

Kaw Valley Senior Monthly



June 2026

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INSIDE



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Vintage Players to perform *Guys and Dolls SR.*

See story on page three



This June, during Alzheimer's & Brain Awareness Month, the Alzheimer's Association is encouraging all Americans to take charge of their brain health. - p. 8

- Birthdays.....16
- Business Card Directory...26, 27
- Calendar.....16
- Financial Focus.....15
- Health & Wellness.....10, 12
- Humor Hotel.....22
- Jill on Money.....15
- Mayo Clinic.....13
- My Answer.....30
- My Pet World.....24
- Puzzles and Games.....20, 21
- Rick Steves' Europe.....28
- Ryan's Retirement Tips.....14
- Savvy Senior.....23
- Seriously Simple.....25

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Vintage Players prove it's never too late for the spotlight

By Kevin Groenhagen

If you're looking for some great entertainment next month, watching a performance of *Guys and Dolls SR.* at Theatre Lawrence is a safe bet. The Vintage Players will be rocking the boat in this 60-minute version of the multi-award-winning musical comedy classic about rolling the dice and falling in love under the lights of Broadway.

Guys and Dolls is a romantic comedy set in the colorful world of New York gamblers and showgirls, centering on slick bettor Nathan Detroit, who needs money to host an illegal floating craps game while trying to avoid commitment to his longtime fiancée, nightclub performer Adelaide. Desperate for cash, Nathan bets fellow gambler Sky Masterson that Sky cannot persuade the strait-laced missionary Sarah Brown to accompany him to Havana. Unexpectedly, Sky and Sarah fall in love, while Nathan and Adelaide struggle through their own turbulent rela-

tionship. Filled with witty dialogue, comic misunderstandings, and memorable songs, the musical ultimately celebrates love, redemption, and the clash between high-minded ideals and fast-talking streetwise charm.

A Show Designed for Seniors

Guys and Dolls SR. is part of Music Theatre International's (MTI) Broadway Senior™ collection. Other musicals in the collection currently include *The Music Man SR.*, *Singin' in the Rain SR.*, *Fiddler on the Roof SR.*, and *Into the Woods SR.* MTI recently announced the addition of the Broadway Senior™ version of *How to Succeed in Business without Really Trying*. Broadway Senior™ adapts classic musicals for performers 55 and older by shortening runtimes, allowing flexible casting, adjusting vocal arrangements, and simplifying staging.

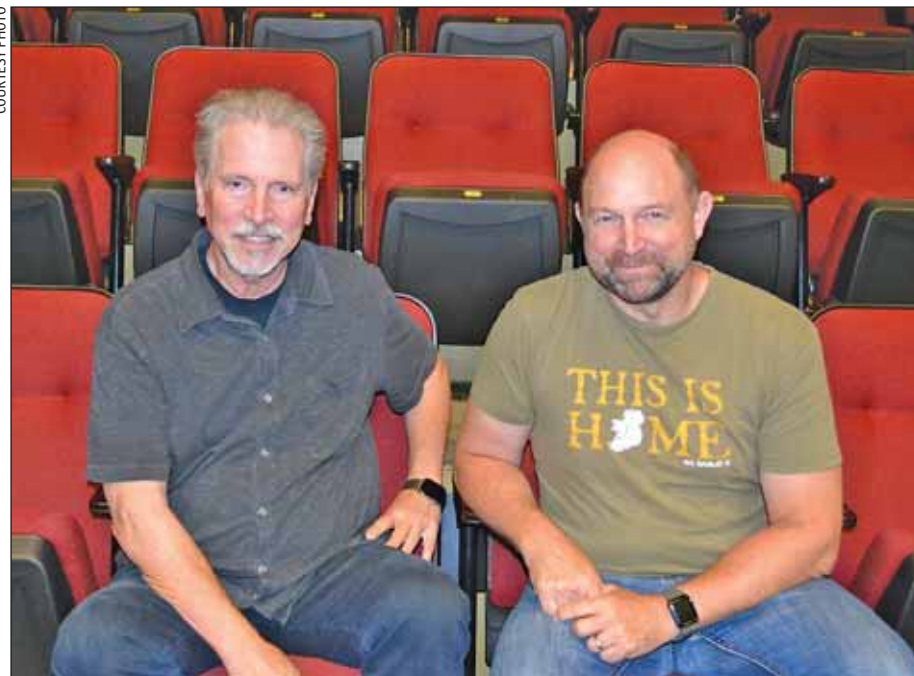
MTI granted the Vintage Players rights to perform *Guys and Dolls SR.* The musical is based on "The Idyll of Miss Sarah Brown" and "Blood Pressure," two short stories by Damon Runyon. Runyon was born in Manhattan, Kansas.

"Theatre Lawrence is the first community theater in the region to do a Broadway Senior™ show," said Bruce Douglas, who became the Vintage Players' director last June. "It's a real honor."

Theatre Lawrence held auditions for the musical on May 9 and 10.

"We chose some selections from

COURTESY PHOTO



Bruce Douglas (left), Vintage Players director, and Patrick Kelly (right), musical director for *Guys and Dolls SR.*

the show," said Patrick Kelly, the contracted musical director for *Guys and Dolls SR.* "We just wanted to hear people's confidence singing and their range. The music is really accessible for seniors. They all know the songs. People didn't have to 'audition audition.' If they just wanted to join the cast, they were welcome to come to our first read-through and sort out what this is and whether they'd like to join us."

"There were 43 people who showed up for the first read-through on May

12," Douglas added. "The read-through was off the charts. It was amazing. We will probably end up with 30 to 35 people in the final show. In this type of show, where it says ensemble, we're going to create a character for every person, so they'll have something to be centered around."

Returning to the Stage

"We heard some neat stories from those who auditioned and those who came for the first read-through," Kelly

CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Vintage Players

CONTINUED FROM PAGE THREE

said. “A lot of people, maybe they did a show in high school, and they’re really excited to do something now that they’re a little older. And it’s great that they came back to the theater.”

“The nice thing about being under contract with MTI is that the cast has to be 55 or older,” Douglas added. “Many people assume performers over 55 have fewer opportunities to play the big romantic leads. That’s one of the things that makes *Guys and Dolls SR.* so special. It gives older actors the chance to step into roles like Adelaide and Nathan and really shine center stage.”

Two of the Vintage Players cast for romantic leads are Terry Thoeke and Jeff Lady.

“Terry is one of our core Vintage Players,” Douglas said. “She’s playing Sarah Brown. Jeff is playing Sky Masterson. The really interesting thing about this is that Jeff was here for our audition, signing up, and he saw Terry coming out of her car. So, he runs out to the parking lot. Our stage manager thought he was just leaving. It turns out that they had worked together 42 years ago at Worlds of Fun, singing and dancing. Jeff went on to work for Disney in live shows. And so, just the electricity between those two is going to be great for the two leads.”

Walter Olker will play Nathan Detroit, while Cyndi Rood will play Adelaide.

“Cyndi is new to us,” Douglas said. “We’re very lucky to have her join the cast.”

“She’s a middle school teacher,” Kelly added. “She did musical productions when she was in high school.”

Other principal cast members include Steve Fendt as Nicely-Nicely Johnson, Jaryl Perkins as Benny Southstreet, and Chris Drahozal as Rusty Charlie.

Building Community Through Theater

Broadway Senior™ performances are designed to be about an hour long and typically don’t have intermissions. However, Douglas would like to have a 15-minute intermission for *Guys and Dolls SR.*

“I am firmly convinced that intermissions help build theater community,” Douglas said. “People get out in the lobby and talk. They aren’t coming to see a show. They are coming to an event.”

“At first, I was surprised when Bruce said we were going to do three shows,” Kelly added. “The more I thought about it, I think that’s just fantastic because I think it’s going to be very popular. I think it gives us more opportunities for more performers to have lines, and that’s really the point. *Guys and Dolls SR.* is great, and we can talk about all the creative stuff. But it’s also about how people are working together. It totally brings the community together.”

Douglas and Kelly noted that of the 43 people at the first read-through, 17 had never performed in a theater before.

“I asked one woman why she wanted to do this, and she said, ‘I’m doing something for me,’” Kelly said. “And I thought, there’s a person who has really given much of her life to her children or her job or her work, and then is saying, you know, hey, there’s something rewarding about this experience that’s important for me to give up time and make space for me, and that’s really powerful.”

The Legacy of the Vintage Players

The Vintage Players started in 2001 after Piet Knetsch, a director of several Theatre Lawrence productions, realized the physical demands of performing on stage can be overwhelming for older actors. If they wish, performers with the Vintage Players may read scripts while performing.

Mary Ann Saunders took over the directorship of the Vintage Players in 2003 and served in that role until her passing last April. In 2008, she was inducted into the Theatre Lawrence Volunteer Hall of Fame.

In addition to the Vintage Players celebrating their 25th anniversary this year, 2027 will mark the 50th anniversary of Theatre Lawrence. The Lawrence Community Theatre (LCT) was established in 1977 at a meeting of local artists organized by Mary Doveton. Doveton served as Theatre Lawrence’s executive director from 1977 to 2023.

LCT’s first production, *The Secret*

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Guys and Dolls SR. cast members at a read-through on May 14.

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CONTINUED ON PAGE FIVE

Vintage Players

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Affairs of Mildred Wild, premiered April 15–16, 1977, at the Lawrence Arts Center (the Carnegie Building) at 115 W. 11th Street.

In 1984, LCT moved to a former church at 1501 New Hampshire Street to accommodate the expanding theater program.

In 2010, LCT was renamed Theatre Lawrence to reflect the breadth and depth of programming offered. The new 35,000-square-foot Theatre Lawrence and education facility opened at 4660 Bauer Farm Drive in June 2013.

“I started with Theatre Lawrence in 1977 at the Carnegie Building when I was 22,” Douglas said. “I played Brick in the production of *Cat on the Hot Tin Roof*.”

After earning a degree in Vocal Music Education from the University of Kansas, he taught music and theater in western Kansas. He then spent many years in corporate retail. Since returning to Lawrence in 2010, he has served as the weekly entertainment coordinator, song leader, and cocktail hour pianist for seniors at Brandon Woods at Alvamar. He also sings with the Kansas City Symphony Chorus.

Kelly came to Lawrence in 1989 to attend the University of Kansas, where he earned a bachelor’s degree in Music Education and a master’s in Educational Leadership. In addition to serving as the musical director

for numerous productions at Theatre Lawrence, he held several positions with Topeka Public Schools and Lawrence Public Schools until his retirement in 2024. He has also served as a Douglas County commissioner since 2019.

Among others working to make *Guys and Dolls SR*, a success is Jamie Ulmer.

“Jamie is our current executive director,” Douglas said. “He is an amazing visionary. He gets people in the right places and lets them do what they do.”

The Vintage Players will perform *Guys and Dolls SR* on July 17, 18, and 19. Tickets, which are \$15 (\$10 for those 55 and older), are available for purchase online at www.theatre-lawrence.com/tickets or at the Theatre Lawrence box office. The box office is open Monday–Friday from 11:30 a.m. to 4:30 p.m.

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PUBLISHER'S COLUMN

Calendar to be moved to website in July

By Kevin Groenhagen

Beginning with the July 2026 issue of *Kaw Valley Senior Monthly*, our events calendar will be moved to our website at seniormonthly.net/calendar. Recurring events have already been added to the online calendar.

I decided to make this move for several reasons:

- In 2025, 90% of adults 65+ said they use the internet, 70% said they subscribe to home broadband, and 78% say they own a smartphone. At the same time, 17% of adults 65+ are “smartphone dependent” (smartphone users with no home broadband). I believe we are now at a point where the vast majority of our readers can access an online events calendar.

- Moving our events calendar to our website will free up space in the print edition of *Senior Monthly*. This will allow us to add new features to the print edition. As always, the print edition will be available as a PDF file on our website. We have also started making a flipbook option available.

- Moving our events calendar to our website will move *Senior Monthly* one step closer to becoming a 100% online publication if we are forced to make that change in the future. Earlier this year, Thunder Bay Pulp and Paper announced it would discontinue newsprint mill operations. The paper mill said North American demand for newsprint had fallen 40 percent since the company was purchased by Atlas Holdings in 2022; there was an 18 percent decline in North American newsprint demand in 2025 alone. With that closure, only four paper mills in North America continue to make newsprint. Just one of those four is in the United States. Area printers may no longer be

able to purchase newsprint in the near future. We could switch to super-calendered or another similar magazine paper. However, these papers are much more expensive than newsprint.

An online calendar will also provide the following benefits to readers:

- **Events Can Be Updated Instantly.** In print, if an event changes, cancels, or moves locations, the listing is wrong for the entire month. We can also add new events at any time, including those that miss the print deadline.

- **We Can List Many More Events.** Our print calendar is limited by page space. Readers will get a much more complete calendar because we can add many additional events, including events outside of our distribution area.

- **Events Can Be Searchable and Filtered.** Our online calendar will allow readers to find exactly what they want. Readers can search by city or date, and filter by type (health, music, classes, senior centers).

- **Readers Can Add Events to Their Own Calendars.** Readers can also download an event reminder, which increases the likelihood they will attend.

- **Events Can Link to More Information.** Print listings must be very short. Online listings can include full descriptions, links to maps, and registration links. This is especially helpful for classes, health screenings, and trips.

- **Mobile Friendly.** A printed calendar is harder to use when someone is already out. With an online calendar, readers can check events on their phones.

If you have any questions, concerns, or suggestions concerning an online events calendar, please feel free to contact me at 785-841-9417 or kevin@seniormonthly.net.



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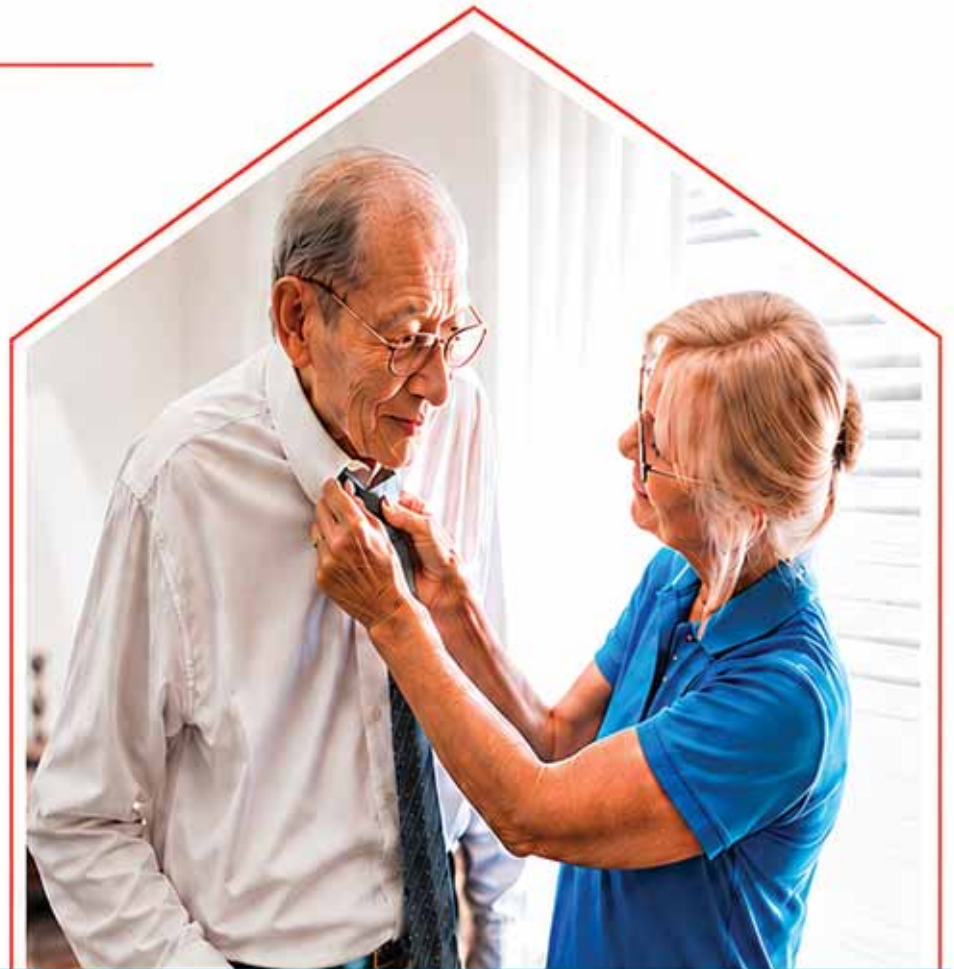
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Alzheimer's Association encourages Americans to take charge of their brain health

This June, during Alzheimer's & Brain Awareness Month, the Alzheimer's Association is encouraging all Americans to take charge of their brain health.

Today, there are more than 7 million people age 65 and older in the United States living with Alzheimer's. Two-thirds of Americans have at least one major potential risk factor for dementia. The brain changes that cause Alzheimer's are thought to begin 20 years or more before symptoms start, which suggests that there may be a substantial window of time in which to intervene in the progression of the disease.

Experts believe there isn't a single cause of Alzheimer's. It's likely the disease develops as a result of multiple factors. While not a direct cause of Alzheimer's, the greatest known risk factor is advancing age. Although some risk factors like age can't be changed, as many as 45% of dementia cases may be attributable to modifiable risk factors, such as high blood pressure and lack of physical activity. Research shows that adopting healthy behaviors — like getting exercise and good quality sleep — can improve your brain health and reduce the risk of cognitive decline.

"Alzheimer's & Brain Awareness Month offers the perfect opportunity for all Americans to take charge of their brain health," said Matthew Baumgart, senior vice president, Health Policy, Alzheimer's Association. "We want people to know there are steps they can take to keep their brains healthy. We also want to encourage anyone experiencing memory or thinking problems to talk to their doctor. There are many possible causes — and if it is Alzheimer's disease, there are numerous benefits to getting a timely diagnosis."

During June, the Alzheimer's Association is offering five suggestions to take charge of your brain health and support the cause:

1. **Incorporate healthy habits that may reduce the risk of cognitive**

decline: Based on mounting scientific evidence, the Alzheimer's Association encourages individuals to incorporate these 10 Healthy Habits — such as challenging your mind and eating healthier foods — to help protect brain health. Whatever your age or stage of life, now is the time to take charge of your brain health.

2. **Learn the early warning signs of Alzheimer's and other dementias:**

Many people equate Alzheimer's to memory loss, and while that is one of the most common signs, there are others that can signal cognitive decline, including altered judgment, mood changes, challenges in decision-making, and planning and carrying out

projects. Some memory changes can be a normal part of the aging process, but when changes start to interfere with daily living or stray drastically from the person's normal behavior, it's best to get it checked. The Alzheimer's

Association offers these 10 Early Signs and Symptoms of Alzheimer's to help people identify potential warning signs of Alzheimer's or other dementia.

3. **Be proactive in addressing memory and thinking problems:** Studies show many individuals experiencing memory and thinking problems often put off discussing them with a doctor. However, early detection and diagnosis of Alzheimer's and other dementia offers the best

opportunity for care, management and treatment. It also provides diagnosed individuals more time to plan for the future, participate in clinical trials and to live with a higher quality of life for as long as possible. In addition, there are now treatments that can slow disease progression for people in the early stage of Alzheimer's, making a timely diagnosis critically important. If you or a family is experiencing memory or thinking problems, it is important to get it checked. The Alzheimer's Association offers tips and resources to help families navigate these conversations.


4. **Help accelerate disease-related research:** Clinical trials hold the key to new and better Alzheimer's disease treatments. Individuals living with Alzheimer's and other dementias, caregivers and healthy volunteers

CONTINUED ON PAGE NINE




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Alzheimer's Association launches (re)think your brain

The Alzheimer's Association on May 11 announced the launch of (re)think your brain™, a new science-based initiative designed to move people from brain health awareness to action. The initiative expands how people understand and care for their brains and introduces the (re)think your brain 6-Step Challenge, a step-by-step guide with proven practical actions people can start right away to help support brain health and cognitive function.

According to the Alzheimer's Association 2026 Alzheimer's Disease Facts and Figures report, nearly nine in 10 U.S. adults say maintaining brain health as they age is very important, and 99% say it is as important as physical health. Yet only 9% say they know how to maintain their brain health, revealing a clear gap between awareness and action.

"People are looking for clear, credible guidance they can trust," said Joanne Pike, DrPH, president and CEO of the Alzheimer's Association. "As a global leader in Alzheimer's and brain health, we have a responsibility

to translate the latest science into guidance people can act on, and (re)think your brain is how we're helping people take control of their brain health."

For decades, cognitive decline, Alzheimer's disease and other dementias have largely been viewed as conditions to address after symptoms appear. However, results from last year's landmark U.S. POINTER study demonstrated that combining healthy lifestyle interventions can help protect cognitive function and support brain health.

The (re)think your brain movement reflects this shift by engaging people earlier, before factors that affect brain

health later in life begin to emerge, including high blood pressure, high cholesterol, diabetes and changes in sleep and stress levels. Addressing these conditions earlier can make a meaningful difference in long-term brain health and may help reduce dementia risk.

"Research has advanced significantly, and we now have a clearer understanding of how lifestyle factors influence brain health," Pike said. "Evidence shows that behaviors like physical activity, diet, and cognitive engagement may play a meaningful role in reducing dementia risk. The opportunity now is helping people

apply that science in ways that are practical and sustainable."

"The good news is that people are motivated," Pike added. "In our recent survey, 73% of adults said they are interested in programs that support brain health. That's why we are focused on delivering trusted, science-backed resources that help people take action earlier and support their brain health over time. You don't have to do everything at once. You just have to start."

To learn more and begin building your brain-healthy habits, visit rethinkyourbrain.org to sign up for the (re)think your brain 6-Step Challenge.



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Brain health

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are needed to participate in clinical trials that help advance Alzheimer's research. Today, more than 50,000 participants are needed in current Alzheimer's clinical trials examining potential new treatments — with hundreds of thousands more needed in broader dementia research studies. Alzheimer's Association TrialMatch® is a free, easy-to-use service that connects interested individuals with appropriate trials.

5. **Volunteer with the Alzheimer's Association:** As an Alzheimer's Association volunteer, you can help those in your community take steps to reduce their dementia risk and recognize the signs of Alzheimer's. Our education and support programs are flexible and easy to learn, giving you the opportunity to become a leader in the effort to end Alzheimer's.

HEALTH & WELLNESS

Listening to the quiet signs

By Autumn Bishop

LMH Health

Robin Goff had a routine checkup with a doctor at the LMH Health Main Campus. Everything was normal, but she started feeling a bit queasy afterward. When she got off the elevator as she left the appointment, Robin thought she should sit down because she just didn't feel right.



"My sternum was aching, and I felt shaky and weird, so I thought I should sit down for a few minutes before I went out into the heat," she said.

Volunteer Trudy Rinne looked at Robin as she sat in the hospital lobby and knew something didn't look right. Trudy turned to her supervisor, Guest Services Manager Shane Heiman, for help.

"Trudy told me she was concerned about someone in the lobby and

knew she needed help," Heiman said. "I approached Robin and told her I thought she needed to go to the Emergency Department to get checked out."

It was a moment that quietly changed everything.

From subtle symptoms to a serious event

Robin has run a natural sanctuary near Baldwin City for 31 years, teaching about energy and natural healing. She was getting close to age 79 and was, by her own account, pretty healthy. Her blood pressure and pulse were generally low. She had a few episodes of atrial fibrillation before, but she didn't think much of it since they'd always resolved.

"I didn't say anything to the doctor because I felt a little silly, but when Trudy came and asked if I was okay—it really made me question myself," Robin said.

When she arrived at the Emergency Department, things moved quickly. Assessments showed that Robin's pulse was only 40 and her troponin levels—the measurement of proteins in the blood released when heart muscle is

damaged—were significantly elevated.

Robin was having a heart attack.

Robin's next stop was the cardiac cath lab, where interventional cardiologist Dr. Christopher Larson discovered the extent of her cardiac issue.

"Robin had a non-ST-elevation myocardial infarction (NSTEMI), which is a type of heart attack caused by a partial blockage of blood flow to the coronary artery. It reduces blood flow to the heart muscle," Dr. Larson explained.

The cath lab team needed to place stents in Robin's heart to restore the blood flow. Typically, they insert a catheter into a patient's wrist, thread it to the heart and inflate a small balloon so the cardiologist can place a stent to open the blocked artery.

After the catheter was inserted, the team took additional diagnostic images. Those showed that Robin's cardiac issue was more complex than initially thought. A larger catheter was needed, which meant taking a different approach through the femoral artery in her leg.

"Ultimately, a blood clot caused a couple of blockages in Robin's left circumflex artery and the left main artery also had an 80-90% blockage, so we placed three stents in her heart to restore the blood flow," Dr. Larson said.

After more than two and a half hours in the cath lab—more than twice the time a typical case lasts—Robin was transferred to an inpatient unit to begin her recovery.

Women's heart attacks are different

Why didn't Robin know she was having a heart attack? Dr. Darcy Conaway is Robin's cardiologist at the LMH Health Heart Center. She explained that women often present with atypical or "silent" symptoms, including unusual fatigue, indigestion and shortness of breath.

"Women often don't present with classic chest pain," said Dr. Conaway. "About 40% have atypical symptoms, and they can be attributed to other causes which can make it harder for clinicians to diagnose."

The bottom line: If something doesn't feel right, it's important to get checked out. Don't hesitate.

"If something feels new or different and you're not sure what it is, get checked in the emergency department," said Dr. Conaway. "When it comes to heart attacks, treating it early is the key to doing well."

Recovery, rehabilitation and the new normal

Robin's recovery didn't end when she was released from the hospital. It continued with cardiac rehab, a personalized treatment plan that's an important part of care for patients who have been treated for a serious cardiac event.

Inpatients at LMH Health receive a referral to the cardiac rehab team, who follow up after discharge to schedule an appointment.

"The program is tailored for each

CONTINUED ON PAGE 11

Keeping Heart Care Close to Home

The LMH Health Foundation has launched a \$10 million campaign – its most ambitious effort yet – to expand and increase access within a new LMH Health Heart Center. The renovation will expand the number of cath lab procedure rooms and will allow us to:

- Reduce wait times for urgent and scheduled procedures
- Improve capacity to handle multiple emergencies simultaneously
- Increase access to new ser-

vices like electrophysiology and expanded vascular care

Keep patients close

"Every second matters when it comes to heart care," said Rich McKain, senior director of ancillary and support services. "Saving more lives – closer to home – is the foundation of the LMH Health Heart Center expansion initiative."

To share a meaningful gift toward the Heart Center campaign, visit lmh.org/donate. Your gift will make a difference.

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Robin Goff

CONTINUED FROM PAGE 10

individual patient. We work as their coaches for diet, exercise and medication, and we provide them with knowledge about heart disease, heart health and risk factor modification,” said registered nurse and cardiac rehab team member Leann Dickson. “Each session we go over a different topic, like a diet recommended by the American Heart Association. It may only be a few minutes out of your session, but getting the information in these little bites really sticks with our patients.”

The monitored exercise and instant feedback gave Robin the boost she needed.

“Cardiac rehab gave me confidence,” she said. “It helped me trust my body again.”

Another big change for Robin was adjusting from the naturopathic approaches she’d always followed to learning to incorporate medication into her everyday life.

“This is a whole new ballgame with

tests, interventions and medications,” she said. “It’s been quite an adjustment, but I trust Dr. Conaway and I’m following her recommendations.”

Prevention playbook

Dr. Larson emphasizes that genetics play a significant role in heart disease, but what matters just as much are the risk factors people can control.

“Avoid tobacco in all forms,” he said. “That includes smoking, vaping, chew, and nicotine pouches. Focus on a heart-healthy, Mediterranean-style diet, and if cholesterol is elevated, medication may be an important part of reducing long-term risk.”

Dr. Conaway reinforces the importance of daily habits and preventive care.

“Move your body for 30 to 60 minutes most days,” she said. “Prioritize good sleep, manage stress, and stay current with recommended screenings—like cholesterol checks and coronary calcium scoring—so potential problems can be identified early.”

Awareness saves lives

Robin is grateful for the experience she had with the nurses and physicians across LMH Health and shares her

COURTESY PHOTO



Robin Goff with her goats

story with anyone who will listen.

Her message to women is be alert to subtle symptoms, genetics and stress matter, and don’t wait or dismiss what your body is telling you. She knows she wouldn’t be doing as well as she is without having had Trudy’s watchful eye. She now refers to Trudy and Shane

as her angels.

“If I hadn’t been in that building on that day, the outcome would have been very different. One person paying attention changed my whole story.”

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

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HEALTH & WELLNESS

Honey: Nature's golden healer

Honey has been treasured by human societies for thousands of years, not only as a natural sweetener but also as a powerful medicine with numerous health and practical benefits. Made from the nectar of flowers



Dr.
Deena
Beneda

cant.

One of the well-known benefits of honey is its role as an energy source. Honey contains glucose and fructose, which the body quickly absorbs, delivering an immediate and sustained energy boost. This makes it an excellent option for athletes, students, and anyone needing a quick, healthy source of fuel. Additionally, honey has a lower glycemic index than processed sugars, so it does not cause sharp spikes in blood sugar levels when consumed in moderation as compared to processed sugars.

Honey is widely recognized for its medicinal properties, particularly its support for the immune system. It contains antioxidants, including flavonoids, that help combat oxidative stress and reduce inflammation. These properties help prevent chronic diseases

and carefully processed by bees, honey is far more than just sugar. It is a complex mixture of enzymes, antioxidants, vitamins, and minerals that supports a wide range of uses. Honey's natural composition makes it both nutritionally beneficial and medicinally signifi-

and support overall health. Honey also has natural antibacterial and antifungal properties, making it effective for treating minor wounds, burns, and infections. Medical-grade honey has been used in some clinical settings to promote wound healing.

Another important benefit of honey is its ability to soothe coughs, sore throats, and allergies. Many people use honey as a natural remedy for colds or the flu, often mixing it with warm tea or lemon. Its thick texture coats the throat, easing irritation, while its antimicrobial properties help fight infection. Research has shown that honey can be as effective as some over-the-counter cough suppressants, especially for children over age one. In addition, research suggests that taking a small amount of honey daily can help with environmental allergies.

Honey supports digestive health. It contains prebiotic compounds that promote the growth of beneficial gut bacteria, which are essential for proper digestion and overall gut health. This can improve nutrient absorption.

Honey may also help ease mild gastrointestinal discomfort when consumed regularly in small amounts.

Beyond personal health, honey production is closely tied to environmental sustainability. Bees, which produce honey, are essential pollinators responsible for the reproduction of many plants and crops. Without them, global food systems would be severely affected. Thus, consuming honey also serves as a reminder of the critical role bees play in maintaining ecological balance.

To help save honeybees, individuals can plant bee-friendly flowers that provide nectar and pollen. Avoiding harmful pesticides and chemicals in gardens and lawns is also crucial for protecting bee populations. Additionally, supporting local beekeepers by purchasing ethically sourced honey helps sustain healthy bee colonies and promotes environmental conservation.

- 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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MAYO CLINIC

Tired all the time? What excessive sleepiness can mean

By Virend Somers, M.D.

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: I'm sure you hear this all the time from patients, but I feel tired constantly. My husband and I are empty nesters now, so I no longer have caring for my young children to blame for my lack of sleep. What could be causing this? Is it bad for my health?

ANSWER: There's a difference between being tired and being sleepy. Tiredness often occurs after a strenuous workout, or you've been working all day and need to rest your body. Being overly sleepy during the day means a brief period between laying or sitting down and falling asleep quickly. There is also no apparent cause for being so sleepy. So, if you're sleepy because you worked overtime for the last three days and only slept three hours a night, you have a cause for being sleepy. But suppose you are systematically and chronically sleepy, even though you've had enough time to sleep. In that case, that's excessive daytime sleepiness characterized by falling asleep doing basic things such as driving a car or conversing.

Some things that can make you excessively sleepy during the day include sleep apnea, where you stop breathing during the night. This causes your brain not to be rested, so you're sleepy during the daytime. Another cause is something called narcolepsy,

which is a relatively rare disease but is characterized by being sleepy during the daytime. Another relatively rare condition is idiopathic hypersomnolence — idiopathic, meaning “We don't know why,” and hypersomnolence, meaning “very sleepy.” We don't know why these patients are highly sleepy during the daytime. The other cause of sleepiness can be certain medications that make you sleepy, so that's something to keep in mind when you talk to your healthcare team.

It turns out there are health risks for someone who has excessive sleepiness. There appears to be a link between sleepiness and a higher risk of heart disease and sometimes Type 2 diabetes. Daytime sleepiness also can be associated with cardiovascular death, which can mean a heart attack or stroke.

Our research has suggested that women may have a higher risk of being excessively sleepy during the daytime than men. We conducted a study to answer the question, “Does excessive daytime sleepiness predict poorer outcomes?” It turned out that in women who had sleep apnea, being sleepy during the daytime was a significant risk factor for mortality. In both men and women who were sleepy and had sleep apnea, sleepiness also predicted a higher risk of diabetes. When it comes to heart disease in general, men tend to be at greater risk. But it turned out the women here were at higher risk when they had both sleep apnea and daytime sleepiness.

Humans all need sleep. People need

different amounts of sleep, but most need seven to eight hours a night on average. Some people just need five hours of sleep, for example. They physically can't sleep more than that and yet are highly functional, energetic, active and healthy. However, those people who sleep too little, in general, will tend to have a higher risk of heart disease and other diseases. On the other hand, people who sleep too long — nine to 11 hours a day — also can have a high risk of heart disease and other poor outcomes. While we do not quite understand why, it may be because they have depression or debility that keeps them in bed longer.

Overall, we need more information. What happens when we study older people and sleepiness? What happens when we study sleepiness in perimenopausal or postmenopausal women and compare them to similarly aged men? Is that relationship still evident where women are at greater risk? We have yet to find out. If we had to act based on what we know now, we need to be particularly vigilant about having women under-

stand that not sleeping well or having a sleep disorder needs to be evaluated and addressed.

Talk to your healthcare team if you think you may have a sleep disorder or if you have excessive daytime sleepiness. It could be vital for you to see a sleep specialist for more insight into what's causing your sleepiness and, more importantly, what can be done about it. And if you or somebody you know falls asleep while driving or operating heavy machinery, they should be seen immediately to prevent danger to themselves and others. Stay safe, and make your sleep a priority. — Virend Somers, M.D., Cardiovascular Medicine, Mayo Clinic, Rochester, 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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RYAN'S RETIREMENT TIPS

4 existing options with more favorable tax treatment than Trump accounts

By Ryan Shumaker

Smarvestor Pro at Retirement Portfolios

Last month we detailed both the tax and control issues that come with a Trump Account. This month, we're discussing four existing alternative options that have more favorable tax treatment. With each of these options you'll also be able to invest in a wide variety of choices compared to a Trump Account, which essentially only allows investment in an S&P 500 or similar index fund and nothing else until a child turns 18.



Ryan
Shumaker

Roth

A Roth is usually the best option if a child is eligible. To be eligible, they must have earnings from some sort of work, which most newborns don't have. All growth is 100% tax-free and gains can be taken out at zero tax for all the same reasons that would waive the 10% tax penalty for taking money out of a Trump Account, such as education, first-time homebuyer, reaching age 59 ½, etc. Unlike with a Trump Account, whatever was originally contributed to a Roth can be taken out at any time and for any reason with no tax at all. Since any contributions from family would be after tax with both a Trump Account and a Roth and the Roth has all gains tax-free, the Roth is a superior option for any child eligible to have one. Just like with a Trump Account, there is a limit on how much can be contributed each year and the child will gain full control of the money at age 18, which are a couple of bigger downsides.

529

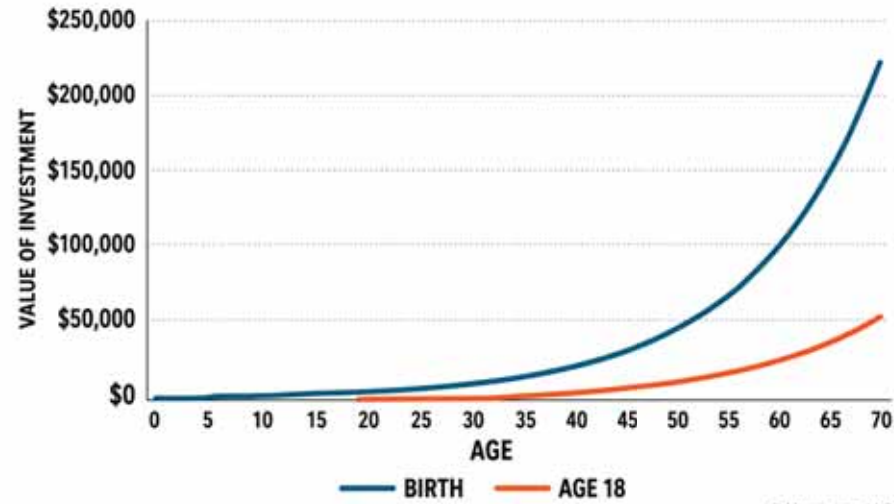
Unlike with a Roth or Trump Account, a 529 allows a parent, grandparent or other family member to maintain complete control of the money indefinitely

and can actually change who the money is for at anytime. Not only could the account be changed to another family member, but also to oneself. Additionally, unlike a Roth or Trump Account, there is a Kansas tax deduction for contributing to a 529. One can receive a tax deduction of up to \$3,000 (which could save \$174 in state tax) per year for each person they are making a 529 contribution for. So, if a married couple had two kids, that would mean up to \$12,000 (each person contributing \$3,000 to each child) could be contributed per year, which would save nearly \$700 in state taxes for most. While more can be contributed each year to a 529 than this, there would be no tax break on the additional amounts. If the money is used for education, then all of the growth becomes tax-free. In recent years, the definition of what counts as an education expense has expanded greatly to include a lot of options besides traditional college, such as private K-12 tuition and expenses, student loan repayment, and apprenticeship programs. If a child never ends up needing the money for educational expenses, which was always a concern in the past, up to \$35,000 can now be converted to a tax-free Roth.

UTMA

UTMA stands for Uniform Transfers to Minors Act and is an account that a parent or other person would control and be in charge of until the child turns either 18 or 21. At that point the child would have full control of the account, just like with a Roth or Trump Account. Unlike a Roth or Trump Account, though, there is no limit on how much can be contributed to a UTMA and in most cases up to \$2,700 a year in interest, capital gains, and/or dividends can be made in the account completely tax-free. A UTMA account invested in an S&P 500 index fund, as is required in a Trump Account, would need to be over \$150,000 in value before there would be any federal tax on the dividends. Even above this amount, the tax would be less on a UTMA account than a Trump Account on any gains and with a UTMA account

VALUE OF \$1,000 INVESTED AT BIRTH VS AGE 18



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the money can be used for any purpose and at any time without a tax penalty. Once a child comes of age, they could potentially sell investments and realize up to \$66,500 worth of gains each year at zero federal income tax too.

Brokerage Account

This last option really offers the most flexibility as the owner maintains complete control at all times, can invest in

anything, can have money withdrawn for any reason, and can have an unlimited amount deposited into it. Who the money is for can also be changed to anyone at any time too. The drawback to this option is that the owner, whether it be a parent, grandparent, etc. would be responsible for paying yearly any taxes owed for any interest or dividends paid.

CONTINUED ON PAGE 15

Ryan Shumaker
RetireFromTaxes.com



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FINANCIAL FOCUS®

Five questions that could change how you see retirement

Saving for retirement is important, but it's only part of the picture. If you're within five to 10 years of your target retirement date, it's time to start thinking about what you actually want



Derek Osborn

your retirement to look like. After all, getting to retirement isn't the end goal — it's what you want to do once you're there that matters.

Start by asking yourself these five questions.

When do you want to retire?

The age at which you retire matters more than you may realize. Retiring early sounds appealing, but it means saving more and having less time to do it. It can also create gaps in health care coverage and income before key benefits kick in. For example, Social Security benefits can begin at 62, but at a reduced amount. Full benefits are available between ages 66 and 67, depending on birth year, and waiting until 70 means the maximum benefit. Medicare doesn't start until age 65, and penalty-free withdrawals from retirement accounts generally aren't allowed until age 59½.

For couples, timing gets even more complicated. Staggering retirement dates can sometimes maximize ben-

efits; in other cases, retiring at the same time works better.

A financial advisor can help you sort through these decisions and find the approach that makes the most sense for your situation.

How do you want to spend your time in retirement? Many new retirees are surprised to find that having unlimited free time feels disorienting rather than freeing. Thinking ahead about how to fill the days with meaningful activity — whether that's travel, volunteering, pursuing hobbies or spending more time with family — can make the transition smoother.

It helps to sketch out what a typical week, month or even first year might look like. If there are big gaps, it's worth thinking now about what might fill them in rewarding ways.

Where do you want to live as a retiree? Some retirees stay put, while others downsize or relocate entirely. Either way, it's wise to consider whether a chosen location will work well as you get older, taking into account factors like proximity to family, access to health care, cost of living and climate.

What will your retirement lifestyle cost? It's not uncommon for retirees to discover that their travel, entertainment or leisure expenses were higher than expected. The more active and involved you plan to be, the more you will likely need to budget.

Does your retirement involve giving back? Retirement often brings both the time and motivation to be more generous. Whether the goal is helping family members, donating to charity or volunteering in the community, it's worth defining those goals and building them into an overall plan.

Now that your vision is taking shape, turn it into a plan. Work with your financial advisor to align your savings with the life you want — and revisit that plan as your priorities evolve so your retirement keeps pace with you.

- 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.

Alternatives

CONTINUED FROM PAGE 14

For most, though, this would be a very minimal amount if tax-efficient ETFs are utilized. At any time, the owner can gift shares to a child's UTMA or, if they are over 18, that person's investment account. Doing that would then shift the tax of selling any investment to the child's tax return, which in many cases would be a lower tax or potentially no tax at all. This is a common tax saving strategy we utilize with our clients.

Generally, we suggest starting with a Roth if a child is eligible, then a 529. We caution against putting too much into a 529, though, unless you're confident that the money will be used for education expenses in the future. Ideally, you would want the 529 to not grow in value to more than \$35,000 when the child turns 18 as that is how much could be switched to a Roth tax-free if the money isn't used for education. After that, most people then look at a brokerage account, though we do have a few that use UTMAs.

Regardless of the direction you choose, the most important thing is to save as

early and often as possible. Don't be paralyzed by all the choices and let analysis paralysis lead you to doing nothing. As shown in the chart, starting with \$1,000 at birth versus at age 18 leads to a very significant difference later in life even with a conservative 8% return projection. If you'd like help determining what might be the best route for your situation, you can set up a complimentary strategy session with someone on our team at Retirement Portfolios in Lawrence by calling 785-330-9292 or by visiting our website www.RetireFromTaxes.com.

- Ryan Shumaker hosts a radio show Saturdays at 7:30 a.m. and Sundays at 8 a.m. on FM93.5/AM1440. Listen anytime at RetireFromTaxes.com/Radio. Other great articles about retirement, investing, and tax reduction are available at RetireFromTaxes.com/Blog. Material discussed is meant for general/informational purposes and is not intended to be used as the sole basis for any financial decisions, nor be construed as advice to meet your particular needs. Please consult a financial professional for further information. Investment advisory services offered through Retirement Portfolios, LLC.



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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

JUN 15

STITCH & B*TTCH

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. You will be joined by library staff. Registration is not required but we hope that you do so we can get a handle on the numbers attending and can email you if there is any change. Lawrence Public Library, 707 Vermont St., 2-4 p.m. LAWRENCE

lawrence.bibliocommons.com/v2/events

EDUCATION

JUN 1

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area

Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

TOPEKA, events.tscpl.org/events

JUN 1

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area

Agency on Aging. Topeka and Shawnee County Public Library - Perkins Room 201, 6-7 p.m.

TOPEKA, events.tscpl.org/events

JUN 2

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.-1:00 p.m.

TOPEKA, events.tscpl.org/events

JUN 3

NAPOLEON: THE MAN AND THE METHOD

Ft. Leavenworth Series. Presented by Dr. Jonathan Abel, an Associate Professor of Military History at the US Army Command and General Staff College, where he teaches courses on French history as well as Greece and Rome and wargaming. Napoleon remains a character of endless fascination, even more than two centuries after his death. The God of War, as one biographer identified him, conquered much of Europe before his ultimate downfall, and is often counted with Alexander the Great and Caesar as one of the greatest military minds in human history. This talk will discuss the personality behind the historical figure and examine the methods that enabled him to achieve what he did. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4 p.m. Hybrid event.

LAWRENCE, 785-864-4900

JUN 7

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

JUN 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), 1-3 p.m.

TOPEKA, events.tscpl.org/events

JUN 11

HOST AND NECTAR PLANTS FOR POLLINATORS

Learn from SN Co Extension Master Gardeners. Create a pollinator haven in your yard! Come learn which plants attract specific

types of pollinators. Intentionally planting, even a small space in your yard, can help our pollinator friends. Topeka and Shawnee County Public Library - Marvin Auditorium 101B 7-8:30 p.m.

TOPEKA, events.tscpl.org/events

JUN 13

DEMYSTIFYING DEATH

Death is one of the only experiences we all share, and yet it's something that we rarely talk about. Join us for an open, meaningful conversation with Carol Rubino, a certified end-of-life doula. We'll explore customs and rituals that surround the "The Farewell Journey" and learn about the work of death doulas. Whether you are currently navigating a loss, caregiving for a loved one, or simply curious about the mystery of the end, this program offers a safe space for reflection, education, and connection. Lawrence Public Library, 707 Vermont St., 11 a.m.-12:30 p.m.

LAWRENCE, 785-843-3833

JUN 13

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), 3-4:30 p.m.

TOPEKA, events.tscpl.org/events

JUN 15

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C 1-2 p.m.

TOPEKA, events.tscpl.org/events

JUN 15

A HISTORY OF SEVERE WEATHER IN SHAWNEE COUNTY

Director of Shawnee County Emergency Services, Dusty Nichols, will discuss the history of severe weather events and emergency management in Shawnee County. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 6-7 p.m.

TOPEKA, events.tscpl.org/events

JUN 16

GRAY ANATOMY: SURVIVING THE EPI-DEMIC OF LONELINESS

For the summer, we'll explore some topics "outside" the western medicine box. In June we'll consider how we are REALLY feeling. We spend time and money on our physical health, but what about our emotional well-being? Join a very special presentation by Lou Flessner, a retired pastor who works with friends from many traditions to restore Rights of Passage into elderhood and form elder circles in local communities. Lou will share about elder circles and focus on the skill and importance of building friendships as we age. Registration required. Lawrence Public Library, 4-5 p.m. Register online.

LAWRENCE

lawrence.bibliocommons.com/v2/events



90 Years Old

June 14, Bruce Dern, actor, *Nebraska*

80 Years Old

June 1, Brian Cox, actor, *Braveheart*

June 14, Donald Trump, 45th and 47th President of the United States

June 15, Janet Lennon, singer, The Lennon Sisters

June 23, Ted Shackelford, actor, *Dallas*

June 24, Robert Reich, secretary of labor, 1993-1997

70 Years Old

June 4, Keith David, actor and voice actor

June 5, Kenny G, saxophonist

June 6, Björn Borg, Swedish tennis player

June 11, Joe Montana, NFL quarterback

June 23, Randy Jackson, musician and talent judge

June 26, Chris Isaak, musician

June 30, David Alan Grier, actor and comedian

60 Years Old

June 27, J. J. Abrams, television writer and producer

June 28, John Cusack, *Say Anything...*

June 28, Mary Stuart Masterson, *Fried Green Tomatoes*

June 30, Mike Tyson, boxer

Calendar

CONTINUED FROM PAGE 16

JUN 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), 3-5 p.m. TOPEKA, events.tscpl.org/events

JUN 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), 12-1:30 p.m. TOPEKA, events.tscpl.org/events

JUN 22

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

JUN 27

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

JUN 30

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 - CoLab A, 2nd floor, 11 a.m.-2 p.m. TOPEKA, events.tscpl.org/events

ENTERTAINMENT

JUN 26

4TH FRIDAY FILM: CLASSIC MOVIES

Footsteps in the Fog (1955). Let's watch a classic film 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

FAIRS & FESTIVALS

JUN 13

TONGIE DAYS

The event will feature a curated selection of craft vendors showcasing handmade goods, local art, and unique retail items. A variety of food trucks will be

on-site throughout the day, providing diverse dining options from breakfast through dinner. Attendees can participate in a library run, along with yoga in the park during the morning hours. The festival will also include a car show highlighting classic, custom, and specialty vehicles. 9 a.m.-11 p.m. Free. TONGANOXIE, 913-369-7050

JUN 13

ST. JOHN'S 44TH ANNUAL MEXICAN FIESTA

The St. John's Mexican Fiesta is a cherished tradition in Lawrence, celebrating Mexican culture and heritage with a vibrant evening of music, dance, food, and community. 1208 Kentucky St. 4-10 p.m. LAWRENCE

FARMERS' MARKETS

MONDAYS

MONDAY FARMERS MARKET

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

TOPEKA, events.tscpl.org/events

THURSDAYS

COTTIN'S HARDWARE FARMERS' MARKET

April-September (Outdoors) Every Thursday

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

LAWRENCE

cottinshardware.com/farmers-market

APR 11-NOV 21

THE LAWRENCE FARMERS MARKET

824 New Hampshire Street 7:30-11:30 a.m.

Recurring weekly on Saturday.

LAWRENCE

CONTINUED ON PAGE 18

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www.liveatprairiecommons.com



Calendar

CONTINUED FROM PAGE 17

HEALTH & WELLNESS

JUN 3, 10, 17, 24

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 through the aging process. Topeka and Shawnee County Public Library - Learning Center, 9:30-10:15 a.m. and 10:30-11:15 a.m.

TOPEKA, events.tscpl.org/events

JUN 5, 12, 19, 26

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, 10:30-11:30 a.m.

TOPEKA, events.tscpl.org/events

JUN 17

TAI CHI IN WATSON PARK WITH SUSAN POMEROY

Local Fitness Instructor Susan Pomeroy has been teaching popular exercise and water-exercise classes in Lawrence for many years. We coaxed Susan out of the pool to lead us in an outdoor introductory Tai Chi class for everyone, from beginners to advanced. Experience the joy, serenity, and physical benefits of this ancient "perfect" exercise, working as a group in the great outdoors. Join us! Registration required. Watson Park, 727 Kentucky St., 1-2 p.m.

LAWRENCE

lawrence.bibliocommons.com/v2/events

JUN 20

SELF-CARE SATURDAY

Emotional Freedom Technique (EFT), commonly known as tapping, is a self-help method that combines psychological focus with physical stimulation to manage emotional and physical distress. Topeka and Shawnee County Public Library - Menninger Room 206 3-4 p.m.

TOPEKA, events.tscpl.org/events

HISTORY & HERITAGE

JUN 1

DOCUMENTING KANSAS AFRICAN AMERICAN HISTORY PROJECT

The Kansas Afro-American Historical & Genealogical Society discusses the project to document African American history in Kansas continued from February. Learn where and how to find the documentation. Topeka and Shawnee County Public Library - Menninger Room 206 5:30-7 p.m.

TOPEKA, events.tscpl.org/events

JUN 5

FINDING YOUR FAMILY IN ONLINE FAMILY TREES

Discover your family and learn how to add people, photos, stories and documents to build

your online family tree. This workshop uses the FREE FamilySearch online family tree tool.

Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02 5:30-7 p.m.

TOPEKA, events.tscpl.org/events

JUN 6

DOUGLAS COUNTY HANDS-ON HISTORY DAY

In connection with the county-wide exhibition Finding Freedom: The Promise of 1776 In Douglas County, Kansas, the Douglas County Hands-On History Day offers free admission, extended hours and family friendly activities. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m.

LAWRENCE, 785-841-4109

JUN 10

THE HISTORIAN IS IN!

Not sure how to start researching your home?

Hit a brick wall trying to find out more about a particular building in Shawnee County?

Our Local History Librarian is in! Topeka and Shawnee County Public Library - Topeka Room 204 3-4:30 p.m.

TOPEKA, events.tscpl.org/events

JUN 16 & 24, JUL 1 & 4

BLEEDING KANSAS REENACTMENT

The Lecompton Reenactors is a skilled group of amateur historians with a theatrical bent who bring to life the dramatic political strife and guerilla warfare which existed in the Kansas Territory. The Bleeding Kansas reenactment is an entertaining way to understand the American Civil War in its embryonic stage and reveals the wide spectrum of personalities and opinions which existed in the Kansas Territory from 1854 - 1861. You will meet Free State party leader Jim Lane, Governor Charles and wife/author Sara Robinson, Border Ruffian Felix Castor, Suffragist Clarina Nichols, Abolitionist John Brown, Douglas County Sheriff Samuel Jones and the Widow Mahala Doyle. Audience members are encouraged to participate. Hazzah! Territorial Capital Museum, 640 E. Woodson, 10 a.m. and 2 p.m. Donations accepted.

LECOMPTON, 785-887-6148

JUN 20

WRITING YOUR FAMILY NARRATIVES

Join us as we bring in an experienced family narrative writer to lead our first genealogy writing workshop. Discover how to turn your research into something that can be a future historical document. Topeka and Shawnee County Public Library - Marvin Auditorium 101C 10 a.m.-12 p.m.

TOPEKA, events.tscpl.org/events

JUN 25

WHO WERE YOUR ANCESTORS IN BRITISH COLONIAL AMERICA?

Topeka Genealogical Society Monthly Meeting. TGS member Phyllis Ericson will present "Who Were Your Ancestors in British Colonial America? Finding Our Colonial Ancestors, 1607-1775." Topeka and Shawnee County Public Library - Marvin Auditorium 101C 7-8:30 p.m.

TOPEKA, events.tscpl.org/events

JUN 27

DECLARATION CONVERSATION

The Declaration of Independence established the United States, but what does it actually say and mean? A Declaration Conversation is an interactive event that includes readings of the Declaration of Independence and discussions that consider the history and impact of this historic document. Travis Lamb of the Robert J. Dole Institute of Politics will engage participants with questions for discussion and reflection. This program is sponsored by Humanities Kansas and is part of the America at 250 series. Watkins Museum of History, 1047 Massachusetts St., 4-5 p.m.

LAWRENCE, 785-841-4109

JUN 29

THE HISTORIAN IS IN!

Not sure how to start researching your home?

Hit a brick wall trying to find out more about a particular building in Shawnee County?

Our Local History Librarian is in! Topeka and Shawnee County Public Library - Topeka Room 204 6-7:30 p.m.

TOPEKA, events.tscpl.org/events

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

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

TOPEKA, 785-232-2044

MONDAYS

TOPEKA NEEDLEWORK GUILD

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

TOPEKA, 785-207-1165

MONDAYS AND THURSDAYS

ADULT DAY FOR MODERATE STAGE DEMENTIA

Christ Lutheran Church. Call Michele Dillon with Jayhawk Area Agency on Aging more information.

TOPEKA, 785-230-1713

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

TUESDAYS AND FRIDAYS

ADULT DAY FOR MODERATE STAGE DEMENTIA

Grace Presbyterian. Call Michele Dillon with Jayhawk Area Agency on Aging more information.

LAWRENCE, 785-230-1713

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 Pozep Education Center Centennial Rooms, 1500 SW 10th Ave., 4-5 p.m.

TOPEKA, 785-368-0795

CONTINUED ON PAGE 19

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

Calendar

CONTINUED FROM PAGE 16

JUN 1

MAHJONG CLUB

Do you already know how to play Chinese Mahjong? If so, join us for Mahjong Club at the Library. Yun Butler and Yilan Zhao, both experienced Mahjong players, are facilitating this community club. We'll have tables and tiles so all you need to do is show up and play. Please note: this is for players who already know how to play Chinese (not American) Mahjong. There won't be any formal instruction so this isn't the place for absolute beginners to learn the rules. But if you know the basics, any level of player is welcome to join. Lawrence Public Library, 6-8 p.m. Register online.

LAWRENCE

lawrence.bibliocommons.com/v2/events

JUN 1

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 p.m. TOPEKA, events.tscpl.org/events

JUN 8

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, 3:30-4:30 p.m. TOPEKA, events.tscpl.org/events

JUN 18

CAREGIVER SUPPORT GROUP MEETING

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JUN 22

MAHJONG CLUB

Do you already know how to play Chinese Mahjong? If so, join us for Mahjong Club at the Library. Yun Butler and Yilan Zhao, both experienced Mahjong players, are facilitating this community club. We'll have tables and tiles so all you need to do is show up and play. Please note: this is for players who already know how to play Chinese (not American) Mahjong. There won't be any formal instruction so this isn't the place for absolute beginners to learn the rules. But if you know the basics, any level of player is welcome to join. Lawrence Public Library, 4:30-6:30 p.m. Register online.

LAWRENCE

lawrence.bibliocommons.com/v2/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

JUN 13

GARAGE SALE & BAKE SALE

Fundraiser for Children/Youth ministry. Lots of good bargains. Kansas Avenue United Methodist Church, 1029 N Kansas Avenue (inside Fellowship Hall), 8 a.m.-4 p.m. TOPEKA

JUN 26

MIDSUMMER NIGHT ON MASS 2026

Your favorite retail businesses will stay open late with specials, restaurants and bars will have fun promotions, and street entertainers will perform throughout downtown. Businesses will pack the sidewalks with massive deals for just this night! This is an evening to celebrate our community and our treasured downtown. DOWNTOWN LAWRENCE

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July 6 - 9, 2026

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GOREN ON BRIDGE

WITH BOB JONES

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TURKISH DELIGHT

Both vulnerable, South deals

NORTH

♠ K 10 9 8 6 2

♥ A 8 5

♦ Void

♣ K J 7 3

WEST

♠ 7 5

♥ J 7 3 2

♦ 5 3 2

♣ A 10 8 6

EAST

♠ 4 3

♥ K 10 9

♦ A J 9 7 4

♣ Q 9 2

SOUTH

♠ A Q J

♥ Q 6 4

♦ K Q 10 8 6

♣ 5 4

The bidding:

SOUTH	WEST	NORTH	EAST
1NT	Pass	2♣*	Pass
2♠	Pass	3♣	Pass
3♠	Pass	4♦	Pass
4♠	All pass		

*Transfer to spades

Opening lead: Six of ♣

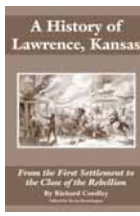
Today's deal is from a recent tournament in Turkey. West was Turkish expert Burak Baskan.

Baskan listened to the strong North-South auction. North showed interest in slam but got no cooperation from South, who was already one point short for his one

no trump opening. Baskan decided that an aggressive lead was needed if there was to be any hope of defeating the contract. He tried a low club and caught the situation he was hoping for. Declarer played dummy's jack, of course, losing to East's queen. East shifted to a trump, won by South with the ace. South led the king of diamonds, discarding a heart from dummy. East won with his ace and led another trump to South.

South had eight tricks and was sure to be able to ruff a club. He led a club toward dummy. Had Baskan played his ace, South would have claimed. Baskan, however, brilliantly played low! South was already convinced, from the opening lead, that East held the ace of clubs. He played low from dummy, hoping East started with no more than three cards in the suit. If that were the case, the ace would fall when South ruffed the third round. West's eight of clubs held the trick and he shifted to a heart. There was no longer a way for declarer to prevail. Lovely defense!

(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.)



A History of Lawrence, Kansas

by Richard Cordley

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



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Kaw Valley
Senior Monthly



By David L. Hoyt and Jeff Knurek



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

- 151+ = Champ
- 101-150 = Expert
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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 SIX U.S. STATES in the grid of letters.

PUZZLES & GAMES

CROSSWORD

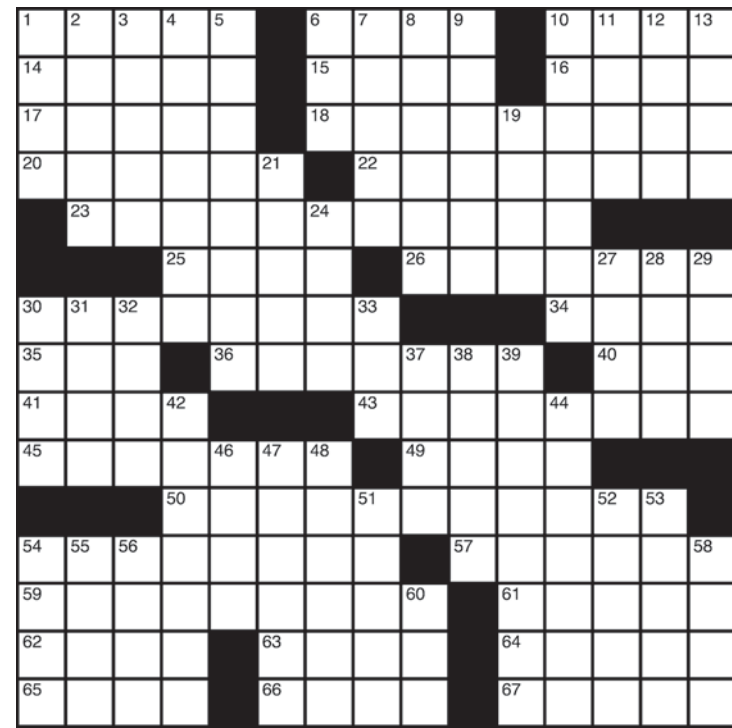
Across

- 1 False earnestness
- 6 Sawbuck halves
- 10 "Pencils down"
- 14 World capital once called Thang Long
- 15 Zoom
- 16 Human rights lawyer Clooney
- 17 Bonus feature
- 18 Sea creature who lived across the Strait of Messina from Scylla
- 20 Like good things happening to good people
- 22 Not obviously true
- 23 Objects for separating subjects
- 25 Staffer
- 26 Norman Lear's specialty
- 30 Establish anew, as authority
- 34 Sandwich cookie
- 35 End of a professor's address
- 36 Seafood appetizer often seasoned with

- Old Bay
- 40 Heat quickly
- 41 Mattress option
- 43 Some "Percy Jackson & the Olympians" characters
- 45 Onset of
- 49 Isolated group of employees
- 50 Land of giants in "Gulliver's Travels"
- 54 Person experiencing the bystander effect, perhaps
- 57 Heroic sister of children's literature
- 59 Rodentlike features, and a phonetic hint to a segment of 18-, 23-, 36-, and 50-Across
- 61 Ticked off
- 62 Check status
- 63 Cozy retreat
- 64 Truly stuck
- 65 Home of Lucas Oil Stadium, familiarly
- 66 SoCal school
- 67 Snail trail

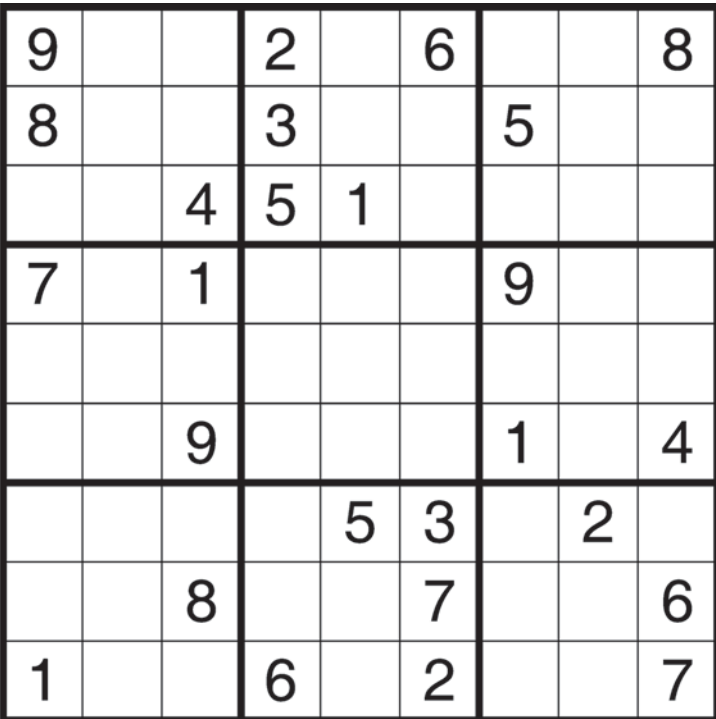
Down

- 1 Literary citation abbr.
- 2 Cross with
- 3 "The United States vs. Billie Holiday" Oscar nominee Day
- 4 iRobot products
- 5 Bygone audio format
- 6 Character's beginning, middle, and end
- 7 Faith founded in Persia
- 8 Paperless Post offerings
- 9 Pianist Rachmaninoff
- 10 Hot sauce from Louisiana
- 11 Website with a STARmeter
- 12 Vote by ___
- 13 Otherwise
- 19 Circular shelter
- 21 Beer alternative
- 24 Designer Wang
- 27 Short-cut pasta
- 28 Beer alternative
- 29 Soaks (up)
- 30 Penalizing sorts, for short
- 31 Trade unions for onions?
- 32 Vibe
- 33 Brief "Not sure yet"
- 37 Comedian Lydic
- 38 Chatting on Slack, for short



- 39 Voyagers of 1620
- 42 Victim in Clue
- 44 Sister of Regan and Cordelia
- 46 "Iliad" city
- 47 Arcade currency
- 48 Did as instructed
- 51 Shift, for one
- 52 Arcade pioneer
- 53 Phrase beginning a chase scene, maybe
- 54 Slangy "Duh"
- 55 Club light
- 56 Put down
- 58 Journo's intro
- 60 "The Simpsons" disco guy

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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.

RYOWR
 TOAFO
 OWSSHO
 TGONET

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

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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.

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

SCRABBLE G R A M S

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A1 E1 I1 Y4 L1 S1 P3 Triple Word Score RACK 1

A1 E1 I1 H4 R1 W4 D2 RACK 2

E1 E1 I1 U1 R1 F4 G2 1st Letter Double RACK 3

O1 O1 U1 W4 L1 F4 T1 RACK 4

PAR SCORE 150-160
 BEST SCORE 227
 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

12-16

Answers to all puzzles on page 30

HUMOR HOTEL

Meet your perfect match (with a little help from your bestie)

By Greg Schwem
Tribune Content Agency

Imagine sitting silently on a stage while your friend, sibling or co-worker, armed with a microphone and PowerPoint slides, reveals your life's details to a roomful of strangers.

Within five minutes, that audience could learn about your job status, annual income, political leanings and sexual preferences. But rather than flee the stage in embarrassment, you allow the final slide to contain your social media and contact information.

If that sounds like a fun evening, and you're single but in search of a relationship, you're a perfect candidate for Pitch and Pair.

Launched in New York City by marketing professional Joseph Teblum, Pitch and Pair aims to do what dating apps can't — namely, find love where the first interaction is in person as opposed to via a screen.

"People are sick of the apps," said Teblum, 33 and single. "With these events, you are seeing people right away and you're meeting their friend group because it's usually the friends who are pitching them."

A recent event at the Den Theatre in Chicago brought a near-capacity crowd of mostly Gen Zers, the primary Pitch and Pair demographic. Ticket prices start at \$20 for audience members but it costs upward of \$70 to be a contestant. Chicago comedian Josh Ocean Thomas warmed up the crowd with riffs on, not surprisingly, the horrors of online dating. Eventually Thomas transitioned to event emcee and the presentations began.

Teblum and his team screen candi-

dates beforehand, often making selections based on social media profiles. Contestants and their wing persons are told to keep things positive.

"Early on we had a few experiences where the contestants wanted to roast each other," Teblum said. "Our audience does not like that. But if you say, 'he has a cat, he goes to therapy and he takes care of his mom,' they'll go wild."

Over 90 minutes, the audience met singles like Adam Moore, an IT tech and, according to the slide prepared by his friend/presenter Karla Hernandez, a part-time 'DDDEEEEEEE-JAAAAAAY.' The crowd yelled its approval despite Hernandez saying Moore's side hustle could be a "red flag." Following her pitch audience members fired questions at Moore, something Pitch and Pair encourages. In Moore's case questions leaned toward his musical tastes, although other contestants were grilled on their 2024 presidential election choices.

Lizz Evalen, pitching her friend Kelcie Boring, told the crowd Boring was an "esoteric shorty," and also loved vintage clothes shopping and taking pictures of rabbits.

Comedians, both full and part time, showcased their skills on the Den's stage. Part-time comic Harry Meredith began his pitch of friend Matt Calhoun, 28, with a raucous, "Look how sexy he is."

Hoots and catcalls from audience members signalled they agreed with Meredith's description.

Calhoun, a data analyst and also a part-time comedian, shifted uncomfortably in his seat a few times during Meredith's pitch, despite having approved it after several meetings with his friend.

"He's one of those guys who doesn't like being complimented," Meredith said. "He doesn't accept praise well."

Calhoun labeled his time in the spotlight "embarrassing" but said he did receive a few Instagram messages from women in the audience. All Pitch and Pairs include a post-event mixer, an event that benefitted Matthew Hovda, 28, a systems engineer who divides his time between Chicago and Cedar Rapids, Iowa.

Pitched by his sister Kristen, 25, the presentation included numerous pictures of Hovda, including one in his underwear, sporting a VR headset.

"That was on Valentine's Day last year and I told the audience I was hoping it wouldn't be his Valentine's Day next year," Kristen said.

Her creativity may have paid off; Matthew Hovda and an audience member went to two bars following Pitch and Pair. Three days later they planned to meet up for coffee.

Teblum's brainchild shows no signs of slowing down. Pitch and Pair will return to Chicago and New York. Shows in Los Angeles and London are also on the books, and Teblum is toying with creating a Pitch and Pair for over-40 singles. His long-term goals include more than just making Pitch and Pair a lucrative venture.

"We haven't had any weddings yet, but they're coming," Teblum said.

- 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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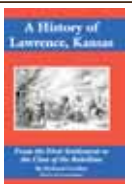
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By Richard Cordley

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SAVVY SENIOR

Health insurance options for early retirees

By Jim Miller

Dear Savvy Senior: I'm going to retire in a few months and need to get some temporary health insurance until I can enroll in Medicare at age 65. What are my options? -Early Retiree



Dear Early: There are several places early retirees can find health insurance coverage before Medicare kicks in, but the best option for you will depend on your income level, your health care needs and how long you'll need coverage for. Here's where to look.

Affordable Care Act: For most early retirees who aren't yet eligible for Medicare, the Affordable Care Act (ACA) health insurance marketplace, also known as Obamacare, is the best option for getting comprehensive health coverage. And you won't be denied coverage or charged extra for preexisting health conditions.

And, if your income falls below the 400 percent poverty level after you retire—anything below \$63,840 for a

single or \$86,560 for a couple in 2026—you'll also be eligible for a subsidy that will reduce your monthly premiums.

To see how much subsidy you may be eligible for, use Kaiser Family Foundation subsidy calculator at KFF.org/interactive/subsidy-calculator.

To shop for ACA plans in your state, visit HealthCare.gov or call 800-318-2596. Or, if you want some extra help, contact a certified agent or broker at HealthCare.gov/find-assistance.

COBRA: Another temporary health insurance option you may be eligible for is the Consolidated Omnibus Budget Reconciliation Act (COBRA). Under this federal law, if you work for a company that has 20 or more employees, you can remain on your employer's group health plan for at least 18 months—but could last up to 36 months. But be aware that COBRA isn't cheap. You'll pay the full monthly premium yourself, plus a 2 percent administrative fee.

To learn more, talk to your employer benefits administrator or contact the Employee Benefits Security Administration (Askebsa.dol.gov; 866-444-3272).

If, however, the company you work for has fewer than 20 employees, you may still be able to get continued coverage through your company if your state has "mini-COBRA." Contact

your state insurance department to see if this is available where you live.

Short-Term Health Insurance: If you can't find an affordable ACA plan and COBRA is too expensive, another possible option is short-term health insurance. These plans, which are not available in every state, are cheaper, bare-bones health plans that provide coverage for up to three months with a one-month extension available. But be aware that short-term plans don't comply with the ACA so they can deny sick people coverage, they don't cover preexisting conditions and they can exclude coverage essentials like prescription drugs.

To find and compare short-term health plans, try sites like eHealthInsurance.com or PivotHealth.com.

Healthcare sharing ministries: If the previously listed options don't work for you, another temporary solution could be healthcare sharing ministries (HCSM). These are cost-sharing health plans in which members—who typi-

cally share a religious belief—make monthly payments to cover expenses of other members, including themselves.

HCSM's are cheaper than paying full out-of-pocket costs for traditional health insurance but be aware that HCSM's are not health insurance. They don't have to comply with the consumer protections of the ACA, and they can also reject or limit coverage for having pre-existing health issues and limit how much you'll be reimbursed for your medical costs. Preventive care typically isn't covered either.

To look for these plans, comparison shop at the three largest providers—Samaritan Ministries (SamaritanMinistries.org), MediShare (MyChristianCare.org), and Christian Healthcare Ministries (Chministries.org).

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



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MY PET WORLD

What to do with not so house-trained dogs, and cats doing bunny-kicks

By Cathy M. Rosenthal
Tribune Content Agency

Dear Cathy: I recently adopted a six-year-old, spayed female cat from a shelter. She is well behaved, except for one issue. She goes after my hand with a “bunny kick” where she will bring my hand up to her mouth and scratch or bite me. I have tried saying “no” and trying to substitute a toy for my hand, but no improvement. Any thoughts?

— Paul, Bethpage, New York

Dear Paul: What you are describing is common and referred to as “play aggression.” Even though she is six years old, she may never have learned appropriate play habits, and she sees your hand as “prey.” The good news is that you can redirect this behavior.

First and foremost, don't play with her with your hands. Cats don't easily distinguish between “play hands” and “real hands.” Instead, use interactive toys, like wand toys, feather teasers, laser pointers, or a stuffed sock, in place of your hands.

Second, make sure she's getting enough daily playtime. Two short sessions a day that mimic hunting behaviors where she can stalk, chase, and pounce can help reduce this kind

of behavior. End play sessions with a small meal or treat to complete the natural cycle, which for a cat is play (hunt), eat, groom, and sleep.

If she does grab your hands, resist the urge to pull away quickly, which can trigger her to grip tighter. Instead, freeze your hand and slowly move it toward her as this often causes cats to release their grip. Then ignore her briefly.

Verbal corrections like “no” usually don't mean much to cats, so focus more on redirection and prevention rather

than discipline.

Lastly, be patient. Habits take time to change, but she can learn that hands aren't part of the game.

- 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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SERIOUSLY SIMPLE

Basil replaces dill in this classic gravlax recipe

By Diane Rossen Worthington

Entrée

This is a recipe I have made for many years. I like to serve this at larger gatherings since it easily serves eight to 12, depending on your guests' appetites. Gravlax tastes like smoked salmon but without the smokey flavor since it is not smoked. You'll need to start curing the salmon four days before you plan to serve the gravlax to properly cure it. You'll notice the ratio of salt to sugar is 3-to-2. That works to ensure that the gravlax is not overly salty. This Seriously Simple recipe requires no cooking, so it's a good dish to serve as the weather warms up.

Gravlax is usually marinated with dill, but this variation uses the stronger, more aromatic basil as the herb base as part of the curing element. Make sure to have a very sharp knife to slice the salmon. Serve this on dark pumpernickel bread, brioche, baguette slices or blinis along with a sweet mustard basil sauce (see recipe). Accompany with a ripe, crisp, fruity chardonnay that will bring out the lovely basil flavor and neatly balance the salmon.

Basil Gravlax with Sweet Mustard Basil Sauce

Serves 8 to 12

2 1/2 to 3 pounds fresh salmon, filleted and skinless

3 tablespoons sugar

2 tablespoons kosher or coarse salt

2 teaspoons white peppercorns

4 large bunches fresh basil

To garnish:

Lemon wedges

Basil leaves

Sweet mustard basil sauce (recipe follows)

Dark pumpernickel bread, crackers, sliced baguette or brioche or blinis

1. Lay the salmon on a sheet of parchment paper. Add the sugar, salt and white peppercorns to a small bowl and mix to combine. Sprinkle the salmon with half the mixture. Turn and sprinkle the other side with the remaining mixture. Press down firmly on the salmon to coat it evenly with the seasonings.

2. Place two bunches of the fresh basil on the bottom of a large parchment lined sheet pan. Place the salmon on top. Arrange the remaining two bunches of basil over the salmon.

3. Cover tightly with aluminum foil or plastic wrap, place a weight on top (use a heavy pot lid, brick, or large can) and refrigerate.



Make sure to have a very sharp knife to slice the salmon.

4. Turn the salmon twice a day for four days. Make sure the basil and peppercorns remain evenly distributed.

5. To Serve: Remove the basil and peppercorns. Lightly pat the salmon dry with a paper towel, making sure to remove all the salt and sugar. Slice very thin on the bias and serve garnished with lemon wedges, basil leaves, sweet mustard sauce, and dark pumpernickel bread, crackers, sliced baguette or brioche or blinis.

Sweet Mustard Basil Sauce

Makes 1 cup

Note: The sweet mustard herb sauce has a texture similar to mayonnaise. It's great with ham slices, poached salmon, and of course basil gravlax. 1/4 cup Dijon or grainy mustard

3 tablespoons dark brown sugar

2 tablespoons cider vinegar

1 teaspoon dry mustard

1/3 cup vegetable oil

3 tablespoons finely chopped basil

1. In a food processor or blender, combine the mustard, brown sugar, vinegar, and dry mustard, and process for a few seconds. With the machine running, pour in the oil in a steady stream and process until the sauce is thick and smooth.

2. Pour the sauce into a small bowl. Add the basil and taste for seasoning. Chill 2 to 3 hours or until ready to use.

Advance preparation: This sauce may be prepared ahead, covered well and kept refrigerated for several weeks.

- Diane Rossen Worthington is an authority on new American cooking. She is the author of 18 cookbooks, including "Seriously Simple Parties," and a James Beard Award-winning radio show host. You can contact her at www.seriouslysimple.com.

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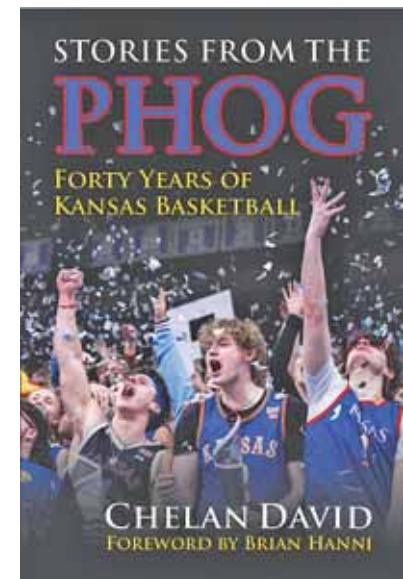


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A native of Lawrence, Kansas, author Chelan David has a unique bond with Kansas basketball. Some of his earliest memories emanate from fabled Allen Fieldhouse, a limestone theater filled with tradition, pageantry, and ghosts of former Jayhawk greats.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

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RICK STEVES' EUROPE

Tracing history, heritage and hardship at Europe's emigration museums

By Rick Steves

Tribune Content Agency

Every year, millions of Americans visit Ellis Island, where their ancestors may have arrived from “the old country.” But Europe has many excellent “Ellis Islands in reverse”—



Rick Steves

life for themselves and their loved ones? That's the story of many hard-scrabble Europeans heading off to dreamed-of opportunities in far-off America. Others, who faced persecution or even starvation, really had no choice—it was leave or die. Across Europe, you'll find excellent museums that tell some of these compelling stories.

One of the best is EPIC: The Irish Emigration Museum. With so much anxiety surrounding immigration in the US today, this thought-provoking experience reminds visitors how many Americans were just as worried about Irish immigrants 160 years ago.

I had never fully appreciated the Irish diaspora until I visited here. Located in Dublin, EPIC celebrates how the little island of Ireland — with a population that peaked at just

museums at the places where millions said goodbye to the land of their birth.

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The Irish Emigration Museum offers visitors a powerful, high-tech look at how, through immigration, the little island of Ireland has had an outsized impact on the global diaspora.

8 million before its period of great immigration — has had an oversized impact on the world. (An estimated 70 million people worldwide now

claim Irish heritage.) The museum uses a high-tech approach to explain the forces that scattered so many Irish

CONTINUED ON PAGE 29

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Rick Steves

CONTINUED FROM PAGE 28

people around the globe, while historic photos of filthy tenements and early films of bustling urban scenes help you imagine yourself in the shoes of the common Irish emigrant.

On the continent, there are more places to learn about the plight of European emigrants — including the cutting-edge Red Star Line Museum in Antwerp, Belgium, which fills the hall that processed many who passed through this port city on their way to a new life. In late-19th-century Europe, the Industrial Revolution and a tremendous population boom led to political instability and economic difficulties. During the great migration between 1873 and 1935, the Red Star shipping line brought some two million emigrants from Antwerp to New York City.

This was the exit point for people from all over Europe. Jews fleeing pogroms in Tsarist Russia and later Nazi persecution in Germany — among them Irving Berlin, Golda Meir, and Albert Einstein—accounted for at least a quarter of the Red Star Line’s passengers taken across the Atlantic. The 10-day steamer journey transported cargo, luxury travelers, and “steerage-class” peasants alike. Before boarding, emigrants underwent humiliating health exams and nervously waited while clerks processed their paperwork.

The Red Star Line Museum combines personal stories with high-tech presentations to detail the “other end” of the Ellis Island experience. One powerful exhibit—using wraparound video screens—drives home the point that immigration remains as common today as it was in the heyday of Ellis Island. Displays profile immigrants throughout history—from the first humans who left Africa tens of thousands of millennia ago, to migrant workers of today.

In Hamburg, Germany, the engaging BallinStadt Emigration Museum tells the story of those from Germany and beyond who went first to Hamburg, by train or even on foot, before boarding a ship to cross the ocean.

Creative themed exhibits give a look at the origins of the five million German emigrants who passed through here, the reasons they chose to leave (from poverty to persecution), their experiences on the transatlantic ships, and their challenges forging a new life in the new land. While the museum has less in the way of actual artifacts, its big, colorful re-creations of living conditions and interactive exhibits offer a dynamic and kid-friendly look at a powerful topic.

For anyone with Swedish heritage, the tidy House of Emigrants in Växjö, Sweden, is a fascinating stop. Its inspiring “Dream of America” exhibit captures the experiences of

the nearly 1.3 million Swedes who sought a better life in the American promised land in the late 19th and early 20th centuries. Economic woes (and, much like in Ireland, a potato famine) wracked Sweden from the 1850s to the 1920s. Roughly 20 percent of the men and 15 percent of the women who were born in Sweden during the last half of the 19th century left. Rounding out the museum is an exhibit that pays homage to prominent Swedish-Americans—including aviator Charles Lindbergh and the second man on the moon, Buzz Aldrin—and a research department that can help you trace your Swedish ancestry.

With so many of us owing our lives to

ancestors who risked their emigrating to the US, it’s important to learn about their epic journey. Adding a visit to an emigration museum in Europe can help us appreciate our own heritage, while also giving us greater understanding toward those currently seeking refuge on our own soil.

- 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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O ₁	U ₁	T ₁	F ₄	L ₁	O ₁	W ₄	RACK 4 =	<u>63</u>
PAR SCORE 150-160							TOTAL	<u>227</u>

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JUMBLE ANSWERS

Jumbles: WORRY, AFOOT, SWOOSH, GOTTEN
 Answers: The eagle had pulled a muscle and was -- TOO SORE TO SOAR
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BOGGLE ANSWERS

MAINE, KANSAS, ARIZONA, MONTANA, ARKANSAS, NEBRASKA
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MY ANSWER

God has promised at the end of our journey – Heaven

From the writings of the Rev. Billy Graham
 Tribune Content Agency

Q: I’m writing a term paper on what people believe to be the glories of Heaven. I know it will be a place of perfection, but I cannot use anything but the Bible as my resource. Are there thoughts that most people never ponder based on Scripture? – H.I.

A: The journey God has set before us isn’t a freeway; we are constantly encountering forks and junctions, crossroads and detours. Which way will we go when we meet them? Life can be hard; it is filled with decisions, and we can’t avoid them. For centuries, people have been on this incredible journey. We mustn’t let the burdens and hardships of this life distract us.

We must keep our eyes firmly fixed on what God has promised at the end of our journey—Heaven.

It is rare for people not to wonder what Heaven is like. This is not mere curiosity. It’s not like wondering about some place we’ve never visited. Christians know that Heaven is our final home—the place where we will be spending all eternity.

Why is Heaven glorious? One supreme reason is that it’s the dwelling place of God. Think of it—when we know Christ, it is to know that we will abide in His presence forever! The human imagination cannot begin to comprehend the majesty of God’s Home. Scripture tells us what God wants us to know. We are also told what will not preside in Heaven: disease, disappointment, loneliness, jealousy,

greed, anger, weariness, war, and death – and much more (see Revelation 21:4).

Heaven will be perfect. Heaven will be joyous. There will be unending praise and worship of the King of kings, the Lord of lords, in the presence of the blessed Savior Christ Jesus. To His faithful followers, when we take our last breath on Earth, we will take our first in Heaven. The benefits for believers are out of this world.

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

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A woman with short grey hair, wearing a red headscarf, glasses, a blue denim jacket over a green floral shirt, dark pants, and black boots with blue accents, sits on wooden steps. She is smiling and looking towards the camera. To her left is a small brown goat with a black collar. To her right is a black and white dog. The background shows bare trees and a wooden fence under a clear blue sky.

Thank you

ROBIN

For inspiring us to deliver more comprehensive heart care.

Robin Goff was walking through the hospital lobby when she began to feel a little off. One of our volunteers suspected Robin might be having a heart attack and got her to the emergency department just in time. From there, the LMH Health Heart Center's board-certified cardiologists performed a procedure that saved her life.

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