

2024



SENIOR RESOURCES DIRECTORY

A special pull-out section in the JANUARY 2024 issue of Kaw Valley Senior Monthly

ADVOCACY



6220 SW 29th Street, Suite 300
Topeka, KS 66614

Contact AARP Kansas by calling 866-448-3619 or by email at ksaarp@aarp.org. Visit our website at aarp.org/ks and follow us on Twitter at twitter.com/aarpks and Facebook at facebook.com/AARPKS.

ALZHEIMER'S & DEMENTIA CARE

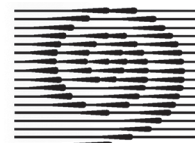


To us, it's personal

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.

AUDIOLOGY/HEARING AIDS



**ASSOCIATED
AUDIOLOGISTS**

1112 West 6th St., Suite 100
Lawrence, KS 66044

Phone: 785-843-8479
Email: tim@hearingyourbest.com
Web: hearingyourbest.com
Contacts: David Paul, Au.D.,
Katelyn Waldeier, Au.D.

Associated Audiologists, Inc., is the leader in audiologic care for hearing loss, hearing aids, tinnitus and balance disorders in Lawrence, Kan. The practice offers prescription hearing aid products from the world's most respected manufacturers, including all styles, models, and levels for any budget. Dr. David Paul and Dr. Katelyn Waldeier both earned their doctorates in audiology from the University of Kansas-Medical Center and are highly experienced in diagnosing and treating hearing loss.

HEALTH ADVOCACY



**Sunflower Health
Advocates**

2815 Trail Rd.
Lawrence, KS 66049-4232

Phone: 785-813-1414
Email: jill@sunflowerhealthadvocates.com
Web: sunflowerhealthadvocates.com
Contact: Jill Ice

Sunflower Health Advocates is a private pay service that helps clients and families better understand and navigate the healthcare system. We act as a bridge, closing the gap between the system and the patient, family, or caregiver. Our healthcare system is complicated. We can help identify challenges clients are facing in their healthcare and brainstorm solutions. Perhaps most importantly, we can be a constant source of support at the time when it is needed most.

Kaw Valley Senior Monthly



Have Kaw Valley Senior Monthly delivered right to your home. Just **\$12⁰⁰** for 12 issues!

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Mail this completed form along with \$12.00* to:

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**"Grandma Burright:
The Queen of Harness Racing"**



In *Grandma Burright: The Queen of Harness Racing*, Kevin Groenhagen explores Neva "Grandma" Burright's legacy as a wife, mother, grandmother, and, of course, as a harness racing driver. He examines how a diminutive woman of modest means overcame numerous tragedies (the deaths of a husband, two grandsons, and two sons) to defeat Sep Palin, the "aristocrat of drivers," and become known as "The Queen of Harness Racing."

For more information about this book and other books by Groenhagen, including *Finding Your East Frisian Ancestors and Cousins*, email Groenhagen at groenhagen@sbcglobal.net.

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

You want to live in your own home. Grace Home Care designed our services to help. Transportation, shopping, meal planning, housekeeping, social and emotional support, bathing and hygiene, dressing, pet care, medication reminders and much more. Call (785) 286-2273.

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.

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.

HOUSING



Orchard Lane Leisure Living
1016 Orchard Lane
Baldwin City, KS 66006

Phone: 785-594-6996
Email: brac@housingforbaldwin.com
Contacts: Wendy Cherry, Manager,
Sarah Lober, Office Manager

Nicely maintained with on-site staff. Orchard Lane Leisure Living offers one-level maintenance-free independent living for seniors or disabled. Income-based rent from \$510 to \$535 with water/sewer/trash paid. Quiet, "country-like" location with city convenience. Amenities include satellite tv (optional), internet, patio & garden sitting areas, open floor plans, grocery/pharmacy delivery, local (fee based) transportation, located next to Baldwin Healthcare. Community room with full kitchen, library, social activities, indoor laundry, reserved parking, plus much more.



HOME HEALTH AND HOSPICE AGENCY



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. Locations in Lawrence, Topeka and Salina.

HOME HEALTH, HOSPICE, HELP AT HOME, REHABILITATION



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



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.

IN HOME CARE AGENCY**In Home Care & Assistance****Right at Home**

1611 St. Andrews Dr, Ste 21
Lawrence, KS 66047-1701

Phone: 785-727-7723**Email:** toni@rahkc.com**Web:** www.krightathome.com**Contact:** Toni Adams

Our commitment is to improve the quality of life for our clients while helping them remain at home. We know that your needs are unique, and we will craft an individual care plan tailored to your needs. We can help with meal preparation, medication reminders, bathing/personal hygiene, light housekeeping/laundry, discharge assistance and post-operative care, fall prevention, end of life care, and errands/transportation. Call today to speak with one of our home care specialists! 785-727-7723

MEDICAL/LEGAL

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

Getting approved for Social Security disability can be bewildering and frustrating. I specialize in cutting through the red tape to help adults and children win disability benefits and back pay.

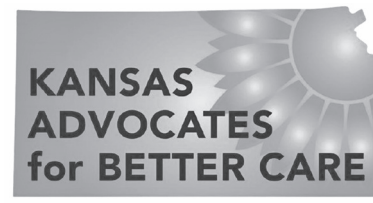
If you are applying for disability or appealing a denial, call me at 785.331.6452. I've helped many people win benefits. I do this work because my own daughter is disabled. Social Security pays my fee directly if the case is approved.

INSURANCE**Osladil Insurance Service**

411 1/2 S. Main St.
Ottawa, KS 66067

Phone: 785-242-6955**Email:** bruceins@weblink2000.net**Contacts:** Bruce, John or Shirley Osladil

Medicare Supplements. Prescription Drug Plans. 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.

LONG-TERM CARE ADVOCACY**better elder care, no matter where**

536 Fireside Ct., Suite B
Lawrence, KS 66049

Phone: 785-842-3088**Email:** info@kabc.org**Web:** www.kabc.org**Contacts:** Dan Goodman, Libby Hastings, 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.

MEDICAL

1112 W. 6th Street, Suite 216
Lawrence, KS 66044

Phone: 785-841-1107**Web:** www.lawoto.com

The Audiology Department at Lawrence Otolaryngology Associates strives to provide the best in hearing healthcare. We offer a full range of audiological services, including the evaluation and treatment of hearing loss, dizziness and balance disorders. We fit premium hearing aids and provide personalized ear protection for musicians and those in noisy environments, including custom swim plugs and earplugs. We're here to keep your ears happy and healthy!

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.

PRIVATE IN HOME CARE



Angels at Home Care

3601 SW 29th St., Suite 130
Topeka, KS 66614

Phone: 785-271-4376
Web: www.angelsathomecareks.com

Angels at Home Care is a State-licensed and independently owned agency. We provide private pay services such as medication reminders, light housekeeping, meal preparation, and transportation. We also assist with personal care like bathing, dressing, incontinence, and transferring. Care services offered are respite, dementia, recovery, and end-of-life.

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 Life Plan Community

7220 SW Asbury Dr.
Topeka, KS 66614

Phone: 785-286-7490
Email: tbrown@aldersgatevillage.org
Web: www.aldersgatevillage.org

Aldersgate Village, a faith-based community, takes pride in providing a safe, comfortable and enriching environment for our residents while living in one of our multiple retirement living options: **Independent Living, Home Plus and Assisted Living**. With the most innovative retirement service options, Aldersgate supports our residents as their health care needs change. Come tour our beautiful, 168-acre campus. You will find it is unlike any other in Topeka and the surrounding areas.

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 HOUSING



Tenants to Homeowners

2518 Ridge Court, Suite 103
Lawrence, KS 66046

Phone: 785-842-5494
Email: info@tenants-to-homeowners.org
Web: www.tenants-to-homeowners.org
Contact: Liza Pehrson, Rental Manager
// Kathy Sposato, Compliance 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 prequalified applications from our application pool. More information available on our website: tenants-to-homeowners.org.

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
Neuvant House	785-856-7900
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
McCrite Plaza.....	785-267-2960
Senior Resource Center for Do. Co.	785-842-0543
Visiting Angels	785-284-5500

ASSISTED LIVING

Aldersgate Village	785-478-9440
Bronwood 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
Celebration Villa of Hearthstone.....	785-234-6806
Celebration Villa of Hearthstone.....	785-234-6806
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
Morningstar Care 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	
.....	785-291-2499
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



IMPORTANT PHONE NUMBERS

CONTINUED FROM PAGE SIX

COUNSELING

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

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 55.....	785-354-6787

EMERGENCY ALERT DEVICES

Acto Alert.....	785-588-4341
Douglas County Visiting Nurses.....	785-843-3738

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
Angels Care Home Health.....	785-273-3560
Caregivers Home Care.....	785-354-0767
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
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

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IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE SEVEN

Topeka Independent Living Resource Center, Inc.	785-233-4572
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
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

Gentiva Hospice	785-246-6520
Douglas County Visiting Nurses	785-843-3738
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 Alvarmar	785-841-6845
Arbor Court of Topeka	785-273-6847
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 Alvarmar	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 Square	785-242-8110
Cedarwood Senior Cottages	785-842-5494
Celebration Villa of Hearthstone	785-234-6225
Century Plaza	785-267-0960
Clinton Place	785-841-1000
Community Village Lawrence	785-505-0187
Country Place 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 at Briarcliff	816-888-7930
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 55 - 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
Job 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
Peavler & Associates	785-418-7298

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IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE EIGHT

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.....	785-272-1257
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
Legend at Capital Ridge	785-272-9400
McCrite Plaza Topeka	785-267-2960
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

Advena Living of Bonner Springs	913-441-2515
Advena Living on Tenth	785-233-8918
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 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

Partnership for Prescription Assistance	888-477-2669
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RECREATION/LEISURE ACTIVITIES

Baldwin City Recreation	785-594-3670
Eudora Community Center.....	785-542-1725
Kansas Senior Games	785-235-2295
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
Tanglewood Nursing & Rehabilitation	785-217-1523
Topeka Center for Rehab and Health.....	785-271-6808

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IMPORTANT PHONE NUMBERS



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Topeka Presbyterian Manor 785-272-6510

RESPIRE CARE

A Helping Hand Home Health 785-856-0192
 Aldersgate Village 785-478-9440
 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
 Celebration Villa of Hearthstone 785-234-6806
 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
 Neuvant House 785-856-7900
 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
 VA. 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
 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 2025 Senior Resources Directory.

Martin J. O'Malley sworn in as Commissioner of Social Security Administration

By Jeffrey Buckner

Acting Deputy Commissioner for Communications

Martin J. O'Malley was sworn in on December 20 by Senator Ben Cardin as Commissioner of Social Security to a term that expires on January 19, 2025.

Commissioner O'Malley expressed his gratitude for being chosen to lead the Social Security Administration. "I am honored for the opportunity of a lifetime to lead Social Security's outstanding public servants forward, together, in such an important mission to help the agency to deliver critical services to the American people," said Commissioner

O'Malley. "Social Security is the most far-reaching and important act of social and economic justice that the people of the United States have ever enacted. For tens of millions of Americans across our country, Social Security is the difference between living with dignity or living in poverty."

A lifelong public servant, Commissioner O'Malley brings a vast amount of experience to the position. He served as Governor of Maryland from 2007 to 2015, following two terms as Mayor of the City of Baltimore. Prior to being elected Mayor, he served as a member of the Baltimore City Council from 1991 to 1999 and Assistant States Attorney for the City of Baltimore before that.

Commissioner O'Malley is a pioneer in using performance-management and customer service technologies in government and has written extensively about how to govern for better results in the Information Age by measuring the outputs of government on a real-time basis.

As Commissioner, Mr. O'Malley will be responsible for administering the Social Security retirement, disability, and survivors insurance programs that pay over 1.4 trillion dollars annually in benefits to more than 66 million beneficiaries, as well as the Supplemental Security Income program that provides cash assistance to approximately 7.5 million people with limited income and resources.

The agency has a workforce of about 61,000 employees and 1,500 facilities across the country and around the world.

Since 2016, Commissioner O'Malley has lectured on public administration at numerous universities and institutions, including the University of Maryland, Harvard University, Georgetown University, and Boston College School of Law.

Commissioner O'Malley graduated from Catholic University in Washington, D.C., in 1985, and earned his law degree from the University of Maryland School of Law in 1988. He and his wife of over 30 years, Judge Katie Curran O'Malley, have four children, Grace, Tara, William, and Jack.

KDADS announces executive leadership team promotions

Kansas Department for Aging and Disability Services (KDADS) Secretary Laura Howard has announced two promotions within the agency's Executive Leadership Team.

Andrew Brown, KDADS Behavioral Health Services (BHS) Commissioner, has been promoted to Deputy Secretary for Programs. In this new role, Brown will be responsible for the overall program services function of three commissions for the agency: Long Term Services and Supports, Behavioral Health Services, and the new Aging Commission. Brown will work across these commissions to provide leadership on program matters. Brown will continue to work on multi-branch policy efforts, inter-agency projects, stakeholder engagement, and continue to serve as a key strategic leader for the agency's executive leadership team. Brown has served as BHS Commissioner since 2018 and joined the agency in 2017 as the BHS Prevention Program Manager.

"I am pleased to name Andy Brown

as the KDADS Deputy Secretary for Programs," KDADS Secretary Laura Howard said. "As Behavioral Health Services Commissioner over the last four years, Andy has demonstrated the leadership ability to make progress on key systems changes in the behavioral health system, including implementation of the Certified Community Behavioral Health Clinics model and leading the state's 988 implementation. I am confident he will bring the same strategic approach and strong relationship and partnership skills to this new role."

Brown has nearly 30 years of experience in human services program management and public service. Prior to joining KDADS, Brown worked at Headquarters, Inc. in Lawrence, Kan., where he served as executive director and worked on statewide suicide prevention efforts. Brown earned a Bachelor of Applied Sciences in Human Services degree and Graduate Certificate in Non-Profit Management from Washburn University in 2010 and a Master of Social Work, Concentra-

tion in Administration, Advocacy and Policy, from the University of Kansas in 2012. He was recently recognized with the 2023 Hope Humanitarian Award from Valeo Behavioral Health and the 2022 Wes Cole Public Servant of the Year Award from the Association of CMHCs of Kansas.

Drew Adkins, KDADS Behavioral Health Services Assistant Commissioner, has been promoted to Interim BHS Commissioner. Adkins will oversee the five divisions within the BHS Commission, including responsibility for the Mental Health and Substance Use Prevention Treatment and Recovery Block Grants, Certified Community Behavioral Health Clinics (CCBHC) implementation, the response to the Nursing Facilities for Mental health (NFMH) Pre-Litigation Settlement Agreement, the client Assessment, Referral and Evaluation/Pre-Admission Screening and Resident Review (CARE/PASRR) program, Psychiatric Residential Treatment Facilities (PRTF), the Suicide Prevention State

Plan, and the state's plan for crisis response and 988 Suicide and Crisis Lifeline.

"Drew's promotion to Interim Commissioner leaves BHS in very competent hands," Howard said. "Drew will quickly step in to continue to affect change and build on the impactful strategic work BHS is implementing. Drew is a great communicator and the right choice to lead our behavioral health services programs. I look forward to seeing what more he accomplishes."

Adkins, who has spent his seven-year tenure in state and federal government and has four years of direct human services leadership and project management experience, has served in the role of Assistant Commissioner since October 2021. He came to KDADS from the state of Missouri Department of Mental Health, with other roles at the Missouri Department of Economic Development and a three-year period working in the Missouri House of Representatives as a legislative and policy staffer.

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