansas Rehabilitation Hospital.....	785-235-6600
KU Health System St. Francis Campus... ..	785-295-8000
LMH Health.....	785-505-5000

## HEARING RESOURCES

Associated Audiologists .....	785-843-8479
International Hearing Society.....	800-521-5247
Kansas Commission for the Deaf and Hard of Hearing .....	800-432-0698
Lawrence Otolaryngology Associates..	785-841-1107
National Institute on Deafness .....	800-241-1044

## HOME CARE

A Helping Hand Home Health.....	785-856-0192
Advantaged Home Care, Inc. ....	785-267-4433
Advocare.....	785-456-8910
Angels at Home Care .....	785-271-4376
Caregivers Home Care.....	785-273-2829
Douglas County Visiting Nurses.....	785-843-3738
East Central Kansas AAA .....	785-242-7200
Graceful Home Healthcare.....	785-424-2785
Grace Home Care .....	785-286-2273
Home Instead (Lawrence).....	785-856-8181
Home Instead (Topeka).....	785-272-6101
Interim Healthcare, Inc.....	785-272-1616
Keep Living at Home, LLC.....	785-592-1848
Mason's Memory LLC.....	785-242-8882
McCrite Plaza Topeka.....	785-267-2960
Midland Care .....	800-491-3691
Midland Care (Topeka) .....	785-232-2044
Resource Center for Independent Living .....	785-242-1805
Topeka Independent Living Resource Center, Inc. ....	785-233-4572

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# IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE SEVEN

Trinity In-Home Care .....	785-842-3159
Visiting Angels.....	785-284-5500
Windsor Place At-Home Care .....	785-843-4800

## HOME MODIFICATION & REPAIR

Bath Innovations Walk-in Bathtubs ..	913-912-1750
E.C.K.A.N. (Weatherization).....	785-841-3357
Independence, Inc. ....	785-841-0333

## HOME PLUS

Aldersgate Village .....	785-286-7490
Bridge Haven Village Eltern's House..	785-371-1106
Bridge Haven Village Madel's House..	785-371-1106
Bridge Haven Village Oma's House..	785-371-1106
Bridge Haven Village Opa's House....	785-371-1106
Hillsdale Place .....	785-383-7094
Hope Senior Living.....	785-749-4727
Linnwood Park Home Plus (Meriden) ..	785-224-8023
Morningstar Care Homes of Baldwin City ..	785-594-2603
Morningstar Care Homes of Ottawa ..	785-242-1809
Prairie Wind Home Pro .....	785-862-5318
Tammy the Home Pro Plus .....	785-383-7094

## HOSPICE

Avalon Hospice .....	785-246-6520
Douglas County Visiting Nurses.....	785-843-3738
Elara Caring .....	800-396-7778
Heartland Hospice Care .....	785-271-6500
Interim Healthcare, Inc.....	785-272-1616
Jefferson County Health Department..	785-863-2447
Kansas Palliative & Hospice Care ....	913-353-6525
Midland Care (Lawrence) .....	785-842-3627
Midland Care (Ottawa).....	785-242-0002
Midland Care (Topeka) .....	785-232-2044
Prairie Wind Hospice.....	785-202-8900
PRN Home Health and Hospice.....	785-456-7764

## HOTLINES

Crime Stoppers (Lawrence) .....	785-843-8477
Crime Stoppers (Topeka).....	785-234-0007
Headquarters (24-hr hotline for personal crises)	785-841-2345
Insurance Department .....	800-432-2484
Kansas Senior Medicare Patrol .....	800-432-3535
KDOA Nursing Facility Complaint Hotline	800-842-0078, 785-296-0133 (Topeka)
Kansas Legal Services .....	888-353-5337
Kansas Protection Report Center ....	800-922-5330
National Eldercare Locator .....	800-677-1116
Public Assistance Fraud Hotline .....	800-432-3913
Willow Domestic Violence Center .....	785-843-3333

## HOUSING

Advena Living.....	913-441-2515
Aldersgate Village .....	785-478-9440
Arbor Court at Alvamar .....	785-841-6845
Arbor Court of Topeka .....	785-273-6847
Atria Hearthstone .....	785-234-6225
Babcock Place .....	785-842-8358
Bethel Estates of Gardner .....	913-856-4107

Bethel Estates of Lawrence .....	785-424-7819
Branchwood Village.....	785-838-3317
Brandon Woods At Alvamar .....	785-838-8000
Brewster Place .....	785-274-3314
Bridge Haven Village Eltern's House..	785-371-1106
Bridge Haven Village Madel's House..	785-371-1106
Bridge Haven Village Oma's House..	785-371-1106
Bridge Haven Village Opa's House....	785-371-1106
Brittany Court Apartments.....	913-562-6133
Cedar Lake Village .....	913-780-9916
Cedar Square .....	785-242-8110
Cedarwood Senior Cottages .....	785-842-5494
Century Plaza .....	785-267-0960
Clinton Place .....	785-841-1000
Community Village Lawrence.....	785-505-0187
Country Place Senior Living.....	913-662-7330
Credo Senior Living .....	913-662-7330
Edgewood Homes .....	785-842-8110
First Apartments .....	785-272-6700
Gold Leaf Senior Living .....	785-842-5494
Hillside Village of De Soto.....	913-583-1266
Hope Senior Living.....	785-749-4727
Jefferson Villas Apartments .....	785-357-6227
Knightsbridge Manor Apartments....	785-233-0870
La Colonia .....	785-354-4225
Landmark Plaza.....	785-233-5769
Lawrence Community Housing Trust....	785-842-5494
Lawrence Housing Authority Section 8 Housing	785-842-8490
Legacy Senior Apartments .....	913-728-2049
Legend at Capital Ridge .....	785-272-9400
Lexington Park .....	785-440-0500
Luther Place .....	785-273-2944
Madison Street Senior Apartments ....	785-234-3386
Maple Ridge Senior Living Comm ....	913-667-3380
Martin Creek Place .....	785-273-2944
McCrite Plaza Topeka.....	785-267-2960
Meadowlark Estates .....	785-842-2400
Medicalodges of Eudora .....	785-542-2176
Medicalodges of Gardner.....	913-856-6520
Mission Towers .....	785-233-5656
Monterey Village .....	785-227-9101
Morningstar Care Homes of Baldwin City ..	785-594-2603
Morningstar Care Homes of Ottawa ..	785-242-1809
Nettleton Manor Apartments .....	913-422-7671
Neuvant House of Lawrence.....	785-856-7900
Orchard Lane Leisure Living .....	785-594-6996
Pebblebrooke Villas.....	913-724-2103
Peterson Acres .....	785-842-8358
Pinecrest Apartments .....	785-542-1020
Pioneer Curtis Homes .....	785-232-8715
Pioneer Ridge Independent Living....	785-749-6785
Pioneer Ridge Retirement Community....	785-749-2000
Plaza West Apartments .....	785-272-5660
Plaza West Care Center .....	785-271-6700
Prairie Ridge Place.....	785-841-8660
Prairie Commons .....	785-843-1700

Prairie Wind Senior Living.....	785-862-5318
Presbyterian Manor, Lawrence .....	785-841-4262
Presbyterian Manor, Topeka .....	785-272-6510
Rock Creek of Ottawa.....	785-242-5399
Rolling Hills Retirement Community	785-273-2202
Rose Hill Place.....	785-228-3666
Shawnee Management.....	785-783-2546
Shorey Villas.....	785-233-6269
Signal Ridge Villas.....	785-594-3794
Spring Hill Villas .....	913-592-5550
Sunflower Plaza.....	785-242-6655
Tanglewood Nursing & Rehabilitation ..	785-217-1523
Thornton Place .....	785-228-0555
Tyler Towers.....	785-357-8842
Valley Springs Homes .....	913-585-9998
Valley Springs Senior Apartments ....	785-220-7320
Villa West .....	785-273-5253
Vintage Park at Baldwin City .....	785-594-4255
Vintage Park at Gardner .....	913-856-7643
Vintage Park at Ottawa.....	785-242-3715
Vintage Park at Tonganoxie.....	913-845-2204
Vermont Towers .....	785-841-6026
Walnut Plaza .....	785-883-4044
Wellsville Retirement Community ....	785-883-4101
Wellsville Senior Housing.....	785-883-4018
Wesparke Village Two .....	785-228-3666
Windsor, The .....	785-832-9900
Wyndam Place.....	785-749-4646

## INFORMATION & REFERRAL SERVICES

Alzheimer's Association.....	785-271-1844
Ballard Community Center .....	785-842-0729
Centro Hispano .....	785-843-2039
Community Action .....	785-235-9296
East Central Kansas AAA .....	785-242-7200
El Centro of Topeka .....	785-232-8207
Eldercare Locator .....	800-677-1116
HealthWise - Stormont Vail Health....	785-354-6787
Jayhawk Area Agency on Aging .....	785-235-1367
Kansas Commission of Veterans Affairs .	785-843-5233
KS Dept. for Aging & Disability Services .	800-432-3535
KU Information Center (24 hours)....	785-864-3506
Lawrence Public Library Reference Desk	785-843-1178
Parkinson's Information Service .....	800-457-6676
Senior Resource Center for Do. Co.....	785-842-0543
United Way Information and Referral ..	785-273-4804

## INSURANCE INFORMATION

Don Barkley .....	785-979-0722
Natasha Belcher, UnitedHealthcare..	913-486-1190
Insurance Commissioner's Office ....	800-432-2484
Jayhawk Area Agency on Aging .....	785-235-1367
Jeb Jenkins.....	913-257-2941
Kansas Foundation for Medical Care...	785-273-2552
Kansas Insurance Department .....	800-432-2484
Kansas Medical Assistance Program.....	800-766-9012
Osladil Insurance Service .....	785-242-6955

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# Social Security Administration launches redesigned website at SSA.gov

Starting December 6, 2022, visitors to SSA.gov will experience a fresh homepage and a new design to help them find what they need more easily.

“SSA.gov is visited by over 180 million people per year and it is one of our most important tools for providing efficient and equitable access to service,” said Kilolo Kijakazi, Acting Commissioner of the Social Security Administration. “Whether providing service in person or online, our goal is to help people understand what they may qualify for and seamlessly transition them to an application process.” Improved self-service capability allows people to skip calling or visiting an office, which helps Social Security staff focus on those visitors who need in-person assistance.

Part of ongoing efforts to improve how the public can do business with the agency, the redesign is intended to provide a clear path to the tasks customers need to accomplish. Many of the most visited sections of SSA.gov are now live with a more user-friendly and task-based approach. New pages and improvements based on public feedback will con-

tinue to be unveiled in the coming months.

Visitors to SSA.gov can use interactive tools to:

- **Check eligibility for benefits.** The new benefit eligibility screener is a convenient and simple way for people to learn if they might be eligible for benefits.

- **Save time on Social Security Number (SSN) and card online services.** If a person loses their SSN card, they may not need a replacement. In most cases, simply knowing their SSN is enough. If a person does need a replacement card, they may be able to request it online by visiting [www.ssa.gov/ssnumber](http://www.ssa.gov/ssnumber). Individuals can also start an application for an updated card or request an SSN for the first time. People may never need to visit an office and, if they do need to visit an office to complete the application, they will save a lot of time by starting online.

- **Start an application for Supplemental Security Income (SSI).** People can start the application process online and request an appointment to apply for SSI benefits by answering a few questions at [www.ssa.gov/benefits/ssi/](http://www.ssa.gov/benefits/ssi/).

- **Apply for Social Security benefits and other**

**online services.** For most benefits, people can apply online or start an application online. In many cases, there are no forms to sign. The agency will review the application and reach out with questions or for more information. Visit [www.ssa.gov/onlineservices](http://www.ssa.gov/onlineservices) to apply for retirement, disability, or Medicare.

Many Social Security services do not require the public to take time to visit an office. Using a my Social Security account, a personalized online service, people can start or change direct deposit, or request a replacement SSA-1099. For individuals already receiving Social Security benefits, they can print or download a current Benefit Verification Letter if they need proof of their benefits.

People not yet receiving benefits can use their online account to get a personalized Social Security Statement, which provides their earnings information as well as estimates of their future benefits. The portal also includes a retirement calculator and links to information about other online services. The agency encourages people without a my Social Security account to create one today at [www.ssa.gov/myaccount/](http://www.ssa.gov/myaccount/).

## BARK IRIS GENEALOGY

**The B.I.G. Deal:** A five-generation (yourself, a loved one or a friend, parents, grandparents, great-grandparents, and second great-grandparents) ancestor chart for just \$99. **A great gift idea!**



The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rade-maker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871.

The B.I.G. Deal includes the required research, a PDF version of the five-generation ancestor chart, and a color version of the chart printed on glossy paper stock.

Contact Kevin Groenhagen at [groenhagen@sbcglobal.net](mailto:groenhagen@sbcglobal.net) or 785-841-9417 for more information.

## Kaw Valley Senior Monthly



Have *Kaw Valley Senior Monthly* delivered right to your home. Just **\$9<sup>50</sup>**

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\* Please make out check or money order to "Groenhagen Advertising."



# IMPORTANT PHONE NUMBERS



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Peavler & Associates .....	785-418-7298
Senior Health Insurance Counseling for Kansans (SHICK) .....	785-842-0543
OR .....	800-860-5260
Senior Resource Center for Do. Co. ....	785-842-0543
Social Security (Medicare cards) .....	800-772-1213
Stephens Chapin Insurance .....	785-841-9538
HealthWise - Stormont Vail Health....	785-354-6787

## LEGAL AID

Douglas County Legal Aid Society ....	785-864-5564
East Central Kansas AAA .....	785-242-7200
Kansas Attorney General .....	785-296-2215
Kansas Bar Association.....	800-928-3111
Kansas Legal Services .....	800-723-6953

## LIBRARIES

Baldwin City Library .....	785-594-3411
Basehor Community Library .....	913-724-2828
Bonner Springs City Library .....	913-441-2665
De Soto Public Library .....	913-583-3106
Eudora Public Library .....	785-542-2496
Johnson County Library - Gardner ...	913-826-4600
KU Watson Library .....	785-864-3956
KU Law Library .....	785-864-3025
KU Science Library .....	785-864-4928
Lawrence Public Library .....	785-843-3833
Reference Line .....	785-843-1178
Delivery for the Homebound .....	785-843-3833
McLouth Public Library .....	913-785-796-2225
Meriden Community Library .....	785-484-3393
Oskaloosa Public Library .....	785-863-2475
Ottawa Public Library .....	785-242-3080
Perry Lecompton Community Library ...	785-597-5031
Tonganoxie Public Library .....	913-845-3281
Topeka & Shawnee County Public Library	
Main Switchboard .....	785-580-4400
Senior Services .....	785-580-4545
Ask a Librarian .....	785-580-4555
Wellsville City Library .....	785-883-2870

## MEAL SITES FOR SENIOR CITIZENS

Asbury Mount Olive .....	785-232-6801
Auburn Senior Center.....	785-256-2917
Babcock Place .....	785-842-6976
De Soto Neighborhood Center .....	913-585-1792
CHAMPSS .....	785-235-1367
East Topeka Senior Center .....	785-232-7765
Edgewood Homes .....	785-760-1504
First Apartments .....	785-272-4290
Highland Park Methodist .....	785-266-6555
Lane Community Senior Center .....	785-869-2002
L.I.N.K. ....	785-331-3663
Let's Help, Inc. ....	785-234-6208
LULAC Senior Center .....	785-234-5809
Meals On Wheels (Lawrence).....	785-830-8844
Meals On Wheels (Topeka).....	785-295-3980
Ottawa Senior Center .....	785-242-1533

Papan's Landing Senior Center .....	785-232-1968
Salvation Army .....	785-233-9648
Madison Street Senior Apartments ....	785-234-3386
Senior Meals (Douglas County) .....	785-727-7881
Silver Lake Senior Citizen Center.....	785-582-5371
Sunflower Plaza .....	785-242-2604
Topeka North Outreach .....	785-286-1370
Tyler Towers.....	785-354-5420
Washburn Towers .....	785-242-2604
Wellsville Community Center.....	785-883-4334
YMCA - Southwest .....	785-271-7979

## MEDICAL EQUIPMENT

Apollo Homecare of Kansas .....	785-856-0226
Breathe Oxygen & Medical Supply ...	785-841-2200
Breathe Oxygen & Medical Supply ...	785-272-0445
CPAP Supplies & Services .....	785-289-3188
Criticare .....	785-749-4878
East Central Kansas AAA .....	785-242-7200
Munns Medical Inc.....	785-228-0187

## MEMORY CARE

Arbors at Monterey Village, The.....	785-592-6188
Bridge Haven Village Eltern's House...	785-371-1106
Bridge Haven Village Madel's House...	785-371-1106
Bridge Haven Village Oma's House...	785-371-1106
Bridge Haven Village Opa's House...	785-371-1106
Brookdale Topeka .....	785-271-5100
Credo Senior Living .....	913-662-7330
Legend at Capital Ridge .....	785-272-9400
Morningstar Care Homes of Baldwin City ..	785-594-2603
MorningstarCare Homes of Ottawa ...	785-242-1809
Neuvant House of Lawrence.....	785-856-7900

## MENTAL HEALTH

Bert Nash Community Mental Health Center	
.....	785-843-9192
Christian Psychological Services.....	785-843-2429
Countryside Health Center.....	785-234-6147
Headquarters Crisis Center .....	785-841-2345
Heritage Mental Health Center.....	785-272-5566
Kansas Suicide Preventionation HQ .....	785-841-2345

## NURSING FACILITIES

Aldersgate Village .....	785-478-9440
Baldwin Healthcare & Rehab Center .....	785-594-6492
Brandon Woods.....	785-843-4571
Brewster Health Center.....	785-267-1666
Hillside Village of De Soto .....	913-583-1266
Lawrence Presbyterian Manor .....	785-841-4262
Legend Healthcare .....	913-369-8705
Lexington Park Nursing & Post Acute Care ..	785-440-0500
Life Care Center of Burlington.....	620-364-2117
McCrite Plaza Topeka.....	785-267-2960
Medicalodges Eudora.....	785-542-2176
Medicalodges Gardner .....	913-856-6520
Pioneer Ridge Retirement Community...	785-749-2000
Plaza West Regional Health Center...	785-271-6700
Rock Creek of Ottawa .....	785-242-5399

Rolling Hills Health Center .....	785-273-5001
Tanglewood Nursing & Rehabilitation ...	785-217-1523
Topeka Center for Rehab and Health ....	785-271-6808
Topeka Presbyterian Manor .....	785-272-6510
Woodland Health Center .....	785-233-0544

## NURSING HOME COMPLAINTS

Long-Term Care Ombudsman .....	800-842-0078
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## ORGANIZATIONS

Lawrence Action Civitan Club .....	785-691-8520
Lawrence Bridge Club .....	785-760-4195
Lawrence Partners in Aging .....	785-842-0543
NAACP - Lawrence Chapter .....	785-841-0030
N.A.R.F.E. (Lawrence) .....	785-843-7481
N.A.R.F.E. (Topeka) .....	785-640-7317
O.U.R.S.....	785-842-8034
Topeka Genealogical Society.....	785-233-5762

## PHYSICAL FITNESS/EXERCISE

Baldwin City Recreation.....	785-594-3670
Lawrence Parks & Recreation .....	785-832-7920
McLouth Recreation Commission ...	913-796-6473
Ottawa Recreation Commission .....	785-242-1939
Senior Resource Center for Do. Co. ....	785-727-7873
Shawnee County Parks & Recreation...	785-267-1156
Topeka Parks & Recreation .....	785-368-3798
Topeka Senior Adult Programs .....	785-368-3798
YMCA (Bonner Springs).....	913-422-9348
YMCA (Topeka).....	785-354-8591
YWCA (Topeka).....	785-233-1750

## PRESCRIPTION DRUG ASSISTANCE

Canada Drug.....	785-272-6100
Partnership for Prescription Assistance ..	888-477-2669

## RECREATION/LEISURE ACTIVITIES

Baldwin City Recreation.....	785-594-3670
Eudora Community Center .....	785-542-1725
Kansas Senior Olympics .....	785-368-3798
Lawrence Arts Center.....	785-843-2787
Lawrence Parks & Recreation Dept..	785-832-7930
Senior Resource Center for Do. Co. ....	785-727-7873
Topeka Parks & Recreation .....	785-368-3798

## REHABILITATION

Baldwin Healthcare and Rehab Center...	785-594-6492
Center for Rehabilitation (LMH) .....	785-505-6470
Douglas County Visiting Nurses.....	785-843-3738
Gollier Rehabilitation Center.....	785-229-8343
Hillside Village of De Soto .....	913-583-1266
Kansas Rehabilitation Hospital.....	785-232-8524
Life Care Center of Burlington.....	620-364-2117
LMH Therapy Services .....	785-505-2712
McCrite Plaza Topeka.....	785-267-2960
Meadowbrook Rehabilitation Hospital .....	913-856-8747
Medicalodges Eudora.....	785-542-2176
Medicalodges Gardner .....	913-856-6520
Rehab Center at Brewster Place .....	785-215-3411
Rock Creek of Ottawa .....	785-242-5399

■ CONTINUED ON PAGE 10



# IMPORTANT PHONE NUMBERS



■ CONTINUED FROM PAGE 10

Tanglewood Nursing & Rehabilitation ...	785-217-1523
Topeka Center for Rehab and Health ....	785-271-6808
Topeka Presbyterian Manor .....	785-272-6510

## RESPIRE CARE

A Helping Hand Home Health.....	785-856-0192
Aldersgate Village .....	785-478-9440
Atria Hearthstone .....	785-234-6806
Autumn Home Plus .....	785-232-0730
Baldwin Healthcare and Rehab Center...	785-594-6492
Brandon Woods.....	785-838-8000
Brookdale Topeka .....	785-271-5100
Cascade Health Services.....	785-228-9922
Douglas County Visiting Nurses.....	785-843-3738
Hickory Pointe & Rehabilitation Center..	785-863-2108
Home Instead (Lawrence).....	785-856-8181
Home Instead (Topeka).....	785-272-6101
Jefferson County Memorial Hospital..	913-774-4340
Lawrence Presbyterian Manor .....	785-841-4262
Medicalodges Eudora.....	785-542-2716
Medicalodges Gardner .....	913-856-6520
Midland Care .....	800-491-3691
Midland Care (Topeka) .....	785-232-2044
Rossville Healthcare and Rehab Center .	785-584-6104
Senior Resource Center for Do. Co.....	785-727-7873
Tanglewood Nursing & Rehabilitation ...	785-217-1523
Topeka Community Health Care .....	785-234-0018
Trinity In-Home Care .....	785-842-3159
V.A. Eastern Kansas Healthcare System ..	785-350-3111
Visiting Angels.....	785-284-5500
Wellsville Retirement Community ....	785-883-4101
The Windsor of Lawrence.....	785-832-9900
Windsor Place At-Home Care .....	785-843-4800

## SENIOR CENTERS

Bonner Springs Senior Citizens.....	913-441-0169
De Soto Neighborhood Center .....	913-585-1762
East Topeka Senior Center .....	785-232-7765
First Baptist Church .....	785-267-0248
Florence Riford Senior Center .....	913-845-2787
Gardner Senior Citizen Comm. Center....	913-856-0936
LULAC Senior Center .....	785-234-5809
Papan's Landing Senior Center .....	785-232-7968
Senior Resource Center for Do. Co... ..	785-842-0543
Rossville Senior Center .....	785-584-6364
Senior Citizens Center, Oskaloosa ....	785-863-2411
Silver Lake Senior Center.....	785-582-5371

## SOCIAL SECURITY/MEDICARE

Social Security (Lawrence).....	785-843-2254
Social Security (Topeka) .....	785-295-0100
Medicare Hotline .....	800-432-3531
Senior Health Insurance Counseling for Kansas...	785-842-0543
OR .....	800-860-5260

## SUPPORT GROUPS

Alzheimer's Caregiver Group .....	785-842-0543
Alzheimer's Early Stage Patient Support Group	

.....	785-234-2523
Better Breathers Club .....	785-505-5820
Better Breathers Club .....	785-273-3560
Breast Cancer Support Group.....	785-979-8362
Cancer Support Group .....	785-505-2807
Caregiver Support Group.....	785-842-0543
Caregiver Support Group.....	785-580-4662
Caregiver Support Group.....	785-235-1367
Chronic Pain Support Alliance .....	785-218-8848
Dementia Support Group .....	785-218-4083
Diabetes Education Group.....	785-505-3062
Douglas County Visiting Nurses.....	785-843-3738
General Grief Support Group .....	785-430-2194
Grandparent & Caregiver Support Group....	785-286-2329
Grief Support Group .....	785-505-3140
Healing After Loss By Suicide .....	785-478-4947
Individual Bereavement Support .....	785-271-6500
LMH Health Ostomy Support Group ....	785-505-6265
LMH Heart Beats .....	785-505-2850
Lunch After Loss .....	785-271-6500
Midland Care .....	800-491-3691
Midland Care (Topeka) .....	785-232-2044
Prostate Cancer Support Group.....	785-230-4422
Spouse/Partner Loss .....	785-430-2194
Stroke Support Group .....	785-235-6600
Stroke Support Group .....	785-505-2850
Topeka Area Ostomy Support Group ....	785-295-5555

## TELEPHONE REASSURANCE

East Topeka Senior Center .....	785-232-7765
Home Buddy .....	866-922-8339
LULAC Senior Center.....	785-234-5809
Papan's Landing Senior Center .....	785-232-1968

## TRANSPORTATION

A Helping Hand Home Health.....	785-856-0192
A & A Medical Transportation .....	785-233-8212
Auburn Senior Center.....	785-256-2917
Capitol City Taxi .....	785-267-3777
East Topeka Senior Center .....	785-232-7765
Franklin Co. Services for the Elderly .....	785-242-7440
Grace Home Care .....	785-286-2273
Independence, Inc., Transportation. ....	785-843-5576
Lawrence Transit System.....	785-864-4644
LULAC Senior Center.....	785-234-5809
Papan's Landing (North Topeka) .....	785-232-1968
Rossville Senior Center .....	785-584-6364
Senior Wheels (Douglas County) .....	785-727-7876
Silver Lake Senior Center.....	785-582-5371
KU Health System St. Francis Campus....	785-295-8008
Topeka Transit Bus Service.....	785-354-9571
VA Volunteer Transportation .....	785-350-4323
Visiting Angels.....	785-284-5500

## UTILITIES

Electricity: Evergy, Emergency Service (24 hours)	800-544-4857
Gas: Black Hills Energy, Emergency Calls ..	800-694-8989
Water: City of Lawrence, 6th& Mass.	785-832-7878

Baldwin City Utilities .....	785-594-6427
Eudora City Offices .....	785-542-2153
Kansas Corporation Commission .....	800-662-0027
Lecompton City Hall.....	785-887-6407
Topeka Utilities Department .....	785-368-3111

## UTILITY SHUT-OFF ASSISTANCE

Ballard Community Center .....	785-842-0729
Senior Resource Center for Do. Co... ..	785-842-0543
E.C.K.A.N., 1600 Haskell, 204 .....	785-841-3357
Let's Help .....	785-234-0568
LIEAP (Low Income Energy Assistance-Program)	800-432-0043
Project DESERVE (Evergy).....	800-383-1183
Salvation Army (Lawrence) .....	785-843-4188
Salvation Army (Topeka) .....	785-233-9648

## VETERANS AFFAIRS

Kansas Commission on Veterans Affairs .....	785-296-3976
U.S. Department of Veterans Affairs...	800-827-1000

## VISION RESOURCES

Audio-Reader Network.....	800-772-8898
American Foundation for the Blind..	800-232-5463
Lions Eye Health Program .....	785-272-6102
National Eye Care Project .....	800-222-3937
Red Carpet/Talking Books .....	785-580-4545
Talking Books .....	800-432-2925

## VOLUNTEER OPPORTUNITIES

American Red Cross .....	785-234-0568
Catholic Charities of NE Kansas .....	785-233-6300
Civitan Club of Topeka .....	785-580-3873
Douglas County Visiting Nurses.....	785-843-3738
Foster Grandparents .....	785-296-5474
Headquarters Crisis Center .....	785-841-2345
Jayhawk Area Agency on Aging .....	785-235-1367
Lawrence ACTION Civitan Club .....	785-631-9354
LMH Health .....	785-505-5000
Meals on Wheels (Lawrence) .....	785-830-8844
Meals on Wheels (Topeka) .....	785-295-3980
Midland Care .....	800-491-3691
KU Health System St. Francis Campus....	785-295-8000
Service Corps of Retired Executives ...	785-234-3049
Senior Health Insurance Counseling of Kansas (SHICK) .....	800-860-5260
Senior Resource Center for Do. Co... ..	785-842-0543
Topeka Rescue Mission.....	785-354-1744
Trinity In-Home Care .....	785-842-3159
United Way of Greater Topeka .....	785-273-4804
United Way of Douglas County.....	785-843-6626

*We would like to apologize in advance for any phone numbers we may have missed. If we missed you, please call us at 785-841-9417 so that we can add you to the 2024 Senior Resources Directory.*

# What Advertising Do Baby Boomers Trust Most?

“Baby Boomers show more trust in Print Advertising than online ads. Newspapers and magazines offer an uncluttered way for ads to be seen. Studies also show that print ads display more of the information that consumers need in order to react and buy. Additionally, campaigns that include print have been found to have a more positive impact on purchasing behavior than those that do not. By creating campaigns that include a variety of media including print, your marketing efforts are more likely to attract this generation of high earners. 76% of adults age 55 or older are newspaper readers.”

- Raeanne Mayer, *Generational Marketing*

**Baby Boomers trust Print Advertising. Businesses and organizations in Northeast Kansas have trusted Kaw Valley Senior Monthly for their Print Advertising since 2001.**

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