Bridge Haven will hold a ribbon cutting for Madel’s House, its third memory care home at its Research Park Drive location in west Lawrence, on June 13. - page 6

Sandy Narum: Offering ‘a touch of whimsy’ in Baldwin City

See story on page three
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Narum’s hobby leads to opening of Papa’s Nest {egg}

By Kevin Groenhagen

When Sandy Narum and her husband, Bill, bought a foreclosed home in Baldwin City about four years ago, she had no idea at the time that that purchase would ultimately lead to the opening of a new business.

“The cabinets were a disaster!,” Narum said. “They were either going to have to be replaced or painted. Replacing was too expensive, so I went to the ReStore in Lawrence and got some cabinet doors, bought some chalk paint, and taught myself how to paint them.”

ReStores are independently-owned reuse stores operated by local Habitat for Humanity organizations that accept donations and sell home improvement items to the public at a fraction of the retail price.

“It was so much fun and so transforming that I moved on to furniture pieces in our house and furniture in other people’s houses,” Narum continued. “Since then, I’ve learned lots of amazing ‘tricks’ of the trade that make that process even easier.”

While learning how to refurbish her own cabinets and furniture, Narum, who had spent 30 years in medical practice administration, realized she was growing tired of being retired.

“I also came to realize there are a lot of people who are just kind of discouraged in life,” she said. “I was looking for an opportunity to spread just a little bit of encouragement and kindness to other people. This shop was open, so I jumped right into it.”

In September of 2017, Narum opened Papa’s Nest {egg} at 606 High Street in downtown Baldwin City.

“People ask me what our shop name is all about,” Narum said. “My hubby works hard so I can do what I do, so I wanted that acknowledged. So that’s where ‘Papa’ came from since that’s who he is to the grandkids. ‘Nest’ really fit because it depicts what home is to me. It’s my goal for the shop to grow to the point where my husband can work with me full-time, so we’re investing in that future. It would be our nest egg. It rolls together when you understand what it all means.”

According to Narum, Papa’s Nest {egg} is known affectionately as ‘Papa’s.’ Papa’s Nest offers a wide variety of beautiful home décor and gift items, refurbished furniture, Dixie Belle Chalk Mineral Paints, and “a touch of whimsy.”

“I really try to target home décor products you’re not going to find just anywhere,” Narum said. “I get a lot of feedback from people who say they find things in here that they don’t see in other gift shops in the area. We also have amazing refurbished furniture. My husband and I lovingly redo every piece of furniture that we find. Every piece of furniture here is one of a kind. If someone comes in and they are shopping for furniture that I don’t have, I take their name and number and then we actively look for what it is they want. We have had some successful missions in that regard.”

“We also do custom work for people,” she continued. “If someone comes in and says they have a dresser at home they’d like us to paint, we’ll do it.”

Narum promotes a few other local businesses by offering their products at Papa’s. For example, Papa’s carries the CopperLeaf Gourmet Foods line of products.

“CopperLeaf is actually a Baldwin City company,” Narum said. “They make wonderful pepper jellies and jams, salsas, and barbecue sauces.”

She also carries popular Jayhawk licensed jewelry created by Paula

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Potter, who owns Backyard Critters, another Baldwin City company.

“Paula is one incredibly talented gal and I love it when she refurbishes furni-ture in her very own funky style and I get to feature it in the shop,” Narum said.

Narum offers a wide variety of classes and workshops at Papa’s. She holds at least one cabinet workshop and one Painting 101 class a month in addition to several more “crafty” types of events.

“Painting your bathroom or kitchen cabinets can be one of the most rewarding changes you make to the interior of your home, bringing so much bright-ness into a space that’s been dark for a long time,” she said. “I’ve learned so much about what to do and what to avoid when I did my own cabinets that I teach people to avoid some of the aggravation I experienced through my own trial and error. It’s actually an easy process, although time-consuming, but so worth it when you know the right way to do it and you’re working with the right products.

“I tried about five different lines of chalk-type paints before I determined that Dixie Belle Paint was the line I’d be proud to carry in my shop. They call it ‘Easy-Peasy’ and I have to agree, but it’s also top-quality and durable. I carry the full line of 64 colors and all the top coats, gel stains, brushes, waxes, etc., that go with this product line. Not only do you not have to sand or strip off the original finish using this line, you also don’t have to seal the paint because it self-seals and it self-levels, giving a more manufactured finish than a chalky finish when applied correctly.

Narum also offers a “101” class in which she teaches the basics about the Dixie Belle product line. Every partici-pant is given boards to practice on and get used to the different products and then they use her products to paint a small item like a shelf, frame, or tray that they bring with them. By the time they finish this 101 class, she says they’re prepared to refurbish a large piece of furniture.

“Right now we’re doing a lot of custom sign classes, lazy susans, decorative trays, mason jar crafts, and patriotic items for those big summer holidays,” she said. “In addition, noodle boards are really popular now. A noodle board is like a big tray. The idea of a noodle board is that you set it on your stovetop and it provides you with more countertop space when the stove is not in use. I did a workshop the other night where we custom-sized the noodle board for a camper stove, where countertop space is at a real premium. It turned out fantastic!

“So many people think they’re not creative, but what I’m finding is that with the right tools, just a little bit of imagination, and a bit of coaching, we all have creativity that’s just waiting to be tapped into. It’s so fun to watch people who come in the door for class seriously doubting their ability to do the project right, absolutely light up when it’s done and they see how well it turned out.”

A “menu” of the different class offerings can be seen on Papa’s website, papasnesteg.com.

This summer, Papa’s is going to try something different. Since summer activities make it difficult to pull off a scheduled class, the workroom will be open all the time during regular hours. People are welcome to come by, play with practice boards, and get a feel for the different products. At that time, Narum can talk about the different class or workshop options and set up a time and date that is convenient for the person or group wanting to sign-up for a specific event.

“We love to do parties at Papa’s, too,” Narum said. “We’ve had a lot of birthday events. We’ve had a few couples get together and come in to do our cabinet class. People are welcome to make events as festive as they’d like. I have a group coming in with a potluck dinner and wine to do a custom sign class one evening.”

Please recycle this copy of Kaw Valley Senior Monthly when you are through with it.
Sandy Narum

Narum enjoys participating in the numerous events that Baldwin City hosts during the year, including the Maple Leaf Festival, which is held every year in October, and Polar Express over Christmas. Papa’s will also participate in Wine & Brew, which will be on Friday, June 21, from 5-10 p.m. The event will feature products from at least 11 local wineries and breweries, food trucks, and live music. Tickets can be purchased at Eventbrite.com.

“Last year we represented a winery here as well,” Narum said. “We’ll have an open house again this year with complimentary appetizers and beverages. We’ll also likely do some type of make-and-take craft.”

Papa’s will also participate in Baldwin City’s Fourth of July celebration, which will actually be held on Saturday, July 6. The celebration will include a car show, live bands, food trucks, bounce houses, and fireworks. The Lumberyard Arts Center hosts Third Friday Artwalks every month during the summer and Papa’s is always open and serving some fun treats during those events.

When asked if there is anything that has surprised her as a business owner in Baldwin City, Narum cited her relationship with her customers.

“When I told others that I wanted to go into retail, I was warned about customers being cranky, getting a lot of complaints, and getting a lot of returns,” she said. “My husband and I were just talking about this the other day. We’ve been really, really blessed. We have had amazing customers and we have made some really good friends along the way. That part of the business has surprised us. I think there is a definite difference between a big box store and a small shop like this. If you go into a big box store, they have no idea who you are. Once a customer has been here once, I remember that they have been here. We try to develop relationships with our customers. They matter to us.

“We’re about so much more than refurbished furniture, curated gift items, home décor, and classes. We put our heart into the work we do and I believe it shows in the quality and variety of the items we sell and the superior service we provide to our customers. We want to become the ‘go-to place’ for gifts and home furnishings, and we’re working hard to build a reputation people can trust.”

For more information about Papa’s Nest {egg}, visit the shop’s website at papasnestegg.com, its Facebook page at facebook.com/PapasNestEgg, or call 785-594-1420.

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PRA Health Sciences

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By Kevin Groenhagen

When Bridge Haven celebrated a ribbon cutting back in March of 2017, it was for the opening of a second memory care home at their 1701 Research Park Drive location in west Lawrence. This year they are planning a June 13 ribbon cutting as a third home, Madel’s House, joins the other two homes at the complex.

“The inside is almost done, and there is some landscaping to do,” said Bridge Haven’s executive director, Sarah Randolph, of the progress.

The new home will be called Madel’s House after owner Robert Wilson’s daughter Becky.

“It’s a word meaning dear girl, an affectionate word for little girl in German,” Randolph explained, adding that the names of the other two homes are also German. Oma’s House means Grandmother’s House, and Opa’s House means Grandfather’s House.

Madel’s House came about because two of the older Bridge Haven homes in Lawrence needed updating and, instead of retrofitting the older houses, it was decided that it would be more expedient to start from scratch with a plan that would more easily provide features like more private bathrooms and safety lighting along the baseboards and the lower part of the bathrooms.

“The new buildings have lots of lights and high ceilings and windows,” Randolph said. “And it’s easier for staff to care for residents when the place is designed for that.

“The designer is taking it over the top,” she added, referring to amenities such as large landscapes, paintings of wild horses, and the granite floor-to-ceiling fireplace.

Adding the new home to the existing two has doubled the size of the enclosed yard as well.

“It helps with exercise because some residents are on walking and outdoor exercise programs,” Randolph said.

The outdoor area contains a gazebo and a play structure for children. Many of the residents have grandchildren and great-grandchildren, and the structure is in an enclosed area where the
children can play while the residents watch.

There is also a walking path that connects with the walking paths for the other two homes, all of which are inside a fenced area, plus a horseshoe pit and an area to play bocce ball, which could be compared to outdoor bowling.

The Bridge Haven homes offer family-style memory care in a smaller, more personalized setting than regular nursing homes, with no more than 12 residents per house. They also offer a high staff-to-resident ratio and the ability to age in place in the Home Plus tradition that acknowledges that seniors do better in homelike settings.

Each Bridge Haven home on Research Park Drive has its own staff and house manager, and they maintain a ratio of one staff member for every four residents, which is four times the state requirement. But because the houses are located near each other, the administration and nurses can respond to unforeseen resident needs more quickly.

One of Bridge Haven’s objectives is to make sure families feel welcome at any time. “They have the codes to the doors, and we have fresh dog treats available. We don’t charge for guest meals, no matter how many family members there are.”

That includes Thanksgiving, Christmas, Easter and birthdays, Randolph said, adding that during the past Easter they had around 70 to 80 guests.

One reason why welcoming family members is so important is because it is often difficult and anxiety producing for residents to leave the home, so it is easier for them to have family visit them.

Another way Bridge Haven can accommodate this need is to reduce the number of times residents must leave the home to see a doctor or go to a hospital.

“We employ a house physician, Dr. Eric Huerter, and we have Medicare ID numbers for each house,” Randolph said. “He can come in and do primary care on site so that the residents don’t have to go out.”

The LMH lab also comes two days a week, and lab work can be drawn and run down to LMH, which also reduces hospital visits. In addition, X-rays are available as needed.

“We provide as much help as our residents need, but we encourage them to be as independent as they can be. It gives them a sense of control over their lives,” Randolph said, adding that people tend to think that when individuals develop memory issues, they lose their value and can’t learn new things.

“That is patently false,” she said. “They learn new things every day.”

They also have a lot of life knowledge stored up, she added.

“We have some amazing, brilliant residents: professors, CEOs, doctors, lawyers, and quite a few individuals who were in the military, and we have several homemakers, which is the hardest job of all, with lots of children.”

“We have a fire captain and a poet who writes brilliant poetry. One professor can speak in 10 languages and reads in six of them. They have such amazing life experiences?”

The days are intended to be relaxed and enjoyed at Bridge Haven.

“We try to make the days unfold slowly, so no one feels rushed. They get up when they are ready, and we have made-to-order breakfasts,” Randolph said.

The residents also enjoy the performances of various music groups who come to play for them, as well as the music of an individual who plays Native American flute. Pet therapy is also provided via visiting therapy dogs.

But perhaps most importantly, there is plenty of laughter to go around.

“The sense of humor is one of the last things to go,” Randolph said. “We do a lot of laughing and joking here.”

More information about Bridge Haven can be found at www.mybridgehaven.com or by calling the office at 785-371-1106.
By Norm Franker  
Social Security District Manager in Lawrence, KS

Affordable medical coverage is something everyone wants, especially as people age. Luckily, our nation has safeguards for workers as they get older. Millions of people rely on Medicare, and it can be part of your health insurance plan when you retire.

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Medicare costs
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cases, once your application is submitted electronically, you’re done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if we need more information. Otherwise, you’ll receive your Medicare card in the mail.

You can sign up for Medicare at www.socialsecurity.gov/benefits/medicare.

If you don’t sign up for Medicare during your initial enrollment window that begins three months before the birthday that you reach age 65 and ends three months after that birthday, you’ll face a 10 percent increase in your Part B premiums for every year-long period you’re eligible for coverage but don’t enroll. You may not have to pay the penalty if you qualify for a special enrollment period (SEP). If you are 65 or older and covered under a group health plan, either from your own or your spouse’s current employment, you may have a special enrollment period during which you can sign up for Medicare Part B. This means that you may delay enrolling in Part B without having to wait for a general enrollment period and without paying the lifetime penalty for late enrollment. Additional rules and limits apply, so if you think a special enrollment period may apply to you, read our Medicare publication at www.socialsecurity.gov/pubs/, and visit the Centers for Medicare and Medicaid Services at Medicare.gov for more information.

Health and drug costs not covered by Medicare can have a big impact on how much you spend each year. You can also estimate Medicare costs using an online tool at https://www.medicare.gov/oopc/.

Keeping your healthcare costs down allows you to use your retirement income on other things that you can enjoy. Social Security is here to help you plan a long and happy retirement at www.socialsecurity.gov.
Legend Senior Living earns NRC Health Employee Approved Award

Legend Senior Living® has earned a 2019 Employee Approved Award from NRC Health, a healthcare intelligence firm based in Lincoln, Nebraska. The award recognizes senior care organizations across the country for engaging and inspiring their employees.

Of more than 470 companies surveyed by NRC Health, only 20 independent living, assisted living, or skilled nursing organizations earned this remarkable distinction. Winners were selected according to the results from NRC Health’s 2018 Employee Experience Survey.

“The culture at Legend Senior Living has been recognized by associates as being Best in Class,” said Chris Mahen, Chief Operation Officer. “Legend takes pride in attracting and retaining great associates who represent and believe in the company’s mission. This shows our commitment to associates continues to have a positive meaning in the impact on people.”

“In senior living, employee culture makes all the difference,” said Stephanie Kolbo, NRC Health’s Vice President of Business Development. “These organizations have developed working environments that both create and sustain employee engagement, so workers can dedicate themselves wholeheartedly to care. NRC Health commends these organizations for their dedication to their staff.”

The Employee Approved awards recognize organizations that achieve the highest overall employee satisfaction scores in the NRC Health database, the largest source of long-term care and senior living satisfaction metrics in the nation. To qualify, organizations must have a high percentage of respondents who recommend their locations as places to work. This measure is known as the Net Promoter Score, which strongly correlates with employee engagement, organizational loyalty, and job satisfaction.

This is the second time Legend Senior Living has been recognized with a national award for overall employee satisfaction. In September 2018, the company was named as a finalist for Fortune’s 2018 Best Workplaces in Aging Services.

Legend appreciates and understands the value of the work force and recognition of outstanding associates. It respects the desires of associates to learn more, be engaged with a purpose, and develop their careers. Legend has developed many programs within the organization to help associates achieve their goals, foster a positive work environment, and provide a platform to show the caring spirit for the customers it serves.

This is part of the culture mission-driven, customer-focused environment Legend has worked to create over four decades in business. Mahen said, “Associates who enjoy the company they work for are more engaged and happier when working with customers. And it shows.”

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If you are fortunate, you will retain your physical and mental capacities throughout your life and can always live independently. But there are no guarantees for any of us. If you ever require some form of long-term care, will you be prepared?

So what is the risk of needing long-term care services? According to the Department of Health & Human Services, about 40% of individuals over age 65 receive some form of paid in-home care, with an average care period lasting less than one year. However, about one-third of the population receives care in a nursing home: Of those individuals, about half stay less than one year, 30% stay between one and three years, and 20% stay longer than five years.

And, unfortunately, this care can be expensive. For example, it costs $97,500 per year, on average, for a private room in a nursing home, according to the 2017 Cost of Care Survey produced by Genworth, an insurance company. In some major metropolitan areas, the cost is much higher. Furthermore, Medicare typically pays only a small percentage of these expenses.

So, how do you protect yourself against these potentially catastrophic costs? Essentially, you have four options:

Self-insure – You can try to build enough financial assets to cover the costs of a long-term care event. However, you would need to accumulate an extremely large sum to fully protect yourself, and you’d be diverting assets that could be used to help fund your retirement.

Long-term care insurance – A traditional long-term care (LTC) insurance policy will pay for qualified long-term care costs. The younger you are when you purchase your policy, the lower your annual premiums are likely to be. Keep in mind, though, that a basic LTC policy offers no death benefit or cash value—your premiums are only paying for a nursing home stay, home health care or other type of long-term care service. (Also, even a good LTC policy will include a waiting period before the insurance kicks in and a maximum amount of coverage, such as three years.)

Hybrid/link benefit insurance – Because of some concerns about paying for insurance but never needing care with traditional long-term care insurance, this type of insurance provides a death benefit plus long-term care coverage. You can accelerate the death benefit to help pay for long-term care costs, and you can also choose to create an additional pool for these costs after the death benefit has been exhausted. But if you don’t need long-term care, you still have the life insurance death benefit. Due to the death benefit, your premiums will be higher than those of a traditional long-term care policy.

Life insurance with long-term care/chronic illness rider – By choosing a permanent life insurance policy with this rider, you can accelerate all or part of the death benefit to pay for long-term care costs. (Your death benefit will then be reduced.) This option generally provides more flexibility in paying premiums than a hybrid policy, which may require a larger dollar commitment. Similar to hybrid, you still have the life insurance benefit if you don’t need care.

Which option is best for you? There’s no one “right” answer for everyone, but a financial professional can help you choose the method that’s most appropriate for your situation. And from an economic standpoint—and possibly an emotional one, too—you may be better off by taking action sooner, rather than later.

- Derek Osborn is with Edward Jones, 4106 W. 6th St., Ste. A, Lawrence. He can be reached at 785-841-0382 or Derek.Osborn@edwardjones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Please recycle this copy of Kaw Valley Senior Monthly when you are through with it.
Was the fourth quarter of 2018 just a bad dream for investors? It sure looks like it now.

The S&P 500 closed out the first four months of the year with its best results in 32 years (1987). It has also rallied more than 20 percent from the December lows; and recently bested its previous all-time high. That’s quite a turnaround from the nastiest December since 1931 and the worst annual performance for U.S. stocks (S&P 500 was down 6.2 percent in 2018) since the 2008 financial crisis.

At the end of last year, I attempted to help guard against your worst fear-based actions by creating an investor panic prevention plan. Now, as indexes take out their previous high water marks, it’s time to activate the investor greed prevention plan.

**Step 1: Remind yourself why you are investing:** This was Step 1 of the panic plan—and it is equally useful now. Just because stocks have roared back in the first four months of the year does not mean that you should be hooting, hollering and high-fiving. In fact, now would be an ideal time to determine whether you are on track to meet your long-term goals (you have those, right?), such as retirement or college.

When projecting future returns on your investments, don’t go crazy. Instead, try to identify the lowest rate of return necessary to reach those goals.

**Step 2: Rebalance (or get into balance):** Stock market records are the perfect time to check in on (or create) your asset allocation plan. Be careful not to fall prey to your greed, which may induce you to assume more risk in your portfolio than you can truly stomach. As many learned the hard way, we may feel a bit bolder when markets are moving higher, only to regret it later when stock market indexes plummet.

One of the best ways to prevent emotional swings is to create and adhere to a diversified portfolio that spreads out your risk across different asset classes, such as stocks, bonds, cash and commodities. As one successful hedge fund manager recently told me, “In life—and in markets—there are always banana peels. You never know when you are going to step on one and fall on your face.”

And when you do slip and fall on that banana peel, you will be very happy to have built in some safety into your portfolio.

**Step 3: Replenish your emergency reserve fund:** Did an unforeseen tax bill force you to dip into your emergency reserves? If you have a non-retirement investment account or company stock, this could be a good opportunity to replenish it. Remember, you are trying to maintain six to twelve months of expenses (for those who are employed) and 12 to 24 months of expenses for those who are already retired.

While you are at it, be sure to set aside any funds that you might need within the next 12 months, including a home down payment, a new car or a tuition bill.

**Step 4: Don’t confuse market returns with your intelligence:** Rising markets can lead some to believe that they have a “magic touch,” but that may be overstating your abilities. Some of us tend to think we are the incarnation of Warren Buffett when the bull is running, but the real test is whether you can handle the pressure when the bear comes out to eat your lunch.

Knee and hip pain without clear cause may benefit from physical therapy

DEAR MAYO CLINIC: I’m 45, and my right knee and right hip hurt off and on, especially after I lift weights or perform strenuous exercise. I had an MRI done, and there is nothing structurally wrong. Would physical therapy be a good next step?

ANSWER: When pain is a problem, and imaging tests and other assessments don’t point to a clear cause, consulting with a physical therapist is a good idea. In your case, a physical therapist can review your workouts with you to ensure they are safe and effective, as well as modify your routines, as needed, to help you reach your fitness goals without pain.

Hip pain and knee pain are common concerns, especially with age. The pain can be caused by a wide variety of problems. In some cases, pain may relate to issues within the joints themselves, while, in other situations, pain may result from problems with the muscles, ligaments, tendons and other soft tissue that surround the hip and knee joints.

Sometimes, hip and knee pain can be triggered by back issues. This should be considered if an exam of your leg doesn’t reveal any concerns, and your history of pain doesn’t point to a problem within the hip or knee.

Imaging tests, including MRIs, X-rays and CT scans, often can reveal injuries, such as a sprain or strain, as well as other issues like joint damage or inflammation that could contribute to pain. But imaging alone may not always be enough to uncover what’s causing knee and hip pain.

If you haven’t done so already, talk to your health care provider about getting a comprehensive assessment of your condition to make sure there isn’t an underlying medical concern that must be addressed. A thorough history and physical exam often reveal the cause of many musculoskeletal pains. But if an evaluation doesn’t identify a specific problem, then physical therapy likely would be a good treatment option to reduce pain.

Because the intermittent pain is affecting both your hip and knee, and because it seems to be associated with your exercise routine, it’s possible that the way you’re exercising could be contributing to the problem. A physical therapist can work with you to evaluate your routines and see if you need to make changes.

For example, when done correctly, weight training can help you increase strength and muscle tone, improve bone density and lose fat. If it’s done incorrectly, though, weightlifting can lead to pain and injury. A physical therapist can check your lifting technique and guide you on proper form. The better your form, the better your results will be and the less likely you will hurt yourself.

The same is true for aerobic workouts. If you’re running, swimming or cycling using improper technique, that could trigger pain. Your physical therapist can assess your exercise technique to see if there are ways you can adjust your form to reduce the likelihood of pain and injury. It’s also important to talk with your physical therapist about how often you’re working out to ensure you aren’t exercising too much or too strenuously. More is not necessarily better when it comes to workouts, especially if you’re experiencing pain as a result. If you notice pain during exercise, ease back or stop what you are doing. People often are told to “push through pain” when exercising. That’s not good advice. While feeling fatigue or some mild discomfort during exercise is normal, pain is not. Ignoring pain can lead to serious injury.

Ask your health care provider to recommend a physical therapist who has training and experience in sports medicine. He or she can help you evaluate your fitness goals, assess your routines and create a plan to maintain the benefits of your workouts, while avoiding pain. - Daniel Montero, M.D., Orthopedic Surgery, Mayo Clinic, Jacksonville, Fla.

- Mayo Clinic Q & A is an educational resource and doesn’t replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org.

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Medicinal plants have been used throughout history for various reasons, such as being used for medicinal ailments, food, or in religious ceremonies. An example of one of these medicinal plants that has been around for centuries is turmeric. Turmeric is a very common medicinal plant used in many medicinal formulas, including tinctures, supplements, and teas. In addition, to its health benefits, its flavor has been added to many South-eastern Asia, Indian, and Middle Eastern dishes. Turmeric is a member of the ginger family and the most potent active ingredient of turmeric is curcumin. Curcumin gives turmeric its notorious “yellow color.” It is also known as “Indian saffron” or the “Golden spice” because of its brilliant yellow color.

In its historical literature, there is also mention of an ointment with turmeric in it that counters the effects of food poisoning.

Currently, turmeric is widely cultivated throughout the world. India produces nearly all of the world’s turmeric and, in addition, consumes most all of it. The name turmeric comes from the Latin word *terra merita* (“meritorious earth”), referring to the color of ground turmeric.

Before turmeric can be used, its rhizomes must be processed. Rhizomes are boiled or steamed to remove the raw odor and produce a colored product. The rhizomes are removed from the water and dried.

The powder maintains its coloring properties indefinitely, although the flavor may diminish over time. Protecting the turmeric powder from sunlight retards the rate of deterioration of its flavor.

The curcumin or curcuminoids in turmeric have many health benefits and is a powerful antioxidant. Antioxidants play an important role in extinguishing free radicals in the body. Free radicals in the body can damage your body’s cells and other organs and speed up the aging process in your body.

Ancient Chinese and Ayurveda medicinal systems highly regard turmeric as a medicinal plant to promote health and wellness. Turmeric is also considered an adaptogen that supports the body’s ability to adapt to stress both physical and mental. Turmeric can promote healthy skin, decrease inflammation in the body, improve the functioning of the immune system, support joint health, liver function, prostate health, breast health, maintain healthy cholesterol and blood sugar levels, and aid the digestive and circulatory systems.

Even though turmeric has been around since ancient times and has been used medicinally for many ailments in the body, remember to always check with your health care practitioner first before taking turmeric or any new supplement.

- Dr. Deena Beneda, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. She can be reached at 785-749-2255.
The Golden Years — those years after retirement when a person is supposed to be enjoying life — aren’t always so golden. In fact, they can be pretty dark.

But they don’t have to stay that way. Megan Poindexter, executive director of the Senior Resource Center for Douglas County, said for many of the elderly population, they can feel forgotten or ignored.

“They may be widowed or isolated,” Poindexter said. “So often we hang out with the people we work with. But when you retire, who do you hang out with? Loneliness is a major issue for seniors.”

For the 10,000 Baby Boomers, those born between 1946 and 1964, who are turning 65 every single day, according to the AARP, aging can mean something very different.

“People age differently,” Poindexter said. “We see people who are 50 who are very frail, and we see people who are 90 who are running marathons. Some seniors work later in life, some out of financial necessity, and others to stay busy. For some who can’t leave their house, the Internet can help them stay connected and not feel so alone, but for some seniors they may not have the technical skills to navigate the Internet.”

Whether homebound or leading an active lifestyle, seniors can face some of the same issues, such as loss of a partner, or health concerns, or the financial drain of medical expenses, or they have children who live far away.

Before becoming executive director of the Senior Resource Center in January, Poindexter was executive director of Trinity In-Home Care, which provides non-medical, in-home services with many clients who are low-income, which increases their vulnerability. She served in that capacity for six years and regularly encountered people who were lonely.

“At Trinity, I really got to see the most vulnerable and the most challenging situations of individuals who didn’t really have anyone else in their life and how those issues impacted their physical and their mental health,” Poindexter said. “As a society, we can’t forget about these people. It’s our responsibility to connect with these individuals and help them.”

Poindexter said the aging population can’t be painted with one, broad stroke.

“Sometimes people think they are supposed to stay in their house until they die, but they are lonely or unable to get out on their own. Then there are some folks who, when they move into a facility are a lot happier, because there’s the social aspect. They share meals with people, they find community,” Poindexter said. “There’s a misnomer that everyone who moves into a facility deteriorates. That is sometimes the case, but I don’t think it’s the same for everyone. The most important thing our society can do right now is allow all of the options to exist.”

Elizabeth Hernandez, a therapist in Adult Services at the Bert Nash Community Mental Health Center, said loneliness is one of the major issues people deal with as they get older, due to loss of a partner or isolation or health issues.”

Hernandez said Bert Nash offers individual therapy for seniors as well.

Is the cost of advertising in the daily newspapers getting to be burdensome?

Call Kevin at 785-841-9417 to find out how your advertising can reach seniors in Lawrence and Topeka for rates that are not out of this world.
## Senior Calendar

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

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417 or email kevin@seniormonthly.net. You may also add events on the Kaw Valley Senior Monthly Facebook page.

### Arts & Crafts

**Tuesdays**

**The Blanket Project**

Calling all knitters, crocheters, and quilters who want to gather for a good cause—You are invited to participate with the residents at Arbor Court Retirement Community to create needed blankets for the Pregnancy Center of Lawrence. This is also an opportunity to teach and learn. If you want to learn a new art form, we are here to assist you as well. Arbor Court Retirement Community at Alvamar, 1510 St. Andrews Dr., 2 p.m.

LAWRENCE, 785-841-6845

#### First Friday of the Month

**First Friday Artwalk**

The artwalk takes place all across Topeka from 5:30-8:30 p.m. each first Friday of the month—and of course, some businesses open a little earlier or keep their doors open later, but please check individual Facebook pages for information about hours. Find the latest listing of gallery features on our home page—or pick up a printed copy of the artwalk map at any participating business. You can sign up for our monthly Artwalk eNewsletter to get the updates in your email.

TOPEKA, artsconnecttopeka.org

#### Last Friday of the Month

**Final Fridays**

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

LAWRENCE, 785-842-3883

finalfridayslawrence.wordpress.com

### Bingo

**Sundays & Tuesdays**

**American Legion Post No. 1**

Sunday Bingo is 1:45 p.m., Tuesday Bingo is 6:30 p.m. Snack bar available (optional but appreciated). 3800 S.E. Michigan Ave.

TOPEKA, 785-267-1923

**Mondays**

**Eagles #2700**

215 15th St. Game play: 7 p.m.

OTTAWA, 785-242-6142

#### Third Wednesday of the Month

**Look Good, Feel Better**

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the third Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.

LAWRENCE, 785-505-2807

#### Jun 3

**Medicare Mondays**

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

#### Jun 4

**Computer & Gadget Help**

Let’s focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-4 p.m.

TOPEKA, 785-580-4400

#### Jun 5 & 10

**Basic Mindfulness Meditation**

Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies that it can lead to lower stress, better health and greater overall happiness. This class will teach the basic elements of mindfulness practice. Instructor: Dr. Jeff Nichols. Class Code: 327271. Fee. Carnegie Building, 4:30-6 p.m. Sponsored by Lawrence Parks and Recreation Department.

LAWRENCE, 785-832-7909

lAWrenceks.org/iplrd

#### Jun 6

**Fencing: Modern Olympic Sport**

Fencing is one of only four sports to be included in every modern Olympic Games since the first in 1896. This fencing class is for both beginners as well as more experienced fencers. Get your introduction to the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Instructor: John Dillard, fencing instructor for six decades. Class Code: 327450. Fee. Sponsored by Lawrence Parks and Recreation Department.

LAWRENCE, 785-832-7909

lAWrenceks.org/iplrd

#### Jun 8

**Computerized Genealogy**

Now that you have your family tree, move to the next level. This class will focus on using online resources to find your ancestors where they may be hidden. Register at tscpl.org/register. Topeka Room, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-1 p.m.

TOPEKA, 785-580-4400

#### Jun 10

**How to Sign Up for Medicare Part D**

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. This event requires registration. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 9:30-11 a.m. This event requires registration.

TOPEKA, 785-580-4400

#### Jun 13

**Retirement & Medicare**

Learn about Medicare from Senior Health Insurance Counseling for Kansas. They will answer questions, give unbiased counsel and help you determine how Medicare will best work for you. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 6:30-8:30 p.m.

TOPEKA, 785-580-4400

#### Jun 13 & 14

**AARP Driver Safety**

Lawrence Public Library, 707 Vermont St., 10 a.m.-3 p.m., both days. Fee. Russ Hutchins, Instructor.

LAWRENCE, 785-312-4627

#### Jun 18

**Get Published**

Learn what it takes to get your book published. Panelists will address the benefits and challenges of different paths to publication. The
JUNE 6-9
OLD SHAWNEE DAYS
A grand annual carnival, Old Shawnee Days is the place to be in the first weekend in June. Johnson Drive. Hours vary each day.
SHAWNEE, 913-631-2500
visitshawneeks.com/event/old-shawnee-days-2019

JUN 15
LAWRENCE HOW-TO FESTIVAL
The Lawrence How-To Festival is a free fair where community members showcase their diverse hobbies, skills, and passions through demonstrations and information offerings. Celebrate our community’s know-how, soak up all the library’s D.I.Y. Lawrence Public Library, 707 Vermont St., 11 a.m.-1 p.m.
LAWRENCE

FARMERS’ MARKETS
MONDAYS
FARMERS MARKET
Shop high-quality, locally-grown produce, farm fresh eggs, baked goods, fresh cut flowers and bedding plants. Look for more variety as the season progresses. Free fun craft for kids at each market. Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., parking lot, 7:30-11:30 a.m.
TOPEKA, 785-580-4400

TUESDAYS, JULY 5 – OCT 29
LAWRENCE FARMERS’ MARKET
The oldest producer-only farmers’ market in Kansas. Parking Garage by Lawrence Public Library, 725 Vermont St., 4-6 p.m.
LAWRENCE, 785-505-0117
lawrencefarmersmarket.org

SATURDAYS, APR 13 – NOV 23
LAWRENCE FARMERS’ MARKET
The oldest producer-only farmers’ market in Kansas. 824 New Hampshire St., 7:30-11:30 a.m.
LAWRENCE, 785-505-0117
lawrencefarmersmarket.org

FOURTH OF JULY
JUL 4
SPIRIT OF KANSAS BLUES FESTIVAL
The Topeka Blues Society is proud to annually present the Spirit of Kansas Blues Festival, scheduled every 4th of July at Reynolds Lodge, Lake Shawnee. Music starts at noon, and continues until dark. A spectacular nightworks show then lights up the sky, reflecting over the lake. Attendees may bring shade tents (there will be a designated area), coolers/food, blankets and chairs. The Topeka Blues Society has added a food tent in the festival area. All proceeds benefit the Topeka Blues Society and this festival. Starts at 12 p.m. Free.
TOPEKA

HEALTH & FITNESS
ONGOING
BONE DENSITY SCREENING
Are you at risk for osteoporosis? This quick, easy heel screening can indicate if further testing for this potentially debilitating disease is needed. Education provided. Appointment required. $15/person. Please call LMH Community Education (Aynsley Anderson) at (785) 505-3066 or Connect Care (785) 505-5800 to arrange an appointment.
LAWRENCE

ONGOING
PERSONAL TRAINING
Need help reaching your fitness goals? Lawrence Parks and Recreation has certified personal trainers to help you make your workout safe, productive and successful. Training and registration are available at all recreation centers. For more information, contact Gayle Sigurdson.
LAWRENCE, 785-832-7920

ONGOING
HEALTHY STEPS MALL WALKING
Walk in a safe, climate-controlled setting at West Ridge Mall, Topeka, 1801 S.W. Wandmaker. Mall walking hours are Monday-Saturday 7 a.m. to 9 p.m. and Sundays 11 a.m. to 6 p.m. Log your visits at the kiosk in the north-west corner of the lower level to be eligible for prizes from sponsors West Ridge Mall and Stormont Vail Health. Free.
TOPEKA

ONGOING
FREE MEMORY SCRENNING CLINIC
Schedule a free, confidential memory screening at the Cotton O’Neil Clinical Research Center. The screening takes about 20 minutes. You will receive a copy of your results and they can be made available to your physician. By appointment Monday-Friday, 9 a.m.-3 p.m.
TOPEKA, 785-368-0744

ONGOING
WELLNESS COACHING
Are you trying to make lasting lifestyle changes related to healthier eating, weight loss exercise, smoking cessation or improving your blood pressure, cholesterol or glucose numbers? Consider meeting with a certified wellness coach. LMH offers this service for a fee. To learn more, contact Aynsley Anderson Sosinski, RN at (785) 505-3066 or aynsley.anderson@lmh.org.
LAWRENCE

ONGOING
FIT FOR LIFE
Exercise in a safe, supervised and non-threatening environment. Physician’s medical clearance required. 12 sessions. Fee. LMH Therapy Services.
LAWRENCE, 785-505-2712

ONGOING
ZUMBA GOLD
Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from
THURSDAYS WELLNESS CLINIC
Blood pressure checks, weights. Lexington Park, 1011 SW Cottonwood Ct., 12:30 p.m.
TOPEKA, 785-273-4545

FRIDAYS BLOOD PRESSURE CHECKS
Arbor Court, 1510 St. Andrews, 8:30 a.m. Open to the public.
LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
Drop in 9:30-9:30 a.m. at the Southwest YMCA, 3635 S.W. Chelsea Drive. Free. No appointment necessary.
TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
Drop in 8:30-9:30 a.m. at the Oakland Community Center, 801 N.E. Poplar. Free. No appointment necessary.
TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
Drop in 9 to 10 a.m. at the Rose Hill Place clubhouse, S.W. 37th and Gage Boulevard. Free. No appointment necessary.
TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
Drop in 9-10:30 a.m. at the Kuehne Branch (North) YMCA, 1936 N.W. Tyler St. Free. No appointment necessary.
TOPEKA, 785-354-6787

MAY 1-JUN 5
CHOLESTEROL AND GLUCOSE SCREENING

Fingerstick cholesterol and glucose screening. Fasting is required. No advance registration or appointments needed or taken. Just drop in. There may be a short wait depending on how many others are in front of you. $20. Exact cash requested please, or check made payable to LMH Health. We are sorry but we cannot accept credit cards for community screening events. Wednesdays, Outside LMH Gift Shop, 8-9:30 a.m.
LAWRENCE, 785-505-3066, lmh.org

JUN 4-JUL 11
LIFELONG TRX
A basic full body exercise program for all ages and abilities. This complete workout includes flexibility, stability, balance and core strength. This suspension training system lets you work at your own level and pace in a non-impact environment. You’ll leave this class feeling strong. Instructor: Melanie Johnson. Class Code: 327298. Fee. Sponsored by Lawrence Parks and Recreation Department. Community Building, 11:30 a.m.-12:20 p.m.
LAWRENCE, 785-832-7909 lawrenceks.org/lprd
TUESDAYS
BREW HA HA!
A coffee group for anyone desiring some fun and coffee at the The Midland Care Center for Hope and Healing. The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.
TOPEKA, 785-430-2194

TUESDAYS
GENERAL GRIEF SUPPORT GROUP
The Midland Care Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m.
TOPEKA, 785-430-2194

TUESDAYS
INTERGENERATIONAL CHOIR
Sing with KU students. Led by music therapy students from KU. The Intergenerational Choir will rehearse and perform once or twice a semester. Contact Deanna Hanson Abromeit at dhansonabromeit@ku.edu. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m.
LAWRENCE, 785-830-8130

FIRST TUESDAY OF THE MONTH
LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES
Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens’ services, funeral home care, library and educational services. Meets at 5 p.m. in Conference E of LMH.
LAWRENCE, 785-830-8130

FIRST TUESDAY OF THE MONTH
MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE
Meets at St. Francis Health Center’s Cancer Center, 1700 S.W. 7th St., 7 p.m.
TOPEKA, 785-230-4422

FIRST THURSDAY OF THE MONTH
POISON FKER SUPPORT GROUP
Meet other stroke survivors, their families, and hear guest speakers discuss topics related to recovery. Please contact Randy Williams or Lisa Rundell for more information. Kansas Rehabilitation Hospital, 1504 SW 8th Ave.
TOPEKA, 785-235-6600

SATURDAYS
LAWRENCE BRIDGE CLUB
Bring a partner and join us for an evening of bridge, snacks and prizes. Annual membership fee. First two visits are free. Kaw Valley Bridge Center, 1025 N. 3rd Street, 6:30 p.m.
LAWRENCE, 785-760-4195

SECOND MONDAY, SEP-MAY
LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN’S CLUBS
Volunteer service club.
LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP
Being a caregiver can be incredibly stressful, but you don’t have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.
TOPEKA, 785-580-4662

SECOND MONDAY OF THE MONTH
LMH HEART BEATS
A Cardiac Support Group facilitated by Lawrence Memorial Hospital Cardiac Rehab. Typically meets on the second Monday of the month in Room A on the lower level of LMH from 4:30–5:30 p.m. For more information, call 785-505-2850.
LAWRENCE, 785-505-2850

SECOND TUESDAY OF THE MONTH
LAWRENCE ACTION CIVITAN CLUB
Civitans have been helping people since the organization’s founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other Civitan project updates, please visit the Lawrence ACTION Civitan Club’s Facebook page at www.facebook.com/lawrenceactioncivitan or call Jason.
LAWRENCE, 785-691-8520

SECOND WEDNESDAY OF THE MONTH
DIABETES EDUCATION GROUP
The Diabetes Education Center provides a free monthly program for those with diabetes and their support persons, at 6 p.m. Lawrence Memorial Hospital, Meeting Room A. LAWRENCE, 785-505-3062

SECOND THURSDAY OF THE MONTH
MEADE FLOWER AND GARDEN CLUB
The Meade Flower and Garden Club is made up of amateur gardeners who get together with others who are interested in gardening and exchange information. Meets in the Ward Meade House, 124 N.W. Fillmore Street (Old Prairie Town), in the Preston Hale Room at 6:30 p.m.
TOPEKA, 785-817-4835

SECOND THURSDAY OF THE MONTH
DEMENTIA SUPPORT GROUP
Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 2920 Haskell Ave., 11 a.m.-noon. Call for questions or to RSVP. LAWRENCE, 785-218-4083

SECOND THURSDAY OF THE MONTH
NAACP MEETING-LAWRENCE CHAPTER
Meets at the United Way building, 2518 Ridge Ct., Room A, at 6:30 p.m.
LAWRENCE, 785-841-0030, 785-799-4692

SECOND SATURDAY OF THE MONTH
HAPPY TIME SQUARES SQUARE DANCE CLUB
Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alexander.
LAWRENCE, 785-843-2594
happytimesquares.com

THIRD TUESDAY OF THE MONTH
LAWRENCE PARKISON’S SUPPORT GROUP
First Presbyterian Church, 2415 Clinton Parkway, 2 p.m.
LAWRENCE

THIRD TUESDAY OF THE MONTH
GRANDPARENT AND CAREGIVER SUPPORT GROUP
Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.
TOPEKA, 785-286-2329 or 785-231-0763

THIRD TUESDAY OF THE MONTH
STROKE SUPPORT GROUP
For those recovering from a stroke, and/or their family and friends. Meets at 4-5:30 p.m. For more information call LMH Kreider Rehab Center.
LAWRENCE, 785-505-2712

THIRD WEDNESDAY OF THE MONTH
BETTER BREATHERS CLUB
BBC Support group is to improve the quality of life and functional status for members. It will provide disease specific education and
emotional connection. Angels Care Home
Health Lower Conference Room, 5375 SW 7th St.,
11:30 a.m.
TOPEKA, 785-273-3560

THIRD WEDNESDAY OF THE MONTH
CANCER SUPPORT GROUP
Join representatives from Lawrence Memorial
Hospital Oncology Center and the American
Cancer Society for a general cancer support
group. Open to anyone with any cancer diagno-
ses and/or family members or others affected by
their cancer. For more information, contact Liv
Frost at 785-505-2807 or email to liv.frost@
lmh.org.

THIRD WEDNESDAY OF THE MONTH
NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES
The Lawrence chapter of the National Active
and Retired Federal Employees (NARFE)
meets the third Wednesday of the month at Con-
roy’s Pub, located at 3115 W. 6th in Lawrence.
A program begins at noon, followed by lunch
and a short business meeting. First time lunch
is free. NARFE’s mission is to defend and
enhance benefits career federal employees earn.
Employees from all branches of government
are welcome and encouraged to attend. For
more information, please call Betty Scribner,
membership chairman.

THIRD THURSDAY OF THE MONTH
LUNCH AFTER LOSS
A social support group to re-engage life after
the death of a loved one. Meets at 11 a.m. at
Paisano’s Ristorante, Fleming Place, SW 10th
& Gage. Dutch treat. Requires a reservation.
Call Terry Frizzell at Heartland Hospice of
Topeka for your reservation.

THIRD FRIDAY OF THE MONTH
CAREGIVER SUPPORT GROUP
Jayhawk Area Agency on Aging, 2910 SW
Topeka Blvd., 12-1 p.m.

THIRD SATURDAY OF THE MONTH
JAYHAWK MODEL MASTERS
The purpose of Jayhawk Model Masters is to
promote the building and safe operation of
radio controlled (RC) model aircraft. In addi-
tion, we strive to fulfill our civic responsibility
to the community, and support worthwhile
projects. Our club meetings are open to the
public and are held on the third Saturday of each
month. Breakfast starts at 8 a.m. and the meet-
ing at 9 a.m. We meet in the Smith Center at
Brandon Woods, 4730 Brandon Woods Terrace.
Fee for breakfast.

LAST WEDNESDAY OF THE MONTH
WARM UP WEDNESDAYS GROUP
The Midland Care Center for Hope and Healing,
1112 SW 6th St., 3-4 p.m.

MISCELLANEOUS

MONDAYS
SCRABBLE CLUB - OPEN PLAY
Anyone interested is welcome—beginner or
long timer—just walk in or give a call. Clinton
Place, 2125 Clinton Pkwy., 1-4 p.m. For more
information call or text 785-505-0893.

THURSDAYS
SCRABBLE CLUB - OPEN PLAY
Anyone interested is welcome—beginner or
long timer—just walk in or give a call. J&S
Coffee, 4821 W. 6th St., 3-6:30 p.m. For more
information call or text 785-505-0893.

JUN 8
HEARTLAND MILITARY DAY
Heartland Military Day is a commemoration
of the service and sacrifice of Kansas service
members. Please join us for an early morning
pancake feed, military equipment displays, a
panel discussion, band performances and World
War Two reenactments in the morning and the
afternoon. Museum of the Kansas National
Guard, 125 SE Airport Drive. Free.

JUN 17
SENIOR LIFE WII BOWLING
If you are 55 or better and looking to get out
and socialize, Wii Bowling is a great opportu-
nity. Have fun with us whether you’re a bowler
or not. No experience necessary! Topeka &
Shawnee County Public Library, Marvin Audito-
torium 101C, 1-2 p.m.

JUN 20
THIRD ANNUAL KPR ICE CREAM
SOCIAL
Kansas Public Radio will be serving up Hy-Vee
ice cream and Alchemy iced coffee (while
supplies last) to give a big “Thank You!” to
their listeners! This free family-friendly event
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Loneliness

CONTINUED FROM PAGE EIGHT

as family or couples therapy.

“We also recently started a healing through loss group,” Hernandez said. This group specifically focuses on helping people process their losses, all kinds of losses. We work on different kinds of coping skills. We work on helping people connect with their community, because as people get older than can tend to isolate.”

Janet Riley lost her husband after only five years of being married. That was nearly 32 years ago.

“I’ve been single longer than I was married,” said the 72-year-old Riley.

Her husband, Gerhard Zuther, was a professor in the English Department at the University of Kansas for 29 years and served as chairman for several years. He had a rare form of cancer called multiple myeloma. He was only 57 when he died.

“He was the love of my life,” she said.

The death of her husband left a huge void. There were many lonely days and nights.

“It was hard,” Riley said. “There were days I cried all the way home from work.”

She has two step-daughters from her marriage.

“I call them my daughters, because I promised him I would look after them,” said Riley, who also has a 14-year-old grandson with whom she enjoys spending time.

Riley worked at KU for nearly 43 years. She worked first in the Housing Department, then in Academic Affairs, and finally in the Budget Office.

The demands of her job actually helped her get through the loss of her husband.

“They were days I cried all the way home from work.”

Riley never considered himself to be a social extrovert; his wife was the outgoing one.

But after his wife died, he found himself getting out of his comfort zone. It was either that or stay home alone.

“People were saying ‘You must be doing something wrong if you’re not doing something fun. I’m not one of those people who feels isolated,’” she said. “I’ve always been a very active and social person. Being social is really important to me. And having friends through so many different avenues, whether it’s through church or serving on different volunteer boards. Those are places to meet people and learn more about the community.”

Riley hasn’t had any desire to get remarried and hasn’t had any serious relationship since her husband died. She does have a male friend she does things with on occasion, like going to the theatre or attending community events.

“Life has been greatly different since my wife died,” Riley said. “I’ve gotten closer to my children, and they have gotten closer to me. I’ve had to become more outgoing and get out in the community more. I’ve even started doing some cooking. I’m a chemist, I’ll experiment with things in the kitchen.”

Givens joined the KU Chemistry Department in 1967, when he and his late wife, Sue, and their infant daughter, Barb, moved to Lawrence. He served as chairman of the department from 1988 to 1995.

After eight years in the Office of the Provost, Givens returned to a research position within the chemistry department in 2002. The same year he and Sue moved into the house where he presently lives.

When Sue died in 2015 — one year shy of the couple’s 50th wedding anniversary — Givens was left alone in the house he had shared with his wife.

“The hardest part was coming home in the evening and the house was empty,” Givens said. “Preparing supper by myself and going to bed alone, that wasn’t fun.”

Givens’ four daughters gave him a lot of support, as did neighbors, his KU chemistry colleagues and his church friends. His oldest daughter, Barb Heeb, lives in Lawrence.

Givens forced himself to become more active. He’s involved in a weekly “old man’s” book club. He’s a member of the Douglas County Democratic Committee and a precinct chair.

“Life has been greatly different since my wife died,” Givens said. “I’ve gotten closer to my children, and they have gotten closer to me. I’ve had to become more outgoing and get out in the community more. I’ve even started doing some cooking. I’m a chemist, I’ll experiment with things in the kitchen.”

Givens could always find refuge in his work.

“I still go into the office every day; I’m still publishing, I’m still teaching,” said Givens, who is 79.

During the course of focusing on staying busy and being more active socially, Givens met someone. They began dating. And on Christmas morning 2018, in front of his family, Givens got engaged. He is getting married on Memorial Day.

“She lost her husband to COPD like 19 years ago,” Givens said of his fiancée, who is 72. “We’ll be starting a new life together. I’m looking forward to not being alone in the house.”

- Jeff Burkhead is communications director at Bert Nash Community Mental Health Center.
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Larry Day’s Day Dreaming features humorous short stories, which have disparate plots, topics and characters. This book is divided into the following theme sections: Media Marvels, Weird Rich Folks, Clueless, Alien Encounters, Marital Blitz, Hilarious Higher Ed, Home Town Folks, Fairy Tales Redux, Luv a Guvmint. Available at Amazon.com.
Historic hits in Italy’s most mod city

By Rick Steves
Tribune Content Agency

While many tourists come to Italy only for the past, those who make time for Milan find that this powerful, no-nonsense city is a delightful mix of yesterday and today. Anchored by its historic cathedral, Milan is a modern, time-is-money metropolis of refined tastes. The window displays on its shopping streets are gorgeous, the well-dressed Milanesi are ultra-chic, and even the cheese comes gift-wrapped.

But beyond the bling, Milan has historic highlights as powerful as other Italian cities. A visit to its statue-studded cathedral (the Duomo), with its rooftop overlooking the city, is a one-of-a-kind experience. Nearby is the Galleria, an elegant shopping arcade built in the 1800s but just as lively today. La Scala Opera House is ground zero for the world of opera. And Milan claims one of the Renaissance’s top masterpieces, Leonardo da Vinci’s The Last Supper.

I like to start a visit in the center of Milan, dominated by the Duomo. It’s the third-largest church in Europe, after St. Peter’s in Rome and the Cathedral of Sevilla in Spain. To build it, the Milanesi used the most expensive stone they could find—pink marble.

The facade is a commotion of Gothic features—pointed-arch windows, statues, little pinnacles, and reliefs. Scholars count a thousand individual carvings—big and small—on the church exterior and another two thousand sculptural elements inside. Once you step through the entrance, you’re struck by the immensity of the place. The soaring ceiling is supported by sequoia-size pillars.

After touring the interior, you can climb the stairs—or take an elevator—to the marble-paved roof, 20 stories up, for the most memorable part of a Duomo visit. Up here, wandering through a fancy forest of spires, you’ll notice that the saint statues up close suddenly become more lifelike. Beyond the statues lies a stunning view: On a clear day you can see all the way to the Alps. A 15-foot-tall gilded statue of Virgin Mary on the tallest spire overlooks it all.

Back on the ground, one side of the cathedral is dominated by a grand arch—the entrance to the Galleria Vittorio Emanuele II—built as one of the first shopping malls in the world. Then as now, it was home to shops and cafés and lots of strolling locals. Today, you can linger among luxury stores such as Gucci, Louis Vuitton, and Prada.

Made of pink marble and decorated with Gothic spires, Milan’s cathedral is one of the largest in Europe.

Though it looks like it’s built of stone, the Galleria is actually a skeleton of iron beams, faced with stone, and topped with glass. When it was built, it was the marvel of its day and proclaimed Milan as the most cultured city of a newly united Italian nation. Later, the Galleria was the first building in Milan to have electric lighting.

If you cut through the Galleria from the cathedral square, you’ll pop out at Piazza della Scala, home of the La Scala Opera House and Museum. Teatro alla Scala first opened its doors in 1778 and quickly established itself as one of the premier opera theaters in Europe. The stage is enormous, the acoustics are wonderful, and the talent has always been top-notch. Many of the greatest operas got their first performance here—Madame Butterfly, Nabucco, Turandot. Almost all of the great opera singers—from Caruso to Callas and Pavarotti—have sung here. But unless you have tickets to a performance, you’ll be limited to the adjacent museum. The main reason to visit the museum is the opportunity (on most days) to peek into the actual theater.

Milan’s most famous sight, The Last Supper, is away from the city center. Decorating the former dining hall of the Church of Santa Maria delle Grazie, this remarkable, exactly crafted fresco by Leonardo is a masterwork of natural-looking lighting and expressive faces. Reservations are mandatory and should be booked three months in advance.

This famous fresco survives—just barely—on a church wall. Christ and...
his 12 apostles are eating their last meal before Jesus is arrested and executed. Leonardo captured the moment of psychological drama when Jesus says that one of the disciples will betray him. The apostles huddle in stressed-out groups of three, wondering, “Lord, is it I?”

Leonardo spent three years on The Last Supper. It’s said that he went whole days without painting a stroke, just staring at the work. Then he’d grab a brush, rush up, flick on a dab of paint ... and go back to staring.

Milan may be overshadowed by Venice and Florence, but no Italian trip is complete without visiting this city. This vibrant and vital melting pot of people, industry, and history is one of the treasures of the wonder that is Italy.

IF YOU VISIT...

SLEEPING: Hotel Spadari, two blocks from the Duomo area, offers 40 rooms with billowing drapes, grand paintings, and designer doors (splurge, www.spadarihotel.com). Antica Locanda Leonardo is just down the street from The Last Supper and has a romantic, Old World vibe (moderate, www.anticalocandaleonardo.com).

EATING: Near the Duomo, Ronchi 78 is a Milan institution for traditional Milanese cuisine (Via San Maurilio 7, www.ronchi78.it). Pizzeria Tradizionale is an affordable favorite of locals in Milan’s canal district (Ripa di Porta Ticinese 7, www.pizzeriatradizionale.com).

GETTING AROUND: Milan’s public transit system (www.atm.it) includes a clean and easy Metro; buses and trams fill in the gaps.

TOURIST INFORMATION: www.turismo.milano.it.

- Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

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A cooking lesson from my mom

If there’s one important cooking lesson I learned from my mother, it’s that you can always do little things to make a recipe you like into something even better. Thinking back to afternoons spent watching her at work in our home kitchen, I can see her always tasting and adjusting seasonings, often quickly improvising based on a seasonal ingredient or simply some sudden inspiration she had.

The results, needless to say, were always delicious. It’s her early influence, and the delicious food both she and my grandmother made, that played a big role in my career path to becoming a chef.

So, I’m happy to share a new version of a recipe I often ate as a child in my mother’s kitchen; one that often evolved based on available ingredients and my mother’s whim. The recipe is for a traditional Austrian dish called Kaiserschmarren (literally, the Emperor’s shreds or mess).

The name describes the fact that, fancy though it looks when it comes out of the oven, this fluffy hybrid of a soufflé and a pancake is traditionally torn into rough pieces for serving. I’m sure that my mother loved to serve it to us children not only because it was delicious but also because of its versatility. She could make for dessert or as an economical one-dish supper.

In that versatile spirit, I would like to suggest that you prepare Kaiserschmarren as a breakfast or brunch main dish, a light supper or a special dessert.

Mother always served Kaiserschmarren with some sort of fresh fruit compote: apples in autumn or winter, for example, or plump berries in springtime or summer. That’s one great example of the way she often improvised.

Following my mother’s example, I’ve gone on evolving the Kaiserschmarren recipe she handed down to me. Over the years, I’ve added more eggs to make it even less like a pancake and more like a soufflé. The recipe here even differs from a version I shared eight years ago, now containing a slightly higher proportion of egg whites to yolks for even fluffier results (plus a touch of cream of tartar to help stabilize those beaten whites), and a touch of vanilla for more flavor.

To make this version extra special, I’ve also decided to feature fresh cherries in the compote instead of the strawberries I often use. Right now, you should be able to find cherries in many farmers’ markets and food stores; if not, you could always switch back to berries.

I hope you’ll add this to your own recipe book. My mom would have been pleased to know it!

**KAIERSCHMARREN WITH FRESH CHERRY COMPOTE**

*Serves 6 to 8*

For the Kaiserschmarren:

1/2 cup (125 mL) seedless raisins
6 tablespoons dark rum
2 cups (500 mL) crème fraîche
1 1/2 cups (375 mL) granulated sugar, divided, plus extra for coating
6 large eggs, separated
1 teaspoon vanilla extract
4 tablespoons all-purpose flour
1/4 teaspoon cream of tartar
Pinch kosher salt
4 tablespoons unsalted butter, at room temperature, for coating
For the cherry compote:

4 cups (1 L) pitted fresh cherries
1/4 cup (60 mL) freshly squeezed orange juice
1 tablespoon finely grated orange zest
1/4 cup (60 mL) granulated sugar
1 tablespoon freshly squeezed lemon juice
1/2 teaspoon vanilla extract

Confectioners’ sugar, for serving

Position a rack in the center of the oven. Preheat the oven to 425°F (220°C). Meanwhile, put the raisins and rum in a small bowl and leave the raisins to plump for about 10 minutes, stirring occasionally. Drain off excess rum, reserving 1 tablespoon of rum.

Put the crème fraîche, 1/2 cup (125 mL) of the sugar, the egg yolks, plumped raisins, the 1 tablespoon rum and the vanilla extract in a mixing bowl. Whisk until blended. Sprinkle in the flour, stir, and set aside.

Put the egg whites in a large, clean mixing bowl. Add the cream of tartar and salt. With a hand-held electric mixer on medium speed and clean beaters, beat the whites until thick and foamy. Then, still beating, gradually sprinkle in the remaining 1 cup (250 mL) sugar. Continue beating until soft peaks form when the beaters are lifted out.

With a large spoon, drop a generous dollop of the beaten egg whites into the egg yolk batter. With a flexible rubber spatula, gently fold the whites into the batter to lighten it. Spoon the remaining meringue over the batter and gently but thoroughly fold it in.

With a brush or clean fingers, spread the butter inside a medium-sized oven-proof skillet to coat it evenly. Evenly sprinkle in enough additional granulated sugar to coat the butter, turning the pan for even distribution; then, gently tap out any excess sugar.

With the spatula, gently scrape the batter into the prepared skillet and smooth the top. Bake in the preheated oven until the mixture puffs up and turns golden brown on top, and it feels springy when very gently and quickly touched at its center, 10 to 12 minutes.

While the soufflé bakes, make the cherry compote: In a nonreactive skillet, stir together the pitted cherries, orange juice and zest, granulated sugar, lemon juice and vanilla. Cook over medium-low heat just until heated through and the cherries have begun to give up some of their juices, stirring to help the sugar dissolve and mashing a few of the cherries to help thicken the sauce, about 5 minutes. Keep warm.

To serve, divide the compote among 6 to 8 serving plates. With a large serving spoon, scoop up large dollops of the soufflé, distributing it evenly on top of the compote. Dust generously with confectioners’ sugar. Serve immediately.

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Humor

The Limo and the Supreme Court Challenge

It’s been more than a decade since the humor column “Andrew Klees and the Limo” first appeared in Kaw Valley Senior Monthly. In the story, a master auto mechanic named Andrew Klees rescued a wrecked stretch limousine that was going to be junked. On his farm near Letongaloosa, Andrew Klees lovingly restored the limo and drove it all around the county.

One day a couple of men came to the barn where Andrew Klees was polishing the limo. The two were wearing long black cowboy dusters over their suits. They were members of an organized crime syndicate that had sold the wrecked limo. The men were looking for something they thought was hidden in the car.

The two thugs tried to drive off with the limo, but it wouldn’t start. They forced Andrew to press the starter. The engine started. The two made Andrew drive while they searched for the object. After a while there was silence in the back seat. Andrew looked in the rearview mirror and saw the two men apparently asleep. Amazed, he stopped the car and opened the back door. He smelled ether.

“I put them to sleep,” said a melodic female voice that came from somewhere inside the dashboard. “Now please drive to the police station.”

Police found that the men were wanted in 10 states for murder and armed robbery. Andrew got a reward for capturing the two hoods.

The Supreme Court ordered that the limo be transported to Washington D.C., and appointed a panel of three justices to listen to the voice and decide whether it was an unexplainable phenomenon.

The media got wind of the experiment and turned out in force at a parking lot where the test was to be carried out. Security forces kept the press and curious public at a distance while the justices climbed into the back seat and closed the doors.

“Press the starter,” said the chief justice.

The junior-most justice pressed the starter. Nothing happened. There was no sound, and the motor didn’t turn over.

“Press it again,” said the chief justice.

Nothing.

“!@#$%^&*(,” said the chief justice, who, when not on the bench, tended to express himself colorfully.

“Don’t swear. It’s wicked,” said a woman’s voice from the limo’s dashboard.

The chief justice’s face, which was usually florid, turned ashen. He tried to open the door. It wouldn’t budge. His security detail tried to open the door from the outside. It wouldn’t budge.

“Give me back to my owner,” said the voice from the dashboard.

“All right. All right!” shouted the chief justice. “Let us out of here.”

The door opened.

“The voice is an unexplainable phenomenon,” shouted the chief justice. “Give this vehicle back to its owner immediately.”

Then he shouted, “Call the F.B.I! I want those syndicate criminals arrested and prosecuted.”

So, once again on sunny afternoons folks see that shiny stretch limousine driving along their country roads. But nowadays there’s no question in their minds where the singing is coming from.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

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Why do dogs eat grass?

By Cathy M. Rosenthal

Tribune Content Agency

Dear Cathy: Every two or three weeks, Anubis goes outside, walks around the yard very selectively eating grass, throws up a mixture of grass and yellow slimy liquid, and happily comes back in. My vet is at a loss, and there is nothing I can relate the vomiting to. Anubis is a northern Spitz type, about 60 pounds and 10 years old, with no health issues except for a sebaceous adenoma on the back of his neck. Any ideas will be appreciated. - Keri, Catasauqua, PA

Dear Keri: No one knows for sure why dogs eat grass and then throw up the slimy liquid you describe. Even though it’s a fairly common behavior that most dogs do at one time or another, it naturally stresses most pet owners who worry their dog is ill.

While your dog could be ill, if Anubis has been to the vet and has a clean bill of health, then chances are the behavior is being triggered by something else. Some people think a dog that does this might have a nutritional deficiency. If your dog’s food meets all nutritional requirements, this would not be the case. (Look for the AAFCO (Association of American Feed Control Officials) label on your pet food.)

Some say dogs eat grass because they are bored. Dogs, like people, can’t do two things at once, so if you play with or otherwise distract your dog from eating grass while outside, then eventually the behavior may stop.

Some think dogs may have tummy troubles and are trying to self-soothe. It’s not been proven, but certainly possible. Others say dogs may need additional fiber in their diet. There was a published study in which a miniature poodle who ate grass and vomited every day for several years, stopped the behavior entirely after his owner introduced fiber into his diet. So maybe add a teaspoon or two of pumpkin (not pumpkin filling, which has added sugar) to his food to see if that helps.

If nothing helps, rest assured Anubis’ behavior is fairly normal among dogs and not one to be overly concerned about if your vet is not worried and it happens infrequently. The only danger to your dog would be if the grass had been recently treated with a pesticide.

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

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JAY’S MUSICAL MEMORIES

Me and My Dad
By Jay Wachs

I am not ashamed to admit listening to and liking Barry Manilow. He was one of the few artists upon whom we could all agree as a family and, during the 70s, his albums took center stage on our turntable.

My favorite song of his was the 1979 gem “Ships,” and it always makes me think of my late father.

The opening lyrics are:

We walked to the sea, just my father and me
And the dogs played around on the sand
Winter cold cut the air, hangin’ still everywhere
Dressed in gray, did he say, “Hold my hand”
I said, “Love’s easier when it’s far away”
We sat and watched a distant light
We’re two ships that pass in the night
We both smile and we say, “It’s alright”
We’re still here, it’s just that we’re out of sight

Like those ships that pass in the night

My Dad was the consummate salesman and was always working on a business deal up to and including the year of his death at the age of 85 in 2012.

We were those ships that passed in the night, but we had a good understanding and a good relationship and he is sorely missed.

It is hard to think of a June without him around for both Father’s Day and his birthday.

This year, he would have been 92.

My father’s music was the cocktail lounge list from the late 40s to the early 60s.

Las Vegas was his place!
Frank Sinatra, Dean Martin, Rosemary Clooney, and Sammy Davis Jr. were among his go-to staples.

But his all-time favorite was Louis Prima, especially the songs that included Keely Smith.

One year for Father’s Day, I made him a two-hour cassette (yes, I said cassette) tape of his favorite songs.

When he passed away, we found that worn-out, barely playable piece of history prominently in the top drawer of his desk along with several pictures of me, my late mother, and some school awards and a few old business cards of mine from radio stations gone by.

This Father’s Day take a moment to celebrate Dad by listening to his music with him (if he is still with you) or in memory of him as a tribute.

Music connects us to our past but also gives us insight into the lives of others as well.

Happy Father’s Day and enjoy the beginning of summer.

- Jay Wachs is the owner and operator of Lawrence-Hits.com, an APP and website based Classic Hits radio station that plays a variety of music from the 60s, 70s, 80s and 90s and covers the genres pop, rock, country and soul. The station is in its 7th year in operation and can be also be found on Roku and Tune In Radio.

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North-South vulnerable, South deals

NORTH
Ace K Q
Heart K 10 9 6 3
Diamond 8 5 3
Clubs A 6

WEST
Clubs J 6 4
Hearts 7 2
Diamonds Q 9 4
Spades K 10 7 5 4

EAST
Spades 10 9 8 3 2
Hearts Q 8 4
Clubs 10 7
Diamonds 8 3 2

SOUTH
Hearts 7 5
Clubs A 5
Diamonds A K J 6 2
Spades Q J 9

The bidding:

SOUTH WEST NORTH EAST
1NT Pass 20 Pass
2 Pass 4NT Pass
6 Pass All pass
*Transfer to hearts

Opening lead: Five of ♠

South reasoned that West would not have led away from a king — an aggressive lead — if he had any hope of a trump trick. Accordingly, he led a low spade to dummy’s ace and ran the 10 of hearts. A heart to the jack and the ace of hearts picked up the trumps and assured the contract.

An overtrick wasn’t important, but it was fun to go after, especially if there was an unusual play involved. South cashed the ace of diamonds followed by dummy’s king and queen of spades and the last two hearts, discarding three diamonds. This was the position:

NORTH
Spades Void
Hearts Void
Diamonds 8 5
Clubs A

WEST
Spades Void
Hearts Void
Diamonds 10
Clubs 8 3

SOUTH
Spades Void
Hearts Void
Clubs K
Diamonds Q J

West still had to discard on the last heart. Whatever West chose, declarer could take the rest for a lovely overtrick.
PUZZLES & GAMES

CROSSWORD

Across
1. Civil __
2. Per unit
3. Head to bed
4. Tropical fish with large peepers
5. “Don’t worry about me”
6. Mortar carriers
7. Copter predecessors
8. Evergreen that’s a homophone of a vowel
9. Add to the staff
10. Political refugee
11. Rapper whose professional name sounds like a candy
12. Kindled
13. Churchgoer’s “If it’s meant to be”
14. Explorer Ericson
15. Kitchy-__
16. Curtain material
17. Curtain material
18. Another name for the gladiolus
20. Post-Cold War hierarchy ...
21. Down __: reward the waiter
22. Another name for the gladiolus
23. Leave __: reward the waiter
24. Post-Cold War hierarchy ...
25. NYSE locale
26. Per unit
27. Head to bed
29. “Don’t worry about me”
30. Mortar carriers
31. Copter predecessors
32. Nonprofit URL ending
33. Adherent’s suffix
34. Muscat residents
35. Out-of-the-office assignment
36. Point of view
37. Peau de __: satin-weave cloth
38. Wide shoe width
39. They’re often passed on the road
40. Holiday threshold
41. Starting course
42. Austrian capital
43. __ Misérables
44. Chris of “The Good Wife”
45. First female Shuttle pilot __ Collins
46. H.S. 12th-graders
47. Prefix with friendly
48. “Me neither”
49. Barely beats
50. Valentine card hugs
51. High bond rating
52. Orange choices
53. Dispensable candy
54. Mathematician's "Well, __!": "What an outrage!"
55. Another name for the gladiolus
56. Opinion columns
57. Prefix with friendly
58. Source of media revenue
59. Turn sharply
60. Barely beats
61. Acid test outcome, possibly
62. Turn sharply
63. Out-of-the-office assignment
64. Point of view
65. Prefix with friendly
66. Out-of-the-office assignment
67. Opinion columns
68. Prefix with friendly
69. Opinion columns
70. Opinion columns

Down
1. NYSE locale
2. NYSE locale
3. NYSE locale
4. NYSE locale
5. NYSE locale
6. NYSE locale
7. NYSE locale
8. NYSE locale
9. NYSE locale
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69. NYSE locale
70. NYSE locale

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

Answers to all puzzles on page 34

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

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

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

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

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