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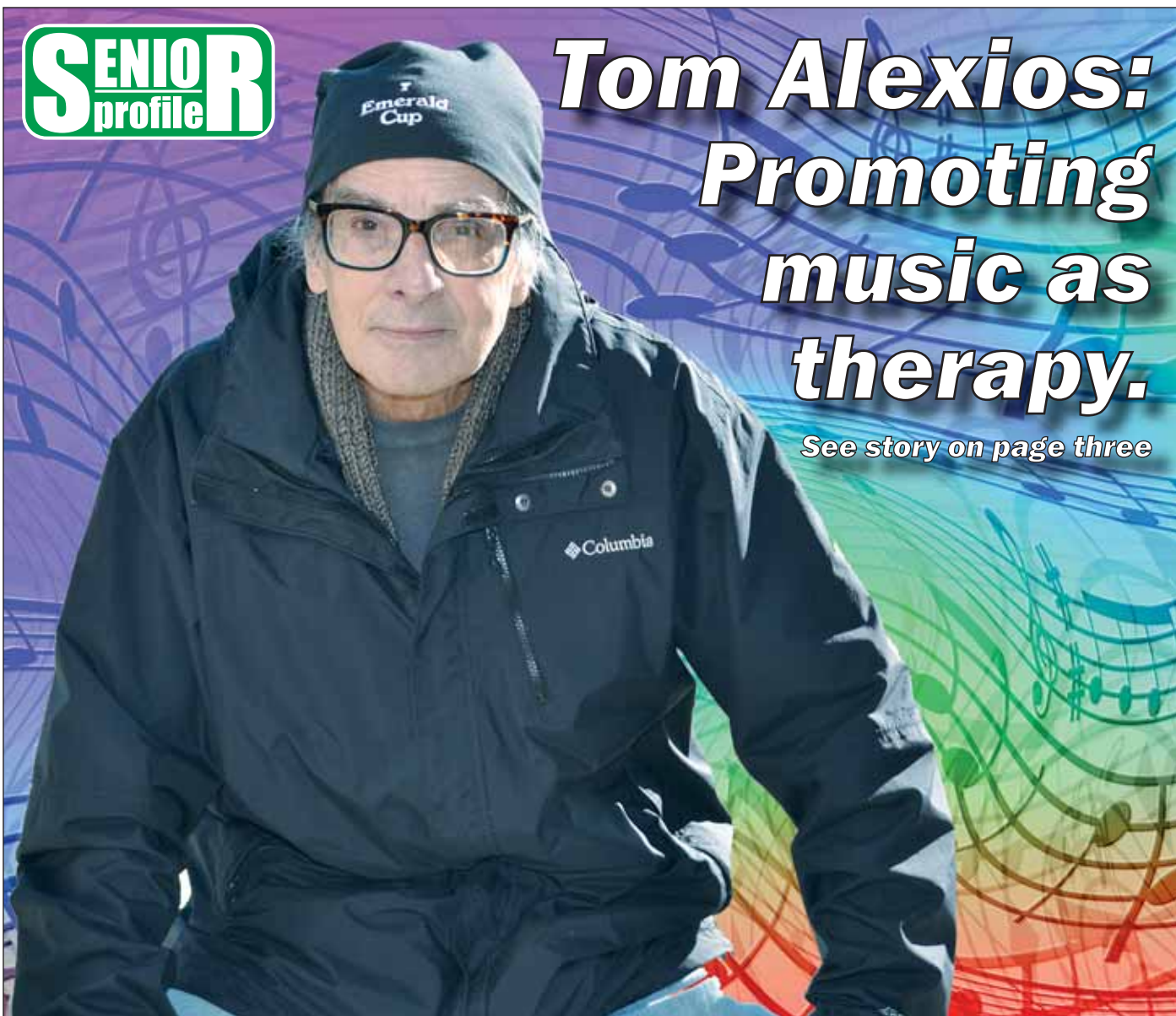
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Tom Alexios promotes the benefits of music therapy

By Kevin Groenhagen

When Tom Alexios was growing up in Bridgeport, Connecticut, his aunt worked for the Columbia Records Pressing Plant, which ceased pressing records in 1964.

"She was a supervisor on the line, so she was bringing back loads of records," Alexios said.

As teens, he and his cousins would, without their parents' knowledge, take the train into New York City to listen to blues and jazz music. Alexios would also visit the Newport Jazz Festival in Newport, Rhode Island. The festival was established by George Wein in 1954. Wein would later create opportunities for Alexios.

"I have to thank George Wein for all his kindness and patience," Alexios said.

As a young man, Alexios lived in Greenwich Village with friends for a while.

"They were kind of around the music

scene pretty heavily," he said. "There was a place called CBGB. It was in Bowery. It was kind of like where the Ramones got started. Blondie and AC/DC played there. It was kind of an incubator for the outer fringe of music. Those people introduced me to Clark Terry. He was a stone-cold jazz musician. He did a piece called 'Mumbles.' The early hip-hop and rap groups considered him the father of hip-hop because of 'Mumbles.'"

Clark was a trumpet player in the Count Basie Orchestra. Count Basie and Duke Ellington, the jazz pianist, composer, and leader of his eponymous orchestra, from 1924 until his death in 1974, just happened to be playing in the same city. Ellington invited Clark over to a hotel room and convinced him to join the Duke Ellington Orchestra.

Terry would ultimately become a significant influence in Alexios' life. Through his relationship with Terry, Alexios met Ellington,



Photo taken at the Kansas City residence of the Consulate-General of Japan. Left to right: Ahmad Alaadeen, Tom Alexios, Jay McShann, and Ms. Stokes.

"So, in 1972, this was during Duke's senior years, I got to meet Duke about three times," Alexios said. "He was older and pretty feeble at the time."

In addition to introducing Alexios to Duke Ellington, Terry introduced Alexios to Barrie Lee Hall, Jr., in 1973.

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Kevin L. Groenhagen
Editor and Publisher

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Tom Alexios

CONTINUED FROM PAGE THREE

Hall, then 24, had just joined the Duke Ellington Orchestra as a trumpeter. This friendship lasted until Hall died in 2011.

According to Alexios, a 'hippie party' brought him to Lawrence in 1974.

"And I never left," he said.

The hippie party, the "Big Eat," was a multi-day, counter-culture festival in the early 1970s held on farms outside Lawrence. It was often described as being a local Woodstock.

After settling in Lawrence, Alexios began listening to "The Jazz Scene" on KANU. The show was hosted by Dick Wright, KANU's station manager until 1977. He emceed jazz concerts throughout the Midwest, was an accomplished jazz and opera singer, and taught jazz history courses at KU. He also donated 20,000 recordings to KU to help launch its Jazz Archives.

During the 1970s, Wright introduced Alexios to John Baker, an attorney in Columbus, Ohio, who at the time was the number one collector of vintage films. Baker's collection included 700 hours of rare jazz films and "Soundies," some dating as far back as the late 1920s.

"Soundies" were short, one-song films played on a Panoram, a coin-operated jukebox produced by the Mills Novelty Company during the 1940s.

In 1984, Kansas City Mayor Richard Berkley convinced the city council to buy Baker's collection for \$200,000. It would be another 13 years before

the opening of the Kansas City American Jazz Museum in the historic 18th and Vine Jazz District. Still, Berkley thought it would be wise to start acquiring artifacts for when the city got around to building a museum to showcase its role in jazz's development.

Unfortunately, as of 2024, only about 15% of 1.5 million linear feet of film in Baker's collection had been digitized.

Alexios voiced his frustration with the slow pace of digitizing the Baker collection in a December 25, 2024, article in *The Kansas City Star*. Bob DeFlores of Minneapolis also expressed his concerns in the same article.

"DeFlores, who became my best friend, just passed away last February," Alexios said. "He had the second-largest collection of old films in the world. He had over 6,000 reels, including Soundies. I started getting some restored with him."

In 1998, Alexios began working with the Ellington family, serving as the director of educational outreach programs for the Duke Ellington Legacy. Duke's grandson, Edward Ellington, currently serves as the Duke Ellington Legacy's president.

Clark Terry later introduced Alexios to Jack Maher, then the owner of *DownBeat* magazine, a "publication dedicated to jazz, blues, and beyond." In 1994, Maher appointed Alexios director of special projects. As *Jazz Ambassador Magazine* reported in 2024, this role "gave [Alexios] the unique opportunity to create student jazz studies programs and clinics at various high schools and colleges that worked in conjunction with & overlapped with the Ellington Programs that [Alexios], Barrie [Hall], and Kenny Burrell had



Students from William Chrisman High School in Independence, Missouri, help residents of Swope Ridge Geriatric Center in Kansas City, Missouri, hold their drumsticks correctly.

already set in motion." George Wein also provided Alexios with a budget to continue his work for *DownBeat*.

"I, with them, added a twist," Alexios said. "When we do something for students, they have to give us something back. And that is, wherever they came from in the United States, they have to go back into their community and give something back by going in and performing some music in schools. And then I started thinking about having them go into nursing homes, so I can take the young to mix with the old. I found that it was very rewarding for the young kids to learn to be generous, give back, and not be selfish takers. They would get something, and then give something else to society to create a better society for themselves and everybody else."

"DeFlores started going into the nursing homes in Minnesota to play Soundies for them," Alexios continued. "He found that the older people in those residences really lit up. Beyond hearing the music, the other sense of seeing in black and white that band provided them with a positive sense of mental stimulation for two reasons. One is through nostalgia memorization, and the other is through the conducive rhythm of jazz and blues music to our bodies' harmony."

Alexios also noticed something about music and Lionel Hampton, the jazz vibraphonist, percussionist, and bandleader who died in 2002 at the age of 94.

"In the 1990s, I got to work with him and go on the road with him on a lot of

CONTINUED ON PAGE FIVE



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Tom Alexios

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occasions in his senior years," Alexios said. "This was at the point when he had to be moved around in a wheelchair with a piece of Velcro around his chest so he wouldn't fall over. He was very feeble, very introverted at that time, but yet very kind, very generous. My son used to come along periodically, and the two of them just hit it off. It was amazing."

As Hampton got closer and closer to the stage, he could get out of his wheelchair, walk up the last few steps of the riser unassisted, dance his way out to his instrument, and perform for the audience. He seemed to grow younger as he performed.

"We'd then have to take him back off the stage," Alexios said. "As he got closer and closer to where that riser was, he started going back—70, 80, 85, 90. By the time you got him back in the wheelchair, he still had a rigid

spine because he could hear the aftereffect of the crowd cheering him. The farther you got him away from the sound, the farther you got him away from the venue itself, he reverted to who he was. He would tell me repeatedly that he tolerated 22 hours of the day for the two hours he looked forward to, when he would get out there and be his youthful self again, up on the stage. And that's what gave him the longevity."

From these and other experiences, Alexios became increasingly interested in music as therapy.

"Music itself as a therapy, which is a very broad statement, stimulates the frontal part of our brain, the frontal lobe, and the temporal lobe of the brain," he said. "This is where music learning comes from. This is where language comes from. This is where the music actually stimulates the blood flow into the brain itself. This helps break down some of the plaques in neurons. What causes dementia, and then what causes Alzheimer's, is a plaque-

CONTINUED ON PAGE SIX



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Tom Alexios

CONTINUED FROM PAGE FIVE

protein buildup on the neurons, which stops them from sending signals to each other.”

As the Mayo Clinic website noted in December 2024, in addition to music having the power to lift moods and reduce stress and anxiety, lyrics and rhythm can also have the following benefits:

- Improve memory recall for people with Alzheimer’s disease or other forms of dementia.
- Ease tremors in people with Parkinson’s disease.
- Repair damage to the verbal center after a stroke or brain injury.
- Decrease blood pressure.
- Decrease pain symptoms.
- Sharpen both fine and gross motor skills.

The science concerning music and dementia has become so compelling that, in 2023, UChicago Medicine added a music therapy option for Alzheimer’s and dementia patients through The Memory Center. An article on UChicago Medicine’s website featured Ted Oppenheimer, a dementia patient who has benefited from in-home music therapy sessions. His wife calls music therapy his “best hour of the week” because he is “engaged, attentive and excited to play his trumpet, an instrument he learned as a teenager but put down for decades prior to his diagnosis.” During the sessions, Oppenheimer also gets to sing and play the xylophone.

Oppenheimer also has senior-onset asthma and does a separate physical exercise program to improve his breathing, which in turn helps his trumpet playing. According to his therapist, “Deep breathing from singing and playing his trumpet also sends more oxygen to the brain, creating physiological benefits.”

Alexios has experience providing harmonicas to asthmatic schoolchildren through the Jazz Foundation of America, which is based in New York City.

“We would give each of the kids a harmonica and show them how to use it,” Alexios said. “We weren’t trying to create a bunch of Charlie Musselwhites. We wanted to teach them how

to play the harmonica as a lung exercise to help with their asthma and bronchitis. We found that, after a short period of time, through that lung exercise, they needed less and less of their inhalers. This should be relevant to senior patients with breathing issues. You can buy a harmonica for six bucks.”

Alexios currently plans to “adopt” a Lawrence retirement community near Free State High School.

“I want to see if I can get that high school’s music department to go over to the retirement community once a month or once every two months to perform live for the residents,” Alexios said. “I’ll also come over there with some vintage film footage. They’ve got a nice auditorium and a good sound

system to create mental stimulation. I want to create a pilot program by the Duke Ellington Legacy in Lawrence and Kansas City that would then be rolled out as a national program coast to coast.”

While Alexios touts the benefits of music, he readily acknowledges that more is needed to maintain our health.

“There’s a three-legged stool that supports our quality of life,” he said. “Those legs are music stimulation, physical stimulation with exercise, and a good, solid diet. We know that from science now.”

Alexios stopped writing for *DownBeat* in 2007, but continues to write articles for *Jazz Ambassador Magazine* (JAM), which is published by Kansas City Jazz

Ambassadors, a non-profit 501(c)(3) organization dedicated to the development and promotion of Kansas City jazz.

Alexios also continues to serve as the director of educational outreach programs for the Duke Ellington Legacy. In 2024, he presented the National Duke Ellington Award to Lisa Henry, an international jazz vocalist, jazz educator, clinician, program developer, and artistic director with the American Jazz Museum in Kansas City. The award is in honor of Duke Ellington’s 125th birthday.

Alexios lives southwest of Lawrence on property that includes Lake Alaadeen, which was named after Ahmad Alaadeen (1934-2010), a longtime fixture on the Kansas City jazz scene.



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Evans encases cremated remains in glass marbles

By Billie David

Vaughn Evans enjoys working with glass, a skill he picked up in high school, and that has attracted many customers over the years who requested his specialty: cremation glass.

"It started in 1999 in a high school jewelry class," Vaughn said, explaining that he started blowing glass at 16 in his hometown of Hutchinson, Kansas.

"In high school, I took a beginner's jewelry class. The teacher had no experience in the subject, but I did. So, I ended up basically teaching the class. Near the end of the semester, my teacher told me that he felt I hadn't learned anything and that he had some extra money left over from my bringing in supplies for the class. He asked what I wanted to learn, and I told him that I wanted to make glass beads."

His teacher did his best, brought him some broken sheet glass and a propane torch soon after, and Vaughn melted glass for the first time.

Eventually, Evans bought some nicer glass-blowing equipment and started making beads in his parents' enclosed back porch.

Ten years and several glass studios later, it all changed.

"One day, a customer asked me if I was interested in making a few marbles with cremation ashes," Evans said.

He took the order and posted

photos of the marbles on his old blog (losingourmarbles.blogspot.com), and things picked up quickly from there. People from around the world started contacting him, asking if he could make cremation glass for them.

"I took that idea and ran with it," he said.

Seeing that it was a way for someone to keep their loved ones close, a way to hold them, wear them, carry them with you, he decided to start a business.

"It helps them deal with their grief," he said.

Apparently, many people shared that sentiment. He soon after launched CremationMarbles.com to showcase his craft.

Cremation glass—often marbles, but also beads, paperweights, worry stones, and other items—involves incorporating the cremains into the melted glass, creating designs in the glass from the cremains and colors.

"If you want to get cremation glass, you should find an artist, not a company," Evans advised. "If you want a family portrait, you wouldn't go to a guy that paints houses, you'd find an artist whose work you love."

"The majority of my orders are for human cremains, but I do get many requests for pet memorials, as well," he continued.

Encasing the cremains of loved ones into glass marbles, jewelry, or other

CONTINUED ON PAGE NINE

COURTESY PHOTO



Vaughn Evans holds one of his marbles



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Cremation Marbles

CONTINUED FROM PAGE EIGHT

items serves a human need: that of remembering loved ones and honoring that memory in a tactile way. It helps the healing process because such physical memorials help people address the need to honor the life of the loved one and connect us with our past.

Remembering and celebrating the life of a loved one in a palpable way helps provide a means of expressing grief and acknowledging that the relationship continues in our memories, even after a life has ended, whether it's the loss of a loved one or a pet.

"It helps people grieve in their own way," Evans explained. "I do what I love, and it makes people feel better about their grief, so it is a perfect place for me."

"A lot of people keep the marbles in their pockets," he continued. "I also make pendants where you can insert the marbles, and I make beads that you can keep on keychains or put on winter coats and jewelry. People also use marbles for games. I made a set for my family with my grandpa's ashes. It's a way to keep someone close."

Evans can also add titanium lettering to his creations.

Although Evans makes many different glass cremation items, his favorite to make is his marbles.

"I make really nice marbles," he said, adding that he makes every item personally. "There's a huge marble

renaissance happening in the art glass community, and, on the heels of that, marbles with ashes have become very popular."

"I also put ash beads and pendants into my custom jewelry," he added. "I've been making jewelry since I was 12."

His ash paperweights and worry stones are also very popular. The worry stones are one to one-and-a-half inches, and Vaughn can put different kinds of grooves in them.

Evans uses borosilicate glass to make all of his glass items, which is beautiful and has higher optical clarity than other types of glass.

"It's really strong stuff, too. Borosilicate glass is 1.5 points higher on the Mohs scale than regular glass," he said, "An important reason I choose this kind of glass for memorials is that it won't scratch easily, and should last generations."

Glassblowing isn't Evan's only talent.

"I also make video games," he said. "I am planning to start a video game studio."

More information on products and prices is available at cremationmarbles.com, and for those interested in placing an order, under FAQ there are instructions on how to order and how to submit the ashes.

"If you live close, you can drop them off at my house in Linwood, Kansas, or if the weather's nice, you can actually watch me make your glass, though it



An example of Evans' craft

does have to cool overnight," he said.

Evans' work can also be seen on his Facebook page, "Cremation Marbles,"

and he has an Etsy shop at [etsy.com/shop/vonbeads](https://www.etsy.com/shop/vonbeads). He can also be reached at (785)-325-9644.

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HEALTH & WELLNESS

Why patients wait: Understanding Emergency Department boarding

By Autumn Bishop

LMH Health

When inpatient resources are at capacity—whether it's because of a lack of physical beds or a patient volume exceeds the number of staff available to care for patients in those

Nursing Officer. "We start all the orders and care for them, just as if they'd been admitted to an inpatient unit. It becomes challenging because those rooms are no longer available to care for patients in the ED."

Hospitals typically expect to have a lower census—the number of patients admitted to the hospital—during the summer months. This year, LMH experienced something different—an 18% increase in admissions.

"It's hard to pinpoint a reason for the increase," Wiebe said. "Our ED volumes were similar to the summer before, but the number of people we needed to admit to the hospital was higher."

Winter generally brings a higher number of admissions during a time when illnesses such as flu and RSV are at their peak. The summer surge strained resources.

"When the demand overwhelms your resources and capacity, the only place to keep admitted patients is in the Emergency Department," Wiebe explained.

Let's go back...what happens when I go to the ED?

Let's be clear: Seeking care in the Emergency Department is vital when

you're experiencing a life-threatening illness or injury. If there's a bed available when you arrive, great! We'll take you back and the ED team will assess your condition.

When the ED is at capacity, you'll speak with a triage nurse. They'll take your vital signs and ask questions about your symptoms or injury so they can understand your condition.

"The triage nurse will decide how urgently you need care and the resources we anticipate it will take," said Jen Behmer, Emergency Department director. "Think of it as a scale with the most critical patients at the top and the least urgent at the bottom. Patients with life-threatening issues are seen immediately, while those with less severe problems may wait longer."

(Spoiler alert: If the nurse rushes you back without hesitation and has a look of panic on their face, you might be at the top of that scale. And that's not great.)



Wiebe

But if the hospital happens to be boarding patients? That may lead to longer wait times in the ED.

"We have limited space in the ED with 24 monitored beds for medical patients. If we have 12 people boarding in the department, that means that decreases our overall capacity by 12 rooms," Wiebe explained. "And that means that we aren't able to get patients in our waiting room back to be seen as quickly."

LMH Health is working to relieve the pressure on the ED by undertaking a throughput project. This means we're looking at every step of your visit, from the moment you walk in the door until the time you leave, to make sure care moves as smoothly and quickly as possible.

Teams are working to increase available spaces to care for patients, including additional progressive beds in the ED. The good news is that the throughput project seems to be

CONTINUED ON PAGE 11



beds—patients may find themselves waiting in the Emergency Department (ED) long after they've been admitted to the hospital.

This practice, known as boarding, occurs when a patient spends four or more hours in the ED after being admitted. Boarding affects hospitals across the country—it isn't a problem unique to LMH Health. In fact, many hospitals in the area have experienced an uptick in boarding over the past several months.

"When we board patients in the ED, we're holding patients who have been admitted to the hospital in the ED until an inpatient bed becomes available," said Jan Wiebe, LMH Health's Chief



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ED Boarding

CONTINUED FROM PAGE 10

making an impact. One of the metrics that LMH Health monitors is the left without being seen rate. At its peak, that rate was close to 6%. Now it's under 2%.

"It's hard to be in the waiting room. You don't feel well, you're hurt and you just want to be taken care of. We get that," Wiebe said. "For the most part, the time you spend from door to doc—when you come into our waiting room until the time you see a doctor—is less than 20 minutes."

The hospital has also opened additional inpatient space to house patients four days a week, from Monday morning through Thursday night.

"We're hopeful with the throughput project and opening additional space that we will decrease the number of people boarding in the ED," Wiebe said. "This is just one step in a larger process because it isn't just an ED problem. It's one we all have a part in."

If you happen to check into the

ED during the same hour as ten other patients, and that volume continues for three hours, you still may have to wait to be seen. Overall, Wiebe said the throughput project has made a difference.

"No one wants their loved one to spend more time in the ED than needed," she said. "Boarding isn't just a problem that affects one area at LMH Health, it impacts everyone. We're continually working with teams across the health system to improve the experience for our patients."

rience for our patients."

- Autumn Bishop is the marketing

manager and content strategist at LMH Health.

Douglas County's Center for Cremation Services

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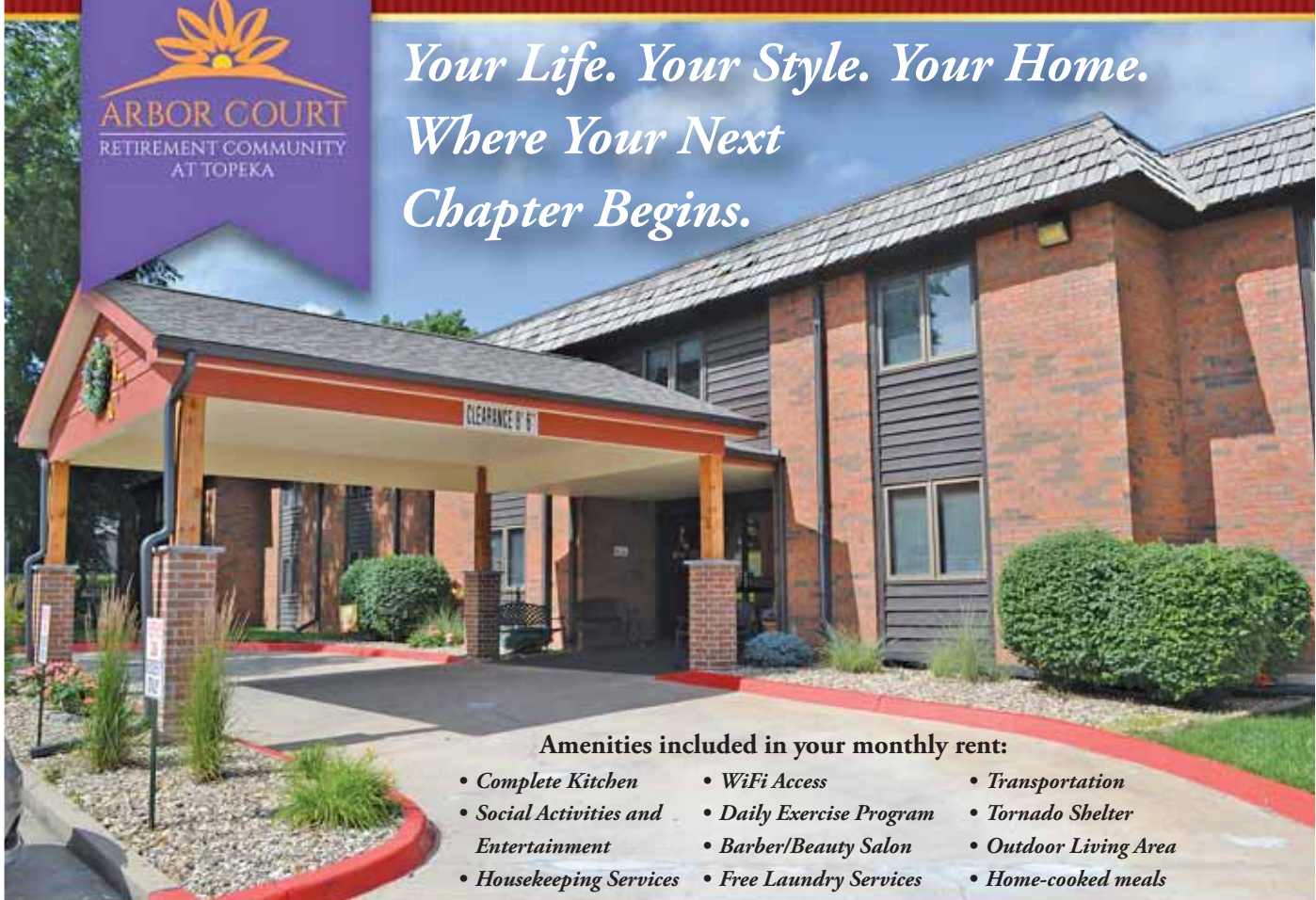
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HEALTH & WELLNESS

Medicinal plants and the New Year

In many societies, the New Year is seen as a symbolic rebirth: a time to leave past hardships behind and welcome health, happiness, and prosperity. It offers an opportunity to realign with sacred or natural cycles and to personally “reset,” moving from an



Dr.
Deena
Beneda

old, chaotic period into a new, balanced one. Themes of purification and cleansing are common: people clean their homes to “wash away” bad luck. Certain foods, clothing, and rituals often symbolize hopes for luck and prosperity, such as eating lentils or grapes, wearing specific colors, or consuming pomegranates. These practices treat the first moments and meals of the year as chances to shape or “seed” the rest of the year.

Medicinal plants related to the New Year are frequently used to clear away the old, invite luck and prosperity, and support calm, focus, and vitality in the year ahead. Many traditions incorpo-

rate them into teas, baths, simmering pots, incense, or simple kitchen dishes. Medicinal plants used for cleansing and protection include sage, rosemary, and bay leaves, while cinnamon, basil, mint, and lemon balm are associated with prosperity, good luck, and new beginnings. Calmness, reflection, and self-care are often fostered by lavender, chamomile, and holy basil.

Cleansing and protection with sage involves burning it to clear stagnant or “old year” energy and bad luck, promoting health. Rosemary symbolizes remembrance and renewal; by burning, bathing with, and eating it, it’s believed to cleanse, sharpen focus, and protect during the New Year. Bay leaves are also used for purification and protection.

For prosperity, good luck, and new beginnings, cinnamon is strongly linked to success, warmth, and courage, and appears in various New Year’s rituals. Basil is considered a protective, “good luck” plant that attracts abundance and steady income. Mint and lemon balm represent renewal, awakening, and manifestation for work, prosperity, and optimism.

Calmness, reflection, and self-care are also connected to lavender, which invites peace, balance, and protection

when used around the New Year and throughout the year. Chamomile, often paired with lavender in bath soaks or teas, helps release stress and encourages gentle reflection on the past year. Holy basil is also used to support emotional resilience, calm focus, and spiritual clarity, especially when setting New Year’s resolutions.

There are many ways to incorporate these medicinal plants into your New Year traditions—such as making a New Year’s tea (for example, rosemary, mint, and lemon balm for clarity and renewal, or holy basil, chamomile, and peppermint for calm focus), taking a bath with lavender, rosemary, and sage to symbolically wash away the

old year, or my favorite—enjoying a simmering pot with citrus peels, cinnamon, rosemary, and sage to scent your home while reflecting or setting goals. Have a Happy New Year, everyone—may it be filled with many blessings!

- 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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- ***A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*** by Reverend Richard Cordley (1885, reprint)
- ***Find Your East Frisian Ancestors and Cousins*** by Kevin Groenhagen
- ***Grandma Burright: The Queen of Harness Racing*** by Kevin Groenhagen
- ***Landers & Loomis: Oregon's Olympians*** by Kevin Groenhagen
- ***The East Frisians in America: An Illustrated History of Their Colonies to the Present Time*** by Pastor George Schnucker (1917, reprint, translated from the original German)

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MAYO CLINIC

7 strategies to build resiliency

By Rosean Bishop, Ph.D.

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: I'll admit I tend toward negative self-talk, and I'm frequently stressed out about work, family and health concerns. I know other people have problems too, but I feel like they handle it better. What can I do to help myself and be a role model for my children?

ANSWER: Resilient people are made, not born. There isn't a gene or a personality trait for resiliency. It's a skill you can practice and strengthen, just as you would a muscle. Becoming more resilient is something you can develop at any age or phase of life.

1. Identify three good things at the beginning or end of your day.

These don't have to be huge. For most people, positive events are in the low- to moderate-size range, like running into a friend at the store, finding a forgotten dollar in a pocket or learning that the weird noise in your car only required a quick and inexpensive fix.

What matters isn't the intensity of positive experiences; it's the frequency of recognizing them.

This exercise helps train our brains to pay more attention to the positive. Try identifying three good things every day for two weeks, and you'll automat-

ically begin recognizing those positive kernels.

2. Practice gratitude.

Ask yourself, "Who or what am I grateful for?" Once again, this is more than just big things because it's easy to forget all the small things you appreciate.

A study conducted among nuns asked them to count their blessings rather than burdens. They were divided into two groups. One kept a daily journal of their blessings; the other was the control group. Researchers found that the nuns who expressed more gratitude lived up to a decade longer than those in the control group.

To practice this resiliency skill, regularly jot down what you're grateful for or send someone a gratitude letter, email or text.

3. Try something different.

Your brain loves novelty and the new. Notice the new playground equipment at the park or take a different route to the store. At the store, pick up an item you've never tried before.

4. Spend time in nature.

Nature is full of novelty. Notice the beauty around you: what's in the sky above, the bark patterns on a tree and how light streams through clouds after a storm. Try spending five minutes outdoors and mentally noting what you see, smell, hear and feel.

5. Focus on what you can control.

You're stuck in traffic. There's nothing you can do about the fender bender that just happened ahead of you. Do you get all worked up? Or do you take deep breaths to tamp down the stress and evaluate the situation? Are you in danger? No. Are you going to miss a flight? Probably not.

Is there an exit ahead you can take? Yes. Is this a tragedy or an inconvenience? Inconvenience. Will this matter 10 days from now? No.

Focus on what you can control: your reaction to the situation.

6. Foster relationships.

Relationships are essential to resiliency. You can connect with friends and family for different reasons. It's these people who you value and who value you. They're the ones who will be there for you when faced with the challenges of life, both large and small.

7. Be mindful.

Mindfulness is focusing on the moment and paying attention. But being mindful is tough. The brain is easily hijacked from the now by thoughts of the past and future and

judgmental thoughts about ourselves and others.

The next time you're in a conversation and your mind starts wandering off to what you'll say in response, pull your attention back to the speaker.

You don't need to tackle all these strategies at once. Pick one and play around with it.

Strengthening your resiliency muscle is a journey. Working on this skill throughout your life can help you grow. It's also a skill you can teach children and set them up to be more resilient as they face the ups and downs of life. — Rosean Bishop, Ph.D., Psychiatry & Psychology, Mayo Clinic Health System, Mankato, Minnesota

- *Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. This Mayo Clinic Q&A represents inquiries this healthcare expert has received from patients. For more information, visit www.mayoclinic.org.*

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If you think you might have ancestors who participated in the American Revolution, contact us. Let us help you find them and join the local chapter of Daughters of the American Revolution.

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AI in personal finance: The promise and the limits

Your smartphone buzzes with an alert: Your budgeting app has spotted an unusual spending pattern and suggests transferring \$50 from your savings account to your checking account. Later that day, a robo-advisor automatically rebalances your investment portfolio. Welcome to the age of artificial intelligence (AI) in personal finance, where technology is reshaping how we manage money.



*Derek
Osborn*

The investing landscape has transformed as well. Robo-advisors use algorithms to build diversified portfolios, automatically rebalance holdings and apply strategies to minimize tax bills. Educational tools powered by AI can explain complex concepts through interactive games and simple question-and-answer formats, making financial literacy more accessible.

Where AI falls short. Here's what the algorithms can't do: understand what truly matters to you.

AI doesn't know whether you value sustainable investing over maximum returns. It can't weigh the emotional complexity of saving for a child's education versus retiring early. When sudden illness strikes or a job change upends your plans, AI lacks the context and empathy to guide you through those human moments.

Technology can crunch numbers brilliantly, but it can't offer wisdom. It can't replace human judgment, experience or ethical reasoning. Robo-advisors' predetermined algorithms may not suit investors with complex financial needs like estate planning or comprehensive tax planning.

The human touch still matters. This is where human financial advisors remain indispensable. They provide what technology can't:

- **Long-term perspective:** Help you maintain focus when markets get volatile and emotions run high
- **Goal coordination:** Balance competing priorities, help partners merge their financial visions and remind you of goals you've tucked away and didn't know still mattered
- **Accountability:** Keep you on track with your financial strategy through life's inevitable changes
- **Emotional support:** Offer reassurance and wisdom during major financial decisions

Research validates it: Those who regularly work with a financial advisor and have a financial strategy are

more likely to feel optimistic about their financial future than those who manage finances on their own, according to 2025 research from Edward Jones and Morning Consult.

Find the right balance. The future likely lies in a hybrid approach: combining data-driven AI insights with the human wisdom of a financial advisor who understands your values, priorities and life's inevitable curveballs. Think of AI as a powerful calculator and your financial advisor as the mathematician who knows which equations to use.

As these technologies evolve, the key is treating AI as a tool, not a guide.

Stay curious about what technology can do for your finances. Stay critical of its limitations. And remember: What matters most in your financial life is something only you can define.

- 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.

What AI can do for your wallet.

From tracking every latte to forecasting next month's bills, AI-powered tools are making financial management more accessible than ever. Some apps categorize transactions automatically, while other platforms offer conversational financial advice through text messages. These tools can monitor your credit score, suggest budget adjustments and even negotiate lower bills on services like cable and internet.

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JILL ON MONEY

Changes to charitable giving

The charitable giving season is upon us and changes are afoot. While many people give because they want to do good, the tax rules around philanthropy have always been an added sweetener.

Although nothing has changed for 2025, the recently passed tax bill



*Jill
Schlesinger*

will usher in three major alterations to charitable giving in 2026, two of which limit the tax benefit of charitable giving for taxpayers who itemize their deductions.

For those in the highest tax bracket (37 percent), there will be a new cap on charitable deductions, from 37 cents on the dollar to 35 cents on the dollar. Additionally, all itemizers will need to give more than 0.5% of their AGI to start claiming a deduction. For example, with an Adjusted Gross Income (AGI) of \$200,000, total gifts must be more than \$1,000 before being deductible.

To get ahead of these new tax rules, one strategy to consider is to open and fund a Donor Advised Fund (DAF). DAFs allow you to contribute cash, appreciated assets (stocks, mutual

funds, exchange traded funds, and in some cases, private equity or hedge fund interests, crypto, and restricted stock), take an immediate tax deduction on the contribution, and then grant to an eligible IRS-qualified public charity over months or years.

I recently interviewed Fred Kaynor, Managing Director of DAFGiving360, a subsidiary of investment giant Charles Schwab.

Kaynor says that the “give now, decide later,” aspect of DAFs provides donors with “the flexibility to make year-end tax moves before December 31, without feeling rushed to pick specific organizations.” While you decide, the money in the DAF can be invested with the potential to grow tax-free. For those in a higher tax bracket, “2025 might be your best window to make larger gifts and take full advantage of the current deduction limits.”

The third change to charitable giving will provide a tax benefit even to those who take the standard deduction. In 2026, standard filers will be entitled to a \$1,000 charitable deduction (\$2,000 for joint filers), on top of the statutory standard deduction amount. The deduction applies to cash gifts only (not securities) that go directly to a qualifying public charity (not to donor-advised funds). If you usually take the standard deduction and want to give this year, you will not be entitled to a tax benefit.

Here are some best practices:

• Be alert to fraud

Scammers use names that sound like well-known charities to confuse people. Ask for the charity’s name, website and mailing address so you can independently confirm the information by using the IRS Tax Exempt Organization Search tool to verify its legitimacy. Avoid charities that ask for donations by gift card or by wiring money.

• Pay with traceable methods

Never donate to an organization that asks for payment via a gift card or by wiring money. The safest way to pay is to use a credit card or send a check.

• Don’t overshare

Fraudsters know that your personal information is valuable. Never disclose Social Security numbers, credit card numbers, personal identification numbers or passwords unless you are sure that the organization is legit.

• Resist pressure

Scammers who pose as charitable do-gooders often demand immediate payment, while legitimate charities are happy to get a donation at any time. If you get the hard sell, walk away.

• Beware of complicated charitable tax schemes

The IRS has warned of a new scam that targets higher-income filers. “Charitable LLC” schemes encourage people to create a limited liability company (LLC) for a fee, then fund it with cash or securities. The scammer will then provide documents that purport to transfer membership in the LLC to a charity. Confused? You should be... stay away!

- 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. Check her website at 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. 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 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

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

JAN 19

STITCH & B*TCH

Calling all knitters, crocheters, hand sewers, cross-stitchers, and needle pointers. We're gathering at Meeting Room C in the lower level of the library to do some needle work, learn from each other, and discuss and solve the weighty issues of the world. Registration required Lawrence Public Library, Meeting Room C, 707 Vermont St., 2-3 p.m.
LAWRENCE
lawrence.bibliocommons.com/v2/events

EDUCATION

JAN 5

COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching,

or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 9-11 a.m.
TOPEKA, events.tscpl.org/events

JAN 5

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Menninger Room 206, 1-2 p.m.
TOPEKA, events.tscpl.org/events

JAN 10

COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 9-10:30 a.m.
TOPEKA, events.tscpl.org/events

JAN 12

COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 11 a.m.-1 p.m.
TOPEKA, events.tscpl.org/events

JAN 18

COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 7:30-9 p.m.
TOPEKA, events.tscpl.org/events

JAN 20

GRAY ANATOMY: SPINE HEALTH AS YOU AGE

Presented by Kelli Crabtree-Wilson, MD at LMH Health Neurosurgery & Spine Health. LMH Health and Lawrence Public Library bring you local health experts to discuss the effects of aging on the body. Online event, 4-5 p.m. Register online.
LAWRENCE
lawrence.bibliocommons.com/v2/events

JAN 21

COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 1-3 p.m.
TOPEKA, events.tscpl.org/events

JAN 22

ESTATE PLANNING SEMINAR

How will your property be distributed at your death? And who will be in charge of the distribution? If you are the parent or current guardian of minor children, how can you name the person who will become their guardian? How can you

use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you specify who will handle your finances and make medical decisions if you are alive but incapacitated? How can you avoid probate? And will you be subject to estate taxes? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Attendance is limited. To secure a seat, call the Senior Resource Center. Senior Resource Center, 745 Vermont Street, 2-3:30 p.m.
LAWRENCE, 785-842-0543

JAN 29

COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 3-5 p.m.
TOPEKA, events.tscpl.org/events

ENTERTAINMENT

JAN 9

FREE STATE STORY SLAM | FRIENDSHIP

Real stories, live and uncensored. Stories are told live, MOTH-style, with a new theme each month, the second Friday of every month. Never the same story or evening. Live music and social hour at 7 p.m. Slam begins at 7:30 p.m. Story Slam will take place in the Black Box Theater in the Main Building. Lawrence Arts Center, 940 New Hampshire Street. \$10 suggested donation.
LAWRENCE, 785-843-2787

JAN 16-FEB 7

DRINKING HABITS 2 "CAUGHT IN THE ACT"

The Sisters of Perpetual Sewing miss the excitement of the old days when they were saving convents and reuniting long-lost families. So when they learn that the orphanage where Paul and Kate grew up is in peril, they can't wait to come to the rescue. Everyone pitches in to mount a play to raise money, but it's no easy feat when Kate's expecting any day, Sally's hiding from stage-fright-stricken Paul after another flight from the altar, Mother Superior's acting is unexpectedly narcoleptic, and the sisters' award-winning wine keeps getting switched with the grape juice. The merry mix-ups multiply in this warm and winsome sequel to *Drinking Habits*. Topeka Civic Theatre and Academy, 3028 SW 8th Ave. Fee. See website for showtimes.
TOPEKA, 785-357-5213
topekacivictheatre.com/shows/drinking-habits-2

JAN 17

NORTH SIDE OF THE RIVER: GENERATIONS SHAPED BY THE CURRENT

In the spirit of honoring ancestral legacy, writer and director Rita Rials continues to share a family's story through this original stage play. A sequel to *Panther Burn*, which was inspired by the true story of her family's journey from sharecropping in the Mississippi Delta, North Side of the River follows their arrival in Lawrence, Kansas. The play explores how their legacy was shaped through love, perseverance



January Birthdays

90 Years Old

Jan 10: Robert Wilson, American physicist and radio astronomer, Nobel laureate
Jan 22: Alan J. Heeger, American physicist and Nobel laureate
Jan 27: Barry Barish, American gravitational physicist, Nobel laureate
Jan 28: Alan Alda, American actor, director, screenwriter, comedian and author

80 Years Old

Jan 3: John Paul Jones, English rock bassist (Led Zeppelin)
Jan 8: Robby Krieger, American rock musician (The Doors)
Jan 19: Dolly Parton, American singer-songwriter, actress

70 Years Old

Jan 3: Mel Gibson, American actor and director
Jan 7: David Caruso, American actor
Jan 20: Bill Maher, comedian and political analyst
Jan 21: Robby Benson, American actor, voice actor, director
Jan 21: Geena Davis, American actress
Jan 31: John Lydon (Johnny Rotten), British punk musician and TV personality

Calendar

CONTINUED FROM PAGE 16

and unshakable faith. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787, lied.ku.edu/event

JAN 20

TAKÁCS QUARTET WITH JOYCE YANG, PIANO

In its 50th-anniversary season, the world-renowned Takács Quartet, comprising Edward Dusinberre, Harumi Rhodes (violins), Richard O'Neill (viola) and András Fejér (cello), maintains a busy international touring schedule. For their CDs on the Decca/London label, the quartet has won three Gramophone Awards, a Grammy Award, three Japanese Record Academy Awards, Disc of the Year at the inaugural BBC Music Magazine Awards and Ensemble Album of the Year at the Classical Brits. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787, lied.ku.edu/event

JAN 23

4TH FRIDAY FILM

Let's watch Irving Berlin's *Reap the Wild Wind* (1942) together. Step back in time and appreciate fine acting, directing and stories. Topeka and Shawnee County Public Library - Marvin Auditorium 101A 1:30-4 p.m. TOPEKA, events.tscpl.org/events

JAN 23-FEB 1

THE CAKE

Della makes cakes, not judgment calls – those she leaves to her husband, Tim. But when the girl she helped raise comes back home to North Carolina to get married, and the fiancé is actually a fiancée, Della's life gets turned upside down. She can't really make a cake for such a wedding, can she? For the first time in her life, Della has to think for herself. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. Fee. See website for showtimes. TOPEKA, 785-357-5213 topekacivictheatre.com

JAN 24

BILLY THE KID

SADDLE UP, FOLKS, as we bring you a night of the tales from yesteryear and the trailblazing sounds of the new. We start with the old-timey in Aaron Copland's Western ballad of Billy the Kid, and Debussy's sensual Prelude to the Afternoon of a Faun. Then, hang on to your hats with Boyer's exciting Fanfare, Hymn, and Renewal and prepare to be amazed when Viet Cuong's Re(new)al rides in with a bold, high-energy new piece performed by the fantastic Sandbox Percussion Ensemble. Performed by Topeka Symphony. Washburn University, 1700 SW Jewell Ave., 7:30 p.m. Fee. TOPEKA, 785-232-2032 topekasympphony.org/ticket-information

JAN 30

THE SENIOR CLASS

TCT's Second Improvisational Comedy Company of the "mature" (over 55) set. The Senior Class is another zany troupe of comedians. Only this time, the company is made up entirely of

actors in our community who are over 55 years old. This group defines life in the golden years as a terrifically fun-filled trip. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue, 7 p.m. Fee. TOPEKA, 785-357-5213

topekacivictheatre.com/performance-companies/#1

FEB 1

OVATION! USD 497 TALENT SHOW

The Lawrence Schools Foundation and Lied Center of Kansas are proud to announce the 10th annual, district-wide talent show for middle and high school students. Ovation! proceeds will benefit the Lawrence Schools Foundation and showcase the amazing talents of USD 497 students. Held on the main stage of the Lied Center with full production, the community will come together to celebrate Lawrence's talented

youth, with acts ranging from instrumentalists to singers and dancers, and more. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee.

LAWRENCE, 785-864-2787, lied.ku.edu/event

FARMERS' MARKETS

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

cottinshardware.com/farmers-market

HEALTH & WELLNESS

JAN 2, 9, 16, 23, 30

ZOOMERS - GERIFIT

After successfully completing the Gerifit Strengthening class, the next step is the Zoomers workout. Designed exclusively for older adults, Geri-Fit helps rebuild strength. Topeka and Shawnee County Public Library - Learning Center, 10:30-11:45 a.m.

TOPEKA, events.tscpl.org/events

JAN 7, 14, 21, 28

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 has been lost

CONTINUED ON PAGE 18

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Calendar

CONTINUED FROM PAGE 17

through the aging process. Topeka and Shawnee County Public Library - Learning Center, 10:30-11:30 a.m.

TOPEKA, events.tscpl.org/events

HISTORY & HERITAGE

JAN 5

RESEARCHING ENSLAVED ANCESTORS WITH KATHLEEN BRANDT

Kathleen Brandt will discuss techniques to help us discover how to research our enslaved ancestors at this month's Kansas Afro-American Historical & Genealogical Society meeting. Topeka and Shawnee County Public Library - Hughes Room 205, 5:30-7 p.m.

TOPEKA, events.tscpl.org/events

JAN 6

EXPANDING YOUR FAMILY TREE WITH FAMILY SEARCH

Learn tips and tricks using FamilySearch to build your family tree. Renee Aldrich from the Topeka FamilySearch Center will show how to use FamilySearch. A free FamilySearch account is needed. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5-6:30 p.m.

TOPEKA, events.tscpl.org/events

JAN 13

FINDING YOUR FAMILY IN ADOPTION RECORDS

Come to this workshop to help find adopted family members. Find out what resources you can use and where to find records. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5-6:30 p.m.

TOPEKA, events.tscpl.org/events

JAN 22

LIFE IN KANSAS DURING THE DUST BOWL

Katie Keckeisen will discuss Black Sunda, April 14, 1935, an unforgettable moment in history. Look at photographs from the dust storm in southwest Kansas that made headlines across America. Topeka and Shawnee County Public Library - Learning Center, 7-8:30 p.m.

TOPEKA, events.tscpl.org/events

JAN 28

ORAL HISTORY KITS

Baker Genealogy Center Workshop. Want to capture your story for the ages? Ready to become a family historian? Interested in preserving stories? The Topeka Room presents Oral History Kits to capture it all - come see what's in them. Topeka and Shawnee County Public Library - Menninger Room 206, 5:30-7 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 infor-

mation 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 AND THIRD TUESDAYS OF THE MONTH

DIABETES SUPPORT GROUP

A Diabetes Learning Center staff educator facilitates each support group session. Attending will give you the opportunity to share your concerns and ask questions. There is no fee to participate and no need to pre-register. Cotton-O'Neil Diabetes and Endocrinology Center (lower level classroom), 3520 S.W. 6th Ave., 11 a.m.-12 p.m.

TOPEKA, 785-368-0416

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

FIRST THURSDAY OF THE MONTH

DEMENTIA CAREGIVER SUPPORT GROUP

Join us in this safe environment for caregivers. Caregiver support specialists will guide us as we share our experiences. Anyone is welcome to join us. Basehor Community Library, 1400 158th Street, and Zoom, 6:30-7:30 p.m.

BASEHOR

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

SECOND AND FOURTH THURSDAYS

PITCH PALS

Join us for Pitch and fun. We play 10 point pitch, which is a fast-paced, partnership, trick-taking game. The goal is to capture cards representing at least the number of points bid. We will explain "house rules" and assist new players. Wellsville Community Center, 6 p.m.

WELLSVILLE, 913-314-0819 or 785-248-9470

THIRD MONDAY OF THE MONTH

Y(OUR) ALZHEIMER'S JOURNEY:

A SUPPORT GROUP FOR CAREGIVERS

Join Y(our) Alzheimer's Journey, a free caregiver support group led by Stormont Vail Clinical Research Neurology Department team members. In each session, you'll connect with others who share your experiences, learn effective coping strategies, find new resources, and more. Stormont Vail Topeka Campus Hospital Pozez Education Center Centennial Rooms, 1500 SW 10th Ave., 4-5 p.m.

TOPEKA, 785-368-0795

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

JAN 5

CAREGIVER SUPPORT GROUP 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 - Anton Room 202, 2:30-3:30 p.m.

TOPEKA, events.tscpl.org/events

JAN 12

CAREGIVER SUPPORT GROUP 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 - Anton Room 202, 3:30-4:30 p.m.

TOPEKA, events.tscpl.org/events

JAN 15

CAREGIVER SUPPORT GROUP 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, 2-3:30 p.m.

TOPEKA, events.tscpl.org/events

JAN 17

SATURDAY SCRIBBLERS - WRITERS & COFFEE GROUP

Swap writing tips, ideas and more as we engage with new stories. This month we will chat about starting stories in honor of the start to the new year. Topeka and Shawnee County Public Library - Learning Center, 9:30-10:30 a.m.

TOPEKA, 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 uuelks.org 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 and treats. 9:30-10:30 a.m.

LAWRENCE

FEB 1

15TH ANNUAL KAW VALLEY SEED FAIR

Seed exchange, local farmers and vendors, food, education and speakers. Douglas County Fairgrounds, 2110 Harper, Building 21, 8 a.m.-2:30 p.m. Free.

LAWRENCE

GRANDPARENTS

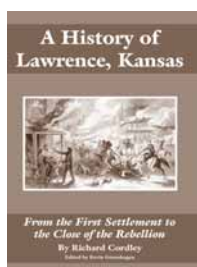
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A History of Lawrence, Kansas

by Richard Cordley

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

HUMOR HOTEL

When it comes to my Apple products, I'm a tapper, not a squeezer

By Greg Schwem

Tribune Content Agency

I recently read there are approximately 2.3 billion Apple devices active worldwide — a figure that includes the five currently charging in various rooms of my home.

But Apple, consider yourself warned: If you want that figure to fall to 2,299,999,995, then please stop ignoring the “If it ain’t broke, don’t fix it” adage. For I am about ready to abandon all of my Apple products and switch to...um, well I’m not sure exactly, as I’ve relied on Apple for so long that I haven’t had time to investigate the competition. But I did once see a guy on a plane using a Google Chromebook. Maybe I should have asked him a few questions.

I currently own an iMac, MacBook, iPad, Apple Watch and AirPods. All have performed admirably, with life spans ranging somewhere between five years and “Greg has to finish an important project today, so let’s permanently crap out 10 seconds after he pushes the ‘power’ switch.”

When a device dies, I journey to my local Apple store, or fire up the company website on one of my still working devices, to purchase a replacement. Three times I’ve had to make a purchase due to my own absent-minded-

ness or carelessness. I left an iPad in the seat pocket of a United Airlines flight returning from Warsaw, Poland. I also left AirPods in a health club locker. Two months ago the replacement pair apparently fell from my pocket while I nursed a beer at a Chicago tavern. Apple’s ‘Find my Device’ feature confirmed both sets hadn’t moved from their lost locations, giving me hope when I returned to retrieve them. Management at both the health club and the bar produced a lost and found box containing an assortment of charging cords, sunglasses and water bottles but no AirPods.

For all I know the guy on the treadmill next to me is enjoying free music, courtesy of my forgetfulness. Hopefully he at least sterilized his “gift.”

If you’re keeping score, I am now on my third set of AirPods. Also my most frustrating set. You see, the engineers at Apple have decided that, in order to justify their existence and their paychecks, they needed to create some “new features,” which is Apple-speak for “features not wanted and not needed.”

For example, when I wanted to skip a song on my playlist while working out, I merely tapped the right pod twice. With the recently purchased Apple 4 AirPods, I must squeeze the right pod’s stem. Twice.

That’s correct; Apple decided squeezing was easier than tapping. I can only

imagine how this new concept was presented to Apple CEO Tim Cook.

ENGINEER: Mr Cook, we believe our loyal customers prefer squeezing over tapping.

COOK: Wow! Amazing! Let me stick a pair in my ears and see for myself.

ENGINEER: Absolutely.

COOK: Let me just adjust the pod. OK. Wait, I can’t hear anything.

ENGINEER: You probably muted the AirPods.

COOK: How did I do that?

ENGINEER: You must have squeezed the stem when you were making the adjustment. You squeeze once for mute, twice for skip. We added that feature too!

COOK: I’m very confused

ENGINEER: Precisely the idea.

COOK: If we added a useless feature, then I guess the AirPods are ready to ship. Now please send in the engineer who removed the iPad home button for no apparent reason. I wish to congratulate him as well. But before you go, have you heard from the iPhone team? It’s about time we come out with some new, useless, confusing features for

that as well.

ENGINEER: Well, I can’t speak for them but I’ve heard they are just about finished with the new “blink to talk” feature.

COOK: Excuse me?

ENGINEER: Yes, the new phones will allow you to answer calls by blinking once. Then, when you wish to end the call, you blink twice.

COOK: And if you blink three times?

ENGINEER: Your music playlist launches. So, essentially, ‘blink to play, squeeze to skip, blink to stop.’

COOK: Amazing! Hopefully we can ship those by Christmas.

- Greg Schwem is a veteran comedian, motivational speaker and humor specialist known for blending business insights with standup comedy. He is also the author of three Amazon bestsellers. His latest, “Turning Gut Punches into Punch Lines: A Comedian’s Journey Through Cancer, Divorce and Other Hilarious Stuff,” was released in September 2024. Visit Greg on the web at www.gregschwem.com.

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“Grandma Burright: The Queen of Harness Racing”



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

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

A History of Lawrence, Kansas

By Richard Cordley

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



Like to advertise in Senior Monthly?

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PUBLISHER'S COLUMN

Celebrating 25 years of publishing *Kaw Valley Senior Monthly*

By Kevin Groenhagen

As noted on the front cover of this issue of *Kaw Valley Senior Monthly*, we are celebrating our 25th year of publication. The June 2026 issue will be our 300th issue.

When we launched *Senior Monthly* in July 2001, I was 38 years old and thought 60 was ancient. In my head, I don't think of myself as being 63, but my body occasionally reminds me that I am now a "senior."

We broke even with the first issue of *Senior Monthly* and have been fortunate to make a profit since the second issue. It wasn't always easy. We launched right in the middle of a recession in 2001, survived the Great Recession in 2008, and struggled during COVID, when several advertisers cut back.

It wasn't easy to sell advertising in June 2001 when I had just a concept of a publication to present to advertisers. The executive director of a Lawrence retirement community said that, while she thought such a publication would be a great idea, she thought it would ultimately fail due to competition. I am happy to say that this retirement community has been a regular advertiser since the December 2001 issue.

Speaking of competitors, the owner of a shopper publication called me shortly after I distributed the first issue. Apparently, someone had put a copy of *Senior Monthly* on top of his publication's rack inside the old Bucky's restaurant in Lawrence. I explained to him that I had no reason to put my papers in his rack since I had my own rack inside Bucky's. He didn't accept that explanation. "I've seen dozens of fly-by-night publications like yours come and go," he yelled before slamming down his phone. This shopper publication folded several years ago as Craigslist and other online options reshaped the landscape and eroded the classified-driven model.

Over the last 25 years, we have also seen many community newspapers close or shrink considerably in size.

Senior Monthly is one of the rare publications that is larger today than it was 20 years ago. We have to thank our advertisers and readers for that. However, I understand the forces that have been detrimental to community newspapers might also affect a niche publication like *Senior Monthly* in the future. Fortunately, most of our readers grew up with newsprint and are more comfortable with the tactile experience associated with print publications. Pew Research noted in September that, while overall print consumption has declined (only 7% of U.S. adults get news from print publications), seniors remain the demographic most reliant on it, with Americans 50+ more likely to turn to print.

Another challenge over the years has been finding a press to print *Senior Monthly*. Over the past 25 years, we have had seven different printers. Our longest relationship thus far was with the *Kansas City Star*, which shut down its \$200 million Press Pavilion in February 2021. (They waited until after the Chiefs went to the Super Bowl.) We then went to the *Sedalia Democrat*, which shut down its in-house printing press in March 2022. Since then, we have had our printing done in St. Joseph, Missouri.

We can switch from newsprint to gloss-coated or matte-coated paper. However, this would increase printing costs and, subsequently, advertising rates. We would do this as a last resort.

As for the future of *Senior Monthly*, we'll continue publishing as long as it remains profitable, I stay in good health, and we can find a printer to print it. I'm a trailing-edge baby boomer, and there are many older boomers for us to continue to serve. I also hope to serve more members of Generation X (1965-1980). There is no succession plan at this time, since none of my three children has any interest in entering publishing. The only thing for certain at this point is that I won't be doing this for another 25 years. However, I hope someone will someday take the reins a few years down the road.

GOREN ON BRIDGE

WITH BOB JONES

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IMPOSSIBLE!

Both vulnerable, West deals

NORTH		EAST	
♠ 3 2		♠ J 9 6 5	
♥ 7 3 2		♥ 9 5	
♦ K 8 5 3		♦ 7 4 2	
♣ 7 6 5 2		♣ J 9 8 4	
WEST		SOUTH	
♠ 8		♠ A K Q 10 7 4	
♥ Q J 10 8 4		♥ A K 6	
♦ A Q J 10 9		♦ 6	
♣ Q 10		♣ A K 3	

The bidding:

WEST	NORTH	EAST	SOUTH
1♥	Pass	Pass	Dbl
Pass	2♦	Pass	4♠
All pass			

Opening lead: Queen of ♥

South had visions of slam when he first picked up his hand, but he settled for game when West proved to have most of the missing values.

This looked like an easy 10 tricks. South won the opening heart lead with his ace and cashed the ace and king of spades. This "easy" one now

looked impossible. There was a loser in every suit and no entry to dummy. What to do? South led his diamond toward dummy hoping that West would duck his ace. West, however, rose with his ace and continued with a heart to South's king.

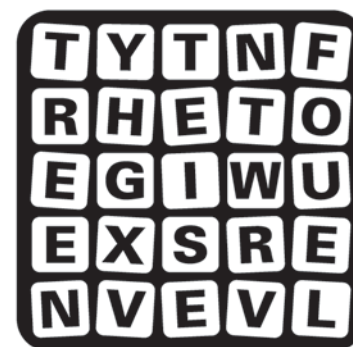
Out of nowhere, South now saw a possibility. East-West played five-card majors, as almost everyone does these days, so South knew that East was out of hearts. If East started with four clubs, or all three top clubs, he could be end-played. South cashed the ace and king of clubs and continued with a third club, delighted to see West show out.

East won with the nine of clubs, but he couldn't lead a spade or a diamond, so he continued with his last club. South ruffed, cashed the queen of spades, and led another spade to East's jack. East had to lead a diamond to dummy's king as declarer shed his last heart. The result? An "impossible" 10 tricks. Well done!

(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail: gorenbridge@aol.com)



By David L. Hoyt and Jeff Knurek



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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.

BOGGLE® POINT SCALE

- 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

YOUR BOGGLE® RATING

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- 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 ELEVEN NUMBERS in the grid of letters.

PUZZLES & GAMES

CROSSWORD

Across

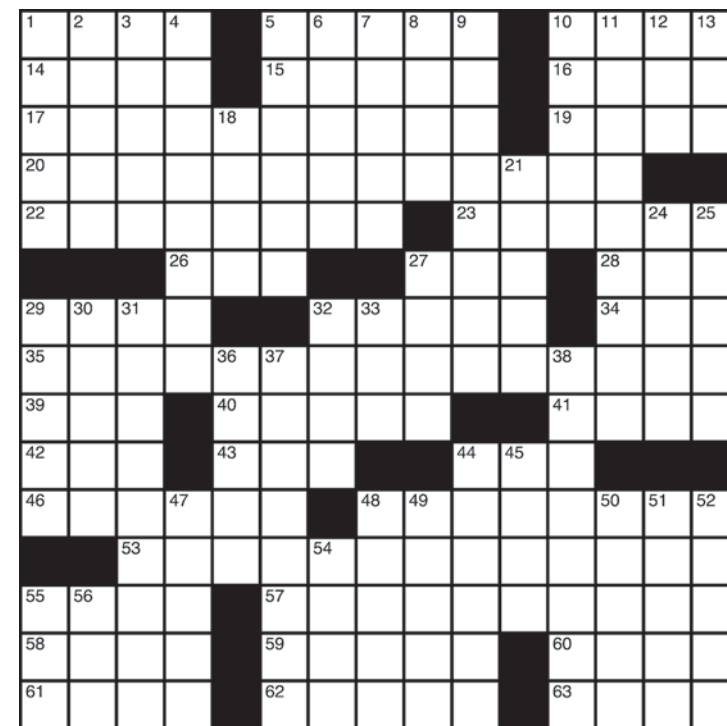
- 1 Emmy-winning sitcom created by Susan Harris
5 Held in suspense
10 Eats
14 Mercury Prize-winning singer-songwriter Parks
15 "She-Hulk" actress Renée ___ Goldsberry
16 Decor do-over, informally
17 Prosaic
19 Parroted
20 "My pleasure"
22 Stresses, in a way
23 "The quicksand of reason," per George Sand
26 Coolers, for short
27 Real mensch
28 Lav
29 Piedmont product
32 City in French Flanders
34 Bother
35 Question of when

- 39 Peachy
40 "Tell me you didn't"
41 Singles
42 Wrath
43 Prefix with diversity
44 Compass rose dir.
46 "Next week on ..." segment
48 Most tidy
53 Crunchy snack
55 "Uh, no"
57 March Madness stage
58 Garden veggie
59 Gulf of Aden republic
60 Idea shared by many
61 Prefix on many Chinese brand names
62 Swelling
63 Winged figure in Piccadilly Circus

Down

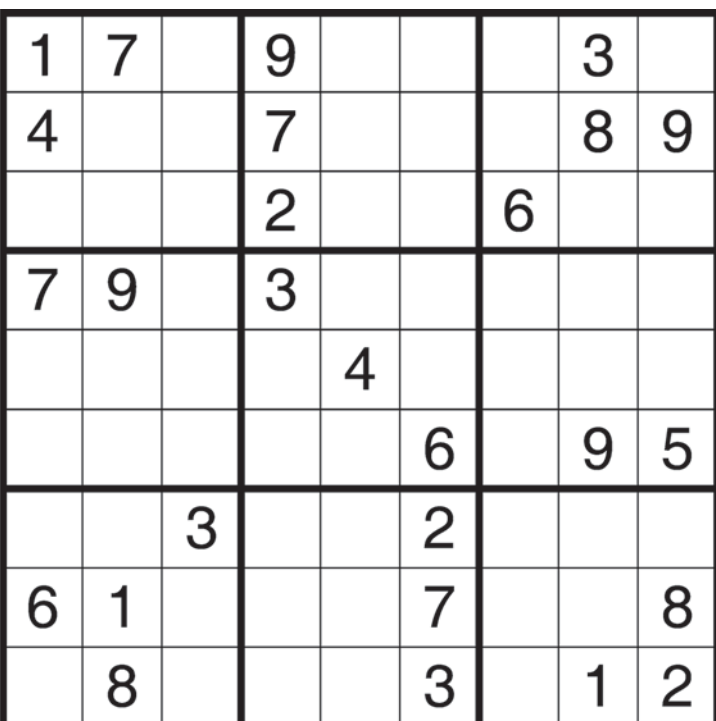
- 1 Riyadh resident
2 "... unless you think otherwise"
3 Solo
4 Hanging in a drawing room

- 5 Brings about
6 Dress shape
7 Colors
8 Actor Morales
9 Cole Porter biopic starring Kevin Kline
10 Wood flooring feature
11 Coldly calculating
12 "Ceci n'est pas ___ pipe"
13 Compact figure?
18 Big Apple output
21 William and Mary
24 Decadent cake
25 Joins the team?
27 Hefty alternative
29 Keep an eye out for
30 Haruki Murakami's "Kafka on the ___"
31 "Beat it"
32 Letterhead image, maybe
33 Terse oath
36 Composed
37 Chakra that signifies the unconscious mind
38 Quiet stretch
44 Singer dubbed the "Tejano Madonna"
45 Prime Day event
47 More cautious
48 Ring
49 "Who cares what they do"



- 50 More than ready
51 Poor sap
52 "Uh, yeah"
54 ___ dog
55 Part of LGBTQIA+ or 10-J-Q-K-A
56 Tucson or Santa Fe

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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

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

FRATG

PNITE

EQLUES

HYRPOT

Answer here:

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

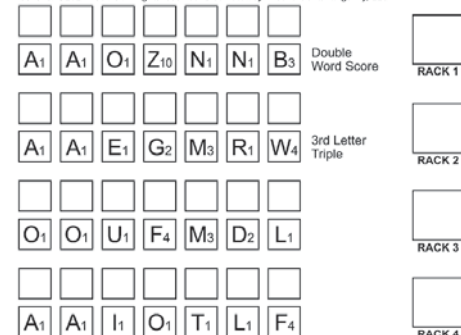


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer here:

SCRABBLE G R A M S

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PAR SCORE 150-160
BEST SCORE 223

FOUR RACK TOTAL
TIME LIMIT: 20 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

11-20

Answers to all puzzles on page 30

www.seniormonthly.net

MY PET WORLD

How to comfort anxious dogs and restless cats

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: My 3-year-old rescue beagle, Millie, howls every time I leave the house, even if it's just to take out the trash. My neighbors say she cries the entire time I'm gone from the house. I've tried leaving the TV or radio on, but nothing seems to help. How can I get her to feel calmer when I'm not home? - Janet, Patchogue, New York

Dear Janet: It sounds like Millie has developed some separation anxiety, which is common in rescue dogs who have experienced change or loss. There are several things you can do to help her feel more secure when you leave.

Start by making departures and arrivals very calm; no big goodbyes or excited greetings. That helps teach Millie that your coming and going is no big deal. You can also try leaving her with a stuffed Kong or puzzle toy with hidden treats, so she associates your absence with something positive. Gradually build her confidence by practicing short separations. Step outside for a few seconds, then return before she starts to howl, and slowly increase the time away. This teaches her that you always come back.

Anxiety wraps can help some dogs feel more secure, as can over-the-counter calming chews or phero-

mone diffusers. If those don't help enough, ask your veterinarian about prescription anti-anxiety medication or short-term options to help her

during training.

With patience and consistency, Millie can learn that being alone isn't scary.

Dear Cathy: I recently adopted two cats I had fostered more than two years ago. One, a male, cries at night when I close my bedroom door, and the female paws at it. I prefer they not sleep in my room or on my bed, but their nightly protests are keeping me awake. Any advice for helping them settle down? Also, I've read that cats

can get dehydrated and should have multiple water stations. Do you recommend automatic fountains? - Heidi M.

- *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. Please include your name, city, and state. You can follow her @cathymrosenthal.*

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Prairie Commons

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Know an interesting senior citizen who would be a great subject for a Senior Profile? Call Kevin at 785-841-9417.

SAVVY SENIOR

How to find a quality nursing home for your loved one

By Jim Miller

Dear Savvy Senior: Can you give me some tips on picking a good nursing home for my father? Since his stroke, I've been taking care of him at home, but he's gotten to the point where it's too much for me to handle. - Exhausted Daughter



Dear Exhausted: Choosing a nursing home for a loved one that provides quality care is a very important decision that requires careful evaluation and some homework. Here are some steps you can take that can help you find a good facility and avoid a bad one.

Make a list: There are several sources you can turn to for referrals to top nursing homes in your area including the Area Agency on Aging (call 800-677-1116 or visit Eldercare.acl.gov for contact information); your dad's doctor or nearby hospital discharge planner; friends or neighbors who may have had a loved one in a

nursing home; and online at Medicare's nursing home compare tool at Medicare.gov/care-compare. This tool will not only help you locate nursing homes in your area, but it also provides a 5-star rating system on recent health inspections, staffing, quality of care, and overall rating.

Also, keep in mind that it's always best to choose a nursing home that's close to family members and friends who can visit often, because residents with frequent visitors usually get better care.

Call your long-term care ombudsman: This is a government official who investigates nursing home complaints and advocates for residents and their families. This person can tell you which nursing homes have had complaints or problems in the past and can help you locate a good facility. Visit LTCombudsman.org for local contact information.

Contact the nursing homes: Once you've narrowed your search, call the nursing homes you're interested in to verify that they can facilitate your dad's needs. Also, find out if they have any vacancies, what they charge, and if they accept Medicaid.

Tour your top choices: During your nursing home visit, notice the cleanliness and smell of the facility. Is it homey and inviting? Does the staff

seem responsive and kind to its residents? Additionally, be sure to taste the food, and talk to the residents and their family members, if available. It's also a good idea to visit several times at different times of the day and different days of the week to get a broader perspective.

And be sure to find out about their staff screening and training procedures, staff-to-patient ratio, and the staff turnover rate.

To help you rate your visit, Medicare offers a helpful checklist of questions to ask at Medicare.gov/media/document/12130nursing-home-checklist508.pdf that you can print and take with you on your visit.

Paying for Care

With nursing home costs now averaging \$324 per day nationally for a semi-private room and nearly \$371 for a private room, paying for care is another area you may have questions about or need assistance with. Medicare helps pay for up to only 100 days of rehabilitative nursing home care, which must occur after a hospital stay

of at least three days.

Most nursing home residents pay for care from either personal savings, a long-term care insurance policy, or through Medicaid once their savings are depleted. Or, if your dad is a veteran, he may be able to get funds through the VA's Aid and Attendance benefit (see VA.gov/pension/aid-attendance-housebound).

To learn more about the payment options, ask the nursing home director. You can also get help from your State Health Insurance Assistance Program (SHIP), which provides free counseling on all Medicare and Medicaid issues. To find a local SHIP counselor visit ShipHelp.org or call 877-839-2675.

And for more information, see Medicare's booklet "Your Guide to Choosing a Nursing Home" (product # 02174). You can view it online at Medicare.gov/Publications.

- Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

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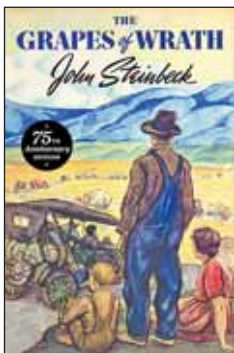
NOVEL OPENINGS

The Grapes of Wrath

By Tom Mach

Here are the opening lines for *The Grapes of Wrath* by John Steinbeck:

To the red country and part of the gray country of Oklahoma, the last rains came gently, and they did not cut the scarred earth. The plows crossed and recrossed the rivulet marks. The last rains lifted the corn quickly and scattered weed colonies and grass along the sides of the roads so that the gray country and the dark red country began to disappear under a green cover. In the last part of May, the sky grew pale, and the clouds that had hung in high puffs for so long in the spring were dissipated. The sun flared down on the growing corn day after day until a line of brown spread along the edge of each green bayonet. The clouds appeared, and went away, and in a while they did not try any more. The weeds grew darker green to protect themselves, and they did not spread anymore. The surface of the earth crusted, a thin, hard crust, and as the sky became pale, so the earth became pale, pink in the red country and white in the gray country.



lights themes of family, dignity, social injustice, and the resilience of workers struggling to make a subsistence living.

About the Author

John Steinbeck (1902-1968), born in Salinas, California, went to New York to establish himself as a freelance writer but failed. He returned to California, and after publishing some novels and short stories, Steinbeck became widely known with *Tortilla Flat* (1935), a series of humorous stories about Monterey *paisanos*. Later he achieved success with his Pulitzer Prize-winning novel, *The Grapes of Wrath*, followed by *Of Mice and Men*, and *East of Eden*. Steinbeck's novels chronicled the lives of California's poor working class, books for which he cemented his legacy as a vital voice in American literature and for which he was awarded the Nobel Prize in Literature.

What I think of the novel's opening:

I was intrigued by the almost poetic description of the Oklahoma landscape. It relates to the dryness of the fields and the invasion of dust that covered them. The earth represents a mother who is denied her vitality and therefore cannot offer her children (the farmlands) any sustenance. The fields are now shades of gray and brown—no longer the brilliant green they used to be. This scenery sets the correct tone for what follows next.

- For more information about Tom Mach, including how to contact him, please visit his website at www.Tom-Mach.com. His email address may be found on that website. Ask about free books he may be giving away.

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SERIOUSLY SIMPLE

A tasty take on butternut squash

By Diane Rossen Worthington

Entrée

Chef and culinary storyteller Pyet DeSpain has penned a lovely new book called *Rooted in Fire*. It explores DeSpain's deeply personal journey through Native American and Mexican traditions, ancestral wisdom, and healing foodways. This book is part memoir, recipes and ceremony — a fascinating take on Native American and Mexican cuisine.

Here, the author shares a recipe that she first tasted in Valle de Guadalupe, Mexico, that she reinterpreted with her own touch. This would make a wonderful side dish surprise for holiday parties. To make this simple recipe, halve and seed the butternut squash, then bake it with melted butter, honey, habanero pepper, cumin, smoked paprika, salt, and pepper. The butternut squash becomes golden brown and caramelized, tasting sweet, savory and spicy all at once.

You can use this melted butter glaze on other favorite vegetables. If you aren't a fan of very hot chiles, you could add a jalapeno or simple green chile in place of the very hot habanero. You can also add a few sprigs of cilantro and a cut lime as a garnish.

3 tablespoons unsalted butter
2 tablespoons honey
1 habanero pepper, finely minced (adjust to taste for desired heat)
1 teaspoon ground cumin
1/2 teaspoon smoked paprika
Kosher salt and freshly ground black pepper, to taste
1 medium butternut squash, halved lengthwise and seeded
Fresh parsley or cilantro leaves, for garnish (optional)
Lime quarters, optional

1. Preheat the oven to 400 F.
2. In a small saucepan over low heat, melt the butter. Add the honey, habanero pepper, ground cumin, smoked paprika, and salt and pepper to taste. Stir well to combine, simmer for 5 minutes, and remove from the heat.
3. Line a baking sheet with parchment paper, place the butternut squash halves on the sheet cut-side up, and pour the butter mixture over the squash flesh.
4. Roast for 35 to 45 minutes, or until the edges are golden brown and the squash is tender. Remove the squash from the oven and let it cool slightly, about 5 minutes. Cut into four pieces, garnish with fresh parsley or cilantro leaves, lime quarters, if desired, and serve.

- Diane Rossen Worthington is an authority on new American cooking. She is the author of 18 cookbooks,

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The butternut squash tastes sweet, savory and spicy all at once.

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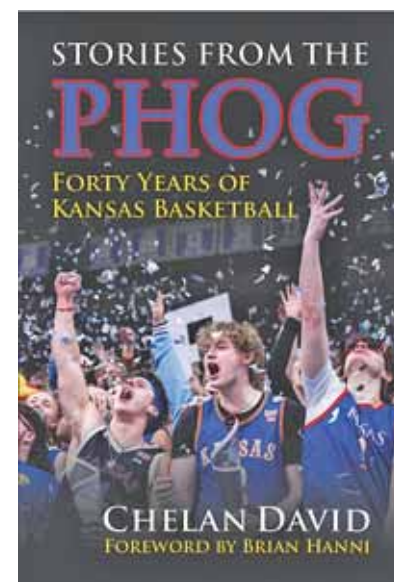
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Stories from the Phog

A must-read for any KU basketball fan, *Stories from the Phog* puts readers in the seats at Allen Fieldhouse as the Beware of the Phog banner is unfurled for the very first time, the Jayhawks score 150 points against Kentucky, and Nick Collison receives a standing ovation from Dick Vitale. Relive the exhilarating come-from-behind victories against Missouri in 2012 and against West Virginia in 2017, a game that set the record for the loudest crowd roar at an indoor sports event.



A native of Lawrence, Kansas, author Chelan David has a unique bond with Kansas basketball. Some of his earliest memories emanate from fabled Allen Fieldhouse, a limestone theater filled with tradition, pageantry, and ghosts of former Jayhawk greats. Visit cdavidbooks.com for more information or to order a copy.

Restaurant Guide

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BARK IRIS GENEALOGY



The Bark Iris. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rademaker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871. This 1865 painting of the Bark Iris by Domenico Gavarrone (1821-1874) is on display at the Larvik Museum in Larvik, Norway.

While writing an article about a 100-year-old woman in 2018, Kevin Groenhagen, the publisher of *Kaw Valley Senior Monthly*, discovered that her grandfather had served in the Civil War. She and her sister never knew about his military service.

Do you have a Civil War veteran in your family tree? An American Revolutionary War veteran? When did your ancestors come to America? What ship did they use? Kevin has researched his own family's genealogy for more than 30 years and can help you find the answers to these and many more questions you might have.

Have you had your DNA tested and aren't sure how to read the results? Exactly how are you related to all those cousins the testing company found for you? Kevin can help you answer these questions as well.

Contact Kevin at 785-841-9417 or kevin@seniormonthly.net to discuss what you would like to find and what the research costs would be.

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RICK STEVES' EUROPE

Europe by the book

By Rick Steves

Tribune Content Agency

Getting close to one of the big icons of Western civilization—the Acropolis, the Palace of Versailles, the Colosseum—can be the spine-tingling high point of a European trip. But don't paper over Europe's "smaller"



Rick Steves

achievements. Many of Europe's lasting cultural contributions are captured on dusty sheets of vellum or parchment, and paging through the Continent's literary treasures can raise a few goosebumps of their own. Here are some of Europe's best cities and sights for bookworm travelers.

LONDON, ENGLAND: The vast British Library has managed to cram everything that really matters into a two-room exhibition called "The Treasures." Early Bibles, a First Folio of Shake-

speare's works, Lewis Carroll's "Alice's Adventures in Wonderland," the Magna Carta, and multiple early Jane Austen manuscripts vie for your attention. Surrounded by this bounty, it's clear that the British Empire built some of its greatest monuments out of paper.

Fans can pay their respects to Britain's literary masters in the Poets' Corner at Westminster Abbey. Geoffrey Chaucer was the first literary great to be buried here (in 1400), and those interred nearby include Charles Dickens, Robert Browning, Thomas Hardy, Alfred Tennyson, and Edmund Spenser.

PRAGUE, CZECH REPUBLIC: Given their imaginative, sometimes fanciful culture, it's no surprise that the Czechs have produced some famously clever writers. Prague native Franz Kafka wrote his renowned "Metamorphosis" (elevator pitch: man wakes up as cockroach) in an Old Town apartment overlooking the Vltava River. That building was destroyed in 1945, but fans today can visit the good Franz Kafka Museum and the Franz Kafka Society Center.

Ironically, until recently, many Czechs weren't too familiar with Kafka, a Jew who wrote in German. During



CAMERON HEWITT, RICK STEVES' EUROPE

In Paris, "bouquinistes" sell used books and memorabilia from green metal stalls that line the Left Bank of the Seine River.

World War II, his writings were banned when Germans occupied the city and, after the war, his work was caught up in a wave of anti-German feeling. The ensuing Communist regime had little use for him either. Locals began to take him more seriously after the Velvet Revolution of 1989, when tourists from around the world started showing up

wearing Kafka T-shirts.

EDINBURGH, SCOTLAND: The lives and literature of Scotland's holy trinity—Robert Burns, Sir Walter Scott, and Robert Louis Stevenson—are the focus of Edinburgh's inviting Writers Museum. Burns was Scotland's bard, extolling his native land in poetry. Ste-

CONTINUED ON PAGE 29

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Rick Steves

CONTINUED FROM PAGE 28

venson stirred the Scottish soul with evocative classics like “Kidnapped” and “Treasure Island.” Scott—who wrote the historical novels “Ivanhoe” and “Rob Roy”—revived his countrymen’s pride in Highland culture and the Gaelic language.

With exhibits mingling first editions with personal artifacts like Scott’s pipe and Burns’ writing desk, the museum gives an intimate view of the masters. To enliven all the history, follow up a museum visit with Edinburgh’s popular literary pub tour, where actors wittily debate whether Scotland’s great literature was high art—or creative recreation fueled by a love of whisky.

PARIS, FRANCE: The European love affair with books is charmingly demonstrated in the green metal book-stalls that line the Left Bank of the Seine River. Second-hand booksellers, called “bouquinistes,” have been a Parisian fixture since the mid-1500s, when such shops and stalls lined most of the

bridges in Paris. (Business boomed after the Revolution, when entire libraries were “liberated” from rich nobles.)

Another writers’ landmark is the Shakespeare and Company bookstore. Founded in 1919 by free-thinking American Sylvia Beach, the original shop on Rue de l’Odeon was a meeting place for Paris’ expatriate literary elite. Ernest Hemingway regularly borrowed books from the store. When James Joyce struggled to find a publisher for his now-classic “Ulysses,” Beach published it. While the Nazis shut the shop down in 1941, its post-war incarnation near the banks of the Seine carries on Beach’s tradition by supporting struggling writers.

DUBLIN, IRELAND: Of all the places I’ve traveled in Europe, Ireland excels in literary passion. Around the turn of the 20th century, Dublin produced some of the world’s great writers. Oscar Wilde wowed Britain with his quick wit and clever satires of upper-class Victorian society. William Butler Yeats won a Nobel Prize for his Irish-themed poems and plays. Most inventive of all, perhaps, was James Joyce, who captured literary

lightning in a bottle when he profiled Dublin’s seedier side in his stream-of-consciousness “Ulysses.”

The Museum of Literature Ireland is the place to view authorial bric-a-brac. But to experience the Irish gift of gab in its highest form, treat yourself to a night out at the Abbey Theatre. Founded by Yeats to bring to the stage the “deeper emotions of Ireland,” the theater has been promoting Irish writers and artists for more than a hundred years.

It’s no exaggeration to say that Europe’s literary documents changed

the course of history. From pubs to museums to libraries, if you decide to target the literary culture of Europe, the entire continent can be a good read.

- Rick Steves (www.ricksteves.com) writes European guidebooks, hosts travel shows on public TV and radio, and organizes European tours. This column revisits some of Rick’s favorite places over the past two decades. You can email Rick at rick@ricksteves.com and follow his blog on Facebook.

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MY ANSWER

Trials will either make us turn away from God or drive us toward Him

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I'm at a crossroads. I've lost my job and my health. My friends tell me to reconsider my faith in God since he's allowed this to happen; however, my faith is strong, and I won't let them discourage me. This experience will make me stronger, and I want them to see that this is true. How can I best demonstrate this? — G.S

A: The Bible tells us to "count it all joy when you fall into various trials, knowing that the testing of your faith produces patience" (James 1:2-3, NKJV). Difficulties and trials can take many different forms—a soured relationship, a financial reversal, an unexpected illness or disability, or the death of a loved one. For others, it may take

the form of mockery or even persecution for their faith.

It's natural for us to shrink back from trials. We all wish we could be free of problems and instead live a life of peace and serenity all our days. But life isn't like this, and we know that it can radically change even in a matter of seconds. The real question is how we react. Will we react in anger or despair? Will we lash out in hatred or revenge? Or will we turn to God in faith and seek

His help?

Trials will either make us turn away from God or drive us toward Him. When we choose the latter, James says, our faith will grow stronger—and we'll be better equipped to meet the next challenge that comes. Nothing helps us grow spiritually more than spending time alone with God every day, reading His Word, and recognizing how He led His people through the storms of life. Those who doubt our faith in Him will see that our testimony is strong for His name.

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

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Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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GUEST COLUMN

Home care vs. home health

By Monica Zylstra

Many people often think of home health and home care as being the same. The terms sound similar, and both types of care are indeed delivered in the home, but there are important differences between home care and home health.

The home healthcare definition is medical services provided at home to treat chronic health conditions or help you recover from illness, injury, or surgery. Some people start home healthcare after a health decline or are diagnosed with a serious medical condition. Many people transition to home healthcare after a stay in the hospital, a rehab center, or a skilled nursing facility. The primary goal is to help people recover and stay as independent as possible.

To qualify for home healthcare and have it paid for by Medicare, you must be enrolled in Medicare.

You must also be certified as homebound by a doctor. The definition of homebound status, as determined by Medicare, is leaving home requires a major effort or help from another person or device, such as a walker or wheelchair, or isn't recommended due to your condition. Occasional outings for things like doctors' visits, religious services, or family events don't disqualify you.

You require intermittent skilled nursing or therapy, such as speech, physical therapy, or occupational therapy.

The home health agency providing care must be Medicare-certified and approved by Medicare.

You must also have a doctor establish and review your plan of care and receive care from a Medicare-certified agency; the key requirement is a doctor-documented face-to-face visit related to the need for care.

When ordered by a doctor, Medicare, Medicaid, and some private insurance plans cover the cost of home health services for eligible patients.

If you qualify, the following are covered in part-time or intermittent nursing care, physical therapy, speech-

language therapy, occupational therapy, home health aide services, and medical social services.

The plan of care that is established, with goals, is reviewed every 30, 60, or 90 days. If the goals outlined in the care plan are met, you would be discharged from home health.

The home care definition is supportive care provided in an individual's home, helping people with disabilities, chronic illnesses, or recovery from surgery, and staying independent by assisting with daily living activities. Home care is also known as personal care, domiciliary care, or in-home care, offering a wide range of services to maintain well-being at home.

Types of home care services include personal care (non-medical), assist with eating, dressing, toileting, meal prep, housekeeping, laundry, errands and companionship.

Some of the key differences between home health vs. home care are:

Type of Care

- Home health care provides "clinical" or "skilled" care by licensed nurses and therapists.

- Home care provides "non-clinical" or "non-skilled" care by professional caregivers.

Services

- Home health care services are more medical in nature. Home health aides are available to help with activities like bathing, grooming, and dressing until you are safely able to do them again or until you have a caregiver who can safely assist you. But the focus of care is skilled nursing and therapy.

- Home care helps with everyday tasks like bathing, dressing, grooming, cooking, cleaning, and transportation. It does not include medical care, like nursing or therapy.

Eligibility

- Home health care requires a doctor's order. Patients must meet certain eligibility criteria. For example, they must have limited ability to leave their home and require assistance to do so.

- Since people usually pay for

home care out of their pocket, there are no eligibility requirements.

Length of Care

- Home health care continues as long as your doctor certifies, and you continue to meet eligibility requirements.

- Home care continues as long as you want, based on your budget and needs.

Payment

- Medicare, Medicaid, and most private insurance plans for eligible patients cover home health care.

- Home care is typically paid directly by the patient or long-term care insurance. Medicaid may also cover home care.

Care Team

- The home health team is made up of skilled professionals such as nurses, social workers, and therapists.

- Family members and professional caregivers provide home care services.

Frequency

- Home health care visits are typically a few hours per week, depending on the patient's needs and doctor's

orders.

- Home care can help patients 24/7, depending on the patient's budget and needs.

Location

- Patients can receive home health care in their place of residence, including assisted living facilities and group homes.

- Home care is typically provided at home.

When you compare home health care vs. home care, you should know that you can receive both at the same time. Home health provides clinical care to help patients recover, and home care provides day-to-day caregiving and tasks. Some agencies provide both home health care and home care.

Home care and home health care can help older adults stay safe and independent in their homes. If you're struggling with daily tasks or recovering from an illness, injury, or surgery, ask your health care provider if home health or home care is an option for you.

- Monica Zylstra, LPN, is a clinical liaison with Right at Home. She can be reached at 785-727-7723.

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