



KAW VALLEY SENIOR MONTHLY

AUGUST 2026

Living Well. Staying Active. Staying Connected

VOL. 26, NO. 2

IN THIS ISSUE

Amazing Aging!

For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

SUMMER 2026

Our Mission

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

Advocacy, Advice and Answers on Aging for Seniors, Families and Friends

KEVIN GROENHAGEN PHOTO



COVER STORY

From Grief to Advocacy: Susan Baker's Fight Against ALS and FTD

See page 3 ►

www.seniormonthly.net

**THIS AD SPACE IS NOW AVAILABLE
RESERVE YOUR SPOT TODAY!**

REACH THOUSANDS
OF ACTIVE &
ENGAGED SENIORS
EVERY MONTH!

Contact Kevin at
kevin@seniormonthly.net
to learn more about
advertising opportunities!

**NOW accepting
55 and over!**

**National Church Residences
CEDAR SQUARE**

Affordable Apartments for
Seniors age 62+

- One-bedroom and studio floor plans available
- Resident Service Coordinator
- Community and game room
- On-site transportation available
- Central air
- Emergency call system and elevator

Call us today for a personal
tour of your new
Cedar Square Home!

1550 South Cedar • Ottawa, Kansas 66067 • Phone: 785.242.8110 • TDD: 614.442.4390 • www.nationalchurchresidences.org/cedarsquare

We're by your side so your loved one can stay at home.



In-home care services:

- Companionship
- Home Helper
- Dementia Care
- Relief Care
- Hospice Support
- 24/7 Care
- Transportation



Call 785-272-6101 or visit [HomeInstead.com/584](https://www.HomeInstead.com/584)

Serving the Topeka and Lawrence area - Locally owned for 17 years

Each Home Instead® office is an independently owned and operated franchise of Home Instead Inc., an Honor Company. Copyright: 2025 Home Instead, Inc.

Susan Baker: A voice for ALS and FTD awareness

By Kevin Groenhagen

During the early 2000s, Susan Baker and her family noticed that something wasn't quite right with her mother, Mary Pat.

"We thought she had Alzheimer's," Baker said. "She was the bookkeeper for our rural water district, and she gave that up. She fell in the living room on the carpet and shattered her elbow. The biggest sign to us was that Dad happened to be in the house and noticed Mom had put a casserole in the plastic lid of a to-go container instead of in the aluminum foil pan, and was about to put the plastic lid in the oven. And then when she started getting lost, he had to start hiding the keys."

"Her personality changed, and she wasn't as outgoing and personable as she was before," Baker contin-

ued. "There's a lack of empathy with a lot of people, and she would more and more sit and watch TV instead of being involved with what was going on around her."

The Diagnosis: ALS and Frontotemporal Degeneration

In 2006, Baker's mother was diagnosed with amyotrophic lateral sclerosis (ALS) and frontotemporal dementia, which is also called frontotemporal degeneration (FTD).

"There's just a kinder connotation using degeneration, and a lot of countries won't even allow you to use the word dementia," Baker explained. "But most people use the term 'dementia' in the United States."

Most people have heard of ALS, which is also known as Lou Gehrig's Disease. ALS is a progressive disease that affects the nerve cells (motor neurons) that control voluntary muscles. As these nerve cells gradually die, the brain loses its ability to send signals to the muscles, leading to increasing weakness and loss of movement.

Perhaps the most famous person diagnosed with FTD is the actor Bruce Willis, who was initially diagnosed with aphasia, which is a disorder that affects a person's ability



KEVIN GROENHAGEN PHOTO

Susan Baker

to communicate. FTD is a group of brain disorders that primarily damage the brain's frontal and temporal lobes. These regions control personality, behavior, judgment, language, and emotional regulation. Unlike Alzheimer's disease, memory loss is often not the first symptom.

Moving to a Care Home

"Dad couldn't pick her up if she would fall, and she couldn't remember to use her walker, and it just

wasn't going to work for her to stay on the farm, so Dad moved her to a care home," Baker said. "Mom ended up in the nursing facility in Centra-
lia, Kansas, a town of 400 people. They had an Alzheimer's unit in 2006, which was astonishing. She was able to be cared for by people who knew her."

Eventually, Mary Pat could speak just a few words every once in a

CONTINUED ON PAGE FOUR



Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$21.00 for 12 monthly issues.

Contact us:



MAIL
9703 Hayes Street
Overland Park, KS 66212



PHONE / TEXT
785-841-9417



E-MAIL
kevin@seniormonthly.net

Senior Monthly is
veteran owned and operated.

★
"Lever dood as Slaav"



Looking for personal care in a beautiful country setting? Let Prairie Wind be home for your Mom or Dad.

We are a small, family owned and operated Home Plus (assisted living) located on 8 acres and convenient to Topeka and Lawrence. We have more than 60 years of experience in caring for seniors.

Ask about our Adult Day Program for seniors who don't need residential care. They can stay with us for up to 10 hours a "day," which can be daytime, evening or overnight hours.

Let our family care for you or your loved one.



prairie wind
senior living inc.

HOME PLUS

5227 SE 77th St., Berryton • 785.862.5318 • prairiewindhome@gmail.com

Susan Baker

CONTINUED FROM PAGE THREE

while, and had difficulty swallowing. She died in December 2008.

Turning Grief Into Purpose

Baker joined Facebook after her mother died and discovered many others who have experienced caring for loved ones with ALS and/or FTD. She decided to turn her grief into purpose.

"I found a community of ALS advocates, people living with ALS, and caregivers," she said. "We started forming support groups on Facebook. There was a closed group for caregivers where they could share feelings and vent, as well as tips and tricks. There are also many private groups that are only open to those who are living with ALS and FTD. I became a moderator for the ALS caregivers."

"I then met a local gal from the Spring Hill area who had genetic ALS in her family," she continued. "She had lost a dozen family members at that point, so she started a group for familial ALS. I became a moderator of that group and still serve in that role today. Through the group, we began reaching out to people around the world—not only in the U.S.—to help families better understand genetic ALS and FTD."

As researchers continued identifying new mutations, Baker encouraged her mother to submit a DNA sample before she died. Five years later, researchers identified a mutation in the C9orf72 gene on chromosome 9. The C9orf72 mutation can cause both ALS and FTD at the same time, or it can cause just ALS, or it can cause just FTD.

"I have friends who have lost almost 40 family members due to ALS and/or FTD," Baker said. "But we've united, and people with C9 have come together and are working

on research specific to C9 because we have different issues than the people with some of the other mutations. My friend from Spring Hill has a different mutation, and it causes only ALS. Our group, Genetic ALS & FTD: End the Legacy, was born through the efforts and vision of dozens of people impacted by genetic ALS and FTD who collectively saw the need for our community's voice to be heard."

Breakthroughs in Treatment

For decades, a diagnosis of ALS meant watching the disease progress with little that medicine could do to slow it down. That picture is beginning to change, at least for patients

whose ALS is caused by a mutation in the SOD1 gene. A drug called tofersen — approved by the FDA in 2023 and marketed as Qalsody — works by silencing the faulty gene before it can produce the toxic protein that destroys motor neurons. It cannot restore nerve cells that have already been lost, but clinical trials have shown it can measurably reduce ongoing nerve damage, and researchers are now testing whether giving it to SOD1 mutation carriers before any symptoms appear might delay or even prevent the disease from developing at all. It is the first therapy ever approved that targets ALS at the

genetic level — a genuine turning point, even if a cure remains on the horizon.

"We have databases now of all the clinical trials that are kept up to date by the minute," Baker said. "I started a spreadsheet years ago of resources, as I would find them, even if they were in different states."

"A familial disease should be considered if a family has had more than one person diagnosed with any neurological problem, such as ALS, Parkinson's or any form of dementia," she added. "A neurologist can address that possibility and advise on

CONTINUED ON PAGE FIVE



Arbor Court Retirement Community at Alvamar

Lawrence, Kansas



**1510 ST ANDREWS DRIVE
LAWRENCE, KS 66047
785-841-6845**

www.arborcourt-lawrence.com



**LIKE US ON FACEBOOK at
Arbor Court – Retirement
Community at Alvamar**

YOUR LIFE. YOUR STYLE. YOUR HOME.

Arbor Court
Start enjoying
your retirement!

**Studios start at
\$1650 per month
including
breakfast,
lunch, utilities,
housekeeping,
transportation,
and so much
more!**

*Call us for our
move-in
specials and a
complimentary
tour and lunch!*

Susan Baker

CONTINUED FROM PAGE FOUR

next steps. Genetic counseling can be offered, and if a mutation is found, there are studies based on specific mutations. It is now being suggested that every person with an ALS or FTD diagnosis have their DNA collected and compared to mutations that are known at the time. That's something I'm trying to get the word out about, as many neurologists still don't automatically suggest this."

Going National: The Facebook and MTV Story

In 2010, Baker saw a Facebook message seeking people who were using Facebook to reunite with a long-lost family member, keep in touch with someone in the armed services posted abroad, or organize a big charity movement or event. Baker responded, telling Facebook about an "army of us from around the world that had been affected by ALS/Lou Gehrig's disease that were connecting, supporting and advocating." Because of Baker, three of her friends living with ALS, along with a few other ALS advocates, including Thomas Ohlson, a veteran from Florida, took part in the filming of MTV's "Diary of Facebook," which premiered in March 2011.

In addition to educating others about ALS and FTD on Facebook,

How does FTD differ from Alzheimer's disease?



It has different symptoms.

Uncharacteristic personality changes, apathy, and unexplained struggles with decision-making, movement, speaking or language comprehension are the most common symptoms. Often people appear physically healthy despite the neurodegeneration.



It typically strikes younger.

Although age of onset ranges from 21 to 80, most FTD cases occur between 45 and 64. Therefore, FTD has a substantially greater impact on work, family, and finances than Alzheimer's. (The economic burden of FTD is approximately \$120,000 per year, nearly double the amount associated with Alzheimer's.



It is often misdiagnosed.

FTD's estimated U.S. prevalence is around 60,000 cases, and many in the medical community remain unfamiliar with it. FTD is frequently misdiagnosed as Alzheimer's, depression, Parkinson's disease, or a psychiatric condition. On average, it currently takes 3.6 years to get an accurate diagnosis.

Baker is the Kansas volunteer for the National Association for Frontotemporal Degeneration and is a founding member of Genetic ALS & FTD: End the Legacy (www.endthelegacy.org).

"I especially like to reach out to people who are in the Midwest," she said. "I started the Midwest ALS and FTD support group several years ago. I'm just trying to unite those in the Midwest who may need ideas about what doctor to see. Or maybe they have equipment that they need or want to sell or donate. I just don't want anybody to feel that they're alone."

Resources and Advice for

Caregivers

Baker recommends that families with members with ALS, FTD, Alzheimer's, or neurodivergent conditions participate in the Blue Envelope Program. The program includes a small, brightly colored envelope that can be placed in a vehicle to hold copies of important documents (e.g., driver's license, registration, insurance) and optional notes about communication preferences or medical conditions. If you're in Kansas and want to participate, check with your local police department or sheriff's office to see if they offer the Blue Envelope

Program and how to request materials.

Baker also urges caregivers to ask for help early, connect with support groups, learn from other caregivers, and watch for scams targeting people with cognitive decline.

Baker recommends the following Facebook pages for those who would like to connect with support groups: Midwest ALS and FTD Support Group; ALS FTD Caregiver's Support Group; and Genetic ALS & FTD: End the Legacy: I AM ALS and ALS Caregivers.

Baker can be reached at ksals-fighter@gmail.com or 785-423-4587.

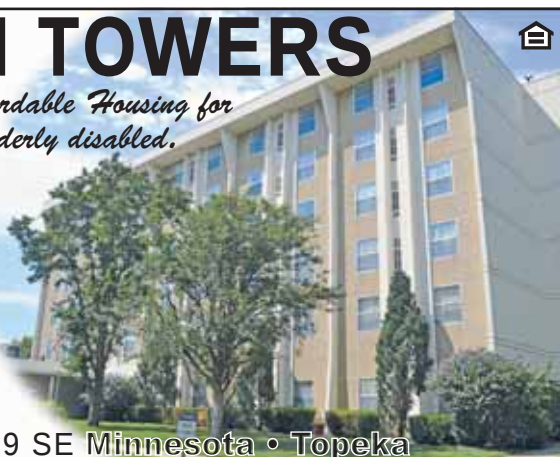
MISSION TOWERS

Offering Clean, Safe, Affordable Housing for qualified seniors and non-elderly disabled.

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group • Library
- Entertainment • Well Maintained

For more information, call Dee

(785) 266-5656 • 2929 SE Minnesota • Topeka



Offering services in Topeka, Lawrence, and the surrounding areas.

A partial list of in-home services include:

- Senior Home Care • Respite for Family Members
- Up to 24 hour care • Meal Preparation
- Medication Reminders • Light Housekeeping
- Errands and Shopping • Transportation
- Bathing and dressing assistance • Companionship

To schedule a free consultation –

Call 785-284-5500 or email bbruns@visitingangels.com

Kansas disability community to gather for 2026 caucus

By Billie David

In mid-August, the Hotel Topeka at City Center in Topeka will see an influx of guests attending the 2026 Kansas Disability Caucus. There, people of all ages and with all types of disabilities are expected to gather to share their thoughts on the obstacles they face, generate ideas, and discuss possible solutions. The theme of the 2026 Caucus is "Empowerment in Action—Shaping the Future."

It is at this gathering that people in the Kansas disability community can come together and voice their concerns in breakout sessions, where they can discuss these challenges and brainstorm remedies, thereby leading to action to address situations that impinge on their ability to live independently. The idea is to achieve their goals through planning, networking, and organizing. Over the years since its beginning in 1988, the Caucus has succeeded in meeting many of these goals.

Some items that the Caucus has covered over the years include the following:

At the First Kansas Disability Caucus in 1988, approximately 90 people gathered in Salina to examine issues of particular concern to them. They then presented their findings to the Kansas Legislature, resulting in the passage of the Self-Direction Law of 1989. Kansas' first consumer-directed personal assistance services were created through this bill, and the Department of Social and Rehabilitation Services was charged with providing the program.

By the time the Third Kansas Disability Caucus met in Topeka five years later, in 1993, attendees numbered over 200 people. After discussing their concerns over issues that

people with disabilities faced, they determined that their most pressing concern was the need for a personal assistance program.

When the Fifth Kansas Disability Caucus—this time with over 500 attendees—met in Topeka in 1997, participants were pleasantly surprised when members of a labor union crossed the street to join their rally, which they were staging to emphasize the need for accessible transportation.

The issue that participants emphasized during the 1999 Caucus was the need for people with disabilities to work without fearing that their earnings would result in the loss of health coverage. Their efforts led the 2000 Legislature to pass a Medicaid Buy-In program known as the Working Healthy Program for People with Disabilities.

During the Eighth Kansas Disability Caucus, held in 2003, attendees identified an issue concerning parents who faced discrimination based solely on their disability. This resulted in the passage of legislation prohibiting discrimination in child-in-need-of-care (CINC) cases based solely on a parent's disability.

The 2009 and 2011 Caucuses focused on employment. Their efforts eventually led to the passage of the Employment First law, making Kansas the first state in the nation to pass such legislation.

Another accomplishment of the previous Kansas Disability Caucuses was that Kansas became one of the first states to pass the WORK (Work Opportunities Reward Kansans) program, which promotes employment for people with disabilities.

For more information about the 2026 Kansas Disability Caucus, please visit kansasdisabilitycaucus.org.

'I am one of them': New specialist joins Independence Inc. staff

Lawrence citizens with disabilities have a local resource in Independence Inc.

The agency's new independent living specialist is Rex Ellebracht. One of his areas of expertise comes from his experience working with nursing homes and, as a double amputee, he is well acquainted with issues that people with disabilities face.

"I am one of them," he said, "not just someone on the other side of the desk."

Among its many services, Independence Inc can provide referrals and information about community resources. The agency also offers training in self-advocacy skills, peer support, independent living skills, peer counseling

and support groups, nursing home and youth transition services, transportation, and information on community resources.

The agency also has a grant program that can help with disability-related home modifications for low-income Lawrence residents and a medical equipment loan bank, a computer learning center, braille services, and a telecommunications access program. More information about resources is available at www.independenceinc.org. Office hours are from 8:30 a.m. through 5:00 p.m., Monday through Friday.

The Independence Inc office is located at 2001 Haskell Avenue, and it can be reached by phone at 785-841-0333.

THE FIRST APARTMENTS

"Home without the hassles"

A self-supporting community for 62 and older & under 62 100% disabled.

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour on-site staff
- Restricted entrance
- Lit parking lot with surveillance
- On city bus route
- Beauty salon
- First Floor Laundry Room
- Multiple resident activities



- Meals on Wheels Congregate meal site
- On site maintenance
- Library Red Carpet Services
- Walking distance to multiple churches, grocery store and pharmacy

Call 272-6700 to schedule a tour and pick up an application.
3805 SW 18th St. • Topeka • www.thefirstapartments.org



www.seniormonthly.net

Do You Need Assistance Caring For a Loved One?



Our Services

- Safety Supervision & Transportation
- Ambulation, Dressing & Bathing Assistance
- Medication Reminders, Meal Planning & Preparation
- Alzheimer's, Stroke Recovery & Hospice Support
- Post Surgery & Transitional Support



(785) 727-7723 | www.lawrencerightathome.com

Serving Douglas, Wyandotte, and Johnson Counties

Right at Home is a global network where most offices are independently owned and operated under a franchise agreement with Right at Home, LLC.

HEALTH & WELLNESS



High-Risk Breast program helps patients stay ahead of breast cancer

By Autumn Bishop

LMH Health

The statistics are sobering. The American Cancer Society reports that one in eight women will be diagnosed with breast cancer during her lifetime.

But breast cancer risk isn't the same for everyone. While many women are at average risk, some have other factors that place them at a significantly higher risk.

But higher risk doesn't have to mean higher fear. LMH Health's High-Risk Breast program, a collaboration between the LMH Health Cancer Center and Lawrence Breast Specialists, connects patients with an elevated risk of breast cancer with enhanced screening and prevention resources close to home.

The goal? Detecting breast cancer as early as possible, when treatment is most effective.

"Overall survival rates are much greater when we detect breast cancer early," said Dr. Jodie Barr, an oncologist at the LMH Health Cancer Center.

What is the High-Risk Breast program?

It all starts with a mammogram. Before a routine screening mammogram, patients work one-on-one with a mammography technologist to complete a comprehensive breast cancer risk-assessment. Your lifetime risk score is calculated based on a number of factors including:

- Age
- Height and weight
- Age at first menstrual period

- Age at first childbirth
- Family history of breast or ovarian cancer
- Menopause status and age
- Breast density
- Previous atypical breast biopsy
- Previous genetic testing

A lifetime risk of 20% or higher is considered as high risk for breast cancer. If your score is 20% or more, you may receive a referral to the high-risk program, where the team creates an individualized screening plan based on your level of risk.

"When our team knows a patient is at higher risk, we can order the appropriate imaging tests and screen them appropriately," said Dr. Jennifer Hawasli, a breast surgeon with Lawrence Breast Specialists. "It doesn't change or reduce your risk of developing breast cancer, but it means that if there is something there, we can catch it earlier."

Plans tailored for you

The high-risk program is a collaborative approach between oncology and breast surgery. Patients who receive a referral to the program often alternate visits between an oncologist and a breast surgeon. The first step is typically an appointment with Dr. Barr or another medical oncologist at the Cancer Center.

"During your first visit, we'll talk about a number of things," she said. "We'll go over your risk score, assess whether genetic testing is appropriate and develop a personalized screening plan for you."

Dr. Barr explained enhanced screenings may include:



Dr. Jodie Barr (left), an oncologist at the LMH Health Cancer Center, and Cori Green.

- Annual mammograms
- Breast MRI
- Supplemental ultrasound for some patients with dense breast tissue

- Genetic testing when indicated by National Comprehensive Cancer Network (NCCN) guidelines

Between five and 10 percent of cancers result from genetic changes passed from parents to their children, and some are associated with an increased risk of breast cancer—the most well-known being BRCA1 and BRCA2. If you have a significant family history of cancer, your oncologist may recommend genetic testing to see if you have any genetic changes that could lead to cancer.

"We work with a company called Ambry for genetic testing. If you meet the NCCN indications for genetic testing, most insurers will cover the cost. If insurance won't cover it for some reason, Ambry makes it very financially affordable," Dr. Barr said.

More than just a score

Your lifetime risk score isn't the only factor that points toward an increased risk of developing breast cancer.

"A woman who comes in for a

mammogram isn't necessarily high risk based on her score. Let's say the radiologist finds an abnormal spot and she has a biopsy that shows a high-risk lesion," Dr. Barr said. "It increases the risk of getting a breast cancer, so that qualifies her for enhanced screening."

High-risk biopsy findings may include:

- Atypical ductal hyperplasia (ADH)
- Atypical lobular hyperplasia (ALH)
- Lobular carcinoma in situ (LCIS)

Dr. Barr reiterated that these conditions are not cancer, but they increase the likelihood of developing breast cancer in the future.

Taking steps to reduce risk

Screening is only one piece of the puzzle. Patients may be understandably nervous when learning they're at increased risk, but Dr. Hawasli shared there are a number of ways for risk reduction. Healthy lifestyle choices are key.

"We know that obesity, drinking alcohol, and smoking all increase the risk of developing cancer. In

Breast cancer

CONTINUED FROM PAGE EIGHT

addition, adopting strategies such as exercise, maintaining a healthy weight can help decrease your risk,” she explained.

Medical options also exist.

“Patients with specific high-risk lesions may qualify for preventive medications that reduce risk by 50% or more. Drugs like Anastrozole or Tamoxifen block estrogen and progesterone in your system. Instead of using these to treat breast cancer, we can use it as prevention,” Dr. Barr said.

If medication isn’t appropriate, surgical options—including preventive mastectomy—may be on the table.

“People who are under age 60 with genetic mutations that have an extremely high risk of developing cancer have a survival benefit with a preventive mastectomy,” Dr. Hawasli said. “It can take their lifetime risk down to one or 2%.”

There’s also good news. A high-risk designation isn’t always permanent.

“Your risk factors can change over time. Your weight, age, and breast density can affect future risk calculations,” Dr. Hawasli said. “This program helps patients understand their individual risk and make informed decisions over time.”

Early detection matters

Dr. Barr and Dr. Hawasli agree that enhanced screening matters. It helps find cancers at smaller sizes and earlier stages, when patients are likely to have better outcomes and a higher rate of survival.

“We’ve been able to detect cancers through the high-risk program that may otherwise have gone undetected until they were at later stages,” Dr. Hawasli said.

That’s one reason local access matters. Before the high-risk program was developed, many patients needed to travel to larger tertiary medical centers to be able to have these screenings. LMH Health now offers the same evidence-based pro-

ocols, advanced imaging, and multidisciplinary expertise right here in Lawrence.

“Patients can receive high-risk surveillance, genetic evaluation, and specialty breast care without leaving the community. You get the same expertise at LMH Health that you would at a larger center and you don’t have to travel for care,” Dr. Barr said. “It’s amazing that we have this kind of program here that helps us catch

cancer before it happens and help patients and their families stay safe moving forward.”

A high-risk designation can feel overwhelming. LMH Health’s High-Risk Breast program uses personalized screening, genetic evaluation, and risk-reduction strategies to help you be proactive and protect your health.

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

Prairie Commons

Come and enjoy our unique park-like setting!

Features...

- 1 & 2 Bedroom Apts.
- Washer & Dryer Connections
- Beautiful Landscaping
- 24 hour Emergency Maintenance
- Resident Activities
- Detached Garages
- Fitness Center
- Transportation Resources Available

Senior
Apartments
for 55+



Please contact us for
a personal tour and
more information.

785-504-1551



5121 Congressional Circle
Lawrence, Kansas

www.liveatprairiecommons.com



NATURAL MEDICINE



Spices that help you beat the summer heat

DR. DEENA BENEDA, N.D.

Summer is here, and it's the time of year when our bodies work overtime to stay cool, hydrated, and energized, making it an ideal time to turn to nature's own pharmacy: spices. Spices have medicinal properties that far outweigh their role as mere flavor enhancers. Many traditional summer spices offer benefits that support digestion, skin health, circulation, energy levels, and overall resilience in hot weather. Spices used daily in food and drinks help the body adapt to hot weather.

One of the most famous summer herbs is mint, and most people have it growing in their backyards. Mint is naturally cooling and adds a refreshing lift to iced teas, infused waters, and flavorful fruit salads. Its aromatic oils can ease digestive discomfort, mild nausea, and bloating—issues that often flare when it is hot and humid outside and we eat heavier meals. Mint's cooling energy also makes it a favorite in traditional medicine for soothing

headaches and promoting a sense of calm. Paired with lemon or cucumber, it becomes a simple yet powerful summer tonic. In addition, when applied topically, mint is a powerful repellent against summer pests, including mosquitoes.

Fennel and coriander seeds are another combination that shines during hot, humid months. Fennel's sweetness and aroma make it excellent in teas or salads. It supports digestive function, reduces gas, and helps calm the gut, which in turn benefits skin health. Coriander seeds and fresh cilantro leaves have a cooling quality, support detoxification, and provide antioxidants that help defend the body against oxidative stress. Sprinkling coriander seeds into salsas, salads, and teas is an easy way to incorporate them into daily meals.

Spices with stronger anti-inflammatory properties are abundant in summer. Turmeric, often paired with black pepper to enhance absorption,

can help modulate inflammation and reduce tissue damage. While many people associate turmeric with warming curries and winter, small amounts work beautifully in lighter dishes or in "golden" iced milks and herbal lattes. Ginger, similarly, supports digestion, circulation, and metabolic health—making it an excellent addition to iced herbal teas or sparkling water with citrus. Used thoughtfully, these warming spices help the body process food more efficiently without leaving one feeling heavy.

Summer is also a time when stress, disrupted sleep, and sun exposure can affect mood and skin health. Gentle spices and herbs such as chamomile and vanilla can play a supportive role. A glass of cooled chamomile tea in the evening can help calm the nervous system and prepare the body

for rest, while a touch of vanilla in smoothies or yogurt offers a comforting aroma and antioxidant compounds.

Ultimately, incorporating summer spices into daily life is a nourishing habit. Iced ginger-mint tea, a fennel and coriander seed infusion, cilantro-laced salads, and dishes scented with small amounts of turmeric and black pepper can collectively support digestion, skin health, and mood throughout the season. To balance wellness with busy days in the Kansas heat, these culinary choices can offer enjoyable ways to care for your body as you go about your summer routines.

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

Martin Creek Place

- 1 & 2 Bedroom Apartments
- Townhomes
- Washer/Dryer Connections
- Emergency Monitoring System Available
- 24 Hour Emergency On-Site Staff

- Organized Activities & Day Trips
- Library Red Carpet Service
- Weekly Grocery Van
- On Site Storage
- Exercise Room

Age 62 & older.



4950 SW Huntoon • Topeka 785-273-2944



Babcock Place

Affordable Independent Senior Living

Applications Being Accepted

1700 Massachusetts in Lawrence
Secure, age-restricted apartments adjacent to downtown & grocery. Amenities include transportation and meals programs. Rent based on income, utilities included.

www.ldcha.org 842-8358



TRINITY

In-Home Care

- Light housekeeping
- Personal Care
- Meal assistance
- Local errands and transportation
- Community integration
- Caregiver support

Douglas County's hometown, nonprofit in-home support provider.

Sliding scale available to those who qualify.



842-3159 | www.tihc.org

seniormonthly.net/calendar

MAYO CLINIC



Managing MS: Types and treatments

By Eoin Flanagan, M.B., B.Ch.

DEAR MAYO CLINIC: I started dealing with relapsing-remitting multiple sclerosis (MS) a year ago. I have good days and bad days dealing with symptoms. But I have improved with a new medication.

I have realized there's a lot to learn about MS. Before this started for me, I did not even know different MS forms existed and that not all people have the same symptoms. People see me and say I look fine. But it may be a day I have difficulty finding words or struggle with bowel and bladder issues, all related to my MS. I know a woman who has had MS for years and uses a wheelchair. Can I expect that in the future?

ANSWER: You are so right that no two people experience an MS diagnosis the same way. More than 2 million people in the world have MS, according to the National Multiple Sclerosis Society. Learning about MS can help manage an unpredictable and often frustrating chronic illness.

Talk with your health care team about disease-modifying treatment. It is essential to work with a health care professional who is well-versed

in current options. Early treatment, especially for relapsing-remitting MS, has been found to lower patients' relapse rate, slow their nerve damage and potentially reduce the risk of disability.

First, some background: Multiple sclerosis is an autoimmune disease, which means a person's immune system attacks their body. In the case of MS, the immune system attacks the protective covering of nerves, called myelin, which covers nerve fibers in the central nervous system.

MS is called a demyelinating disease. Myelin often is compared to the insulation covering electrical wires. MS tears away the myelin that goes across the nerves, and that creates lesions that are seen as white spots on MRI scans. Just as you can picture the damage that happens when insulation is removed from electrical wires, this injury to the myelin causes nerves not to function as well. That can happen in the brain, spinal cord or optic nerves.

There are two major types of multiple sclerosis. Relapsing-remitting MS is the most common type, making up about 85% of cases. Relapsing-remitting MS means patients sometimes have episodes that we term as attacks.

For example, during attacks, people may experience vision loss, double vision, numbness, tingling and other symptoms. These attacks usually come on, then they plateau, staying the same for days or weeks, and then they improve.

The second major type is primary-progressive MS. People slowly, gradually have worsening symptoms over time. That's less common, representing about 15% of MS cases at the onset of the disease.

Some patients who have the relapsing-remitting type can later go on to develop some of that slow progression. We call that secondary-progressive MS.

The damage to nerve fibers results in symptoms such as you described: cognition issues, inability to walk and others.

As you know, managing a chronic disease like MS is not easy. Accommodations may be needed at school or with an employer if

symptoms flare.

With the new, stronger medications that we have today for MS, we're seeing great hope for our patients. Fewer patients relapse or get new lesions. The hope is that as patients use these medications, the risk of secondary progression becomes lessened.

Of course, all medications have side effects, so patients and their health care team should work together to find the right treatment plan for them. — Eoin Flanagan, M.B., B.Ch., Neurology, 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.

© 2026 Mayo Foundation for Medical Education and Research. All rights reserved.

Distributed by Tribune Content Agency, LLC.



NOW LEASING!

1 BEDROOM APARTMENTS

Income-based Housing for Seniors Over 62!

- 24-hour Emergency Maintenance
- Medical Alarm Systems
- On-site Laundry Facility
- Pet Friendly
- Close to Shopping



JEFFERSON VILLAS
APARTMENTS

Call
785-357-6227
today!



421 SE 21st Street • Topeka, Kansas
www.liveatjeffersonvillas.com



Put your mind at ease

Advance funeral planning is a way to achieve comfort and peace of mind.

Compassion and Service
...More Than Just Words
Lawrence 843-1120
Eudora 542-3030
www.warrenmcelwain.com



WARREN-McELWAIN
MORTUARY

RYAN'S RETIREMENT TIPS



Beware of the Hype Tax

RYAN SHUMAKER

In June, headlines abounded about rocket maker/Starlink internet provider/X (formerly Twitter)/artificial intelligence company SpaceX being the largest IPO (initial public offering of stock) in history. Hype abounded as well when trading of the company's stock began at \$150/share and quickly skyrocketed to over \$225/share. This was the first time in the almost 20 years I've been in the financial advising business that I received multiple calls about a stock IPO and what I thought about it.

Since the initial hype fest, things have not gone so well with the stock losing over 40% of its value over the

course of only a month. It is very common for companies that become newly publicly traded and available to purchase in the stock market to experience wild swings as well as subpar shorter-term results. Of the six largest IPOs before SpaceX, only one (oil producer Saudi Aramco) was up in value one year later, and the amount it was up was minimal. The rest were all down, with the majority being significantly down.

Newly listed stocks struggling isn't limited to ultra-large companies. Data spanning 46 years compiled by University of Florida finance professor Jay Ritter showed that over 56%

The Hype Tax

1-Year Price Return From IPO Date Closing Price



Source: Bloomberg, Redwood. Data as of 6/11/2026. For Illustrative Purposes Only.

of all companies are underwater three years after their stock market debut.

Does this mean SpaceX is doomed? Certainly not, but there are reasons to be concerned that SpaceX stock may continue to struggle. For one, only 4% of all shares of the company are currently being traded in the stock market, and another 20% could start being sold this month when an insider sell window unlocks. Stocks go down in value when sellers outnumber buyers, and the potential flooding of the market with shares after this window opens will require a lot more buyers for the price to increase or not fall further. Of course, Meta (formerly Facebook) famously dropped over 50% in a short time period after its IPO in 2012, only to be up over 400% three years later and up over 1,600% today.

The point is that no one knows what is going to happen next, and

you should not base your investing decisions on hype or trying to make a quick buck. When you try to make money based on hype, you're gambling rather than investing. The thing about gambling is the more and longer you do it, the more likely you are to lose. On the other hand, you're more likely to gain the longer and more you invest.

One of the reasons for a company to IPO, besides raising money, is to open an opportunity for early investors, early employees, and founders to finally cash out their stock. At least two more large AI companies are expected to IPO this year. Be cautious about being the person they're cashing out to by buying the stock shares of these companies, especially early on. Any investment decision should be based on whether it helps better accomplish your financial

CONTINUED ON PAGE 17

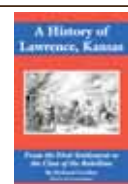
Ryan Shumaker

RetireFromTaxes.com



**Proud to Be Serving
Ramsey Fans**

Investment advisory services offered through Retirement Portfolios, LLC



A History of Lawrence, Kansas

By Richard Cordley

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

FINANCIAL FOCUS



Debunking five common Social Security myths

DEREK OSBORN

Social Security is often one of the most important income sources in retirement. Yet widespread myths about how it works can lead to confusion, unnecessary worry and poor planning decisions. Here's the truth behind five of the most common misconceptions.

Myth 1: Social Security is going broke. You've probably heard this one, but the full picture is more nuanced. According to the 2026 Social Security Board of Trustees Report, if Congress does nothing, the program would need to reduce benefits starting in 2032, paying roughly 78 cents for every dollar owed.

But that's just one scenario. Congress could raise the combined payroll tax from 12.4% to 16.65%, which the trustees estimate would secure full benefits through 2100. Other options include eliminating the earnings cap subject to payroll tax or adjusting retirement ages. Lawmakers have tools to address this.

Myth 2: Social Security will

cover all your retirement needs. Think of Social Security as a financial foundation, not the full building. According to the Social Security Administration, benefits replace only about 40% of pre-retirement income for a median earner. That means you'll likely need to account for most of your retirement income yourself. Building a strong personal savings strategy now can help close that gap.

Myth 3: You lose benefits permanently if you keep working. Not true. Social Security does have an "earnings test" that can temporarily reduce benefits for people who claim early and keep working. If your earnings exceed a set annual cap—which changes each year—Social Security will withhold a portion of your benefits. But once you reach full retirement age, the Social Security Administration adjusts your monthly check higher to repay those withheld amounts over time.

Myth 4: An ex-spouse's benefits come out of your own. If you

were married for at least 10 years and are currently unmarried, your former spouse may be eligible to collect on your earnings record, or you may be able to collect on theirs. Divorced spouse benefits can be up to 50% of the other person's full retirement benefit. But those payments don't affect yours. Your monthly benefit is not reduced by anything paid to an ex-spouse or even a current spouse.

Myth 5: Social Security benefits are no longer taxed. Recent legislation caused some confusion here. The One Big Beautiful Bill Act did not eliminate taxes on Social Security benefits. If your combined income exceeds certain thresholds, you'll still owe taxes on a portion of your benefits.

The law also created a temporary deduction (available through

2028) for people 65 and older. Eligible taxpayers can deduct \$6,000 per qualifying filer if their modified adjusted gross income is \$75,000 or less for singles or \$150,000 for couples. The deduction phases out at \$175,000 for singles and \$250,000 for joint filers.

The more you understand Social Security, the more control you have over your retirement outcome. Grounding your decisions in facts rather than assumptions can make a meaningful difference in your long-term financial security.

- 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.

One and Two Bedroom Apartments

Income-based rent, \$579 to \$602
Water, trash, sewer paid

Orchard Lane Leisure Living
1016 Orchard Lane, Baldwin City, KS 66006
Minimum age 62 & disabled with no age limit

Jersey Street Apartment Suites
1119 Jersey Street, Baldwin City, KS 66006
No age limit

housingforbaldwin.com • 785-594-6996
brac@housingforbaldwin.com

NOW - SEPT. 30

Stay Cool Sale

More You Buy, More You Save

\$20 Off
When you spend \$100*

\$50 Off
When you spend \$200*

\$120 Off
When you spend \$400*

Schedule Your Appointment Today!

*Cannot be combined with insurance or other offers. Some restrictions apply. See optical team for details.

ammel optometry

3300 Bob Billings Pkwy, Ste 9 • Lawrence (785) 749-1010
2101 S. Princeton St. • Ottawa • (785) 242-7300
www.ammeloptometry.com

SAVVY SENIOR



What are the early signs and symptoms of diabetes?

JIM MILLER

Dear Savvy Senior: What are the early signs and symptoms of diabetes? I'm 60 years old, and in pretty good shape, but was just diagnosed with type 2 diabetes. What did I miss? - Diabetic Dan

Dear Dan: The signs and symptoms of type 2 diabetes can be so mild that many people miss them. That's why testing is so important. Here's what you should know.

According to the Centers for Disease Control and Prevention, more than 38 million Americans have diabetes today, and another 97 million have prediabetes, but many of them don't even know they have it.

Type 2 diabetes is a disease that develops slowly over decades. Most people have prediabetes for a long time before the disease becomes full-blown diabetes, and even then, it progresses gradually.

Diabetes occurs when your blood glucose, also called blood sugar, is too high. This excess blood sugar damages blood vessels and affects circulation, putting you at risk for a host of ailments, from heart attack and stroke to blindness, kidney fail-

ure and nerve damage.

Signs and Symptoms

So how can you tell if you have diabetes? The earliest signs, which are usually subtle, include urinating more frequently (often at night), being thirstier and hungrier than usual, weight loss without trying, feeling very tired, having dry, itchy skin, and blurry vision.

The symptoms that can indicate advanced diabetes and long-term damage that have occurred include cuts or sores that heal slowly, having more infections than usual, and pain or numbness in your feet or legs.

Who Should Get Tested?

Because prediabetes typically causes no outward symptoms, and the signs of early type 2 diabetes can easily be missed, the only way to know for sure if you have it is to get a blood test.

Everyone aged 45 years or older should consider getting tested for diabetes, especially if you are overweight with a body mass index (BMI) above 25. See CDC.gov/bmi to calcu-

CONTINUED ON PAGE 15



MICHAEL JILKA

ATTORNEY AT LAW

Wills • Trusts

Powers of Attorney

Probate • Traffic

785-218-2999



office@gravesjilka.com • www.gravesjilka.com



MIDLAND CARE

Did You Know?

- Earlier enrollment to hospice helps ensure better patient quality of life.
- Hospice care is provided wherever you call home.
- Chronic medical needs are still met, to maintain a high quality of life.
- Patients report better quality of life while on hospice care.
- Midland Care provides families grief support.

Hospice Helps.



Equipment & Medication



Skilled Nursing



Personal Care



Family Support



Emotional Support



Therapies



Education



Bereavement

www.midlandcare.org • 1-800-491-3691

Savvy Senior

CONTINUED FROM PAGE 14

late your BMI.

If you are younger than 45 but are overweight, or have high blood pressure, a family history of diabetes, or belong to an ethnic group (Latino, Asian, African, or Native American) at high risk for diabetes, you should get checked too.

To help you determine your risk for diabetes, the American Diabetes Association (ADA) has a quick, online risk test you can take for free at Diabetes.org/risk-test.

Diabetes Tests

There are three different tests your doctor can give you to diagnose diabetes. The most common is the “fasting plasma glucose test,” which requires an eight-hour fast before you take it. There’s also the “oral glucose tolerance test” to see how your body processes sugar, and

the “hemoglobin A1C test” that measures your average blood sugar over the past three months. It can be taken at any time, regardless of when you ate.

Most private health insurance plans and Medicare cover diabetes tests; however, if you’re reluctant to visit your doctor to get tested, an alternative is to go to the drug store, buy a blood glucose meter, and test yourself at home. They cost around \$20.

If you find that you are predia-

betic or diabetic, you need to see your doctor to develop a plan to get it under control. In many cases, lifestyle changes such as losing weight, exercising, eating a healthy diet, and cutting back on carbohydrates may be all you need to get your diabetes under control. For others who need more help, many medications are available.

For more information on diabetes and prediabetes or to find help,

join a lifestyle change program recognized by the CDC (CDC.gov/diabetes-prevention). These programs offer in-person and online classes in more than 1,500 locations throughout the U.S.

- Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.

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

LOCALLY OWNED!

Tues.-Fri., 10 a.m.-5 p.m., or by appointment

Douglas County
MONUMENT WORKS
For a Life Lived

547 Indiana St. • Lawrence • 785-856-2370



Meals on Wheels serves hot, nutritious meals to homebound seniors in Shawnee, Jefferson, and Douglas counties through home-delivery and congregate meal sites.



785-430-2186 • www.mowks.org

Aldersgate Village
LIFE PLAN COMMUNITY



- Independent Living
- Assisted Living
- Home Plus
- Memory Care
- Short-Term Care
- Rehabilitation Services



AldersgateVillage.org | 785-286-7490

7220 SW Asbury Drive | Topeka, KS 66614

GUEST COLUMN



Two important steps to help prevent falls at home

AL BONNER

Falls are not an unavoidable part of getting older. Many falls can be prevented by identifying risks early and making a few practical changes. Two areas deserve special attention: unsafe rugs and carpets, and any previous fall—even one that did not cause a serious injury.

Take a Closer Look at Rugs and Carpets

A loose rug or curled carpet corner may appear harmless, but it can quickly become a tripping hazard. Research supported by the Centers for Disease Control and Prevention estimates that nearly 38,000 adults aged 65 and older were treated

in emergency departments each year for falls associated with rugs and carpets. Most of those falls occurred at home.

Walk through each room and carefully examine the floor. Look for throw rugs that slide, carpet that has pulled away from the floor, curled corners, wrinkles, tears, and uneven transitions between carpet and hard flooring.

The safest option may be to remove small throw rugs completely. If a rug must remain, secure it with a nonslip backing or strong double-sided rug tape. Repair or replace damaged carpet, and make sure

carpet edges are firmly attached. The National Institute on Aging recommends fixing carpets securely to the floor and avoiding small area rugs. Pay particular attention to bathrooms, hallways, bedrooms, and frequently traveled paths. Learn more from the National Institute on Aging at www.nia.nih.gov/health/falls-and-falls-prevention/preventing-falls-home-room-room.

Treat Every Fall as a Warning Sign

A previous fall is one of the most important indicators of future fall risk. Even if there was no injury, the fall should not be dismissed as clumsiness or bad luck. The CDC's fall-risk screening process considers someone at risk if they have fallen during the past year. Review the CDC's STEADI screening guidance at www.cdc.gov/steadi/media/pdfs/STEADI-Algorithm-508.pdf

After a fall, tell a healthcare provider what happened and discuss

possible contributing factors. These may include medication side effects, vision changes, muscle weakness, balance difficulties, footwear or hazards inside the home. A healthcare professional may recommend a medication review, vision examination, balance assessment, physical therapy or exercises designed to improve strength.

It is also helpful to record where and when the fall happened and what the person was doing. This information can reveal patterns and help prevent a similar incident.

Falls can threaten health and independence, but prevention begins with awareness. Secure the floors, take every fall seriously, and act before a warning sign becomes a more serious injury.

- Al Bonner works for Home Instead in Topeka and Lawrence. He would love to speak about Fraud prevention or Fall prevention to your group. Contact him at 785-272-6101 or albert.bonner@homeinstead.com.





Doctoral-Level Audiologists
You Can Trust.

◀ David Paul, Au.D., and
Katelyn Waldeier, Au.D.,
Doctors of Audiology



**ASSOCIATED
AUDIOLOGISTS**

Formerly
Marston Hearing Center

Hearing Your Best for Life.

- Diagnostic hearing testing
- Digital hearing aid technology in a wide range of styles and costs
- Hearing aid service and repairs
- Contracted with most health insurance plans



Call **785-843-8479** to schedule an appointment.

 hearingyourbest.com

Lawrence Medical Plaza
1112 West 6th Street, Suite 100
Lawrence, KS 66044

Hype Tax

CONTINUED FROM PAGE 12

goals and plan, not hype. Hype and mania (dating all the way back to the Tulip Bulb Mania in the 1600s, where a single tulip bulb became worth five times the cost of the average house) usually end with a few people getting very rich and most losing big.

If you'd like help creating a plan

and portfolio that avoids hype and is optimized for your goals and situation, call 785-330-9292 or visit our website www.RetireFromTaxes.com to schedule a complimentary strategy session with someone on our team at Retirement Portfolios.

- 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.



August Birthdays

90 Years Old

August 15, Pat Priest, actress (*The Munsters*)

August 17, Margaret Hamilton, software engineer, NASA Apollo

80 Years Old

August 13, Janet Yellen, Chair of the Federal Reserve

August 16, Lesley Ann Warren, actress (*Mission Impossible*)

August 19, Bill Clinton, 42nd President of the United States

August 20, Connie Chung, reporter

August 25, Rollie Fingers, MLB baseball player

70 Years Old

August 4, Gerry Cooney, American boxer

August 6, Stephanie Kramer, actress (*Hunter*)

August 14, Jackée Harry, actress (227)

August 19, Adam Arkin, actor (*Chicago Hope*)

August 20, Joan Allen, actress (*The Bourne Supremacy*)

August 21, Kim Cattrall, actress (*Sex and the City*)

August 22, Paul Molitor, MLB baseball player

August 26, Mark Mangino, former American college football coach

ARBOR COURT
RETIREMENT COMMUNITY
AT TOPEKA

Your Life. Your Style. Your Home.
Where Your Next Chapter Begins.

Studio, 1BR, and 2BR apartments. Prices starting at \$1900 per month.

Amenities included in your monthly rent:

- Complete Kitchen
- Social Activities and Entertainment
- Housekeeping Services
- WiFi Access
- Daily Exercise Program
- Barber/Beauty Salon
- Free Laundry Services
- Transportation
- Tornado Shelter
- Outdoor Living Area
- Home-cooked meals

Call us today at 785-273-6847 for a personal tour.

Andrea Graham, Director

Jodi Fritts, Business Development Coordinator

4200 SW Drury Lane • Topeka, KS 66604

www.arborcourt-topeka.com



Look for us!

GOREN ON BRIDGE



Imagination

BOB JONES

Neither vulnerable, South deals

NORTH

♠ Q 8 5 4

♥ A K

♦ Q 10

♣ A Q 10 9 6

WEST

♠ 9 7 2

♥ 10 9 8 7 6 4

♦ 4

♣ J 3 2

EAST

♠ K 3

♥ J 5 3

♦ J 9 8 7 5

♣ 8 7 4

SOUTH

♠ A J 10 6

♥ Q 2

♦ A K 6 3 2

♣ K 5

The bidding:

SOUTH	WEST	NORTH	EAST
1♦	Pass	2♣*	Pass
2♠	Pass	3♠	Pass
4♣	Pass	4NT	Pass
5♥	Pass	6♠	All pass

*Game forcing

Opening lead: Four of ♦

Today's deal is from an online tournament held late last year. North-South reached a very solid contract. Both trumps and clubs split favorably and the king of spades was well placed, so the play was likely to

result in an overtrick. What could go wrong? Swedish expert Peter Fredin sitting East was what could go wrong!

Fredin is one of many very fine players from Scandinavia and he has a reputation for making imaginative decisions at the bridge table. West led a diamond, which Fredin was sure was a singleton. Fredin saw that his king of spades was poorly placed for the defense and there was nothing he could do to stop the club suit from running. Declarer, who wanted to be in dummy to take the spade finesse, played the queen of diamonds from dummy at trick one. Fredin followed suit smoothly with the jack!

Declarer was convinced that it was Fredin who held the singleton diamond. A losing spade finesse was sure to be followed by a diamond ruff. South wanted to reduce the chance of Fredin ruffing a diamond, so instead of taking the spade finesse, he played a spade to the ace and continued with the 10 of spades. South almost fell out of his chair when Fredin won with the king and gave West a diamond ruff! What a play!

(Bob Jones welcomes readers' responses sent in care of this paper.)

**NOW
LEASING!**



1 BEDROOM APARTMENTS

Income-based Housing for Seniors Over 62!

- 24-hour Emergency Maintenance
- On-site Laundry Facility
- Medical Alarm Systems
- Pet Friendly
- Close to Shopping

Call 785-267-0960 today!


**CENTURY PLAZA
APARTMENTS**



2200 SE 28th Street • Topeka, Kansas

www.centuryplazaapts.com



KAW VALLEY
SENIOR MONTHLY

**Have
Senior Monthly
Delivered To
Your Home**

For Just **\$21** Per Year
(12 Issues)



Helpful
articles.



Local
resources.



Information
you can trust.

SUBSCRIBE TODAY!



Send check or money order for \$21
(made out to 'Groenhagen Advertising') to
Groenhagen Advertising, 9703 Hayes Street,
Overland Park, KS 66212



By David L. Hoyt and Jeff Knurek



1-4-26

BOGGLE is a trademark of Hasbro, Inc. © 2026 Hasbro, Inc. Distributed by Tribune Content Agency, LLC. All Rights Reserved.

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
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

Boggle® BrainBusters Bonus

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

Find AT LEAST EIGHT METALS in the grid of letters.

CROSSWORD

1	Golfer's vehicle	49	Grilled fish in kabayaki
5	Lingerie purchases	51	In the style of
9	Lingerie purchase	52	On the horizon
13	21-Across in Spain	56	"Miracle Workers" channel
14	___ Raton, Florida	57	Fed. health law
15	Buenos ___	58	"I knew it!"
17	On the horizon	59	Lessens
20	Permit	61	Classic film with a time-traveling DeLorean, and an apt description of 17-, 24-, 38-, and 52-Across
21	13-Across in France	66	Cookies with a Sour Patch Kids flavor
22	Zip	67	Mystical glow
23	Spy-fi org.	68	Fielder's need
24	On the horizon	69	Mangyshlak Peninsula's continent
29	Counter attacker	70	More ___ meets the eye
30	Oft-redacted fig.	71	64-Down, for one
31	Burrito option		
32	"I've ___ better"		
34	Mouth pieces?		
37	Hosp. caregivers		
38	On the horizon		
41	Fish tacos fish, familiarily		
43	Foil kin		
44	Wound covering		
48	One of five		

					9	3		
				2				
6	9		5	1			2	4
8					1			
1		9				6		3
			2					1
4	3			6	5		9	2
				8				
	5	7	9					

Down

- 1** Capital city with Bolívar Square

2 Botox target

3 Go long?

4 Root in the Hawaiian dessert kulolo

5 Television network created by royal charter

6 Sushi topper

7 Feels sore

8 Thai skewers

9 Japanese title of respect

10 Actor Simu

11 Big name in endurance events

12 Stretches

16 Burrito option

18 Doesn't rent

19 "Radical Optimism" singer ___ Lipa

25 Northern European capital

26 In reserve

27 Valley

28 Best Upset and Best Moment

33 Indira Gandhi's father

35 Soda

36 Trusty horse

39 Japanese soup

40 Suffix with ump-

41 Lash lengthener

42 Decorated fighter pilots

45 Form-fitting garment

46 Columbia Icefield province

47 Angela of "9-1-1"

48 Soul singer Bryson

50 "In ___ of gifts ..."

53 Comedian Margaret

54 Patronize, as a restaurant

55 Casual agreement

60 Devices loaded with cash

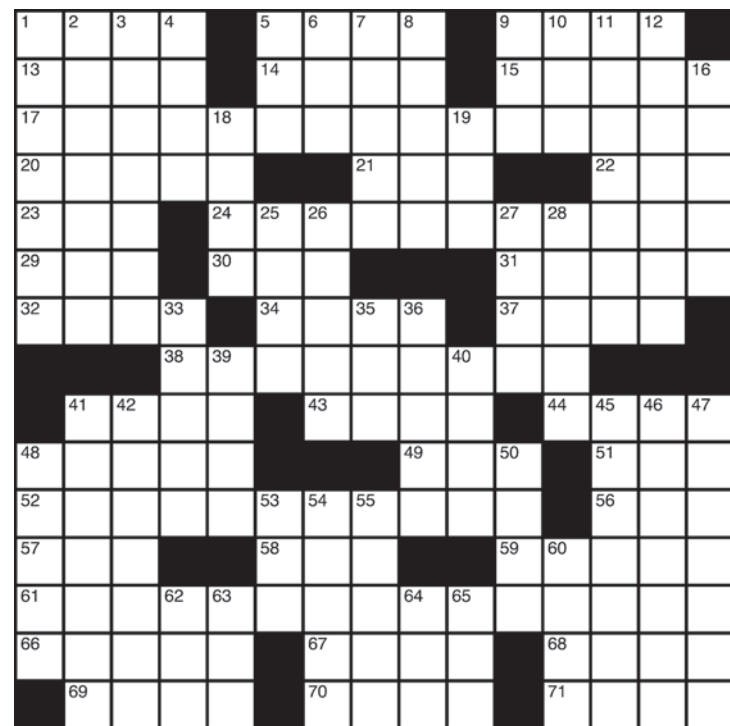
62 Fish in an ornamental pond

63 LAX safety team

64 Young fig.

65 Booster

© 2026 Tribune Content Agency, LLC



THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

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

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

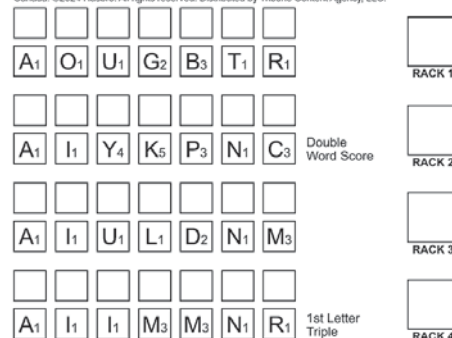


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer “A”
here:

SCRABBLE[®] G R A M S

Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2024 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.



PAR SCORE 145-155
BEST SCORE 222

**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 scragrams@gmail.com

12-25

Answers to all puzzles on page 26

MY PET WORLD



Cats on counters and dogs home alone — When pet owners worry

CATHY M. ROSENTHAL

Dear Cathy: We adopted an orange tabby, Wyatt, seven years ago and have been fighting all that time to keep him off our counters and tables. Initially, we tried things like spraying water at him when he jumped on counters and tables, but it had no effect, and nothing else we've tried has worked. I find it very unsanitary and upsetting to have a cat walking on our food prep/serving surfaces. Can you offer any advice to stop this behavior? — Eileen, Wheaton, Illinois

Dear Eileen: From Wyatt's perspective, the counter is a pretty wonderful place to be. It's high, offers a great view of the household, and occasionally rewards him with food, crumbs, or interesting smells.

Since spraying water didn't work—and I'm not surprised: Many quickly learn that they can stay off the counter when you're watching and hop right back up when you're not. So, I would focus on making the counters less rewarding while giving Wyatt better alternatives.

First, make sure he has access to acceptable high places such as a tall cat tree, window perch, or shelving designed for cats. Cats naturally like to observe their territory from above, so providing an approved lookout spot can reduce their interest in the counters. Leave some high-value treats or rub catnip on his furniture to encourage Wyatt to use it.

Second, consider using humane deterrents that work even when you're not in the room. Double-sided pet training tape designed for household surfaces or a motion-activated air sprayer can make the counter less appealing

without requiring you to constantly police the behavior. (A motion-activated spray cat deterrent, such as the "PetSafe SSSCAT" or similar battery-operated systems, uses a movement sensor to automatically emit a quick, odorless burst of air when a cat approaches. The goal is for Wyatt to decide the counter isn't worth the effort, not for him to associate the correction with you.

Finally, after seven years, this behavior is probably part of Wyatt's daily routine. While you may be able to reduce it significantly, many cats continue to visit counters when no one is around. For that reason, I encourage you to focus on management as well: keep food put away, wipe down surfaces before meal preparation, and remember that cats are going to be cats.

Counter surfing is usually more frustrating than dangerous, although cats can be injured by jumping onto a hot stove or encountering other kitchen hazards, such as knives left on the counter. From the beginning, cats should learn that kitchen counters are not a fun place to be.

Just as important, however, is providing acceptable alternatives. When cats have appropriate places to climb and explore, you can often reduce counter surfing, even if you never eliminate it entirely.

— Cathy M. Rosenthal is a long-time 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.

© 2026 Tribune Content Agency, LLC



"Valuing your trust, keeping our promise"

Graceful Home LLC provides Long-Term Care services, Assisted Living services and Respite Care services 24 hours a day. Graceful Home is a Licensed Adult Care Facility licensed and surveyed by the Kansas Department for Aging and Disability Services (KDADS). Medicaid Licensed Facility. Please see our websites for payment options.

FACILITY AMENITIES

- Private Furnished rooms
- Furnished living room & kitchen
- Patio and backyard

SERVICES

- Medication management in accordance with physician orders
- Physician/Dental appointment coordination
- Assistance communicating with patient medical providers
- Caregivers on duty 24 hours / 7 days a week
- Specialized Medication Services
- Special or mechanically altered diets as ordered by a physician
- Fully furnished rooms (Residents are welcome to bring their own furniture.)

- Housekeeping, Linen changes, laundry service
- Hospice / Bedside service
- Transfer Assistance

DAY-TO-DAY:

- Three warm meals a day
- Expanded cable hook up
- Activities, video and board games
- Exercises: Tai chi, Yoga, range of motion exercises.
- Escort to activities
- Coordination of transportation
- Specialized activities geared toward those with various levels of memory impairment
- Assistance with showering & personal care if needed
- Incontinence management

SERVICE PROVIDERS

Through staff members or partnership, we are able to provide services.

For more information, call 785-424-2785 or visit our websites.

grace@gracefulhealthcare.com

www.gracefulhome.com • www.gracefulhealthcare.com

3100 SE Illinois Ave. • Topeka



SERIOUSLY SIMPLE



Need a dessert for summer? Try wine-poached peaches

DIANE ROSSEN WORTHINGTON

It's summer, and I prefer delicious desserts that don't cause me to spend the day in the kitchen. That said, poached fruit compotes are always welcome at the end of a summer meal. And cooks and guests alike often prefer a light dessert in these hot months.

This recipe was created when my first crop of Babcock peaches turned out to be larger than I ever imagined. The Babcock peach is different from the others because of its creamy white fruit. You can also use yellow peaches, but note that Babcock peaches cook faster than other peach varieties. I've given you the blanch method to remove the peach skin, but if you have serrated peeler, you can skip that step and peel them easily. The serrated peeler blade makes it Seriously Simple.

You can have fun selecting your favorite sweet wine for this recipe. I've used other wines like riesling and gewurztraminer, which each offer their own unique flavor. You can also poach the peaches whole. Increase your cooking time slightly, and make sure to serve with a knife and fork

since the pit has not been removed. A dollop of whipped cream, vanilla ice cream or raspberry sauce is lovely spooned on top of the poached peach halves. Serve these in your largest wine glasses, and add a sprig of mint for a pretty presentation.

Wine Poached Peaches

Serves 6

6 medium Babcock or other variety of peaches, slightly firm

3 cups white zinfandel

1 cup sugar

2 cinnamon sticks

10 fresh mint leaves, plus more for garnish

Whipped cream, vanilla ice cream or raspberry sauce, optional topping

1. In a large saucepan bring water to boil. Immerse peaches in water for about 20 seconds and then remove immediately. (Or use a serrated peeler and skip this step.)

2. Peel peaches and then cut peaches in half. Remove pit in center of each peach.

3. In a large non-aluminum

Dutch oven or heat-proof casserole combine wine, sugar, cinnamon sticks and mint. Over medium heat bring syrup to a simmer, making sure that sugar is dissolved.

4. Add peach halves carefully. Cover and poach about 10 minutes or until peaches are cooked but still have slight resistance. (Timing will depend on the ripeness and size of the peaches). Turn peaches at least once to obtain even color.

5. Remove peaches from syrup, place in a glass bowl and cool. Cool syrup, remove mint leaves and then drizzle about 2 cups syrup over peaches.

6. To serve, arrange two peach

MAURA MCENVOY/TCA



A perfect dessert for the hot season.

halves in individual glass bowls. Pour over a tablespoon or so of syrup and then spoon on some whipped cream, vanilla ice cream or raspberry sauce. Garnish with fresh mint leaves.

Make ahead: This may be prepared 8 hours in advance through Step 6 and kept in the refrigerator.

- 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.

© 2026 Belvoir Media Group, LLC.

Distributed by Tribune Content Agency, LLC.

Luther Place APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff
On City Bus Route • Ample Laundry Facilities

Stop by or call today to schedule an appointment to reserve your new apartment home!



5000 & 4900 SW Huntoon • 785-273-2944

Some restrictions apply. Age 62 & older. Mobility Impaired.



Clinton Place Apartments

Affordable Senior Living



2125 Clinton Parkway
in Lawrence

Rent Subsidized
Apartments for
Qualified Seniors

Applications being accepted
841-1000 www.ldcha.org

Restaurant Guide



Voted Best BBQ in Lawrence

University Daily Kansan
Top Of The Hill 2011

2120 W. 9th St. • Lawrence • 785-842-0800

Serving Topeka Since 1969



Open 7 Days A Week
6:00 a.m.-3:00 p.m.

1034 S. Kansas Ave.
785-232-1111



Pizza, Sandwiches,
Pasta, Salads

Family Dining
Carryout

510 E Front St. • Perry • 785-597-5133

Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

Seven easy August getaways for Northeast Kansas seniors

Here are seven day trip ideas for seniors in northeast Kansas this August, with an eye toward beating the heat:

1. Atchison – Tour the Amelia Earhart Birthplace Museum, then stroll the shaded riverfront park along the Missouri River. Air-conditioned museum time balances well with a cooler morning walk.

2. Topeka – The Kansas Museum of History offers a full day of climate-controlled exploring, and Ward-Meade Historic Village and Botanical Garden is lovely in early morning before the heat sets in. The Combat Air Museum at Forbes Field is another cool, indoor option.

3. Leocompton – Constitution Hall State Historic Site and the Territorial Capital Museum make for an easy, low-walking history trip, with several nearby spots for a leisurely lunch.

4. Wamego – The Oz Museum

offers a whimsical, fully air-conditioned stop celebrating the classic film and L. Frank Baum's stories, and it's just steps from the historic Columbian Theatre, which often has matinee showings or exhibits worth checking. Downtown Wamego's shops and cafes make for an easy, unhurried afternoon.

5. Lawrence – The Spencer Museum of Art and Watson Park offer a mix of indoor culture and shaded outdoor space, plus plenty of downtown Massachusetts Street shops and cafes for a comfortable, walkable afternoon.

6. Leavenworth – The Riverfront Community Center and adjacent Haymarket Square offer shaded, walkable riverside space along the Missouri River, and the Leavenworth County Historical Society Museum provides a cool, air-conditioned stop full of local history. First City

Museum downtown is another good indoor option for a hot afternoon.

7. Olathe – The Mahaffie Stagecoach Stop and Farm, a restored 1860s stagecoach station, offers gentle grounds and seasonal wagon rides at a relaxed pace, with an air-conditioned

visitor center for breaks from the heat. Downtown Olathe's shops and cafes round out an easy afternoon.

All seven stops keep midday heat in mind by pairing outdoor time with air-conditioned stops—handy for an August itinerary in your area.



ALBUQUERQUE BALLOON FESTIVAL 100TH ANNIVERSARY ROUTE 66, OCTOBER 3-11 \$2999 per person based on dbl occ.

ATTRACTIONS

- Route 66 Memorial Park
- Jr's Small Appliance Museum
- Har-ber Village
- Cyras Avery Centennial Plaza
- First American's Museum
- National Cowboys and Western Heritage Museum
- Brick Town Water Taxi
- Oklahoma Route 66 Museum
- Blue Swallow Motel
- Tee Pee Curio
- Balloon Festival Dawn Patrol & Morning Glow
- Special Shape Balloon Launch
- Balloon Fiesta, Special Shape Glow, Sky Glow
- Loretto Chapel
- Wizard of Oz Museum
- Mid America Aircraft Museum
- Lee Richardson Zoo
- 8 Breakfasts, 6 Lunches, 2 Dinners
- Deluxe Motor Coach Transportation

GREAT ADVENTURE TOURS

PO BOX 4126, TOPEKA, KS 66604

Call or email for brochure or to sign up for our newsletter.

785-633-8761

Email: greattours@gmail.com

website: greattourstopeka.com

Don't Tell Me You've Got Nothing To Do?

Our New Online Calendar Has You Covered!

FIND LOCAL EVENTS ANYTIME, ANYWHERE.

Our searchable online calendar makes it easy to discover activities, classes, concerts, health programs, and more happening in Northeast Kansas.



VISIT OUR NEW
ONLINE CALENDAR TODAY!



Always Up-to-Date.
Always Free.

SeniorMonthly.net/calendar
Your Guide to Events in Northeast Kansas and Beyond!



KAW VALLEY
SENIOR MONTHLY
Serving Active Seniors in Northeast Kansas Since 2001

BUSINESS CARD DIRECTORY

Moving? Downsizing? Need Storage?



PROFESSIONAL
Moving & Storage

3620 Thomas Court • Lawrence, KS 66046

785-842-1115

"For every minute spent organizing, an hour is earned." – Benjamin Franklin

R E S I D E H O M E

real support, relocation, real estate

FREE CONSULTATION 785.813.1851

RESIDEHOMEPARTNERS.COM



The Medicare Whisperer™

We speak Medicare so you don't have to!



Jeb Jenkins, Licensed Agent

816-399-4871 Office

913-257-2941 Cell

jenkins.j@squiresfirst.com

4731 S Cochise Dr Ste 202

Independence, MO 64055

Resident of Basehor, Kansas

Medicare can be confusing!
Don't get discouraged, get informed!

If you...

- Turned 65 years old
- Get financial assistance
- Moved to a new area
- Are a veteran
- Need prescription drug coverage



John McGrath

(785) 418-7298 (TTY: 711)

johnm1738@outlook.com

By calling this number, you agree to speak with a licensed insurance agent about Medicare products. Neither Medicare nor Medicaid has reviewed or endorsed this information. Not affiliated with Medicare or any government agency. I do not offer every plan available in your area. Currently I represent 2 organizations which offers 21 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. This is an advertisement.

We Improve People's Lives

Home Health • Skilled Nursing

Physical, Occupational and Speech Therapy

Private Duty Care • Hospice

Int-rim
HEALTHCARE INC.

1251 SW Arrowhead Rd., Suite 103 • Topeka

785-272-1616



CRITICARE
Home Health Services, Inc.

- Home Oxygen
- Sleep Apnea Equipment & Supplies
- Wheelchairs
- Mastectomy & Compression Products

Medical Equipment with Home Comfort

1006 W. 6th St. • Lawrence

785-749-4878 • 800-527-9596

www.criticarehhs.com

Medicare Accredited



**Burritos,
Enchiladas,
Fajitas,
Quesadillas,
Salads &
Soups,
Margaritas,
and much
more!**

2227 S Princeton St • Ottawa • (785) 521-3002

ATTENTION SENIORS:



Bruce Osladil

See how much we can save you on your Medicare Supplement. Call Bruce today at (785) 242-6955.

OSLADIL INSURANCE SERVICE

411½ S. Main St. • Ottawa, KS 66067



**Natural
Medical
Care**



Dr. Farhang R. Khosh, ND

Dr. Mehdi L. Khosh, ND

Member American Association of Naturopathic Physicians

4935 Research Parkway, Lawrence, Kansas 66047

Phone: (785) 749-2255

YOUR AD COULD BE HERE!

Promote your business to thousands of local readers



Contact Kevin for advertising opportunities

✉ kevin@seniormonthly.net

☎ 785-841-9417

We're Just Your Style!



21ST & FAIRLAWN
We're Just Your Style!

**Over 50
Unique Shops,
Restaurants
and Stores.**

21st & Fairlawn
Topeka, Kansas

BUSINESS CARD DIRECTORY SPECIAL

Six months for \$85.00 (color extra) when paid in advance.

RICK STEVES' EUROPE



Bavarian charms: Carvings, castles and cute towns

RICK STEVES

Cute villages, dirndls and lederhosen, fairy-tale castles. ... Like so many travelers, my images of Germany come from Bavaria, in the foothills of the Alps. You could easily spend a week here, soaking up culture as you bike along fragrant fields, tour the sights, and hop between quaint towns.

My favorite home bases for exploring the Bavarian Alps are Füssen and Reutte, which straddle the Austrian border. They put you an easy drive from the region's most popular sights: the wood-carving capital of Oberammergau and the popular "King's Castles" with their fairy-tale turrets and romantic aura.

The romance starts with the older castle, Hohenschwangau—the hunting palace of King Ludwig II of Bavaria (a.k.a. "Mad" King Ludwig). Its mostly Neo-Gothic interior looks much like it did in 1835, with paintings inspired by Romantic themes.

Ludwig, who inherited the throne at age 18, did not want to deal with politics. He instead focused on constructing the fanciful Neuschwanstein Castle just up the hill and decorating it with images of medieval lore: brave knights, fair maidens, and scenes from Wagnerian operas. Just a few months after he moved into Neuschwanstein, Ludwig—who was already planning an even more extravagant castle—was declared mentally unfit to rule. Two days later, he was found dead in a lake. People still debate: Was it murder—as he was nearly bankrupting his kingdom with his costly castle building—or suicide? But today nobody complains about the cost of his castles. In fact, within six weeks of his funeral, tourists were already paying to visit them.

It's a quick drive or bike ride (or pleasant hike) to the King's Castles from Füssen. The town itself, dra-

CAMERON HEWITT, RICK STEVES' EUROPE



Bavaria is dotted with cute, colorful, cobble towns, towns like Füssen.

matically situated under a renovated castle on the lively Lech River, is a mix of real-world and cutesy-cobbled sights, with a colorful church (painted in a fresco technique called Lüftmalerei) and a pleasant path to Lech Falls. Füssen's one must-see sight, the Museum of Füssen, spans a thousand years of the town's history. A highlight here is the Dance of

Death, painted shortly after a plague devastated the community in 1590. It shows 20 social classes, each dancing with the Grim Reaper—tarting with the pope and the emperor.

A 20-minute drive across the border is the Austrian town of Reutte. Although its setting—surrounded by alpine peaks—is striking,

CONTINUED ON PAGE 25

ENT

LAWRENCE

OTOLARYNGOLOGY

HEAD & NECK SPECIALISTS

Hearing Loss Affects One In Three Adults

How is hearing loss affecting you?

Experience the Difference of Expert Hearing Care

Serving the Lawrence area for over 40 years

Lawrence 785-841-1107 Ottawa

Our Audiology Team

Misti M. Ranck, M.S., CCC-A Jami S. Johnson, M.S., CCC-A

Courtney Youngers, Au.D., CCC-A Katie E. Turner, Au.D., CCC-A

Kay Bassett, H.I.S.

Specialized Expertise. Advanced Hearing Aids. Personalized Care.

Cremation Center of Kansas City

Kansas City's premier direct cremation

CREMATION STARTS AT \$1,295

- Family owned & operated since 2010
- Check out our Google reviews
- 4.9 Google Rating with 135+ Reviews
- Preplan your cremation
- No hidden charges
- All inclusive package
- Urns, keepsakes & vaults available

4926 Johnson Drive
Shawnee Mission,
Kansas 66205

913-384-5566

www.CremationCenterKC.com

COMPASSIONATE CARE. TRUSTED SERVICE.

Rick Steves

CONTINUED FROM PAGE 24

the town itself is unremarkable. But I like Reutte for its fine countryside accommodations (the farther from the town center, the more rustic, authentic, and relaxing) and its proximity to one of my favorite ruined castles in all of Europe: Ehrenberg.

Ehrenberg was built to defend against the Bavarians and to bottle up the strategic Via Claudia trade route, which connected Italy and Germany. Now the castle is in ruins (though with explanatory signage), with hiking paths, a museum, and a 1,200-foot pedestrian suspension bridge that sways 300 feet above the valley floor.

The German village of Oberammergau is as commercial as it is cute—busy with tour groups and the venerable shops of the town's famous woodcarvers. It's just a 45-minute drive from the King's Castles, and near several other worthwhile sights, including Ettal Monastery (with a splendid Baroque church), Linderhof Castle (a Baroque and Rococo palace also built by Ludwig II), and the German lift to the Zugspitze (Germany's highest mountain, with a view of over 400 peaks in four countries).

Oberammergau is famous for its once-per-decade Passion Play. Back

in 1633, in the midst of the bloody Thirty Years' War and with horrifying plagues devastating entire cities, the people of Oberammergau promised God that if they were spared from extinction, they'd perform a play telling the story of Jesus' entry into Jerusalem, the Crucifixion, and the Resurrection every decade thereafter. The town survived, and the people of Oberammergau are still making good on the deal. Every 10 years, about half of the town's population (a cast of 2,000) are involved in the production of this extravagant five-hour Passion Play. Their next curtain is in 2030.

While Oberammergau is much sleepier in non-Passion Play years, its onion-domed churches and colorful houses—painted with biblical and fairy-tale scenes—give it a memorable aesthetic. Shop windows and the local museum display crafts from this wood-carving mecca. For thrills, nearby attractions include a gondola, alpine coaster, summer luge, and swimming/sauna complex.

Biking through Bavarian fields, I savor that moment when the setting sun warms up all the colors and the newly cut hay fills the air with a sweet and fertile humidity. Coasting home

into my village, it occurs to me that the Alps hold a symphony of experiences that can endlessly delight lovers of culture, history, and nature. They certainly have for me.

- 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.

© 2026 Rick Steves

Distributed By Tribune Content Agency, LLC.

VALLEY SPRINGS I SENIOR APARTMENTS



Newly Remodeled 1 & 2 Bedroom Apartments

Call 913-585-9998

PLUS \$500 DEPOSIT SPECIAL!



31605 W. 83rd Circle • De Soto, KS



Peterson Acres II

**Affordable Housing
Based on Income.**

Applications being accepted.

Senior Community at 2930 Peterson Road in Lawrence. 2 bedroom duplexes with handicap accessibility, W/D hookups, emergency maintenance and resident service program. Applicants must be 50 years of age or older. One pet allowed. 842-8358 or www.ldcha.org.



CROSSWORD SOLUTION

C	A	R	T		B	R	A	S		S	L	I	P
A	G	U	A		B	O	C	A		A	I	R	E
R	E	N	R	O	C	E	H	T	D	N	U	O	R
A	L	L	O	W			E	A	U		N	I	L
C	I	A			N	O	O	S	Y	A	D	E	M
A	N	T			S	S	N			A	S	A	D
S	E	E	N		L	I	P	S		L	P	N	S
					E	M	O	C	O	T	T	E	Y
					M	A	H	I		E	P	E	E
P	A	I	R	S						E	E	L	
E	S	R	U	O	C	E	U	D	N	I		T	B
A	C	A			H	A	H			E	A	S	E
B	A	C	K	T	O	T	H	E	F	U	T	U	R
O	R	E	O	S		A	U	R	A		M	I	T
	A	S	I	A		T	H	A	N		S	T	A

MY ANSWER



Jesus' light makes Him the Hope of the hopeless

BILLY GRAHAM

Q: My elderly father died several months ago, and I miss him so much. He was fortunate to have lived a long and healthy life up until the very end. He was an encouragement to me, and no matter what was happening, he was my rock of stability and was such a testimony for the Lord. I know I'll see him in eternity, but until then, I'm not sure where I will find my strength to go on. It is hard to imagine my friends who do not share the blessings I've had. How can I use this to help them consider their own relationships? – M.D.

A: It is a natural emotion to experience the loss of the ones we have loved and enjoyed fellowship

with during our time on Earth. But we must be on guard so that we don't lose something more important—the sight of Heaven. We can get so used to our earthly experiences and forget that Jesus said, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life" (John 8:12, NKJV).

Jesus' light makes Him the Hope of the hopeless, the Savior of the lost, and the Guide of the wandering. It is in Him that believers find joy here on Earth, but also look forward to the eternal joy of Heaven in His presence.

You see, life is just a schoolroom with a glorious opportunity to pre-

pare us for eternity. Many people are living today with barely a thought of eternity. Before we embark on our own final trip, we must prepare for where we will spend eternity, and for those who belong to Jesus Christ, we are left here for this purpose—to witness for Him and lead others to salvation. The eternal destiny of each individual depends on a decision made in this life (see Luke 16:19–31).

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

© 2026 Billy Graham Literary Trust

Distributed by Tribune Content Agency, LLC.

SUDOKU SOLUTION

5	8	2	6	4	9	3	1	7
7	4	1	8	2	3	9	5	6
6	9	3	5	1	7	8	2	4
8	6	5	3	7	1	2	4	9
1	2	9	4	5	8	6	7	3
3	7	4	2	9	6	5	8	1
4	3	8	1	6	5	7	9	2
9	1	6	7	8	2	4	3	5
2	5	7	9	3	4	1	6	8

SCRABBLE GRAMS SOLUTION									
O ₁	U ₁	T ₁	B ₃	R ₁	A ₁	G ₂	RACK 1 = 60		
P ₃	A ₁	N ₁	I ₁	C ₃	K ₅	Y ₄	RACK 2 = 86		
M ₃	A ₁	U ₁	D ₂	L ₁	I ₁	N ₁	RACK 3 = 60		
M ₃	I ₁	N ₁	I ₁	M ₃	A ₁		RACK 4 = 16		
PAR SCORE 145-155							TOTAL 222		

JUMBLE ANSWERS

Jumbles: SOAPY, MESSY, SWIVEL, GERBIL

Answers: Casino company profits were rising because of all the people going to -- "LOSS" VEGAS

© 2026 Tribune Content Agency, LLC

BOGGLE ANSWERS

TIN, LEAD, GOLD, ZINC, IRON, SILVER, COPPER, SODIUM

© 2026 Tribune Content Agency Inc.

Online scams are getting smarter.
So are we.

The Chamber
LAWRENCE • KANSAS

Take the time to contact your financial institution directly. Stay Safe. Stay Alert. Trust Your Instincts.

(785) 865-4411
lawrencechamber.com



*Offering you more choice
for excellent care in Lawrence*



1701 Research Park Drive
Lawrence, KS 66047

785-371-1106



NEUVANT HOUSE

www.neuvanthouse.com

1216 Biltmore Drive
Lawrence, KS 66049

785-856-7900

For information about any of our homes, please give us a call!



A woman with short grey hair, wearing a red bandana, glasses, a blue denim jacket over a green patterned shirt, black leggings, and black rubber boots with blue trim, is sitting on a wooden bench. 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 larger black and white goat. The background is a wooded area with bare trees and a 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.

 **LMH Health**

lmh.org/Gratitude