

# Kaw Valley Senior Monthly

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Vol. 23, No. 11

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## Preserving Tonganoxie's history.

See story on page three



KEVIN GROENHAGEN PHOTO



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# TCHS works to preserve Tonganoxie's past

By Kevin Groenhagen

According to *The Inclusive Historian's Handbook*, “[T]he Bicentennial [in 1976] stoked new excitement in all kinds of histories: family histories, house histories, and community histories.”

The Bicentennial also inspired residents of Tonganoxie and the surrounding area to become more interested in their history. The late John Cass Lenahan, the owner and operator of Lenahan Hardware in Tonganoxie, had written three pamphlets about Tonganoxie's history and his recollections. He expressed his interest in starting a historical society to other members of the community.

“The Tonganoxie Community Historical Society was founded in November 1981,” said Kris Roberts, a retired construction project manager who has served as president of TCHS since 2015. “Lenahan and a group of people

decided that they wanted to share history with each other. They started having programs on the fourth Tuesday of every month in 1981, and we still do that. It is a foundational part of our community outreach.”

TCHS initially met in the basement of the Mutual Savings Association, at the senior center, and had Christmas parties at various members' houses.

Although TCHS started as a small group, they had big ideas, including the desire to have their own museum.

“Many local history museums started after the Bicentennial,” Roberts said. “People realized that they needed to save their histories. In 1987, Mildred Knox Young deeded the Fairchild-Knox Barns, the silo, and 6.3 acres to TCHS. That's when the members of TCHS got really excited.”

Young was the granddaughter of Frank F. Fairchild. Fairchild was born in Ulster County, New York, and came to the Tonganoxie area with his family shortly after the Civil War.

KEVIN GROENHAGEN PHOTO



**Joy Lominska (left) and Kris Roberts (right)** outside the Reno Church. The church was relocated to the TCHS site in 1994.

Fairchild's father was a dairy farmer, as was Fairfield when he bought his farm. He started his dairy with 40 acres and 15 milk cows in 1884. Work-

ing with Kansas State University, he became one of the top dairymen in Kansas during the early 1900s.

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Kaw Valley  
**Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# TCHS

CONTINUED FROM PAGE THREE

In 1901, Fairchild built a new barn on his farm.

“The barn was the biggest in the area when Frank Fairchild built it,” Roberts said.

When Fairchild died in 1917 at the age of 58, his daughter, Bessie, and her husband, Archie Knox, began operating the dairy farm.

Unfortunately, the barn burned down on February 11, 1932. Archie and Bessie built a new barn shortly after the fire.

The dairy farm operated from the 1880s until the 1950s, when Mildred, the Knoxes’ daughter, and her husband, Arthur Young, began raising beef cattle. The Youngs continued to raise beef cattle until the 1970s.

While the TCHS members were excited about Mildred’s gift, they realized renovating the barn and milking parlor would be an extensive and expensive project.

“The barn was in rough shape,” Roberts said. The whole barn listed 10 degrees, and the columns were termite-infested. TCHS pulled in many community members. They had bake sales, sold refreshments at auctions and recreational center ballgames, and sold pizza to raise money.”

The only other original structure standing on the property was a silo.

“We know that the silo was here during the 1920s,” Roberts said.

“There were other buildings here,” added Joy Lominska, a retired Lawrence Public Schools teacher who has volunteered with TCHS since 2016. “There was a house and a spring house.”

Lominska was instrumental in TCHS receiving a \$4,830 grant from Humanities Kansas in 2019 for research into the history of the spring on the museum grounds. That research resulted in an exhibit at the spring south of the barns.

Before beginning the barn restoration, TCHS embarked on its first major undertaking when it moved the Honey Valley School to the TCHS site in 1991. The Honey Valley School was organized in 1869. However, the original one-room schoolhouse burned

down in 1915. The new one-room schoolhouse, which was moved to the TCHS site, was built in 1916.

The Fairchild-Knox family has a connection to the Honey Valley School. Mildred Knox Young’s sister-in-law, Edna “Jeanne” Kistler Knox, was a teacher at the Honey Valley School until she became a third-grade teacher at Tonganoxie Elementary School. Jeanne’s daughter, Carol Dee Knox Smith, who celebrated her 90th birthday at the TCHS site last year, was an elementary student at the Honey Valley School.

On September 25, 1999, TCHS hosted an open house at the school to celebrate the eight years of renovation

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KEVIN GROENHAGEN PHOTO

The Honey Valley School, established in 1869, was moved to the TCHS site in 1991.



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# TCHS

CONTINUED FROM PAGE FOUR

done by the society's volunteers.

TCHS also relocated Reno Methodist Church about two miles north to the TCHS site in 1994. The original church was destroyed by fire in 1918 and was immediately rebuilt. The church was featured in *Where Pigeons Go to Die*, a 1990 made-for-television film written and directed by Michael Landon. Landon also starred in the Emmy-nominated movie with Art Carney.

The church officially closed in 1993, and to save it from being torn down, its members sold the building to TCHS for one dollar and paid for the cost of moving it to the TCHS site.

"The church was in pretty good shape," Roberts said. "A basement was poured and finished, and the sanctuary was cleaned and re-carpeted. Easter sunrise services were held there in 1995. Today, two churches use the church for services, one on Saturdays and the other on Sundays."

The church, which has a seating capacity of 70, is now used for weddings, funerals, and church and community meetings. The fellowship hall in the basement has a small kitchen and restrooms and is wheelchair acces-

sible.

TCHS bought an additional 3.7 acres from Mildred Knox Young's estate after she died in 1998. The 10-acre site is now a partner site of the Freedom's Frontier National Heritage Area

After years of renovating the hay barn and milk barn, which included pouring concrete floors, lowering the ceiling, installing sheetrock and HVAC, repairing windows, and adding lights, TCHS hosted a grand opening on June 14, 2003, during the annual Tonganoxie Days. The hay barn is a gathering place with some exhibits, while the milk barn houses the TCHS museum.

The museum includes items from Tonganoxie's early history, family life, leisure, schools, farming, businesses, and government. Also, considering the city was named after a local Native American chief from the Delaware Tribe, the museum features Native American artifacts and displays about the Kansa and Delaware tribes who lived in the Tonganoxie area.

"We have a really nice exhibit of early Native American artifacts," Lominska said. "They were found in this area and were identified by experts. It's not a huge exhibit, but it's nicely organized. We have a piece that dates back to 10,000 to 12,000 B.C."

According to Roberts, TCHS has

KEVIN GROENHAGEN PHOTO



**The Reno Church** was featured in *Where Pigeons Go to Die*, a 1990 made-for-television film written and directed by Michael Landon.

about 15 regular volunteers who spend time at the site every week. In addition to the 15 regular volunteers, all nine board members are at the museum at

least once a month. TCHS has a total of about 55 volunteers.

"We have a little subgroup of vol-

CONTINUED ON PAGE SIX



KEVIN GROENHAGEN PHOTO

**The fire house on the TCHS site** houses a history of major Tonganoxie fires and items from the old fire department, including this 1936 truck. The City of Tonganoxie purchased the truck in 1951 to be used as its primary pumper for the then all-volunteer fire department. TCHS restored the pumper, which has been driven in local parades.



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# TCHS

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unteers we call the ‘7/67,’” Lominska said. “First of all, the joke is they are prime numbers. It’s a group of women who work together a lot, and we’re all over the age of 67. We have so much fun together. It’s not just fun. There’s an intellectual chemistry. Ideas and energy start flowing.”

The 7/67 group includes Roberts, Lominska, Janet Burnett, Donna Talbot, Sarah Kettler, Rose Mangan, and Lynn Jennings.

“We also have one part-time paid employee,” Lominska added. “The employee maintains the museum’s database of artifacts.”

“There’s some gender division of labor with the volunteers,” Lominska added. “There’s a whole cadre of men who mow, trim weeds, prune, repair, and build things. And for the most part, the women do program planning, exhibit development, research, and we run the summer camp.”

The 7/67 group started the annual summer camp at TCHS. The first camp was scheduled for the summer of 2020, but then COVID hit. The first camp ended up being held in 2021.

“Our summer camp is history-based,” Lominska said. “We call it History Camp. We have three different years of programs, and then we’ll cycle through them again. This year’s program is ‘Who Lived Here Before Us?’ We’ll talk about prehistory, Native Americans, and immigration into the area.”

“We try to do a lot of active outdoor activities,” Lominska continued. “For example, when we did the ‘Who Lived Here Before You?’ program in 2021, the children learned how to use an atlatl to throw spears. We had an expert there to guide us. We try to bring in at least one outside person who isn’t one of our volunteers every day. We also

have a snack every day. The snack always matches the theme of the day. For example, we ground corn one day and had cornbread with sorghum on it. Sorghum was grown around here. We try to make the snacks relevant to this place.”

History Camp is held during the first week of June. It is open to 20 children entering fourth, fifth, or sixth grade.

TCHS also hosts an annual third-grade field trip in October at the site to share history with children. Volunteers introduce the youth to museum artifacts, antique farm tools, old-fashioned games, and the uses of the buffalo.

“The schoolhouse is set up for classes, and when the third graders come out here

in October every year, they spend 20 minutes in the one-room schoolhouse,” Lominska said. “They sit at desks, and

our volunteers are the teachers.”

The schoolhouse includes desks and

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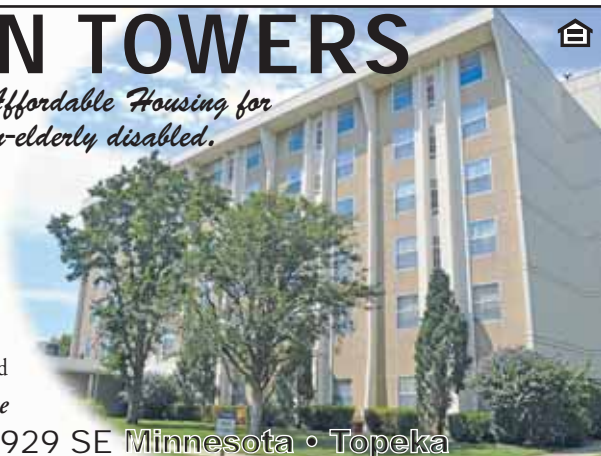
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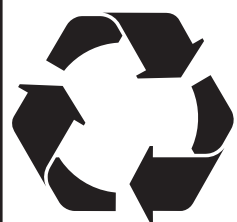
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# TCHS

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books from the period.

Lominska and Burnett, TCHS's vice president, have also been working on a PowerPoint presentation about one-room schoolhouses.

"We've been making displays to go in the one-room schoolhouse to explain such schoolhouses to our visitors," Lominska said. "We've made a PowerPoint that we hope to have visitors watch on their own. There were 25 one-room schoolhouses in the southwest portion of Leavenworth County, and the PowerPoint will include a history of each one. We'll also have displays for a few months that will feature the specific teachers in the area and will include where they taught, pictures of them, photos of kids at recess, and information about how they got to school. We're hoping to have an open house for the school and the new exhibits in September."

On Monday, May 27, TCHS will host a major fundraiser.

"Every Memorial Day, we have a breakfast out here from 7:30 to 9:30 a.m.," Roberts said. "We do that for donations. The VFW, American Legion, and Boy Scouts all work together to raise the flag. The Boy Scouts usually have someone who plays 'Taps,' and the VFW and American Legion present the colors. We then serve biscuits and gravy and fruit plates in the barn. We have a gentleman in town who makes the gravy, and we make our biscuits from scratch."

In addition to honoring U.S. military personnel who died while serving in the United States Armed Forces, TCHS plans to begin recording oral histories from the Vietnam War era.

"We'll be interviewing veterans, community members, and others who lived through the era," Roberts said.

The TCHS museum has offered a barn quilt workshop for about a decade.

"That harkens back to women getting together for quilting bees," Roberts said. "We have also had some men participate. It's a little bit of a fundraiser, and it's a way to get people here and have community."

"We have an old quilt frame as an

artifact," Lominska said. "One of my dreams is to hold a quilting bee and have people come to demonstrate how the quilting frame works."

TCHS also does community outreach with a "Remember When" column, which five volunteers research and write for *The Tonganoxie Mirror*.

TCHS continues to have meetings on the fourth Tuesday of every month from January through May, August, September, and October.

"The programs are historical in nature, and we bring in guest speakers," Roberts said. "They are really good programs, many provided by Humanities Kansas. We have the pro-

grams in the church, and then we come over to the barn for refreshments."

The TCHS museum, located at 201 W. Washington Street in Tonganoxie, is open Tuesdays from 9 a.m. to 4 p.m., Wednesdays from 9 a.m. to noon, and Saturdays from 10 a.m. to 2 p.m. Other times can be arranged by appointment.

For more information about joining TCHS and/or TCHS's Summer Camp and other programs, please visit the TCHS website (a new website will be available later this year) at [tonganoxiehistoricalsociety.org](http://tonganoxiehistoricalsociety.org), call 913-845-2960, or email [TCHSTonganoxie@gmail.com](mailto:TCHSTonganoxie@gmail.com).

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## HEALTH & WELLNESS

# We ask because we care: Eliminating disparities in healthcare

By Autumn Bishop

LMH Health

Why do LMH Health team members ask patients questions that may seem unrelated to their health? Because it helps us better care for patients while they're in our care and can improve their health even after they leave the hospital.

The Robert Wood Johnson Foundation estimates that social needs account for about 80% of health outcomes. This includes factors such as education, employment, family and social supports, housing and transit.

"Data is the backbone of health equity," said clinical analyst Tori Gleason. "Having accurate data about our patients allows us to understand more about them and the communities we serve."

If you are a patient at LMH Health, our teams will ask questions about your race, ethnicity and preferred language. This information allows us to treat each patient with respect and provide culturally responsive care. The American Hospital Association defines this as the ability to provide care to patients with diverse values, beliefs and behaviors.

This includes tailoring healthcare to meet a patient's social, cultural and linguistic needs.

"It's important for us to better understand what barriers exist in order to move the needle and improve outcomes," Gleason said. "Assessing barriers helps us understand how those may impact your health and provides data for LMH Health and our community partners to work toward finding solutions. It's not work we

can do in a silo."

What are the consequences of not providing culturally responsive care? Patients are at greater risk of having worse outcomes, receiving lower quality care and of being dissatisfied with their care.

**Do I have to provide this information?**

Any information you do share is confidential. It will be entered into your

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As a partner for lifelong health, LMH Health is committed to health equity. That means it's important for us to ask our patients more about themselves and their social needs. We ask because we care.



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## Disparities

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patient record and is legally protected by federal HIPAA regulations. If you do not want to answer questions about race, ethnicity, disability status and preferred language, you don't have to. Sharing it is entirely your choice and it will not change the level of care the team at LMH Health provides.

### How do you use this information?

Our data analytics team will analyze de-identified patient data, meaning that it cannot be traced back to you, to measure equity in access to services, use of healthcare services, patient experience, and quality and safety outcomes.

"This data will help us move the needle on health equity," Gleason explained. "We'll be able to better identify and measure gaps in health-care, identify those that affect the patients we serve and monitor our progress over time."

### Will you ask anything else?

We want to ensure that our patients are safe at home. When you visit any

LMH Health provider, you'll be asked a series of questions including:

- Do you feel safe at home?
- Have you had any falls?
- Have you had thoughts of hurting yourself or others?

"These questions help our physicians and providers identify patients who are at risk of self-harm or abuse," Gleason said. "It allows them to connect with them and provide help."

If you're a patient who is 18 and older and are admitted to the hospital's patient floors or are seen by our Population Health team or at Lawrence OB-GYN Specialists, you'll also be asked questions based on the social determinants of health (SDOH). The Centers for Medicare and Medicaid Services (CMS) implemented new regulations in 2024 that require screening patients to identify needs based on these non-medical conditions that significantly affect their health and quality of life.

"To see is to know. When patients provide data about things like their education, employment and family dynamics, as well as access to trans-

portation and housing, it allows us to get a greater picture about their health," Gleason said.

Our teams ask a series of questions to assess food insecurity, housing instability, transportation needs, utility difficulties and personal safety. These include:

- Do you have safe housing today or are you concerned about losing your housing?
- Has lack of transportation kept you from medical appointments, meetings, work or from getting things needed for daily living?
- Do you feel physically and emotionally safe where you live?

If answers to any of the questions identify a need, it results in an automatic request for a consultation with a social worker. Sandra Dixon, director of behavioral health integration at LMH Health, explained that while a social worker is assigned, the patient has the right to refuse help.

"If I'm admitted and have food insecurity, the social worker will come meet with me to get more information and ask if they can help," she said. "It's

a collaborative process and the patient always has the right to say no."

Dixon knows that the SDOH affect the quality of life and health of patients. You can be treated for diabetes but without reliable access to transportation, it impacts your ability to get to medical appointments, pick up medication and get healthy food.

"Our long-term goals are to better understand the challenges our patients face as they navigate their healthcare needs, to work internally and with community partners to address social drivers that impact care, and ultimately, to serve patients better," she said.

- Autumn Bishop is the marketing manager and content strategist at LMH Health.



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## HEALTH & WELLNESS

# Four steps to healthy eyes

It has been said that a person's eyes are the windows into their soul. If this is true, it is extremely important to take care of your eyes. Your eyesight may be the most important of the five senses, so do not take it for granted.



Dr.  
Deena  
Beneda

Due to modern technology, your eyes are under more stress than ever before. The work environment can consist of hours spent before a computer screen. Cell phones, TV, and gaming systems all mean increased screen time and more eye strain. What are ways to keep your eyes healthy? What four steps can

be taken to keep your eyes healthy?

The first step is to eat healthy and be active. Good eye health starts with the food on your plate. Eating a rainbow of colors is a good choice when planning your meals. Being active and exercising daily is important for the eye and overall health.

The second step is to wear sunglasses or protective eyewear when out in the sun. Protecting your eyes from the sun's ultraviolet rays, which can cause eye damage year-round, is important. In addition, wear goggles to protect your eyes from hazardous chemicals or airborne particles.

The third step is protecting your eyes from prolonged screen time. Staring at the computer or phone screen for long hours can cause numerous eye conditions, such as eyestrain, blurry vision, headaches, dry eyes, and neck or back pain. When enduring prolonged screen

time, look away from the monitor frequently. One exercise is to rest your eyes every 20 minutes. Look at your feet for 20 seconds, hands for 20 seconds, around the room for 20 seconds, etc. Get up from your computer screen at least every two hours and take a 15-minute break.

The fourth and final step is to take nutrients to protect your eye health. Nutrients that protect and nourish your eyes include zinc, vitamins A, C, and E, lutein, and zeaxanthin. Zinc is an important nutrient for eye health. Zinc functions as an antioxidant and is important in forming visual pigments in your retina, preventing night blindness. Vitamins A, C, and E are essential for eye health. Vitamin A is necessary

for maintaining your eyes' light-sensing abilities; vitamin C and Vitamin E play a protective role in eye health by providing much-needed antioxidants to prevent various eye diseases. Lutein and Zeaxanthin are yellow carotenoid antioxidants known as the macular pigments. Lutein and zeaxanthin function as a natural sunblock and protect your eyes against macular degeneration.

Everyone's top priority is taking care of their eyes. You can do a lot to keep your eyes healthy and protect your vision, so start with the four steps above.

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

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By Lizzie Bertrand

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**DEAR MAYO CLINIC:** I enjoy cooking but prefer working with the freshest ingredients. As such, I grow my own fruits and vegetables in a small garden and purchase other fresh produce from a local farmers market. I've read that certain foods may help with memory function. Are there foods I can eat to help boost my cognitive health?

**ANSWER:** Research suggests that the ability to maximize memory function may be related to what you eat. Following an eating plan that provides a healthier selection of dietary fats and a variety of plant foods rich in phytonutrients could positively affect your health. Phytonutrients are substances found in certain plants that are believed to be beneficial for human health and help prevent certain diseases.

There's still much to learn about what makes up a brain-healthy diet. Studies are finding that what is good for your heart also may be good for your brain. So the best bet for rich memories is to forgo unhealthy fat and remember to diversify your plant-based food portfolio.

## Foods that boost memory

Diets rich in fruits, vegetables, whole grains and legumes, fish, healthier fats, and herbs or seeds boost the brain's memory functioning. Here's more about these powerhouse foods:

### Fruits

Berries are high in antioxidants that can protect the brain from oxidative damage and prevent premature aging and memory-impairing dementia. Blueberries are a rich source of anthocyanin and other flavonoids that may improve brain function.

Grapes are full of resveratrol, a memory-boosting compound. Concord grapes are rich in polyphenols, which have the potential to promote brain function.

Watermelon has a high concentration of lycopene, another powerful antioxidant. Watermelon also is a good source of pure water, which benefits brain health. Even a mild case of dehydration can reduce mental energy and impair memory.

Avocados are a fruit rich in monounsaturated fat, which improves memory function by helping improve blood cholesterol levels when eaten in moderation in place of saturated fats.

### Vegetables

Beets are rich in nitrates, a natural compound that can dilate blood vessels, allowing more oxygenated blood to reach the brain.

Dark, leafy greens are known for their antioxidants, such as vitamin C, and have been shown to reduce age-related memory loss. Greens also are rich in folate, which can improve memory by decreasing inflammation and improving blood circulation to the brain.

### Whole grains and legumes

Cracked wheat, whole-grain couscous, chickpeas, oats, sweet potatoes and black beans are examples of complex carbohydrates. Since brain cells run on glucose derived from carbohydrates and don't store excess glucose, they need a steady supply of it. Complex carbohydrates are a preferred brain food, providing a slow, sustained supply of glucose. They take longer to metabolize and are high in folate, the memory-boosting B vitamin.

### Seafood

Fatty fishes, such as salmon, trout, mackerel, herring, sardines, pilchards and kippers, are rich in heart-healthy omega-3 fatty acids. These have been shown to improve memory when eaten one to two times per week. Omega-3 fatty acids don't affect low-density lipoprotein (LDL) cholesterol and can lower triglycerides.

Shellfish and crustaceans, such as oysters, mussels, clams, crayfish,

shrimp and lobster, are good sources of vitamin B12, a nutrient involved in preventing memory loss.

### Healthier fats

Olive oil provides monounsaturated fat, which can help reduce LDL cholesterol levels when used in place of saturated or trans fat. Extra-virgin olive oil is the least processed type with the highest protective antioxidant compound levels.

Nuts, such as walnuts, are a source of omega-3 fatty acids, which lower triglycerides, improve vascular health, help moderate blood pressure and decrease blood clotting.

### Herbs or seeds

Cocoa seeds are a rich source of flavonoid antioxidants, which are especially important in preventing damage from LDL cholesterol, protecting arterial lining and preventing blood clots. Cocoa also contains arginine, a compound that increases blood vessel dilation.

Rosemary and mint are in the same herb family. Rosemary has been shown to increase blood flow to the brain, improving concentration and memory. Peppermint aroma has been found to

enhance memory.

Sesame seeds are a rich source of the amino acid tyrosine, which is used to produce dopamine, a neurotransmitter responsible for keeping the brain alert and memory sharp. Sesame seeds are also rich in zinc, magnesium and vitamin B6, other nutrients involved in memory function.

Saffron has been shown to positively affect people with mild to moderate Alzheimer's disease.

Making lifestyle modifications to control your cholesterol, blood sugar and blood pressure levels, as well as not smoking, taking daily walks and keeping your weight in a healthy range can help preserve memory function. — Lizzie Bertrand, Dietitian, Mayo Clinic Health System, St. James, Minnesota.

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

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# What should you know about long-term care?

We all hope to remain healthy and independent throughout our lives—but life can be unpredictable. If you were ever to need some type of long-term care, would you be financially prepared?

Long-term care encompasses everything from the services of a home health aide to a stay in an assisted living facility to a long residence in



Derek  
Osborn

a nursing home. You may never need any of these kinds of care, but the odds aren't necessarily in your favor: Someone turning age 65 today has almost a 70% chance of needing some type of long-term care services and support in their remaining years, according to the U.S. Department of Health and Human Services.

And all types of long-term care can involve considerable financial expense. The median annual cost for

a home health aide's services is more than \$60,000 per year, and it's more than \$100,000 per year for a private room in a nursing home, according to Genworth, an insurance company. Furthermore, contrary to many people's expectations, Medicare usually pays very little of these costs.

Of course, some people expect their family will be able to take care of their long-term care needs. But this may not be a viable strategy. For one thing, your family members simply may not have the skills needed to give you the type of care you may require. Also, by the time you might need help, your grown children or other family members might not live in your area.

So, you may need to protect yourself and your loved ones from the potential costs of long-term care. Basically, you've got two main choices: You could self-insure or you could transfer the risk by purchasing some type of long-term care insurance.

If you have considerable financial resources, you might find self-insuring to be attractive, rather than choosing insurance and paying policy premiums. You may wish to keep an emer-

gency savings or investment account that's earmarked exclusively for long-term care to help avoid relying on your other retirement accounts. But self-insuring has two main drawbacks. First, because long-term care can be costly, you might need to plan for a significant amount. And second, it will be quite hard to predict exactly how much money you'll need, because so many variables are involved—your age when you start needing care, interest rates or inflation, the cost of care in your area, the type of care you'll require, the length of time you'll need care, and so on.

As an alternative to self-insuring, you could purchase long-term care insurance, which can provide benefits for home health care, adult day care and assisted living and nursing home facilities. However, you will need to consider the issues attached to long-term care insurance. For one thing, it

can be expensive, though the younger you are when you buy your policy, the more affordable it may be. Also, long-term care policies typically require you to wait a certain amount of time before benefits are paid. But policies vary greatly in what they offer, so, if you are thinking of buying this insurance, you'll want to review options and compare benefits and costs.

In any case, by being aware of the potential need for long-term care, its cost and the ways of paying for it, you'll be able to make the appropriate decisions for your financial situation, your needs and your loved ones.

- Derek Osborn is with Edward Jones, 1311 Wakarusa Drive, Suite 2200, Lawrence. He can be reached at 785-371-1301 or Derek.Osborn@edwardjones.com. This article was provided by Edward Jones for use by your local Edward Jones Financial Advisor. Member SIPC.

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## JILL ON MONEY

# Financial cleanup — What to keep and what to shred

You have changed your clocks, filed your taxes and March Madness has ended, which means that spring is upon us. The season could prompt a cleanup of the house, preparing the garden, or putting away the heavy parkas.



Jill  
Schlesinger

For me, this time of year is an opportunity to clean out the physical and electronic financial clutter in life, and to attend to some important to-dos. I have written these columns over the years because these evergreen ideas never get old. Let's start with what to keep (and for how long) — and what to shred.

### Tax returns

During tax season, you may have stumbled upon a box of returns from the 1990s. The good news is that you can shred anything from the *Friends* era.

However, the IRS can include returns filed within the last three years in an audit. If they identify a substantial error, they may add additional

years, but the agency usually does not go back more than six years.

Therefore, keep your returns and all supporting documents for six years, just to be safe. If you work with a tax preparer, ask whether they will maintain electronic copies of all returns filed. Everything before that should be shredded—and no cheating on this because scammers would love your valuable personal confidential information.

### Bank/investment statements

You can usually access statements for the past year electronically, but it may be helpful to highlight any purchase and sales confirmations for tax purposes.

To keep things tidy, create either a physical or electronic folder called “tax prep,” so that you can easily access the information next year. NOTE: If you or a relative may be applying for Medicaid, many states require that you show five years' worth of statements.

### Credit card/utility/phone bills

Unless you need to reference something for tax or business purposes, or for proof of purchase for a specific item, you can shred these after 45 days. Like the bank statements, flag what you may need for taxes, including charitable contributions.

### Real estate closing/mortgage/home improvement docs

That pile of documents that you

signed when you purchased your home seems positively 1985, but some of them are important to retain for as long as you own the property. They include:

- Property deed: Proves that you own your home and will be necessary if/when you sell your property.
- Home inspection /Home warranty/Survey: Can be useful for future projects.
- Mortgage documents: Keep the promissory note, deed of trust, proof of title insurance for the life of the loan. While you can request copies of the originals, replacements can take time and effort, so keep them in a safe place.
- Home improvements/major purchases: These may be necessary if you need to make an insurance claim or for tax purposes when you sell your home (some improvements can increase the cost basis on your home, which can minimize a potential capital gains tax exposure.)

### Keep forever (which is a long time!)

If you maintain paper versions of any of these, make digital copies and then

store them in a fireproof safe.

- Birth and death certificates
  - Social Security cards
  - Marriage licenses and divorce decrees
  - Military Discharge papers
  - Estate documents
- While you're at it... check your credit record/score

While many people have access to their credit scores through their credit card companies or banks, now is a perfect time to access AnnualCreditReport.com for your FREE copy.

If you identify an error on your credit report, you should contact the credit reporting company (Equifax, Experian, TransUnion) and put in writing what you think is wrong, why, and include copies of documents that support your dispute.

- Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at [askjill@jillonmoney.com](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com).

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# SENIOR CALENDAR

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

If you would like to include your north-east Kansas event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417 or email [kevin@senior-monthly.net](mailto:kevin@senior-monthly.net). Deadline is the 20th of the month for the following month's issue.

## ARTS & CRAFTS

### FIRST FRIDAY OF THE MONTH

#### ARTSCONNECT FIRST FRIDAY ARTWALK

During the ArtsConnect First Friday Artwalk, you will find every corner of Topeka filled with art, friends and exciting special events. It's an opportunity to shop local, buy art and see the best that Topeka has to offer. Every month is different - and every business is different, so please check our website at [www.artstopeka.org](http://www.artstopeka.org) for information each month, including an interactive map of First Friday Artwalk businesses and a guide to public art all across Topeka. Free.  
TOPEKA, [artstopeka.org/firstfriday](http://artstopeka.org/firstfriday)

### SECOND SATURDAY OF THE MONTH

#### OPEN AIR ART MARKET

2nd Saturday of each month in East Lawrence Warehouse Arts District. Come see a local art market. Art Emergency, Delaware and E. 9th St., 9 a.m.-2 p.m.  
LAWRENCE

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of the month. See website for participating locations.

LAWRENCE, 785-842-3883  
[unmistakablylawrence.com](http://unmistakablylawrence.com)

## EDUCATION

### MAY 1

#### WORLD LEADERS IN WARTIME: WILLIAM MCKINLEY

Ft. Leavenworth Series. Presented by Amanda M. Nagel. Nagel received her Ph.D. from the University of Mississippi. Her research centers on race, war, empire, Jim Crow, and citizenship in the United States between 1898 and 1926. At the turn of the 20th century, President William McKinley led the United States' continued expansion abroad through war with Spain over Cuba and the Philippines. His expansion of American power and influence abroad through two subsequent wars attempted to continue shifting the global balance of power dominated for the last few centuries by European nations. This talk will examine his role as president during the age of imperialism on the eve of

the First World War, and how the legacy of his actions reverberate throughout the 20th century. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4:15 p.m. Hybrid event.  
LAWRENCE, 785-864-4900

### MAY 6

#### EMAIL FOR BEGINNERS

Using Google's free email, Gmail, learn how to log into, open, delete, reply to and forward email messages. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.  
TOPEKA, <https://events.tscpl.org/events>

### MAY 6

#### NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.  
TOPEKA, <https://events.tscpl.org/events>

### MAY 7

#### BEGINNING COMPUTER NAVIGATION

Learn how to use a mouse, navigate Windows 10, find and open apps and files. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Anton Room 202, 10-11 a.m.  
TOPEKA, <https://events.tscpl.org/events>

### MAY 7

#### INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02 5-6:30 p.m.  
TOPEKA, <https://events.tscpl.org/events>

### MAY 9

#### Q&A WITH JOHN BROWN

Local John Brown impersonator Kerry Altenbernd visits the Spencer Museum on John Brown's birthday to answer questions about the abolitionist's time in Kansas, including events featured in the exhibition "Jacob Lawrence and the Legend of John Brown." Spencer Museum of Art 1301 Mississippi St., 6:30-7:30 p.m. Free.  
LAWRENCE

### MAY 10

#### BIG IDEA - THE POWER OF PHOTOGRAPHY IN THE CIVIL RIGHTS ERA

Photographer Ann Dean & Dr. Valerie Mendoza delve into the impact of photography on the civil rights movement in the aftermath of the Supreme Court case, Brown v. Board of Education. Watch livestream. Topeka and Shawnee County Public Library - Learning Center, 12-1 p.m.  
TOPEKA, <https://events.tscpl.org/events>

### MAY 14

#### INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to find local resources online and from libraries and repositories. Register to attend in person or by Zoom. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02 5-6:30 p.m.  
TOPEKA, <https://events.tscpl.org/events>

### MAY 20

#### CUTTING THE CABLE CORD

Learn about some of the alternatives to traditional cable or satellite TV, and the benefits and drawbacks of streaming TV and HDTV antennas. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Learning Center 10-11 a.m.  
TOPEKA, <https://events.tscpl.org/events>

### MAY 20

#### NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.  
TOPEKA, <https://events.tscpl.org/events>

### MAY 30

#### GOOGLE DOCS

Learn how to access Google Docs, use basic text editing features, import and save to Google Drive. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Learning Center 10-11 a.m.  
TOPEKA, <https://events.tscpl.org/events>

### JUN 3

#### EMAIL FOR BEGINNERS

Using Google's free email, Gmail, learn how to log into, open, delete, reply to and forward email messages. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.  
TOPEKA, <https://events.tscpl.org/events>

### JUN 3

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TOPEKA, <https://events.tscpl.org/events>

### JUN 4

#### BEGINNING COMPUTER NAVIGATION

Learn how to use a mouse, navigate Windows 10, find and open apps and files. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Anton Room 202 10-11 a.m.  
TOPEKA, <https://events.tscpl.org/events>

### JUN 4

#### INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5-6:30 p.m.  
TOPEKA, <https://events.tscpl.org/events>

### JUN 5

#### WORLD LEADERS IN WARTIME: CHIANG KAI-SHEK AND MAO ZEDONG

Presented by Dr. Geoff Babb. Dr. Babb will discuss the wartime leadership of Chiang Kai-shek (Jiang Jieshi) and Mao Tse-tung (Mao Zedong). Their political and military leadership in the Chinese Civil War, the War Against Japan, and during two crises in the Taiwan Strait encompassed an adversarial relationship that stretched for nearly 50 years. These two leaders not only sought victory on the battlefield, but more importantly, the right to rule a country

with the world's largest population and guide its return to major power influence. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4:15 p.m. Hybrid event.

LAWRENCE, 785-864-4900

## ENTERTAINMENT

### SECOND & FOURTH SATURDAYS OF THE MONTH GRAND OTTAWA OPRY

Enjoy our live Branson-style Old Country music shows. Ottawa Memorial Auditorium, 301 S. Hickory. The doors open at 4:30 p.m. and the Grand Ottawa Opry begins at 6 p.m. Call for more info. Fee. Tickets available at the door.  
OTTAWA, 785-241-6762

### MAY 10

#### FREE STATE STORY SLAM | GRAND SLAM

Experience the raw and unfiltered magic of live storytelling. Get ready for an unforgettable evening filled with real-life narratives that will captivate your heart and soul. Presented MOTH-style, storytellers take the stage every month, weaving their tales around a fresh and intriguing theme. Expect the unexpected because no two evenings are ever alike! Live music and social hour at 7 p.m. Slam begins at 7:30 p.m. Ages 18+. 10th & Mass Studios, 1000 Massachusetts St., Suite D. \$10 suggested donation.  
LAWRENCE, 785-843-2787  
[lawrenceartscenter.org/event](http://lawrenceartscenter.org/event)

### MAY 18

#### SPRINGTIME CLASSICS

Lawrence Community Orchestra presents Springtime Classics. Join us for a spring evening concert featuring Mozart's Symphony No. 25 in G minor and Schubert's Symphony No. 8 "Unfinished." Tickets available at [lawrenceorchestra.org](http://lawrenceorchestra.org) or at the door. Plymouth Congregational Church, 925 Vermont, 7:30 p.m.  
LAWRENCE

### MAY 20

#### CLASSIC MOVIE MONDAY

*Bye, Bye Birdie* with Dick Van Dyke and Ann-Margaret (1 hour 52). Movie Museum will be open one hour before and after the feature show. Historic Plaza Cinema, 209 S. Main, 2 p.m. Free. Concession popcorn and drink provided courtesy of sponsors.  
OTTAWA, 785-242-5555, [plaza1907.com](http://plaza1907.com)

## EXHIBITS & SHOWS

### AUG 22-MAY 19

#### SOLDIERS RETURN: COMING HOME FROM VIETNAM

Over three million Americans served in the Vietnam War; they returned home to a fractured nation. Lacking support systems and an understanding community, Vietnam veterans created organizations and networks to support each other. In the following decades, many local veterans found ways to process their war memories through books, articles, and poetry. This exhibit expresses, in their own words and through artifacts and photographs, the difficult, and often painful, Vietnam veteran experience in America. Watkins Museum of History, 1047 Massachusetts St.  
LAWRENCE, 785-841-4109  
[watkinsmuseum.org/event](http://watkinsmuseum.org/event)

# Amazing Aging!

**For Seniors and Those Who Love Them**

A free publication of the Jayhawk Area Agency on Aging, Inc.  
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

SPRING 2024



## *Our Mission*

Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- Is a 501(c)3 non-profit organization
- Is funded by tax-deductible contributions, federal funds, under state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability



Elvin Gilges poses with one of the Bobbleheads that celebrated his 55th anniversary with ICL.

Please see story on page 3.

# A Message from Susan Harris, JAAA Executive Director

It is spring and things are buzzing here at Jayhawk. We are once again entering our funding allocations process for distribution of Federal Older Americans Act funds. Each year we seek input from the community related to what the needs of current older adults are as well as what future needs are anticipated by them. This input goes into not only the short-term planning but also long term-planning for Jayhawk Area Agency on Aging making sure to recognize the needs and wishes of older adults from a wide spectrum of ages. The Federal Older Americans Act funding is available to serve adults aged sixty and older; that

could encompass a span of 40 years or more!

This spring in March, Jayhawk held listening sessions in each of the three counties we serve (Jefferson, Douglas, Shawnee), and we appreciate those who attended. We want more input from older adults in our service area as well as those who are caregivers for or family members of older adults. Community input related to the needs of older adults is an important part of our planning process. We have nine surveys related to the different categories of needs of older adults on our website [www.jhawkaaa.org](http://www.jhawkaaa.org), and we would appreciate your time in completing one or all



**Susan Harris**

the surveys. These surveys can be found on the homepage of our website. If you need a printed copy of any of these surveys, please contact our office and we will gladly mail the survey or surveys of your choice to you.

With the increase in the number of people aged 60 and older residing in our service area and the growth of funding not following suit, the Allocations Committee members have a tough job of making sure that services and funding are targeted to the specific needs that will most benefit the communities we serve. Older Americans Act services are not means tested in

any way and they are provided on a donation basis; donations are vital to the programs funded by the OAA. The donations received are returned to the specific service as program income allowing for more service to be provided; the more donations received, the more services that can be provided. The allocation dollar and service amounts determined by the Allocations Committee are submitted to Jayhawk Advisory Committee for review and recommendation to approve and then presented to the JAAA Board of Directors for approval and incorporation into the annual area plan.

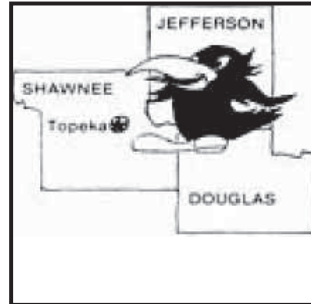
*Celebrate!*  
*The Month of May is*  
*Older Americans Month!*

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 6,000+

You are encouraged to write us at:

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2910 SW Topeka Blvd.  
Topeka, KS 66611-2121  
(800) 798-1366 or (785) 235-1367

Marsha Henry Goff, editor



Amazing Aging is a publication of Jayhawk Area Agency on Aging. Publishing of letters from readers, opinion columns or advertising does not constitute agreement or endorsement by this newsletter or Jayhawk Area Agency on Aging.

Jayhawk Area Agency on Aging does not discriminate on the basis of race, color, national origin, sex, age, or handicap. If you feel you have been discriminated against, you have a right to file a complaint with the Agency. In accordance with ADA regulations, every effort will be made to accommodate people with disabilities. If you need special assistance, please call **Susan Harris** at Jayhawk Area Agency on Aging, Inc.

*Amazing Aging* strives to provide readers with the information they need to live independent and productive lives. We also seek to feature stories of seniors who are active as workers, volunteers or engaged in hobbies. If you know a senior you would like to see featured in a future issue, please contact editor Marsha Henry Goff at [mhgink@netscape.net](mailto:mhgink@netscape.net) or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.



# Elvin Gilges: Celebrating 55 years (and counting) at ICL Lawrence

By Marsha Henry Goff

In 1968, 22-year-old Elvin Gilges, rural Baldwin City, accepted a job in the warehouse at the Lawrence FMC (now ICL) manufacturing plant loading 200-pound bags of phosphates onto rail cars. He had a year of college at Emporia State under his belt and his intention was to work a year and earn money to return to college with the goal of eventually becoming a basketball coach.

After two months at the warehouse, Gilges took a pay cut to transfer to the lab where he analyzes phosphates to ensure they meet customers' various specifications. The Lawrence ICL plant produces food and industrial grade phosphates that are used

in products — think of toothpaste — that people encounter daily. The phosphoric acid the plant produces goes into cola beverages. Salts (sodium phosphate) are in numerous foods like biscuits, french fries, sports drinks, cheese applications, meat, poultry and seafood. In meat applications, the sodium phosphate is a white powdery substance that is dissolved in water and injected into meat, making it juicy instead of dry when cooked.

The lab job offered Gilges the perks of being in a building that was air conditioned in summer, heated in winter and suited him so well that he is still there 55 years later. It is extremely rare for a person to work 55 years before retiring.



Elvin poses in the lab that has been his home away from home for half a century plus five. (MHGInk Communications)



This huge cake, complete with his picture, celebrated Elvin's remarkable 55 years of employment with ICL Lawrence. (Photo courtesy of ICL Lawrence)

Forbes says the average retirement age is 64 after working 42 years. While the generally accepted work life for college-educated individuals is 48 years and 52 years for those without a college degree, Forbes says the idea of working that many years is a fantasy and that most people cannot make it to 65 years of age before retiring. Those who work in coal mines, are members of United Auto Workers or work for auto manufacturers retire with a full-pension after

30 years, while police, firefighters and military may retire with a pension at 20 years.

It is even rarer to stay with the same company for an entire working career as Gilges has done. According to statistics, half of American workers are presently considering changing their jobs, most of them because they want remote work or more flexibility. Salary and hourly wage workers usually stay with the same employer for 4.1 years

CONTINUED ON PAGE FIVE

Please visit us online at [www.jhawkaaa.org](http://www.jhawkaaa.org).

# Caregiver Support

## Home vs. long term care

By Michele Dillon

JAAA ADRC Supervisor

I have a lot of caregivers talk to me about wanting their loved one to stay home and not wanting to place them in long term care. There is a lot of difficulty in making that decision and a lot of guilt. Let's talk about the pros and cons of each one and then how a decision can be made in regards to placement.

Home care can be less chaotic and can be beneficial as long as a routine is kept and things are made simpler. Incontinence can be reduced if there is a routine time that the bathroom is used. Routine can be hard for a caregiver if health issues or life issues occur. Home care can become difficult if the loved one you're caring for starts to shadow and follow you around everywhere. It would be hard to get a moment's peace.

In-home care is available for respite times to give yourself a break and make sure that you are taking care of yourself. Be sure to rely on informal supports. I have lots of caregivers who tell me their kids are too busy and they don't want to bother them. Your kids are adults and you raised them to be independent so you do not need to speak on their behalf. Let them decide how much they want to help you.

There are also financial resources to help with home care such as home and community-based services, aid in attendance through the VA, and long term care policies. You can also pay out of pocket. Most private agencies charge around \$35.00



Michele Dillon

an hour so it is in your best interest to get a plan of care to find out when the optimal time would be to use them. Starting out small and helping to facilitate that relationship between your loved one and the caregiver is important.

Bringing them in before attending care is needed would also be beneficial so that once bathing help is needed they have established a trusting relationship with someone else.

Memory care units can be a positive place to go for socialization and activity. You are also guaranteed that there will be routine, and your loved one will receive their medication and be taken care of if you should become sick. They are also going to monitor their weight and blood pressure on a regular basis to stave off any illnesses that should arise. Socialization and nutrition, as well as daily living activities being taken care of, can help maintain your loved one's memory for a longer period of time. Having others monitoring incontinence and self-care can also stave off infection and wounds. Memory care

financial assistance includes all of those mentioned above. It is important to check with memory care to see if it is purely private pay or if they will keep your loved one once money runs out. If they keep your loved one how long do they have to be on private pay. The fewer moves with your loved one, the more positive the experience will be.

The other thing to consider in both cases is behaviors. Behaviors can indicate that it is time to move from their home to a facility. Has it become unsafe for you or your loved one? Are they exit seeking, verbally or physically abusing you, the caregiver or showing increased anger? These are all behaviors that should be considered when deciding if a possible move is due. Also check

with your doctor to see if anti-anxiety or antidepressant medications are in order. Sometimes behaviors are due to infections or pain that cannot be identified by your loved one. There gets to be a certain point in the disease where home is not recognized so keeping them home is not necessarily for the benefit of the client if they are not remembering they are there or consistently asking to go home.

I can help you with these transitions and show you how to optimize your finances for the long term. We also have a two day a week program that can help transition from home to memory care or just provide you some relief during the day. Give me a call at 785-235-1367 for more information.

### *JAAA cares about Caregivers*

**We know how important it is for you to take care of yourself so you can take care of your loved one. That is why we offer these Caregiver Support Groups**

**Shawnee County:** Meets at the **Topeka and Shawnee Public Library**, the first Monday of each month at 2:00 p.m., the second Monday of each month at 3:30 p.m. and the third Thursday of each month at 2:00 p.m.

**Douglas County:** Meets at the **Baldwin Methodist Church**, 708 Grove, Baldwin, the first Wednesday of each month at 1:00 p.m.; the **First United Methodist Church**, 946 Vermont Street, Lawrence, the second Tuesday of each month at 10:00 a.m.; **First Southern Baptist Church**, 4300 W. 6th Street, Lawrence, the fourth Monday of each month at 3:30 p.m.; and **Homestead of Eudora**, 2725 Church Street, Eudora, the third Thursday of each month at 3:00 p.m.

*We hope to see you at one of these meetings.*

# Elvin Gilges

CONTINUED FROM PAGE THREE

but people 65 and older have an average of 10.3 years with the same employer. Men hold an average of 12.5 jobs during their lifetime, while women have an average of 12.1.

So why would Gilges buck the odds and stay with the same company for 55 years? He answers that question by saying that the ICL plant has “a good work environment and good people.”

Jason Miller, ICL plant manager, agrees with Gilges’ assessment of the work environment and the people who work at the plant and emphasizes that Lawrence ICL “has a family-oriented culture. Employees in general have a lot of personal connections that allow this to be the culture it is and we continue to foster that culture that makes

our plant the attractive place to work that it is.”

He notes with pride that the plant does an employer of choice survey every year and that the overwhelming majority of feedback they receive revolves around people. “It stems around the people we work with,” he says, “and I think that is something that is not the case everywhere and is something special that we have here at ICL in Lawrence.”

Miller has been with the plant for 19 years this May after graduating from the University of Kansas in 2005 with a degree in Chemical Engineering. He worked as a process engineer for three years before becoming a supervisor and later was promoted to Operations Manager for part of the plant, a position he held about seven years.

In 2019, he was moved to the St. Louis ICL plant and left his

CONTINUED ON PAGE SIX



What surprised Elvin most was seeing his family at his surprise party. (Photo courtesy of ICL Lawrence)



Both current and former employees stopped by to celebrate Elvin at a surprise party commemorating his 55 years with the company. (Photo courtesy of ICL Lawrence)



Elvin holds one of the ubiquitous Bobblehead dolls handcrafted in his image. (Photo courtesy of ICL Lawrence)

# Elvin Gilges

CONTINUED FROM PAGE FIVE

wife Sara, an Oskaloosa teacher, and their three children — two of whom are twins — at home in Valley Falls, choosing not to disrupt their lives. For a year and a half he commuted from Valley Falls to St. Louis, rising at 2:00 a.m. every Monday and driving five hours to St. Louis, arriving at the plant at 7:00 a.m., then driving back to Valley Falls each Friday evening. "It was not easy but it was a good experience for me because I worked with new people and learned a new process."

Miller returned to the Lawrence ICL plant as its manager on January 1, 2021. He is an example of the company encouraging a "promote from within" policy and says that the

majority of supervisors came up through the plant, starting on the floor. In one instance, an employee who started in packaging, then served as an operator for a number of years, became the plant's IT technician. Accommodating employees' changing interests and new talents contributes to their loyalty and longevity.

But some employees, like Elvin Gilges, find and stick with a job that is perfect for them. Gilges says, "I don't know what I'd do if I quit work. Two days off and I'm ready to go back because I'm bored."

He no longer works shift work and now rents out the land on which he used to raise pigs, corn and soybeans, but he still lives on his farm and loves the rural life. He admits that when he worked shifts, farmed,

CONTINUED ON PAGE SEVEN



Elvin Gilges and Jason Miller, ICL plant manager, stand beside the sign recognizing Elvin's long service. (Photo courtesy of ICL Lawrence)



Jason Miller stands beside the unique sign that greets visitors to ICL's office building. (MHGInk Communications)



Jason Miller is a proud Jayhawk as the mascot on his office wall attests. Note Elvin Bobblehead on window sill. (MHGInk Communications)

# Elvin Gilges

CONTINUED FROM PAGE SIX

and had five active children at home, attending their football and baseball games left little time for him to sleep. Presently he has eight grandchildren and he attends the wrestling matches of his young grandchildren who live in Wamego.

The Lawrence ICL plant celebrated Gilges' 55 years of employment with a big surprise party. Guests consisted of his family members which included four of his children, current employees, many retired employees who came back to celebrate with him, as well as two executives from the ICL plant in St. Louis. "Everything surprised me," he says, "but what really surprised me was seeing all my kids!"

He was presented with an 80-inch TV with sound bar, a barbecue smoker and a case of Bobbleheads, each one hand-made in his image, all wearing lab coats with the ICL logo and words on the base proclaiming: Elvin Gilges — 55 Years. Each of his children has a Bobblehead and the rest are scattered

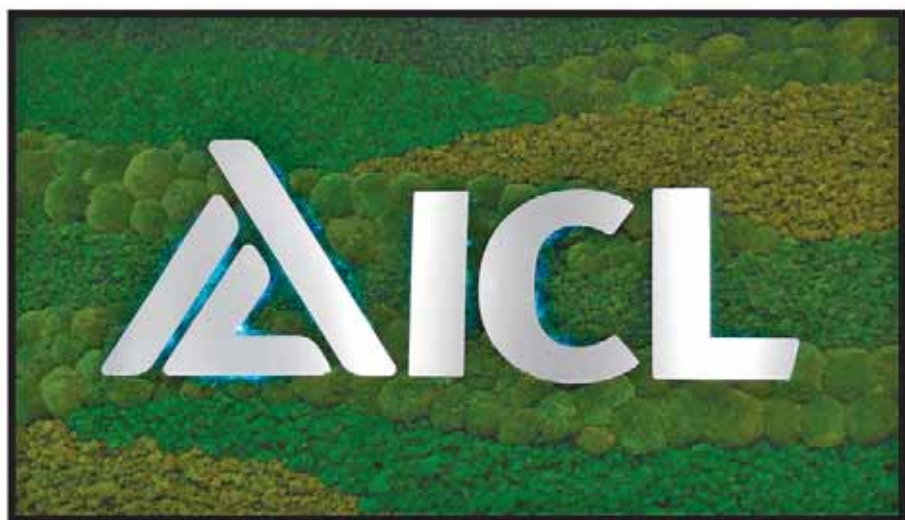
throughout the plant. His picture was taken with Jason Miller in front of the large outdoor sign congratulating him on his longevity achievement. "They also gave me two days off," he says, "with pay."

Jason Miller sums up Gilges' longevity at the plant: "Elvin has dedicated over 55 years of his life contributing to the success of FMC/Astaris/ICL, which is an amazing achievement. He has an enormous amount of knowledge and understanding of the products we produce. He does a great job every day and I really enjoy visiting with him, not just about work issues, but also things like all the local sports teams, the weather and farming."

Elvin Gilges is currently the longest tenured of all of ICL's global employees and the second longest ever (the record is 58 years held by an employee now retired). He has put well over half a million miles on his vehicles driving to and from the plant during his 55-year employment. Whether Gilges, now 78, will break ICL's longevity record is unknown, but those who know him best will not be surprised if he does.



Bobbleheads in Elvin's image are scattered throughout the plant and he gave one to each of his children. (Ray A Goff, Jr.)



Call Kevin at  
(785) 841-9417 to place  
your display ad in the  
SUMMER 2024 issue of  
Amazing Aging! The  
deadline is July 15.

# Age and Dementia (they're not the same thing)

By Marsha Henry Goff

We have heard a lot of talk about age and dementia lately. People often refer to age when what they really mean is dementia. Those words refer to two different conditions. Just because your birthdays are rolling around does not mean you will get any of the many types of dementia. In fact, the likelihood is that you will **never** suffer from dementia.

According to the National Institute of Health, these are the types of dementia:

Alzheimer's disease, the most common dementia diagnosis among older adults. It is caused by changes in the brain, including abnormal buildups of proteins known as amyloid plaques and tau tangles.

Frontotemporal dementia, a rare form of dementia that tends to occur in people younger than 60. It is associated with abnormal amounts or forms of the proteins tau and TDP-43.

Lewy body dementia, a form of dementia caused by abnormal deposits of the protein alpha-synuclein, called Lewy bodies.

Vascular dementia, a form of dementia caused by conditions that damage blood vessels in the brain or interrupt the flow of blood and oxygen to the brain.

Mixed dementia, a combination of two or more types of dementia. For example, through autopsy studies involving older adults who had dementia, researchers have identified that many people had a combination of brain changes associated

with different forms of dementia.

As we age, it is easy to worry that something is wrong when we forget a name or a word or do something silly like having our glasses on top of our head and looking all over the house for them. About 20 years ago, I made a four-quart batch of potato soup expecting it to last three meals, but I could not find it after the first meal. Normally, I placed it in the refrigerator but I was distracted when cleaning up and had to throw it out when I found it in the lazy Susan cabinet where I kept my Corning cookware.

And I once wrote in my Jest for Grins humor column that, at the age of 15, I went into the kitchen to get a cookie. I took the gum out of my mouth to eat the cookie, then threw the cookie in the trash can and put the gum back in my mouth. Things like that are funny when you are 15, but seem a bit sinister when you are a senior.

The Population Research Bureau (PRB) is a long-term partner of the US Census Bureau that collects and supplies statistics for research and/or academic purposes on the environment, health and structure of populations. According to its research, the **proportion of adults ages 70 and older with dementia declined** from 13% in 2011 to 10% in 2019.

Only 3% of adults ages 70 to 74 had dementia in 2019, meaning 97% did not. I have not found statistics for people 75 to 84, but PRB says that 22% of people 85 to 89 have demen-

tia (78% do not) as do 33% of people 90 and older (67% do not). But here is what I wonder: the older one gets, the likelihood is that they are taking prescription medicines. I am not a doctor but I have observed how medication can affect a person's cognitive skills and many medications caution about driving while taking them. Can some people diagnosed with dementia actually be taking too many medications? A word of caution: If you have questions or concerns about your medications, do not stop taking any medicine without first talking with your doctor.

My friend Jane's mother was diagnosed with Alzheimer's disease and was placed by her doctor on the medication Aricept. When her condition became worse, instead of assuming it was the progression of the

disease, Jane took her mother to a geriatrician at KU Medical Center who took her off Aricept and much of the medication she was taking and her cognitive skills improved. Jane's mother was over-medicated.

My husband seriously reacted to an over-the-counter medication so do not assume that a medication is safe just because it is non-prescription. When Ray's thought processes became loopy and he became highly agitated, it was scary to both of us, I did not know that a nurse had given him samples of 12-hour Mucinex during our 2014 annual physicals and neither of us had read of the following rare neurological and psychiatric side-effects: headache, dizziness, tremor, excitability, irritability, tolerance and dependence (with

CONTINUED ON PAGE NINE



Age in motion: My grandmother, Ruth Moriarty Henry, was such an amazing woman that she was featured in the book *Chicken Soup for the Soul: Mothers and Daughters*. She also made the CSS podcast. Here she is on her 81st birthday demonstrating how to use my new exercise wheel. She was small but mighty! —Marsha

prolonged pseudoephedrine administration), anxiety, restlessness, insomnia, hallucinations (particularly in children), paranoid delusions and sleep disturbance.

See why it was scary? He didn't have all of those symptoms, but he had enough of them that we knew something was radically wrong. It was Ray who finally realized what was causing the problem. It took several days for the drug to exit his system and he was fortunate that it was only a matter of days because some psychiatric side-effects can be long-term.

Ray's reaction was apparently to the coating on the pill that made it extended because he was able to take regular Mucinex. His physician said that some people reacted to the coating ingredients as they would to cocaine. An online search does show that someone using cocaine can have similar neurological and psychiatric reactions. I cannot imagine why anyone would deliberately ingest anything that could cause such scary reactions.

Some types of dementia may have some of those symptoms and I wonder if a doctor who was unfamiliar with Ray would have diagnosed him with dementia. That is exactly why I wonder if some of those 85- to 100-year-olds who are in the 22% or 33% of people those ages who are diagnosed with dementia may instead be having reactions to their medication. It is possible. Again, do not stop taking any medications without consulting your doctor.

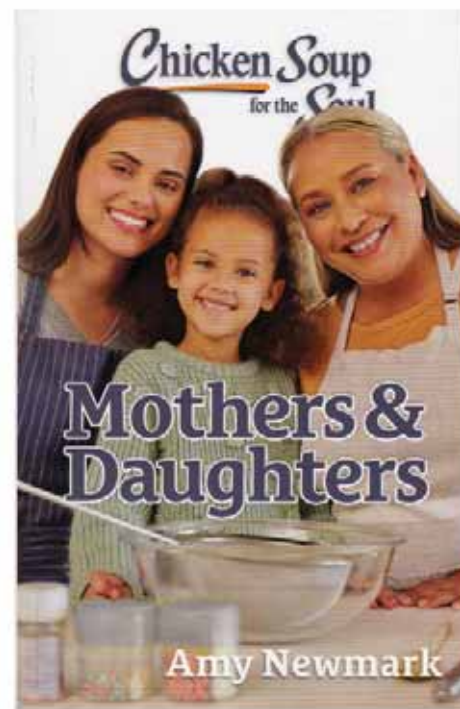
I am fortunate that my long-lived forebears were excellent aging role models. Read the tombstones in the Henry cemetery plot and the ages are 91, 95, 97, 98, 104 and in the Shellhammer plot, 87, 92, 94, 95 ... you get the picture. Not one of them had dementia.

My Grandfather Jake Shellhammer enjoyed grafting different fruits onto the same tree. A school teacher, he taught me cursive writing, making me use a big nail to form the letters so I wouldn't waste ink. He died the day after his 92nd birthday, but not before he walked many blocks down to the post office of his small Oklahoma town to retrieve his mail and return home where he lay down for a nap before lunch and, as the preacher at his funeral said, "woke up with the angels."

I had my Grandmother Ruth Henry the longest of all my grandparents. I was 41 when she died a few months before her 92nd birthday. Grams was as tough as nails. I snapped the accompanying picture of her on her 81st birthday as she demonstrated how to use the exercise wheel I had purchased for myself. I recently had a story about her titled "She did it herself" published in *Mothers and Daughters, a Chicken Soup for the Soul* book. Look for the notice on this page to see how you can win a free book and read about Grams' "never grow old" exploits.

If you are someone who worries about getting dementia as you and/or a loved one grow older, I hope this article will relieve your mind about that concern. The odds that you will never be diagnosed with dementia are certainly in your favor.

## Want to win a free book?



Who doesn't love  
Chicken Soup for the Soul books?  
The first person to email me at  
[mhgink@netscape.net](mailto:mhgink@netscape.net)  
with "I want to win!" in the subject  
line and correctly guess what my  
grandmother, Ruth Moriarty Henry,  
kept by her door in case a burglar  
broke in, will win an autographed  
copy of this book with 101 stories  
of Mothers, Daughters (and in at  
least one case a Grandmother)!

## Good luck!

# Do you qualify for one of three Homestead Property Tax Claims?

By Marsha Henry Goff

Seniors have been especially hard hit with rapidly rising property tax appraised values. Many seniors are unaware that they may qualify for one of the state's three Homestead Property Tax Claims. Taking advantage of that can save you a little (up to maximum \$700) with a Homestead (K-40H) refund or a bundle with the Safe Senior (K-40PT) claim which cuts property taxes by up to a whopping 75 percent. But the newest Homestead (K-40SVR) claim, passed in 2022, enables many more seniors to qualify because it freezes taxes to the amount paid in the base year which is 2021 or later depending on when one qualifies.

For over a decade, I have used TurboTax to figure our income tax. This year, I knew about the K-40SVR claim and knew I met the qualifications. I also qualified last year but did not know about K-40SVR and accepted TurboTax's judgment that I did not qualify for any Homestead claim. When it also said that this year, I realized the software was incorrect. The home we built in 1995 has gone up by leaps and bounds the last few years but it was valued at \$325,000 (under the required \$350,000) in 2021 which was determined to be the base year.

While ignorance of the law is not usually an excuse, I think

it should be when one relies on TurboTax's 100% accuracy guarantee. Here's the problem: This year (and last) when it came to the part to see if I qualified for a Homestead claim, it asked the 2023 appraised value of my home and when I typed in \$407,000, it said I did not qualify. TurboTax should then have asked what the appraised value of my home was in 2021 but it did not — shutting out me and who knows how many other TurboTax-using qualifying seniors and denying us the tax savings to which we were entitled. You may file amended Homestead returns for 2022 and/or 2023 for retroactive relief and, if they are not accepted, you have the right to appeal.

If you are a senior who meets the requirements listed in K-40SVR, whatever your taxes are this year and in subsequent years, you simply deduct your 2021 taxes and get the difference back each year. My real estate property taxes are still too high, in my opinion, because the 2021 taxes were over \$450 a month, making me realize the truth of the statement by a legislator's father who said that we do not own our homes, but just rent them from the county. The only real cure to lower taxes is to elect county and city commissioners, state legislators and governors who do not spend so profligately. Other people's money is far too easy to spend.

## Homestead Refund (K-40H)

- At least 55 years old all of 2023, or blind or totally and permanently disabled, or has a dependent child living in the home and under 18 the whole year;

- Total household income is \$40,500 or less, with 50 percent of Social Security and SSI benefits included in the income calculation;

- The home is appraised at

\$350,000 or less;

- A sliding scale determines the percentage of the refund, based on income. The maximum refund is \$700. The statewide average refund under this program has been between \$220 and \$250 in recent years.

## SAFESR (K-40PT)

- At least 65 years old for all of 2023;

- Total household income,

CONTINUED ON PAGE 11

## Tax Relief?

By Marsha Henry Goff

For the second time this year, Gov. Laura Kelly has vetoed a tax relief bill overwhelmingly passed by the legislature. The bill passed the House 119-0 and the Senate 24-9 with five Republicans absent and two Democrats passing.

The major components of House Bill 2036 are effective for the 2024 tax year and include:

- A two-tiered tax rate system that replaces the current three-rate system.

- The first \$23,000 single and \$46,000 married is taxed at 5.15%; all income above those levels is taxed at 5.55%.

- The single personal exemption jumps from \$2,250 to \$9,160; a married couple's personal exemption goes from \$4,500 (two @ \$2,250 each) to \$18,320 plus \$2,320 for each dependent.

- The standard deductions increase by 3%, to \$3,605 single and \$8,240 married.

- All Social Security benefits will be exempt from state taxation.

- The state sales tax on food will be eliminated on July 1st this year, six months earlier than expected.

- The amount of residential property exempt from the statewide uniform school finance levy rises from \$40,000 to \$100,000 and the tax rate drops from 20 mills to 19.5 mills. The half-mill cut is offset by a transfer from the state general fund to the school fund.

- A reduction in the privilege tax rate paid by financial institutions.

Because of the overwhelming support for the bill, the legislature may be able to override the governor's veto. Ask your senator to override!



# Property tax

CONTINUED FROM PAGE 10

including all Social Security and SSI benefits, is \$23,700 or less;

- The home is appraised at \$350,000 or less;

- The SAFESR property tax refund is up to 75 percent of taxes. The statewide average refund has been between \$1,165 and \$1,285 in recent years. Fewer seniors qualify for this refund than for the Homestead Refund.

## Seniors or Disabled Veterans (K-40SVR)

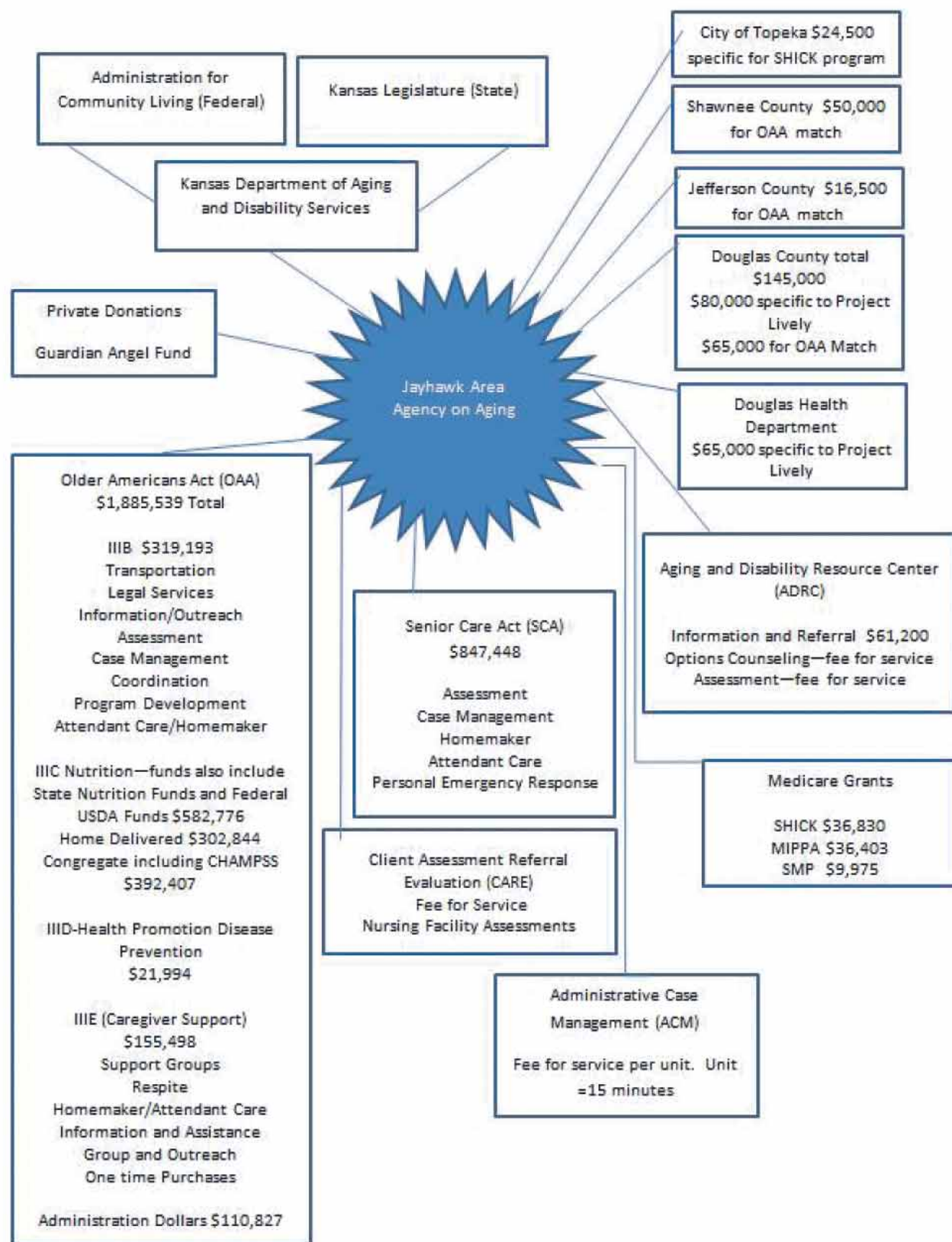
- At least 65 years old for all of 2023 or a disabled veteran; the surviving spouse of a claimant receiving this benefit at the time of the claimant's death will be eligible to continue receiving this benefit until the surviving spouse remarries.

- Total household income, including 50 percent of Social Security and SSI benefits, is \$53,600 or less;

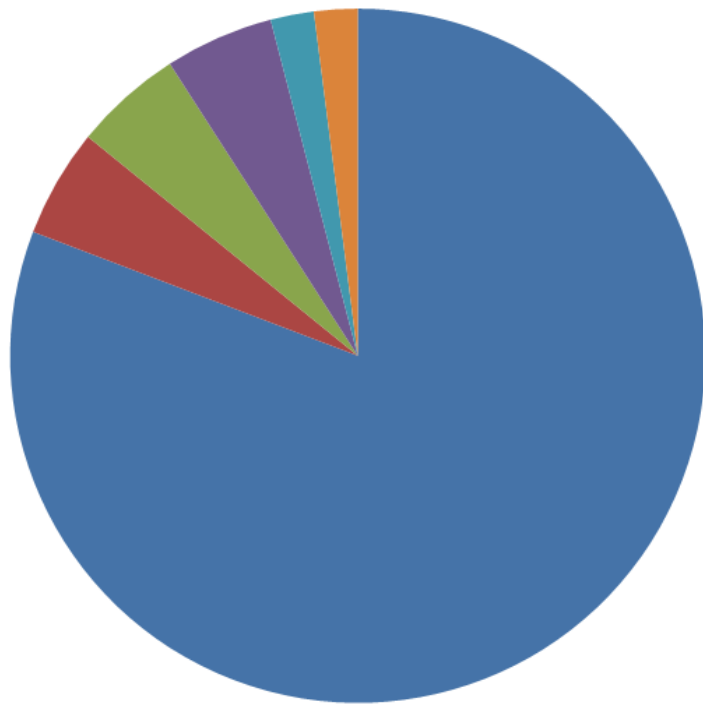
- The house cannot be appraised higher than \$350,000 in the base year, but the claimant remains eligible if the valuation rises;







- This is the newest property tax refund option, enacted in 2022 to freeze property taxes at the base year. The base year is when the claimant becomes eligible for this refund. Those filing in the 2022 tax year used 2021 as the base year and subtracted the taxes paid in 2021 from taxes paid in 2022 to determine the refund. The claimant's base year continues into future tax years. The homeowner with a 2021 base year would use that when filing 2023 taxes. If a claimant moves, his base year is reset.

## Where the Money Comes From and Where it Goes



# Funding Sources



-  **KDADS**
-  **City of Topeka**
-  **Shawnee County**
-  **Douglas County**
-  **Jefferson County**
-  **Private Donations**

Older Americans Act (OAA)  
\$1,885,539 Total Allocation

IIIB Supportive Services  
\$319,193

Access Services must receive at least 9% of the funds.

Includes  
Transportation  
Information/Outreach  
Assessment  
Case Management

Legal Services must receive at least 5% of the funds.

In-Home Services must receive at least 20% of the funds

Includes  
Attendant Care  
Homemaker Services

Coordination  
Program Development

IIIC Nutrition—funds also include State Nutrition Funds and  
Federal USDA Funds \$582,776  
Home Delivered \$302,844  
Congregate including CHAMPSS \$392,407

IIID-Health Promotion Disease Prevention  
\$21,994

IIIE (Caregiver Support)  
\$155,498

Support Groups must receive at least 5% of the funds  
Respite must receive at least 15% of the funds  
Supplemental Services must receive at least 5% of the funds  
Includes Homemaker and Attendant Care Services  
Information and Assistance must receive at least 7% of the funds  
Assistance/Group and Outreach must receive at least 7% of the funds

One time Purchases

Administration Dollars \$110,827

# Calendar

CONTINUED FROM PAGE 14

JAN 16-JUN 16

## JACOB LAWRENCE AND THE LEGEND OF JOHN BROWN

The special exhibition "Jacob Lawrence and the Legend of John Brown" presents a recently acquired portfolio of prints by the acclaimed Black modernist Jacob Lawrence (1917-2000). In this series of 22 prints, Lawrence explores the life of abolitionist John Brown, best known for leading a raid on Harpers Ferry in October 1859 that foreshadowed the Civil War. Lawrence includes scenes from Brown's time in Kansas, where he first used violence in his quest to rid the country of slavery. Spencer Museum of Art, 1301 Mississippi St. LAWRENCE

FEB 9-MAY 19

## EMMETT TILL & MAMIE TILL-MOBLEY: LET THE WORLD SEE

This touring exhibition tells the story of Emmett Till and his mother, Mamie Till-Mobley, and challenges visitors to make a ripple for justice in their own communities. It is a collaboration of the Emmett Till and Mamie Till-Mobley Institute, the Emmett Till Interpretive Center, the Till family, and The Children's Museum of Indianapolis. Spencer Museum of Art, 1301 Mississippi St. LAWRENCE

FEB 9-MAY 19

## ONE HISTORY, TWO VERSIONS

This installation features works by contemporary African American artists from the collection of Bill and Christy Gautreaux and the Spencer Museum. Selected works relate to themes of Black life and Black love, media representation, and activism. Spencer Museum of Art, 1301 Mississippi St. LAWRENCE

FEB 23-MAY 19

## OUR STORIES: AFRICAN AMERICAN TOPEKA BEFORE AND AFTER BROWN

This collaboration between the Black American Blueprint Collective and the Alice C. Sabatini Gallery reflects on the local impact of the landmark *Brown v. Board* ruling 70 years later.

Topeka and Shawnee County Public Library - Alice C. Sabatini Gallery 110AB, 9 a.m.-9 p.m. TOPEKA, [events.tscpl.org/events](https://events.tscpl.org/events)

## FAIRS & FESTIVALS

MAY 2

### ALIVE AFTER FIVE EVENT CINCO DE MAYO

A fiesta of a good time. Participating shops and businesses around town breaking out the piñatas and maracas. Serving festive food and drinks, a great night out with friends. Historic Downtown Leavenworth, 416 Cherokee St., 5-8 p.m. Fee. LEAVENWORTH, 913-682-3924

## FARMERS' MARKET

MONDAYS

### MONDAY FARMERS MARKET

Shop high-quality, locally-grown produce, farm fresh eggs, baked goods, fresh cut flowers and bedding plants. What a fresh way to start your week. Look for more variety as the season progresses. Topeka and Shawnee County Public Library - Parking - East Lot, 7:30-11:30 a.m. TOPEKA, <https://events.tscpl.org/events>

THURSDAYS

### COTTIN'S HARDWARE FARMERS' MARKET

April-September (Outdoors) Every Thursday from 4-6:30 p.m. The outdoor market has 15+ local vendors, live music, a hot food vendor, and Free State Beer each week. October-March (Indoors) Every Thursday from 4-6 p.m. The indoor market is located inside the store and has up to six vendors each week. Cottin's Hardware, 1832 Massachusetts St. LAWRENCE

LAWRENCE

[cottinshardware.com/farmers-market](http://cottinshardware.com/farmers-market)

APR-NOV

### DOWNTOWN TOPEKA FARMERS' MARKET

Since the 1930s, every Saturday morning from April through November, the Topeka Farmers' Market comes alive. Vibrant with color, lively chatter and friendly faces, the Topeka Farmers' Market attracts hundreds of Topeka residents and out of town visitors. Folks come to the open-air market each week to shop, browse, and meet their friends and neighbors. This year's market will be located at SW 6th Ave. & SW Harrison St. TOPEKA, 785-249-4704

[topekafarmersmarket.com](http://topekafarmersmarket.com)

CONTINUED ON PAGE 27

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## SAVVY SENIOR

# How to find a good doctor

By Jim Miller

**Dear Savvy Senior:** Can you recommend some good resources to help me locate some quality doctors in my area? I'm looking for an orthopedic doctor for my 77-year-old mother and a new internist for me, since my doctor retired last year. - Searching Susan



**Dear Susan:** Finding and researching doctors is a lot easier than it used to be. Today, there are variety of websites you can turn to that provide databases of U.S. doctors, their professional medical histories, and ratings and reviews from past patients on a number of criteria. Here are some good sites to help you get started, along with a few additional tips that can help you find the right doctors.

### Searching Tips

To help you locate some good doctors in your area, a good first step is to get referrals from trusted friends, along with any doctors, nurses or other healthcare professionals you know.

You also need to check your insurance provider. Call your insurer for a list of approved doctors or ask whether the doctor you're considering is in-network.

If your mother is enrolled in original Medicare, you can use the care compare tool at [Medicare.gov/care-compare](https://www.Medicare.gov/care-compare)—click on “Doctors & Clinicians.” This will let you find doctors by name, medical specialty or by geographic location

that accept original Medicare. If she's enrolled in a Medicare Advantage plan, call or visit the plan website to get a list of approved candidates.

Once you find a few doctors, you need to call their office to verify that they still accept your insurance, and if they are accepting new patients.

You should also consider hospital affiliation. Your choice of doctor can determine which hospital you go to, if needed, so find out where the doctor has admitting privileges. Then use some hospital ratings services like [Medicare.gov/care-compare](https://www.Medicare.gov/care-compare) (click on “Hospitals”) to see how it compares with other hospitals in the area.

### Researching Doctors

After you find a few doctors you're interested in, there are various websites you can consult, to help you evaluate them. For example, the Federation of State Medical Boards offers a tool at [DocInfo.org](https://www.DocInfo.org) that will let you find out doctor's board certifications, education, states with active licenses, and whether or not a physician has been disciplined by a state medical board.

The Centers for Medicare & Medicaid Services (CMS Data) is also a good source for researching doctors. For example, it will help you find out how many times a doctor did a particular procedure and what they charge for it – go to [Data.CMS.gov/tools](https://www.Data.CMS.gov/tools) and click on “Medicare Physician & Other Practitioner Look-up Tool.” And to learn about the financial relationship that doctors have with drug and medical device companies, visit [OpenPaymentsData.CMS.gov](https://www.OpenPaymentsData.CMS.gov).

Some other good sites for finding and researching healthcare professionals include Healthgrades ([healthgrades.com](https://www.healthgrades.com)).

CONTINUED ON PAGE 17



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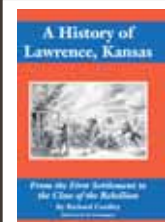
3100 SE Illinois Ave. • Topeka



## A History of Lawrence, Kansas

by Richard Cordley

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



## PAINTING WITH WORDS

## 'May and the Poets'

James Henry Leigh Hunt, best known as Leigh Hunt, was born in 1784 in Southgate, Middlesex, England was an English essayist, critic, journalist, and poet who was an editor of influential journals. When he was 17, his volume of poems titled *Juvenilia* was published and available to others



Tom  
Mach

on a subscription basis. It was praised by literary reviews, congratulating him on his creative ability at such a young age. His brother John started a weekly paper called *The News*, and Leigh Hunt became an impartial drama critic for the paper.

Beginning in 1811, Hunt started editing various journals. These included a political publication called *The Reflector*, which included his satirical essay "The Feast of the Poets." In his revised edition two years later, he included his perception of the poets Samuel Taylor Coleridge, William Wordsworth, and George Gordor.

Due to his slanderous editorial of an English prince, he was sentenced to two years in prison. But while incarcerated, he wrote his first long narrative poem, *The Story of Rimini*, which was highly praised by the poet Byron. In it, Hunt resurrected the English couplet verse, which had been lost in the 18th century. He also supported two influential poets—Percy Bysshe Shelley and John Keats. Hunt's knowledge of French and Italian is evident in two of his best-known poems, namely, "About Be Adhem" and "Jenny Kissed Me."

He wrote some impressive essays that showed an impressive judgment of his contemporaries. Though not much interested in politics, he attacked his

government's oppression.

Hunt was particularly prolific as an author, poet, and editor in the period from 1812 to 1820. He wrote a volume on verse in 1818 called *Foliage*. Although he continued editing the *Examiner*, he also wrote *The Literary Pocket Book* and *The Indicator*, which contained essays of good cheer concerning life, manners, morals, and nature. In 1819, Hunt went on to publish two more narrative poems: "Hero and Leander" and "Bacchus and Ariadne," which describe the activities of characters from mythology.

Hunt also wrote a poem called "May and the Poets." It tells the reader that May is to be celebrated over and over as it is an enduring month of the year. According to Hunt, it is the opening of spring and the promise of new life. This poem, like his other verses, is written in a whimsical and romantic style. Since this poem is set in the Romantic area, it reflects how nature has the power to overwhelm one's fascination with its beauty.

The poet emphasizes May's omnipresence, and this is noted by other poets such as Spencer and Milton. Not only is there timelessness about May, but there is also a sense of comfort and relaxation. He goes on to describe May

as residing on bookshelves because that month, in some way, brightens the books with blooming flowers.

There is a repetition of "May's in" and creates a rhythmic chant while the stanzas themselves widen to simulate the expansiveness of the month. The poet describes that rain may fall but it won't dampen the wonderful feeling this month creates for us.

Here then is Leigh Hunt's poem:

### May and the Poets

By Leigh Hunt

*There is May in books forever;  
May will part from Spenser never;  
May's in Milton, May's in Prior,  
May's in Chaucer, Thomson, Dyer;  
May's in all the Italian books:—  
She has old and modern nooks,  
Where she sleeps with nymphs and elves,  
In happy places they call shelves,  
And will rise and dress your rooms*

*With a drapery thick with blooms.  
Come, ye rains, then if ye will,  
May's at home, and with me still;  
But come rather, thou, good weather,  
And find us in the fields together.*

- Tom Mach, author and poet, has had three columns published in Kaw Valley Senior Monthly, "A Look At Books," "Memories Are Forever," and "Painting with Words." In addition, he has written 15 books since his retirement in 2002. Three of his books are historical novels, one is a memoir, one is a stage play in two acts, one is a collection of his short stories, three are Christian novels (with one that used his pen name "A. T. Christie"), two are children's books, and four are poetry collections. If you have questions about any of them, send him an email at tom.mach@yahoo.com or read about them by clicking on [www.Tom-Mach.com](http://www.Tom-Mach.com). You may also find him on Facebook at [Facebook.com/kansasauthor](https://www.facebook.com/kansasauthor).

## Savvy Senior

CONTINUED FROM PAGE 16

com) and Vitals (vitals.com).

Both sites provide substantial doctor's information on education and training, hospital affiliations, board certification, awards and recognitions, professional misconduct, disciplinary action, office locations and accepted insurance plans.

They also offer 5-star ratings scales

from past patients on issues such as communication and listening skills, wait time, time spent with the patient, office friendliness and more. But be aware that while physician rating websites can be helpful, they can also be misleading and unreliable.

- Send your senior questions to: *Savvy Senior*, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC *Today* show and author of "The Savvy Senior" book.



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# GOREN ON BRIDGE

WITH BOB JONES

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## A LITTLE CLASS

Neither vulnerable, North deals

**NORTH**

♠ K 4  
♥ K 6  
♦ K 9 5 4 3  
♣ K 10 4 3

**WEST**

♠ 6  
♥ Q J 5 4 3  
♦ A J 10 6  
♣ 8 5 2

**EAST**

♠ A 7 5  
♥ 10 9 8  
♦ 8 7  
♣ A Q J 9 7

**SOUTH**

♠ Q J 10 9 8 3 2  
♥ A 7 2  
♦ Q 2  
♣ 6

**NORTH**

♠ Void  
♥ K 6  
♦ 9  
♣ K

**WEST**

♠ Void  
♥ Q J 5  
♦ J  
♣ Void

**EAST**

♠ Void  
♥ 10 9 8  
♦ Void  
♣ A

**SOUTH**

♠ 4  
♥ A 7 2  
♦ Void  
♣ Void

The bidding:

<b>NORTH</b>	<b>EAST</b>	<b>SOUTH</b>	<b>WEST</b>
1♦	2♣	2♠	3♣
Pass	Pass	4♠	All pass

Opening lead: Five of ♣

South played low from dummy on the opening club lead and East won with his nine. East found the excellent defense of cashing his ace of spades and leading a spade to dummy's king, eliminating any chance for a heart ruff by declarer.

South led a diamond to his queen, losing to West's ace, and ruffed the club continuation. He drew the outstanding trump, led a diamond

to dummy's king, and ruffed a diamond. A 3-3 diamond split would have seen him home free. No luck in diamonds, but he knew where the jack of diamond was and he knew where the ace of clubs was. There was a certain road to 10 tricks. South began to run his trumps. This was the position with one trump left to cash:

On the last spade, West had to discard a heart to keep his jack of diamonds. South now discarded the diamond from dummy and East shed a heart to keep his ace of clubs. South showed a little class by leading the seven of hearts to dummy's king, a heart back to his ace, and then the two of hearts for his tenth trick! Well done!



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**Boggle**  
BrainBusters!

By David L. Hoyt and Jeff Knurek



**B  
U  
P  
H  
W  
O  
I  
S  
G  
O  
K  
E  
A  
G  
L  
M**

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

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- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

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RATING**

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

**Boggle® BrainBusters Bonus**

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST SEVEN GOLDEN GLOBE BEST PICTURE FILMS in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# PUZZLES & GAMES

## CROSSWORD

### Across

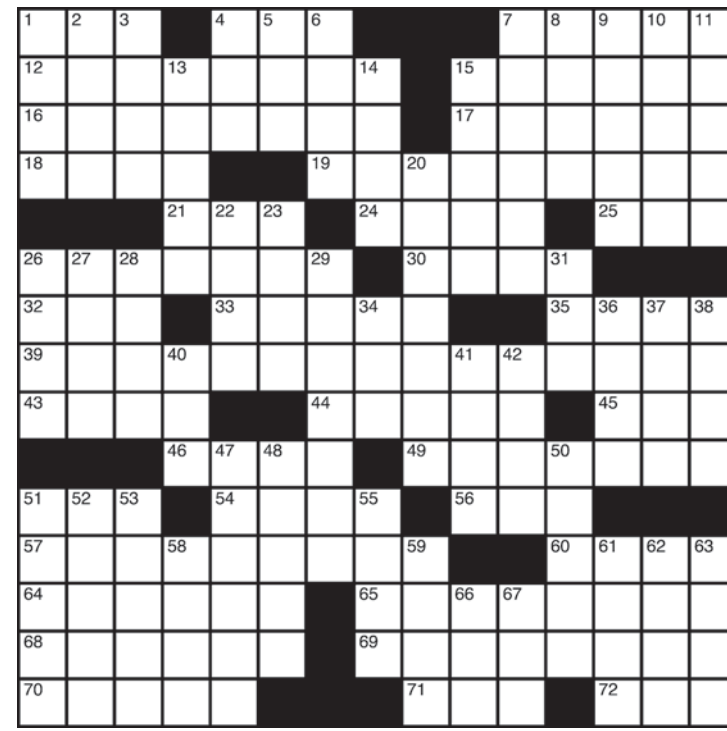
- 1 Gratuity
- 4 Bow (out)
- 7 Personal records
- 12 Hotline?
- 15 Only state that shares a time zone with Alaska
- 16 Bag
- 17 Brunch order
- 18 Gush
- 19 The WNBA's Dream, on sports crawls
- 24 Unremarkable
- 25 Uno y uno
- 26 Grapefruit choice
- 30 Flunky
- 32 Tony Shalhoub's role on "The Marvelous Mrs. Maisel"
- 33 Big brutes
- 35 Dutch guilder successor
- 39 Clothesline?
- 43 Celtic language
- 44 Took the wheel
- 45 Bird in the bush
- 46 Choke up
- 49 Long rants

- 51 Justice Dept. arm
- 54 Boldly state
- 56 Have an ugly cry
- 57 With 69-Across, Lifeline?
- 60 Helter-skelter
- 64 Friend of the mistake-prone
- 65 Seafood appetizer
- 68 State with confidence
- 69 See 57-Across
- 70 Hockey fake-outs
- 71 Fine-grained wood
- 72 Paper polishers, in brief

### Down

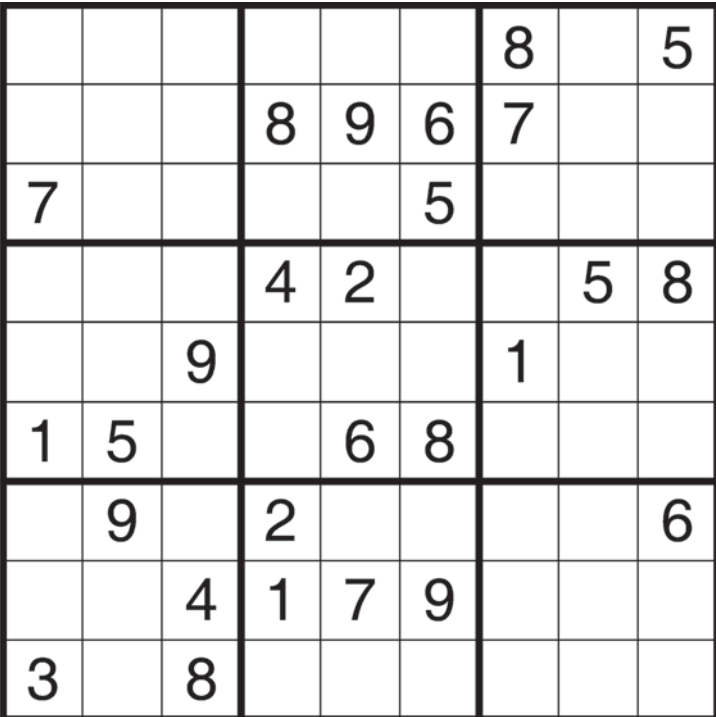
- 1 Personal quirks
- 2 Happy cry from an eager Little Leaguer
- 3 Leader who wears the Ring of the Fisherman
- 4 Having a bad day
- 5 Start to fall?
- 6 With 15-Down, kids' hangout
- 7 Material for some cutting boards

- 8 Ceremonial pitcher
- 9 Cantina toast
- 10 Couple with
- 11 Surfing stops
- 13 "Get out of town!"
- 14 Breaks bread
- 15 See 6-Down
- 20 First place
- 22 2020 Pro Football Hall of Fame inductee Polamalu
- 23 Minifigure maker
- 26 Deal with leaves
- 27 Company that moves people
- 28 Quilting parties
- 29 Hard workers
- 31 \_\_\_ worth
- 34 Mess up
- 36 Outside the box?
- 37 Capital on the Tiber
- 38 Burden
- 40 Delt neighbor
- 41 Car rental giant
- 42 Archie's boss, in detective fiction
- 47 Team featured in the HBO sports drama "Winning Time"
- 48 For all to see
- 50 Ancient calculators
- 51 Still to come
- 52 Short and probably not



- 53 sweet
- 53 Chemist's container
- 55 "Diving Into the Wreck" poet Adrienne
- 58 "Aha! Say no more"
- 59 Long shot, in hoops lingo
- 61 Produce
- 62 Gave clearance
- 63 Home openers?
- 66 "All in favor, say \_\_\_"
- 67 Automaker whose "M" stands for "Motoren"

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

## JUMBLE

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

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

HGUSR

○ ○ ○ ○ ○

LDEEU

○ ○ ○ ○ ○

KAWNEE

○ ○ ○ ○ ○

LEKYL I

○ ○ ○ ○ ○

Get the free JUST JUMBLE app • Follow us on Twitter @PlayJumble

Is it even possible to win?  
It's all luck. Pick a number and watch the ball.  
Place your bets.

WHEN ASKED IF SHE THOUGHT THEY COULD WIN AT ROULETTE, SHE SAID ---

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

Print your answer here: " ○ ○ ○ ○ ○ " ○ ○ ○ ○ ○

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## SCRABBLE G R A M S

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A I U T M F D L

RACK 1

E I O S M K R

RACK 2

A U Y L N N M

RACK 3

E I O S R R V

RACK 4

A E I U P C S

RACK 5

3rd Letter Triple  
Double Word Score

**PAR SCORE 270-280**  
**BEST SCORE 330**

**FIVE RACK TOTAL**  
**TIME LIMIT: 25 MIN**

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

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

12-10

Answers to all puzzles on page 26

## MY PET WORLD

# Addressing canine boredom and destructive behavior

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** I live with my sister Renee, who has a 12-year-old male Shih Tzu named Blair. He was used for breeding (not in a puppy mill), and Renee rescued him. Blair was very well trained when he came to us. He is extremely smart and sweet.

Renee likes to use her laptop a lot, and every time she starts using it, Blair gets upset and starts pawing at her, staring at her until she starts petting him. She talks to him, then stops, and he leaves the living room; he goes upstairs to my area and stays there. He's there by himself. I was downstairs and went to find him, and he had trashed my hall closet.

I kept telling my sister that he is jealous of the laptop. She laughed and said no, he's just mad that I'm not paying more attention to him. Duh!

Do you agree? If so, what can Renee do? We also have a female beagle, Lily, but Blair is not interested in her.

— Sandy, Baltimore, Maryland

**Dear Sandy:** When your sister pulls out the laptop, Blair is expressing his need for attention and interaction. While it might seem like jealousy, it's more his desire for engagement.

Dogs, like humans, thrive on social interaction and stimulation. So, view Blair's activity as a signal that he needs mental or physical activity. As you

rightly pointed out, the adage, "If you don't give a dog something to do, he will find a job" applies here. Blair is finding his own way to occupy himself when he feels ignored.

To address this, your sister could incorporate Blair into her activities. For example, she could spend time petting him or engaging in interactive play sessions before starting work on her laptop. Additionally, providing Blair with stimulating toys, like puzzle toys and chew toys, can help keep him occupied and mentally stimulated while she's busy.

Regular exercise is also crucial for Blair's well-being. Daily walks help burn off excess energy and prevent

boredom-related behaviors. Finally, reinforcing basic obedience commands and providing positive reinforcement for good behavior can help reestablish boundaries for Blair as well.

This brings me to another adage, "A tired dog is a good dog." When dogs are tired and napping, they are less likely to be destructive.

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

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## AMERICA'S TEST KITCHEN

TNS PHOTO



**Parmesan cheese and butter** boosted the soup's flavor and richness.

*Soup made with canned beans is convenient, satisfying and surprisingly sophisticated*

By America's Test Kitchen

Tribune Content Agency

To make a creamy, smooth, and quick bean soup, we started by briefly simmering canned great Northern beans and their seasoned canning liquid with softened aromatic vegetables and herbs. Heating the beans caused their starches to hydrate, which made the soup especially creamy. Blending the beans with a small amount of liquid helped their skins break down so that the puree was completely smooth. Chicken broth plus a little Parmesan cheese and butter boosted the soup's flavor and richness. Herb oil and crispy capers were quick-to-make but impressive garnishes that complemented the neutral soup base with vibrant color, flavor and texture.

### Creamy White Bean Soup with Herb Oil and Crispy Capers

Serves 4 to 6

For the herb oil and crispy capers:

- 1/3 cup extra-virgin olive oil
- 1/4 cup capers, rinsed and patted dry
- 2 tablespoons minced fresh parsley
- 1 tablespoon chopped fresh basil

For the soup:

- 2 tablespoons extra-virgin olive oil
- 1/2 cup chopped onion

- 1 small celery rib, chopped fine
- 3 sprigs fresh thyme
- 2 garlic cloves, sliced
- Pinch cayenne pepper
- 2 (15-ounce) cans great Northern beans
- 2 tablespoons grated Parmesan cheese
- 2 cups chicken broth, divided
- 2 tablespoons unsalted butter
- 1/2 teaspoon lemon juice, plus extra for seasoning

#### FOR THE HERB OIL AND CRISPY CAPERS:

1. Combine oil and capers in a medium bowl (capers should be mostly submerged). Microwave until capers are darkened in color and have shrunk, about 5 minutes, stirring halfway through microwaving. Using a slotted spoon, transfer capers to a paper towel-lined plate (they will continue to crisp as they cool); set aside. Reserve caper oil.

#### FOR THE SOUP:

1. Heat oil in a large saucepan over medium heat until shimmering. Add onion and celery and cook, stirring frequently, until softened but not browned, 6 to 8 minutes. Add thyme sprigs, garlic, and cayenne and cook, stirring constantly, until fragrant, about 1 minute. Add beans and their liquid and stir to combine. Reduce heat to

medium-low, cover, and cook, stirring occasionally, until beans are heated through and just starting to break down, 6 to 8 minutes. Remove saucepan from heat and discard thyme sprigs.

2. Process bean mixture and Parmesan in a blender on low speed until thick, smooth puree forms, about 2 minutes. With the blender running, add 1 cup broth and 2 tablespoons butter. Increase speed to high and continue to process until butter is incorporated and mixture is pourable, about 1 minute longer.

3. Return soup to clean saucepan and whisk in remaining 1 cup broth. Cover and bring to a simmer over medium heat, adjusting consistency with up to 1 cup hot water as needed. Off heat, stir

in lemon juice. Season with salt and extra lemon juice to taste.

4. Stir parsley and basil into reserved caper oil. Drizzle each portion of soup with herb oil, sprinkle with capers, and serve.

- For more than 25 years, home cooks have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. The family of brands—which includes Cook's Illustrated, Cook's Country, and America's Test Kitchen Kids—offers reliable recipes for cooks of all ages and skill levels. See more online at [www.americastestkitchen.com/TCA](http://www.americastestkitchen.com/TCA).

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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.

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## RICK STEVES' EUROPE

# Cold War memories in today's Berlin

By Rick Steves

Tribune Content Agency

Whenever I travel to Berlin I can't help remembering my spooky Cold War visit back in 1971. I vividly recall how, after we'd toured East Berlin, our tour bus was stopped and emptied at the border so mirrors could



*Rick Steves*

be rolled under the bus before we returned to West Berlin. They wanted to see if anyone was trying to hitch a ride to freedom with us. (For a 16-year-old who was caught up in the anxiety of the Cold War, that left quite an impression.)

It's been more than three decades since the fall of the Berlin Wall, which for nearly 30 years had divided the biggest city in Germany in two: a communist East and a capitalist West. Back then, life in the East was bleak, gray, and demoralizing because of ongoing political repression and their unresponsive Soviet-style command economy.

Today, long-united Berlin feels like

the nuclear fuel rod of a great nation. It's vibrant with youth, energy, and an anything-goes-and-anything's-possible buzz.

A sleek Radisson Collection Hotel now stands where East Berlin's leading hotel, the Palasthotel, once stood. I remember staying there during the Cold War, when a West German 5-mark coin changed on the black market would get me drinks all night. Now, stepping into the Radisson, five euros is lucky to get me a beer. Its over-the-top lobby is famous for hosting an eight-story-tall exotic fish tank (with an elevator zipping right up the middle)—which burst in 2022, killing countless fish. (Google it!)

As a booming tourist attraction, Berlin now welcomes as many visitors in a year as Rome does. The crush of tourists makes parts of the new Berlin tacky—even some sights associated with the Wall. Checkpoint Charlie, the famous former border-crossing point between the American and Soviet sectors, can feel like a capitalist freak show. Shifty characters sell fake bits of the Wall, WWII-vintage gas masks, and East German medals. Two actors dressed as American soldiers pose for tourists between big American flags and among sandbags at the rebuilt checkpoint guard shack. However, the adjacent Museum of the Wall at Check-



The iconic Brandenburg Gate is the last of the original 14 gates that were part of Berlin's old city wall. During the Cold War, the Brandenburg Gate became the symbol of a divided Berlin when it was trapped in the no-man's-land of the Berlin Wall, between the communist East and capitalist West.

point Charlie is worthwhile, telling a gripping tale and recounting many ingenious escape attempts (though the DDR Museum in central Berlin, with a tourable reconstructed communist-era home, presents an even more engrossing look at life back in the days when Berlin was a tale of two cities).

Near Checkpoint Charlie next to a surviving stretch of Wall is the Topography of Terror, with Berlin's best exhibit documenting Nazi crimes, along with an outdoor exhibit in the Gestapo headquarters' excavated foundations. This site once hosted the nerve center for the Gestapo and the SS—the most despicable elements of the Nazi government.

Across the street from the Topography of Terror, a block-long section of the Wall was intentionally left as a memorial, while the rest of the death

strip was razed and rebuilt. This stretch of the Wall is especially evocative because, with its holes, you can see its rebar innards. This fit the DDR mantra of “cheap but efficient.”

The Wall's most iconic sight, of course, is the Brandenburg Gate. Built in 1791, it's the last survivor of 14 gates in Berlin's old city wall. The gate was the symbol of Prussian Berlin...and later the symbol of a divided Berlin. It sat unused, part of a sad circle dance of watchtowers and barbed wire, for more than 28 years.

Postcards all over town still show the ecstatic day—Nov. 9, 1989—when the world enjoyed the sight of happy Berliners jamming the gate like flowers on a parade float. While the now-gleaming Brandenburg Gate was completely

CONTINUED ON PAGE 25



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# Rick Steves

CONTINUED FROM PAGE 24

restored in 2002, you can still see faint patches marking war damage. When I'm there, I like to pause a minute to think about struggles for freedom—past and present; there's a special room built into the gate for this very purpose.

The last surviving complete "Wall system" (with both sides of the Wall and its no-man's-land, or "death strip," still intact) is now part of the sober and very worth-a-visit Berlin Wall Memorial, with two indoor exhibits, outdoor displays and memorials, and an observation tower where you can peer down into a preserved, complete stretch of the "Wall system" (with both sides of its Wall and its no-man's-land, or "death strip," all still intact).

The lengthiest still-standing stretch of the Wall is now the East Side Gallery, with murals by international artists covering nearly a mile of its concrete panels.

No tour of Germany is complete without a visit to the reunited, re-

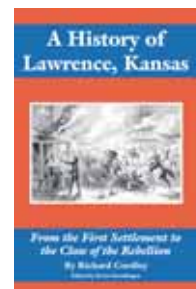
talized Berlin. Today, as we enjoy the thrill of walking over what was the Wall and through the well-patched Brandenburg Gate, it's clear that history is more than a story contained in some book. It's an exciting happening unfolding all around us, right now.

- Rick Steves ([www.ricksteves.com](http://www.ricksteves.com)) writes European guidebooks, hosts travel shows on public TV and radio, and organizes European tours. This article was adapted from his new book, *For the Love of Europe*. You can email

Rick at [rick@ricksteves.com](mailto:rick@ricksteves.com) and follow his blog on Facebook.

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## A History of Lawrence, Kansas

by Richard Cordley

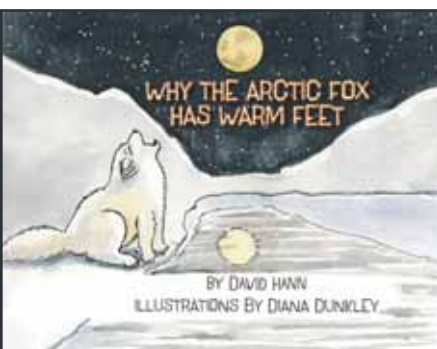
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I <sub>1</sub>	R <sub>1</sub>	K <sub>5</sub>	S <sub>1</sub>	O <sub>1</sub>	M <sub>3</sub>	E <sub>1</sub>	RACK 2 =	<u>73</u>				
U <sub>1</sub>	N <sub>1</sub>	M <sub>3</sub>	A <sub>1</sub>	N <sub>1</sub>	L <sub>1</sub>	Y <sub>4</sub>	RACK 3 =	<u>62</u>				
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## JUMBLE ANSWERS

Jumbles: SHRUG, ELUDE, WEAKEN, LIKELY

Answers: When asked if she thought they could win at roulette, she said -- "WHEEL" SEE

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## BOGGLE ANSWERS

ARGO, BABE, BABEL, EVITA, BUGSY, ROCKY, SIDEWAYS

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## MY ANSWER

# Trust in the Lord with all your heart

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** People tell me that I should make peace with God now, but I'm starting college and want to experience all that life offers. But when I try to sleep, I'm agitated by the thought of doing something that could ruin my life. People tell me that's the voice of God. Is that true? If so, I would have to give my life some deeper thought. – L.D.

**A:** When we come to Christ in our youth, a life is saved. When we come to Christ in old age, a soul may be salvaged, but the opportunity to live an abundant life in Christ has been lost.

When we hear a still small voice that will not let us go until we do what is right, we must never silence that voice but surrender to God and obey His loving invitation to receive Him as Savior and Lord. He is the only One who knows what's ahead.

Time isn't inexhaustible, nor can we assume we'll always have more.

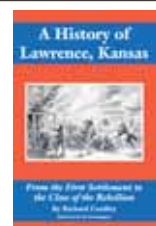
Each day is a gift from God. The psalmist said, "My times are in Your hand" (Psalm 31:15). The first thing we should do before going to sleep is acknowledge God, and the first thing we should do when we awake is thank God for the gift of another day. God gives us time for a reason; not to be wasted or mishandled or to look for what fun we can have that day, but time is given to be used for His glory.

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths" (Proverbs 3:5-6).

- This column is based on the words and writings of the late Rev. Billy Graham.

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## *A History of Lawrence, Kansas*

by Richard Cordley

Available at the Watkins Museum of History,  
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# Calendar

CONTINUED FROM PAGE 15

APR 13-NOV 23

## LAWRENCE SATURDAY FARMERS' MARKET

Established in 1976, the Lawrence Farmers' Market prides itself on the quality of our vendors and the products they sell at market. The LFM is a producer-only market which means all of the products available were grown, raised, made, and crafted by the individual in the booth. 824 New Hampshire St., 7:30-11:30 a.m. LAWRENCE  
lawrencefarmersmarket.org

MAY TO OCTOBER

## WELLSVILLE FARMERS' MARKET

Saturdays (May to October), 8-11 a.m. Wednesdays (June to October), 5-7 p.m. 411 Main St. WELLSVILLE

## FAIRS & FESTIVALS

MAY 11

### CHEERS KANSAS WINE FESTIVAL

Inaugural festival, hosted by the Highland Community College Viticulture and Enology Program, the From the Land of Kansas program, and Kansas Agritourism. Food trucks will also be available at the festival but are not included in the ticket price. Proceeds from this event will benefit the Highland Community College Viticulture and Enology academic program. Wamego City Park, 1-5 p.m. Fee. WAMEGO, 785-564-6755

MAY 24-26

### LAWRENCE BUSKER FESTIVAL

Lawrence's once-a-year-get-weird-weekend where you will find unusual entertainment all over historic downtown Lawrence. Join us as we celebrate with a roster of street performers from all around the world. Magicians, jugglers, musicians, acrobats, and more will perform. It's a full-on festival with food, libations, and fun around every corner. Downtown Lawrence, 5-11 p.m. LAWRENCE, 785-634-1711

## HEALTH & WELLNESS

MAY 1, 8, 15, 22, 29, JUN 5

### GERI-FIT - STRENGTHEN FOR FREEDOM

Build muscle and strength to live better as you age. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process. Topeka and Shawnee County Public Library - Learning Center, 10:30-11:30 a.m. TOPEKA, events.tscpl.org/events

MAY 8, 15, 22, 29, JUN 5

### POWER YOGA

This class will be working in a fluid flow style yoga. You will be moving safely in and out of postures in a way that builds warmth. You need to be able to get up and down off the floor to participate. Topeka and Shawnee County Public Library - Learning Center, 5:30-6:30 p.m. TOPEKA, events.tscpl.org/events

MAY 29

### WALK-IN MENTAL HEALTH SCREENINGS

Staff from Valeo Behavioral Health Care help community members in need understand their own mental health situations, the treatment options available, and how to access services. Walk in help. Topeka and Shawnee County Public Library - Rotunda - SE Corner, 9-11 a.m. TOPEKA, events.tscpl.org/events

## HISTORY & HERITAGE

MAY 3

### OUR STORIES: HISTORICAL REENACTORS IN THE GALLERY

Learn about Topeka's African American history from reenactors who will highlight local trail-blazing people and historical events highlighted in the Our Stories exhibit. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m. TOPEKA, events.tscpl.org/events

MAY 23

### RESEARCHING YOUR GREAT WAR ANCESTORS

Kansas City researcher, Danni Altman-Newell of Talking Box Genealogy, will offer tips and strategies for researching World War I ancestors. Topeka and Shawnee County Public Library - Sabatini Gallery 110A, 5-7 p.m. TOPEKA, events.tscpl.org/events

## MEETINGS

MONDAYS

### GRIEF SUPPORT (VIRTUAL)

Join us for an online grief support group. This group is held weekly via Zoom. For more information about this group or to sign up contact our grief and loss department. Midland Care Connection, 4 p.m. TOPEKA, 785-232-2044

MONDAYS

### TOPEKA NEEDLEWORK GUILD

Join our needlework enthusiasts every Monday (except holidays) at the Topeka and Shawnee County Public Library, Menninger Room (second floor), 9-11 a.m. Bring a project to work on while we share our skills and ideas. Drop ins welcome. TOPEKA, 785-207-1165

FIRST WEDNESDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

Meet with other caregivers in the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. This support group is for caregivers of individuals age 60 or older. Baldwin Methodist Church, 704 Eighth St., 1-2 p.m. BALDWIN CITY

SATURDAYS

### LAWRENCE BRIDGE CLUB

The Lawrence Bridge Club plays party bridge every Saturday night (weather permitting and some holidays excluded). Kaw Valley Bridge Center (suite 120 ) located in the I-70 Business Center, 1025 N. 3rd St. (next to the drivers license office), 6:30 to 9 p.m. First visit free. LAWRENCE

SECOND TUESDAY OF THE MONTH

### NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

Meets at Grace Episcopal Church, 701 SW 8th Ave. (enter on N.W. corner), at 9:30 a.m. TOPEKA

THIRD FRIDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 S.W. Topeka Blvd., 12-1 p.m. TOPEKA, 785-235-1367

MAY 6

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 2-3 p.m. TOPEKA, https://events.tscpl.org/events Learning Center, 2-3 p.m.

MAY 13

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Perkins Room 201, 3:30-4:30 p.m. TOPEKA, https://events.tscpl.org/events

MAY 16

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 2-3 p.m. TOPEKA, https://events.tscpl.org/events

JUN 3

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 2-3 p.m. TOPEKA, https://events.tscpl.org/events

## MISCELLANEOUS

MOST SUNDAYS

### EXPLORING LIFE'S BIG QUESTIONS

These Unitarian Universalist programs, which are open to the public, are hybrid so you can join in person at 1263 N. 1100 Rd., south of Lawrence, west off Highway 59 or via zoom. Please visit uuclks.org Sunday to confirm weekly programs and access the link to join live via zoom. The Unitarian Universalist Congregation of Lawrence (UUCL) hosts presenters with expertise on a wide range of topics who give a brief talk followed by Q&A and informal conversations over coffee, tea and treats. 9:15-10:15 a.m. LAWRENCE

MAY 11

### ENDANGERED SPECIES DAY

Topeka Zoo enriches the community through wildlife conservation and education. The zoo's Conservation Committee helps to guide the organization towards practicing, promoting, and supporting conservation at home and around the globe. Our conservation work takes many forms including hands-on conservation work in the field by zoo staff, funding efforts of organizations, making our own facilities greener, and using our animal collection to improve conditions for endangered animals through research in cooperation with other zoos. Topeka Zoo and Conservation Center, 635 SW Gage Blvd, 9 a.m.-3 p.m. Fee. TOPEKA, 785-221-0858

JUN 1

### CANOE MARY'S LAKE

Take a break and enjoy the beauty of nature by going on a canoe ride on the lake. Whether you're a beginner or an experienced canoeist, this canoeing guide is perfect for you. Our expert canoe guides will provide you with instructions on paddling techniques and equipment. This activity is open to individuals aged 6 and older, and a registered adult must accompany participants under 14 years old. For your safety, life jackets will be provided. Prairie Park Nature Center, 2730 Harper St., 10 a.m.-12 p.m. Fee. LAWRENCE, 785-832-7980

The inside back cover (this page) is available to any advertiser who would like to run full-page ads at a special rate. Please call Kevin at 785-841-9417 for more details.



Randy Cox  
Former Kansas Jayhawks Linebacker

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