



2022

SENIOR RESOURCES DIRECTORY

A special pull-out section in the JANUARY 2022 issue of Kaw Valley Senior Monthly

ADVOCACY



6220 SW 29th Street, Suite 300
Topeka, KS 66614

Contact AARP Kansas by calling 866-448-3619 or by email at ksaarp@aarp.org. Visit our website at aarp.org/ks and follow us on Twitter at twitter.com/aarpks and Facebook at facebook.com/AARPKS.

ALZHEIMER'S & DEMENTIA CARE



To us, it's personal

Phone: 785-856-8181 (Lawrence)
785-272-6101 (Topeka)
Web: www.homeinstead.com/584

Home Instead Senior Care is a State Licensed Class B Home Health Agency and the world's trusted non-medical provider of Alzheimer's and dementia care, cooking, cleaning, shopping/errands & personal care. Our CAREGivers encourage, assist & stimulate clients in daily activities that improve quality of life to help them maintain their independence. We have begun the CARE initiative (Changing Aging thru Research & Education). We provide classroom-style Alzheimer's training for our CAREGivers and host Alzheimer's Family caregiver workshops for the community. We do pre-employment drug screens and regular quality assurance visits.

ASSISTED LIVING RESIDENCE



VINTAGE PARK
AT OTTAWA
A GRACE MGMT COMMUNITY

Vintage Park at Ottawa
2250 S. Elm
Ottawa, KS 66067

Phone: 785-242-3715
Email: TCaruthers@vintageparkassistedliving.com
Web: www.vintageparkassistedliving.com
Contact: Tina Caruthers, Executive Director

Vintage Park at Ottawa is located a short distance from Lawrence, Olathe and Kansas City. It is also located near shopping, restaurants, and AdventHealth Ottawa. Our community is designed to provide a beautiful home for our residents, while offering the care and services needed to maintain an active, quality lifestyle. Our home-like atmosphere allows residents to enjoy the advantages of community living without compromising their individuality, dignity or privacy.

DISABILITY SERVICES



Monte Mace Disability
Winning disability claims

Monte Mace Disability

803 E 1259 Rd.
Lawrence, KS 66047

Phone: 785-331-6452
Email: montemace2000@yahoo.com
Web: montemacedisability.org
Contact: Monte Mace

I act as your legal representative to help you win Social Security disability or Veterans Administration disability ratings. Compassionate and caring (my daughter uses a wheelchair). Fees are paid by SSA or VA if you win out of back pay due you. You pay nothing. I help with initial applications as well as denials.

HEARING AIDS

Marston Hearing
Center, LLC

1112 W. 6th St., Suite 100
Lawrence, KS 66044

Phone: 785-843-8479
Email: marstonhc@sunflower.com
Web: www.marstonhc.com
Contact: Gerald Whiteside, Au.D.
CCC-Audiology

Marston Hearing Center, a trusted name in hearing healthcare in the Lawrence community for over 40 years, is also a leader in bringing you the greatest selection of high quality hearing aids. Dr. Whiteside, a graduate of the University of Kansas, will provide a thorough hearing examination and recommendations that meet your personal needs. Call for an appointment for a complimentary demonstration.

HOME HEALTH



To us, it's personal

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785-272-6101 (Topeka)
Web: www.homeinstead.com/584

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The
Merc
coop



**Shop The Merc.
Support
Visiting Nurses.**

**Enjoy fresh, locally
grown and raised
food while supporting
VNA by shopping at
The Merc in January.
Support VNA by
rounding up at the
register, bringing your
own bag, and dropping
your spare change into
the jars at the register.**



HOME HEALTH

**Keep Living
at Home, LLC**

3017 W. 6th St., Ste. B
Lawrence, KS 66049

Phone: 785-592-1848

Web: www.klah.org

Contacts: Lisa Chamberlain, Michele Dillon, Rebecka Gierhan

Keep Living at Home is a locally owned Home Care Agency dedicated to meeting the needs of the individuals we serve. We provide a wide variety of non-medical assistance that aligns with the goals of our clients and their caregivers. Whether it be our concierge, nurse navigation, care management, hospital/rehab to home or private duty services, the needs of our clients become our job description. Call us today at (785) 592-1848 for more information.

HOME PLUS, ADULT DAY CARE

**Prairie Wind
Senior Living**

5227 SE 77th St.
Berryton, KS 66409

Phone: 785-862-5318

Email: prairiewindhome@gmail.com

Contacts: Brooke Fischer, Nancy Benney

Prairie Wind is Home. A private 5-bed home, family owned and operated. Our family, with more than 60 years experience in elder care, is there to provide all the assistance needed to keep you or your loved one as independent and secure as possible. We also provide Adult Day Care around the clock. If you need a safe place for your loved one while you work, sleep or take time to care for your own needs, we can help. Let our family care for yours.

HOME HEALTH

**Midland Care
Connection**

200 SW Frazier Circle
Topeka, KS 66606

Phone: 800-491-3691

Web: www.midlandcare.org

At Midland Care, our specially-trained home health team works with your current doctors to provide the best post-acute care you will need. Your team provides care, focused on recovery and independence in the comfort of your own home. Our goal is to listen carefully to create a plan focused on your lifestyle and what you want to do to achieve those goals. The sooner you call, the sooner we can help.

HOSPICE

**Midland Care
Connection**

200 SW Frazier Circle
Topeka, KS 66606

Phone: 800-491-3691

Web: www.midlandcare.org

Hospice care is a supportive health care option, meeting end-of-life needs, for those who are facing a life-limiting illness focusing on quality of life. Care takes place in your own home, long-term care facility, assisted living environment, or The House at Midland Care, our inpatient hospice house. If you are interested in learning more, contact Midland Care. You do not have to wait for a doctor's referral to call us to find out more information. The sooner you call, the sooner we can help.

**HOME HEALTH AND
HOSPICE AGENCY**

Interim Healthcare

1251 SW Arrowhead Rd., Suite 103
Topeka, KS 66604-4061

Phone: 785-272-1616

Email: jharrison@interimhealthcare.com

Web:

www.interimhealthcare.com/topeka

Contacts: Jill Harrison, Owner

Tina Downey, LMSW, Vice President

Interim HealthCare is a family owned Home Health and Hospice Agency, in business for over 40 years. We have locations in Topeka, Manhattan and Lawrence. Our services include Private Duty Care, Home Health, Hospice and Staffing. "We Care, We're There" 24 hours a day, 7 days a week.

HOUSING

1016 Orchard Lane
Baldwin City, KS 66006

Phone: 785-594-6996

Email: apartmenthomes4u@centurylink.net

Contacts: Wendy Cherry, Manager,
Sarah Lober, Rental Consultant



Nicely maintained with on-site staff in a senior community. Orchard Lane Leisure Living offers one-level maintenance-free Independent living for seniors or disabled. Income-based rent from \$450 to \$475 with water/sewer/trash paid. Quiet, "country-like" location with city convenience. Amenities include satellite tv (optional), internet, patio & garden sitting areas, open floor plans w/spacious walk-in closet & pantry, grocery/pharmacy delivery, bus service, located next door to Baldwin City Healthcare & Rehab. Community room with full kitchen, reading, library, social activities, craft room, indoor laundry, tenant reserved parking, plus much more.

**HOME HEALTH, HOSPICE,
HELP AT HOME, REHABILITATION**

**Douglas County Visiting
Nurses Association**

*All your home care needs
under one roof*

200 Maine Street, Suite C
Lawrence, KS 66044

Phone: 785-843-3738

Web: KansasVNA.org

For more than 50 years, VNA has provided highly skilled, caring professionals who provide Home Health, Hospice and Help at Home Services in Douglas County and the surrounding areas. As Douglas County's first not-for-profit Home Health agency, VNA is here to serve our community, regardless of their ability to pay.

Our licensed and bonded Home Health, Hospice and Help at Home team is available 24 hours a day, 7 days a week.

**INDEPENDENT LIVING
RETIREMENT COMMUNITY**

**Arbor Court Retirement
Community at Alvarado**

1510 St Andrews Drive
Lawrence, KS 66047

Phone: 785-841-6845

Emails:

tracy.harmon@healthmarkgroup.com

susan.cook@healthmarkgroup.com

Web: arborcourt-lawrence.com

Contacts: Tracy Harmon, Susan Cook

Arbor Court Retirement Community is a beautiful community for seniors over the age of 55. Spacious, private apartments with full kitchens include housekeeping, flat linen laundry service, most utilities, breakfast and lunch, activities galore and many other amenities for easy, carefree living. Please contact us today to schedule lunch and a tour.

IN-HOME CARE

Phone: 785-856-8181 (Lawrence)
785-272-6101 (Topeka)
Web: www.homeinstead.com/584

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LONG-TERM CARE ADVOCACY

making elder care better every day

Kansas Advocates for Better Care

536 Fireside Ct., Suite B
Lawrence, KS 66049

Phone: 785-842-3088
Email: info@kabc.org
Web: www.kabc.org
Contacts: Margaret Farley, Lenette Hamm

Kansas Advocates for Better Care provides guidance and information about quality elder care at home, and in all KS adult care facilities. We offer several publications at no cost, including facility inspection reports. KABC works to improve elder care through support and education with aging Kansans and caregivers, and through advocacy work with public policy makers. We provide training to prevent elder abuse, and improve quality of care. No cost, just help when you need it. Visit our website or call for more info.

INSURANCE

Kimberly McPherson, Licensed Insurance Broker

Lawrence, Kansas

Phone: 785-766-9022
Email: kmcpherson@myhst.com
Contact: Kimberly McPherson

Kimberly McPherson is a Licensed Insurance Broker who specializes in Medicare Supplement plans, Part D drug plans, Medicare Advantage plans, dental, vision, and cancer plans, life insurance and long term care insurance. Kimberly has over 20 years' experience working with Medicare recipients as an Occupational Therapist in the state of Kansas and is available to guide you with selecting a custom plan for you.

MEAL SERVICES

MEALS on WHEELS
EASTERN KANSAS

Meals on Wheels of Eastern Kansas

2134 SW Westport Dr.
Topeka, KS 66614

Phone: 785-430-2186
Web: www.mowks.org

Meals on Wheels of Eastern Kansas serves homebound seniors in Shawnee, Jefferson and Douglas counties. Clients can enjoy nutritious meals delivered Monday – Friday. Utilizing Meals on Wheels helps seniors remain in their home independently while receiving a daily safety check at the time of meal delivery.

INSURANCE

Osladil Insurance Service

411 1/2 S. Main St.
Ottawa, KS 66067

Phone: 785-242-6955
Email: bruceins@weblink2000.net
Contacts: Bruce, John and Shirley Osladil

Medicare Supplements. Prescription Drug Plans. Short Term Medical. Life insurance for all ages. Affordable life insurance for grandchildren—small premium for two years, paid up to age 25. Long Term Care. Call 785-242-6955.

MEMORY CARE

Bridge Haven Village Eltern's House

1701 Research Park Drive
Lawrence, KS 66047

Phone: 785-371-1106
Email: srandolph@mybridgehaven.com
Web: www.mybridgehaven.com
Contact: Sarah Randolph

One of four small memory care homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Flat fee. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

INSURANCE

Stephens Chapin Insurance

2711 West 6th St. #A
Lawrence, KS 66049

Phone: 785-841-9538
Email: customerservice@stephens-ins.com
Web: www.sciagency.com
Contact: Chris Chapin

Choosing a Medicare health plan can be very confusing. We can simplify the process. Our office has years of experience assisting people new to Medicare and those interested in changing their current coverage. Let our licensed agents help you select the plan you want. We provide this service at no charge.

MEMORY CARE

Bridge Haven Village Madel's House

1701 Research Park Drive
Lawrence, KS 66047

Phone: 785-371-1106
Email: srandolph@mybridgehaven.com
Web: www.mybridgehaven.com
Contact: Sarah Randolph

One of four small memory care homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Flat fee. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

MEMORY CARE


**Bridge Haven Village
Oma's House**

1701 Research Park Drive
Lawrence, KS 66047

Phone: 785-371-1106
Email: srandolph@mybridgehaven.com
Web: www.mybridgehaven.com
Contact: Sarah Randolph

One of four small memory care homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Flat fee. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

MEMORY CARE


**Bridge Haven Village
Opa's House**

1701 Research Park Drive
Lawrence, KS 66047

Phone: 785-371-1106
Email: srandolph@mybridgehaven.com
Web: www.mybridgehaven.com
Contact: Sarah Randolph

One of four small memory care homes with round-the-clock nursing staff on-site. All meals, housekeeping, laundry, private rooms. Flat fee. Highest staffing ratio. Exercise, music and pet therapy. Please call 785-371-1106 and ask for Sarah Randolph.

RETIREMENT COMMUNITY



LIFE PLAN COMMUNITY

Aldersgate Village

7220 SW Asbury Dr.
Topeka, KS 66614

Phone: 785-478-9440
Email: rlolley@aldersgatevillage.org
Web: www.aldersgatevillage.org
Contact: Renessa Lolley

Perhaps you or a loved one have reached the point in life when you're looking for a new place to call home, a community that allows you all the time you desire to spend with family, friends, hobbies, and activities. Aldersgate Village meets that need in a secure environment, offering a wealth of services to make your life easier. Independent Living, Assisted Living, Home Plus, Memory Care, Skilled Nursing and Rehabilitation.

RETIREMENT COMMUNITY


Prairie Commons

5121 Congressional Circle
Lawrence, KS 66049

Phone: 785-843-1700
Email: prairiecommons01@gmail.com
Web: liveatprairiecommons.com
Contact: Sheri VanAuken

Affordable living for independent seniors age 55+. Prairie Commons features one and two bedroom apartments nestled in a park-like setting but still close to a variety of retail shops and restaurants. We offer a cozy clubhouse with our own library and fitness room. Call us today to set an appointment for a tour. We would love to help you find your new home.

SENIOR APARTMENTS



National Church Residences
EXCELLENCE THAT TRANSFORMS LIVES

**Cedar Square
Apartments**

1550 South Cedar
Ottawa, KS 66067

Phone: 785-242-8110
Email: 0074@nationalchurchresidences.org
Web: www.nationalchurchresidences.org

Affordable Independent Living for Seniors 62 and over (accepting 55 and over for limited time). Spacious 1 bedroom and studio units available.



SENIOR HOUSING


**Cedarwood
Senior Cottages**

2518 Ridge Court, Ste 103
Lawrence, KS 66046

Phone: 785-842-5494
Email: cbryantth@gmail.com, lpehrsonth@gmail.com
Web: www.tenants-to-homeowners.org
Contact: Chassidy Bryan, Rental Programs Manager

We offer fourteen 1-2 bedroom newly built units to seniors 62+. These units are all electric with energy efficient heating and cooling systems, come with smart technology safety features, offer attractive landscaping with gardening opportunities and a lovely community building for all tenants to use!


QUALITY Service You DESERVE

- 24/7 Admissions
- Alzheimer's / Dementia Unit
- InHouse Physical, Occupational and Speech Therapy
- Outpatient Therapy
- Short Term Rehab
- Wound Care
- IV Therapy
- 24 Hour Nursing Care

Accepts Medicare, Medicaid and most insurances.

For more information, call

620-364-2117

601 Cross Street • Burlington, Kansas
lifecarecenterofburlington.com



IMPORTANT PHONE NUMBERS

ABUSE & NEGLECT PREVENTION & INTERVENTION

Adult Care Complaint Program	800-842-0078
Adult Protective Services	800-922-5330
Center For Safety And Empowerment...	888-822-2983
Kansas Advocates for Better Care....	785-842-3088
Kansas Attorney General	800-432-2310
Kansas Crisis Hotline	888-363-2287
Kansas Department for Aging and Disability Services	800-842-0078
Kansas Elder Law Hotline	888-353-5337
KS Dept. of Health and Environment	785-842-4600
OR	800-842-0078
Kansas Legal Services	888-353-5337
Kansas Long-Term Care Ombudsman ...	877-662-8362
Kansas Protection Report Center	800-922-5330

ADULT DAY PROGRAMS

Baldwin Health Care	785-594-6492
Brewster Place Retirement Comm....	785-274-3314
Brookdale Topeka	785-271-5100
Cooper's Home Care	785-865-2525
Hickory Pointe Care & Rehabilitation..	785-863-2108
Kelly House of Meriden North.....	785-484-0100
Legend Healthcare	913-369-8705
Midland Care (Lawrence)	785-842-3627
Midland Care (Topeka)	785-232-2044
Prairie Wind Home Pro	785-862-5318
Tanglewood Nursing & Rehabilitation ...	785-217-1523
Wellsville Retirement Community	785-883-4101
The Windsor of Lawrence.....	785-832-9900

ADVOCACY

AARP Kansas	866-448-3619
Aging and Disability Resources Center ...	800-432-3535
Alzheimer's Association.....	800-272-3900
Centro Hispano Resource Center	785-843-2039
Eldercare Locator	800-677-1116
HealthWise Clinic	785-354-6787
Independence, Inc.....	785-841-0333
Jayhawk Area Agency on Aging	800-798-1366
Kansas Advocates for Better Care....	785-842-3088
OR	800-525-1782
KS Dept. for Aging & Disability Services..	800-432-3535
Kansas Foundation for Medical Care..	800-432-0770
Kansas Health Consumer Coalition..	785-232-9997
Kansas Health Care Association	785-267-6003
Lawrence-DG Co. Health Department Project LIVELY	785-843-3060
Senior Resource Center for Do. Co...	785-842-0543

ALZHEIMER'S/DEMENTIA SUPPORT

Alzheimer's Helpline.....	800-272-3900
Brookdale Topeka	785-271-5100
Douglas County Visiting Nurses.....	785-843-3738
Home Instead, Lawrence.....	785-856-8181
Home Instead, Topeka.....	785-272-6101
Interim Healthcare, Inc.....	785-272-1616
Jayhawk Area Agency on Aging	785-235-1367

Life Care Center of Burlington.....	620-364-2117
Senior Resource Center for Do. Co...	785-842-0543

ASSISTED LIVING

Aldersgate Village	785-478-9440
Atria Hearthstone Assisted Living....	785-234-6806
Brandon Woods at Alvamar.....	785-838-8000
Brewster Place Assisted Living.....	785-274-3314
Bridge Haven Village Eltern's House...	785-371-1106
Bridge Haven Village Madel's House...	785-371-1106
Bridge Haven Village Oma's House...	785-371-1106
Bridge Haven Village Opa's House....	785-371-1106
Brookdale Topeka	785-271-5100
Country Place Senior Living.....	913-662-7330
Countryside Health Center.....	785-234-6147
Hillside Village of De Soto.....	913-583-1266
Homestead Assisted Living	785-272-2200
Homestead of Auburn	785-256-7100
Kelly House I.....	785-234-8888
Lawrence Presbyterian Manor	785-841-4262
Legend at Capital Ridge	785-272-9400
Lexington Park Assisted Living.....	785-233-7511
Meriden Adult Services Plus	785-484-2380
McCrite Plaza Topeka.....	785-267-2960
Midland Care at Linnwood Park.....	785-945-3634
Monterey Village	785-227-9101
Morningstar Care Homes of Baldwin City .	785-594-2603
MorningstarCare Homes of Ottawa...	785-242-1809
Neuvant House of Lawrence.....	785-856-7900
Oak Creek Senior Living.....	785-272-2601
Pioneer Ridge Assisted Living	785-749-4200
Rolling Hills Health Center	785-273-2202
Topeka Presbyterian Manor	785-272-6510
Vintage Park at Baldwin City	785-594-4255
Vintage Park at Gardner	913-856-7643
Vintage Park at Ottawa.....	785-242-3715
Vintage Park at Tonganoxie.....	913-845-2204
Wellsville Retirement Community	785-883-4101
The Windsor of Lawrence.....	785-832-9900

ASSISTIVE TECHNOLOGY

American Care Equipment.....	913-383-3456
Apria Health Care.....	785-272-7191
Assistive Technology for Kansans....	800-526-3648
Audio-Reader.....	800-772-8898
Banner Mobility	785-235-3070
Criticare Home Health Services	800-527-9596
East Central Kansas AAA	785-242-7200
Hanger Orthopedic Group, Inc.....	785-232-5382
Helen Keller National Center	913-677-4562
Home Elevator Company	316-721-2225
Independence, Inc.....	888-824-7277
Jayhawk Area Agency on Aging	800-798-1366
Kansas Chapter of the Arthritis Foundation	785-272-8461
Kansas Commission for the Deaf and Hard of Hearing.....	800-432-0698
Kansas Equipment Exchange	866-666-1470

Kansas Telecommunications Access Program	785-234-0200
Library Outreach Services.....	785-580-4545
Lincare Inc	785-354-1000
Medical Arts Pharmacy.....	785-843-4160
OCCK, Inc.....	785-827-9383
Resource Center for Independent Living	785-528-3105
Starr Medical Supply, Inc.	785-456-7827
Talking Books	785-580-4530
Topeka Independent Living Resource Center, Inc.	785-233-4572

CAREGIVER ASSISTANCE

Caregivers Home Health	785-354-0767
Caregiver Support Services	785-842-0543
Douglas County Visiting Nurses.....	785-843-3738
Home Instead (Lawrence).....	785-856-8181
Home Instead (Topeka).....	785-272-6101
Jayhawk Area Agency on Aging	800-798-1366
Midland Care (Lawrence)	785-842-3627
Midland Care (Topeka)	785-232-2044
Trinity In-Home Care	785-842-3159

CASE MANAGEMENT

East Central Kansas AAA	785-242-7200
OR	800-633-5621
Jayhawk Area Agency on Aging	800-798-1366
Jefferson County Health Department..	785-863-2447
Johnson Co. Area Agency on Aging..	913-894-8811
Leavenworth Council on Aging.....	913-684-0777
Mason's Memory, LLC	785-242-8882
Project LIVELY.....	785-843-0721
Shawnee County Health Agency Project Access	785-291-2490
TARC	785-232-0571 ext. 311
Wyandotte/Leavenworth AAA.....	913-573-8531

COMPUTER TRAINING

Computer Learning Center, Independence, Inc.	785-841-0333
Lawrence Workforce Center.....	785-840-9675
Topeka-Shawnee County Public Library..	785-580-4400
Topeka Workforce Center	785-235-5627
Washburn Tech	785-273-7140

CONSUMER INFORMATION/ADVOCACY

Attorney General's Consumer Hotline..	800-432-2310
Better Business Bureau.....	703-276-0100
Insurance Commissioner's Hotline...	800-432-2484
Kansas Advocates for Better Care....	800-525-1782
Kansas Legal Services	888-353-5337
Kansas Insurance Consumer Hotline	800-432-2484
Kansas Senior Medicare Patrol	800-432-3535
National Fraud Information Line.....	800-876-7060

COUNSELING

Bert Nash Community Mental Health Center	785-843-9192
Catholic Social Services	785-841-0307



IMPORTANT PHONE NUMBERS



■ CONTINUED FROM PAGE SIX

Consumer Credit Counseling Service.....	
.....	785-749-4224
DCCCA (Drug/Alcohol Problems)	785-841-4138
Headquarters (24-hour hotline).....	785-841-2345
KU Psychological Clinic	785-864-4121
Life Connections, Inc.	785-213-2342
Vieve Health	785-813-1851

CRISIS & DISASTER SERVICES

American Red Cross (fire, disaster, crime victim relief)	785-843-3550
Headquarters (24-hour hotline).....	785-841-2345
Emergency Service Council (Rent and Utility Assistance) Apply at any of the following agencies:	
Ballard Community Center	785-842-0729
Senior Resource Center for Do. Co. ...	785-842-0543
E.C.K.A.N.	785-841-3357
Salvation Army	785-843-4188

DENTAL SERVICES

Douglas County Dental Clinic.....	785-312-7770
Health Care Access	785-841-5760
Johnson County Community College Dental Hygiene Program	913-469-3808, ext. 1
Marian Dental Clinic	785-233-2800
Peterson Krische Van Horn DDS	785-842-0705

DISABILITY SERVICES

Assisted Technology for Kansans....	785-841-1067
Audio-Reader.....	800-772-8898
Cottonwood.....	785-842-0550
Independence, Inc.....	785-841-0333
Jayhawk Area Agency on Aging	785-235-1367
Kansas Commission on Disability Concerns...	785-296-1722
Kansas Commission for the Deaf & Hard of Hearing	800-432-0698
KU Speech, Language and Hearing Clinic	
.....	785-864-4690
Make-A-Difference Information Network.....	
.....	800-332-6262
Monte Mace Disability.....	785-331-6452
Resource Center for Independent Living.....	785-267-1717
Topeka-Shawnee County Public Library Red Carpet Room.....	785-580-4545
T.T.Y. for Independence, Inc.....	785-841-1046
T.T.Y. for KU Speech, Language and Hearing Clinic.....	785-864-5094
Talking Books (Topeka Public Library)	
.....	800-432-2925

DRIVING

AARP 55 Alive Safe Driving Course...	785-354-5225
AARP Smart Driver Course.....	785-842-0543
Driver's License/ID Card (Topeka) ...	785-266-7380

EDUCATION

Adult Learning Center	785-832-5960
Centro Hispano Resource Center	785-843-2039
Computer Learning Center, Independence, Inc.	
.....	785-841-0333

K-State Research & Extension	785-843-7058
KU Continuing Education.....	785-864-4790
Lawrence Adult Learning Center	785-832-5960
Lawrence Parks & Recreation	785-832-7920
Let's Help	785-234-6208
Osher Lifelong Learning Institute	913-897-8530
Senior Resource Center for Do. Co. ...	785-842-0543
Stormont Vail HealthWise	785-354-6787

EMERGENCY ALERT DEVICES

ComForCare Senior Services	913-906-9880
Douglas County Visiting Nurses.....	785-843-3738
Helping Solution, LLC	913-213-3202
Metro Security Watch.....	888-785-0625

EMPLOYMENT ASSISTANCE

Foster Grandparents	785-296-5474
Lawrence Workforce Center	785-840-9675
Older Kansans Employ. Program	785-234-6208
Senior Companion Program ..	785-232-7765, ext. 215
Topeka Rescue Mission.....	785-354-1744
Topeka Workforce Center	785-235-5627
Washburn University Career Services...	785-670-1450

FINANCIAL ASSISTANCE

Housing and Credit Counseling, Inc.	785-749-4224
Kansas Legal Services	785-354-8531
Kansas Veterans Commission	785-843-5233
Low Income Energy Assistance Program	
.....	785-296-2649
Social Security.....	866-698-2561
Tax Counseling for Elderly (Feb.1-Apr.15)	
.....	785-842-0543

FITNESS & RECREATION

Baldwin City Recreation.....	785-594-3670
Lawrence Parks & Recreation	785-832-7920
McLouth Recreation Commission	913-796-6473
Ottawa Recreation Commission	785-242-1939
Shawnee County Parks & Recreation...	785-267-1156
Topeka Parks & Recreation	785-368-3798
YMCA (Bonner Springs).....	913-422-9348
YMCA (Topeka).....	785-354-8591
YWCA (Topeka).....	785-233-1750

FOOD ASSISTANCE

Antioch Family Life Center	785-232-1937
Ballard Community Center	785-842-0729
CHAMPSS Meal Programs	785-235-1367
E.C.K.A.N., 1600 Haskell, 204	785-841-3357
El Shaddai	785-232-5754
Fellowship and Faith	785-354-7262
Harvester's Community Food Network..	816-929-3220
ICARE, Inc.	785-267-5910
Joyful Harvest Church.....	785-354-8154
Jubilee Cafe.....	785-841-7500
Just Food.....	785-856-7030
Lawrence Interdominational Nutrition Kitchen	785-830-8844
Let's Help, Inc.	785-234-6208
Meals on Wheels (Lawrence)	785-830-8844

Meals on Wheels (Shawnee and Jefferson counties)	785-295-3980
Salvation Army (Lawrence)	785-843-4188
Salvation Army (Topeka)	785-233-9648
Senior Resource Center for Do. Co. ...	785-842-0543

GOVERNMENT OFFICES

Kansas Attorney General.....	800-432-2310
KS Dept. for Aging & Disability Services ..	800-432-3535
Kansas Governor	785-296-3232
Kansas Insurance Department	800-432-2484
Kansas Secretary of State	785-296-4564
Kansas State Treasurer	785-296-3171

GRIEF AND LOSS SUPPORT

Midland Care (Lawrence)	785-842-3627
Midland Care (Topeka)	785-232-2044
Rumsey-Yost Funeral Home and Crematory	785-843-5111
Warren McElwain Mortuary	785-843-1120

HEALTH

AdventHealth Ottawa	785-229-8200
American Red Cross	785-843-3550
Douglas County Health Dept	785-843-0721
Health Care Access	785-841-5760
HealthWise - Stormont Vail Health...	785-354-6787
Kansas Rehabilitation Hospital.....	785-235-6600
KU Health System St. Francis Campus....	785-295-8000
LMH Health	785-505-5000

HEARING RESOURCES

International Hearing Society.....	800-521-5247
Kansas Commission for the Deaf and Hard of Hearing	800-432-0698
Lawrence Otolaryngology Associates..	785-841-1107
Marston Hearing Center.....	785-843-8479
National Institute on Deafness	800-241-1044

HOME CARE

A Helping Hand Home Health.....	785-856-0192
Advantaged Home Care, Inc.	785-267-4433
Advocare.....	785-456-8910
Angels at Home Care	785-271-4376
Caregivers Home Care.....	785-273-2829
Douglas County Visiting Nurses.....	785-843-3738
East Central Kansas AAA	785-242-7200
Graceful Home Healthcare.....	785-424-2785
Grace Home Care	785-286-2273
Home Instead (Lawrence).....	785-856-8181
Home Instead (Topeka).....	785-272-6101
Interim Healthcare, Inc.....	785-272-1616
Keep Living at Home, LLC.....	785-592-1848
Mason's Memory LLC.....	785-242-8882
McCrite Plaza Topeka.....	785-267-2960
Midland Care	800-491-3691
Midland Care (Topeka)	785-232-2044
Resource Center for Independent Living	
.....	785-242-1805
Topeka Independent Living Resource Center, Inc.	

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IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE SEVEN

.....	785-233-4572
Trinity In-Home Care	785-842-3159
Visiting Angels.....	785-284-5500
Windsor Place At-Home Care	785-843-4800

HOME MODIFICATION & REPAIR

Bath Innovations Walk-in Bathtubs ..	913-912-1750
E.C.K.A.N. (Weatherization).....	785-841-3357
Independence, Inc.	785-841-0333

HOME PLUS

Aldersgate Village	785-286-7490
Bridge Haven Village Eltern's House..	785-371-1106
Bridge Haven Village Madel's House...	785-371-1106
Bridge Haven Village Oma's House...	785-371-1106
Bridge Haven Village Opa's House....	785-371-1106
Cooper's Home Care.....	785-865-2525
Hillsdale Place	785-383-7094
Linnwood Park Home Plus (Meriden)..	785-224-8023
Morningstar Care Homes of Baldwin City ..	785-594-2603
Morningstar Care Homes of Ottawa ..	785-242-1809
Prairie Wind Home Pro	785-862-5318
Tammy the Home Pro Plus	785-383-7094

HOSPICE

Avalon Hospice	785-246-6520
Douglas County Visiting Nurses.....	785-843-3738
Elara Caring	800-396-7778
Heartland Hospice Care	785-271-6500
Interim Healthcare, Inc.	785-272-1616
Jefferson County Health Department..	785-863-2447
Kansas Palliative & Hospice Care	913-353-6525
Midland Care (Lawrence)	785-842-3627
Midland Care (Ottawa).....	785-242-0002
Midland Care (Topeka)	785-232-2044
Prairie Wind Hospice.....	785-202-8900
PRN Home Health and Hospice.....	785-456-7764

HOTLINES

Crime Stoppers (Lawrence)	785-843-8477
Crime Stoppers (Topeka).....	785-234-0007
Headquarters (24-hr hotline for personal crises)	785-841-2345
.....	785-841-2345
Insurance Department	800-432-2484
Kansas Senior Medicare Patrol	800-432-3535
KDOA Nursing Facility Complaint Hotline	800-842-0078, 785-296-0133 (Topeka)
.....	888-353-5337
Kansas Legal Services	888-353-5337
Kansas Protection Report Center	800-922-5330
National Eldercare Locator	800-677-1116
Public Assistance Fraud Hotline	800-432-3913
Willow Domestic Violence Center	785-843-3333

HOUSING

Aldersgate Village	785-478-9440
Arbor Court at Alvamar	785-841-6845
Arbor Court of Topeka	785-273-6847
Atria Hearthstone	785-234-6225
Babcock Place	785-842-8358
Bethel Estates of Gardner	913-856-4107

Bethel Estates of Lawrence	785-424-7819
Brandon Woods At Alvamar	785-838-8000
Brewster Place	785-274-3314
Bridge Haven Village Eltern's House...	785-371-1106
Bridge Haven Village Madel's House...	785-371-1106
Bridge Haven Village Oma's House...	785-371-1106
Bridge Haven Village Opa's House....	785-371-1106
Brittany Court Apartments.....	913-562-6133
Cedar Lake Village	913-780-9916
Cedar Square	785-242-8110
Cedarwood Senior Cottages	785-842-5494
Century Plaza	785-267-0960
Clinton Place	785-841-1000
Community Village Lawrence.....	785-505-0187
Cooper's Home Care.....	785-865-2525
Country Place Senior Living	913-662-7330
Edgewood Homes	785-842-8110
First Apartments	785-272-6700
Gold Leaf Senior Living	785-842-5494
Hillside Village of De Soto	913-583-1266
Jefferson Villas Apartments	785-357-6227
Knightsbridge Manor Apartments	785-233-0870
La Colonia	785-354-4225
Landmark Plaza.....	785-233-5769
Lawrence Community Housing Trust....	785-842-5494
Lawrence Housing Authority Section 8 Housing	785-842-8490
.....	785-842-8490
Legacy Senior Apartments	913-728-2049
Legend at Capital Ridge	785-272-9400
Lexington Park	785-440-0500
Luther Place	785-273-2944
Madison Street Senior Apartments	785-234-3386
Maple Ridge Senior Living Comm	913-667-3380
Martin Creek Place	785-273-2944
McCrite Plaza at Briarcliff.....	816-888-7930
McCrite Plaza Topeka.....	785-267-2960
Meadowlark Estates	785-842-2400
Medicalodges of Eudora	785-542-2176
Medicalodges of Gardner	913-856-6520
Mission Towers	785-233-5656
Monterey Village	785-227-9101
Morningstar Care Homes of Baldwin City ..	785-594-2603
Morningstar Care Homes of Ottawa ..	785-242-1809
Nettleton Manor Apartments	913-422-7671
Neuvant House of Lawrence.....	785-856-7900
Orchard Lane Leisure Living	785-594-6996
Pebblebrooke Villas.....	913-724-2103
Peterson Acres	785-842-8358
Pinecrest Apartments	785-542-1020
Pioneer Curtis Homes	785-232-8715
Pioneer Ridge Independent Living... ..	785-749-6785
Pioneer Ridge Retirement Community... ..	785-749-2000
Plaza West Apartments	785-272-5660
Plaza West Care Center	785-271-6700
Prairie Ridge Place.....	785-841-8660
Prairie Commons	785-843-1700
Prairie Wind Senior Living	785-862-5318

Presbyterian Manor, Lawrence	785-841-4262
Presbyterian Manor, Topeka	785-272-6510
Rock Creek of Ottawa.....	785-242-5399
Rolling Hills Retirement Community	785-273-2202
Rose Hill Place.....	785-228-3666
Shawnee Management.....	785-783-2546
Shorey Villas.....	785-233-6269
Signal Ridge Villas.....	785-594-3794
Spring Hill Villas	913-592-5550
Sunflower Plaza	785-242-6655
Tanglewood Nursing & Rehabilitation ..	785-217-1523
Thornton Place	785-228-0555
Tyler Towers.....	785-357-8842
Valley Springs Homes	913-585-9998
Valley Springs Senior Apartments ...	785-220-7320
Villa West	785-273-5253
Village Cooperative	785-838-3317
Vintage Park at Baldwin City	785-594-4255
Vintage Park at Gardner	913-856-7643
Vintage Park at Ottawa.....	785-242-3715
Vintage Park at Tonganoxie.....	913-845-2204
Vermont Towers	785-841-6026
Walnut Plaza	785-883-4044
Wellsville Retirement Community ...	785-883-4101
Wellsville Senior Housing.....	785-883-4018
Wesparke Village Two	785-228-3666
Windsor, The	785-832-9900
Wyndam Place	785-749-4646

INFORMATION & REFERRAL SERVICES

Alzheimer's Association.....	785-271-1844
Ballard Community Center	785-842-0729
Centro Hispano	785-843-2039
Community Action	785-235-9296
East Central Kansas AAA	785-242-7200
El Centro of Topeka	785-232-8207
Eldercare Locator	800-677-1116
HealthWise - Stormont Vail Health... ..	785-354-6787
Jayhawk Area Agency on Aging	785-235-1367
Kansas Commission of Veterans Affairs .	785-843-5233
KS Dept. for Aging & Disability Services ..	800-432-3535
KU Information Center (24 hours)....	785-864-3506
Lawrence Public Library Reference Desk	785-843-1178
.....	785-843-1178
Parkinson's Information Service	800-457-6676
Senior Resource Center for Do. Co.....	785-842-0543
United Way Information and Referral ..	785-273-4804
Vieve Health	785-813-1851

INSURANCE INFORMATION

Don Barkley	785-979-0722
nsurance Commissioner's Office	800-432-2484
Jayhawk Area Agency on Aging	785-235-1367
Jim Garrison's State Farm Insurance ..	785-272-0332
Kansas Foundation for Medical Care... ..	785-273-2552
Kansas Insurance Department	800-432-2484
Kansas Medical Assistance Program	800-766-9012
Kim McPherson, Benefits Advisor ...	785-766-9022

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IMPORTANT PHONE NUMBERS



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Osladil Insurance Service	785-242-6955
Peavler & Associates	785-418-7298
Senior Health Insurance Counseling for Kansans (SHICK)	785-842-0543
OR	800-860-5260
Senior Resource Center for Do. Co.	785-842-0543
Social Security (Medicare cards)	800-772-1213
Stephens Chapin Insurance	785-841-9538
HealthWise - Stormont Vail Health....	785-354-6787

LEGAL AID

Douglas County Legal Aid Society	785-864-5564
East Central Kansas AAA	785-242-7200
Kansas Attorney General	785-296-2215
Kansas Bar Association	800-928-3111
Kansas Legal Services	800-723-6953

LIBRARIES

Baldwin City Library	785-594-3411
Basehor Community Library	913-724-2828
Bonner Springs City Library	913-441-2665
De Soto Public Library	913-583-3106
Eudora Public Library	785-542-2496
Johnson County Library - Gardner ...	913-826-4600
KU Watson Library	785-864-3956
KU Law Library	785-864-3025
KU Science Library	785-864-4928
Lawrence Public Library	785-843-3833
Reference Line	785-843-1178
Delivery for the Homebound	785-843-3833
McLouth Public Library	913-785-796-2225
Meriden Community Library	785-484-3393
Oskaloosa Public Library	785-863-2475
Ottawa Public Library	785-242-3080
Perry Lecompton Community Library ...	785-597-5031
Tonganoxie Public Library	913-845-3281
Topeka & Shawnee County Public Library	
Main Switchboard	785-580-4400
Senior Services	785-580-4545
Ask a Librarian	785-580-4555
Wellsville City Library	785-883-2870

MEAL SITES FOR SENIOR CITIZENS

Asbury Mount Olive	785-232-6801
Auburn Senior Center	785-256-2917
Babcock Place	785-842-6976
De Soto Neighborhood Center	913-585-1792
CHAMPSS	785-235-1367
East Topeka Senior Center	785-232-7765
Edgewood Homes	785-760-1504
First Apartments	785-272-4290
Highland Park Methodist	785-266-6555
Lane Community Senior Center	785-869-2002
L.I.N.K.	785-331-3663
Let's Help, Inc.	785-234-6208
LULAC Senior Center	785-234-5809
Meals On Wheels (Lawrence)	785-830-8844
Meals On Wheels (Topeka)	785-295-3980

Ottawa Senior Center	785-242-1533
Papan's Landing Senior Center	785-232-1968
Salvation Army	785-233-9648
Madison Street Senior Apartments	785-234-3386
Senior Meals (Douglas County)	785-727-7881
Silver Lake Senior Citizen Center	785-582-5371
Sunflower Plaza	785-242-2604
Topeka North Outreach	785-286-1370
Tyler Towers	785-354-5420
Washburn Towers	785-242-2604
Wellsville Community Center	785-883-4334
YMCA - Southwest	785-271-7979

MEDICAL EQUIPMENT

Apollo Homecare of Kansas	785-272-1257
Breathe Oxygen & Medical Supply ...	785-841-2200
Breathe Oxygen & Medical Supply ...	785-272-0445
CPAP Supplies & Services	785-289-3188
Criticare	785-749-4878
East Central Kansas AAA	785-242-7200
Munns Medical Inc.	785-228-0187

MEMORY CARE

Arbors at Monterey Village, The	785-592-6188
Bridge Haven Village Eltern's House... ..	785-371-1106
Bridge Haven Village Madel's House... ..	785-371-1106
Bridge Haven Village Oma's House... ..	785-371-1106
Bridge Haven Village Opa's House... ..	785-371-1106
Brookdale Topeka	785-271-5100
Legend at Capital Ridge	785-272-9400
Morningstar Care Homes of Baldwin City ..	785-594-2603
MorningstarCare Homes of Ottawa ...	785-242-1809
Neuvant House of Lawrence	785-856-7900

MENTAL HEALTH

Bert Nash Community Mental Health Center	
.....	785-843-9192
Christian Psychological Services	785-843-2429
Countryside Health Center	785-234-6147
Headquarters Crisis Center	785-841-2345
Heritage Mental Health Center	785-272-5566
Kansas Suicide Preventionation HQ	785-841-2345

NURSING FACILITIES

Aldersgate Village	785-478-9440
Baldwin Healthcare & Rehab Center	785-594-6492
Brandon Woods	785-843-4571
Brewster Health Center	785-267-1666
Hillside Village of De Soto	913-583-1266
Lawrence Presbyterian Manor	785-841-4262
Legend Healthcare	913-369-8705
Lexington Park Nursing & Post Acute Care ..	785-440-0500
Life Care Center of Burlington	620-364-2117
McCrite Plaza Topeka	785-267-2960
Medicalodges Eudora	785-542-2176
Medicalodges Gardner	913-856-6520
Pioneer Ridge Retirement Community... ..	785-749-2000
Plaza West Regional Health Center... ..	785-271-6700
Rock Creek of Ottawa	785-242-5399
Rolling Hills Health Center	785-273-5001

Tanglewood Nursing & Rehabilitation ...	785-217-1523
Topeka Center for Rehab and Health	785-271-6808
Topeka Presbyterian Manor	785-272-6510
Woodland Health Center	785-233-0544

NURSING HOME COMPLAINTS

Long-Term Care Ombudsman	800-842-0078
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ORGANIZATIONS

Lawrence Action Civitan Club	785-691-8520
Lawrence Bridge Club	785-760-4195
Lawrence Partners in Aging	785-842-0543
NAACP - Lawrence Chapter	785-841-0030
N.A.R.F.E. (Lawrence)	785-843-7481
N.A.R.F.E. (Topeka)	785-640-7317
O.U.R.S.	785-842-8034
Topeka Genealogical Society	785-233-5762

PHYSICAL FITNESS/EXERCISE

Baldwin City Recreation	785-594-3670
Lawrence Parks & Recreation	785-832-7920
McLouth Recreation Commission ...	913-796-6473
Ottawa Recreation Commission	785-242-1939
Senior Resource Center for Do. Co.	785-727-7873
Shawnee County Parks & Recreation... ..	785-267-1156
Topeka Parks & Recreation	785-368-3798
Topeka Senior Adult Programs	785-368-3798
YMCA (Bonner Springs)	913-422-9348
YMCA (Topeka)	785-354-8591
YWCA (Topeka)	785-233-1750

PRESCRIPTION DRUG ASSISTANCE

Canada Drug	785-272-6100
Partnership for Prescription Assistance ..	888-477-2669

RECREATION/LEISURE ACTIVITIES

Baldwin City Recreation	785-594-3670
Eudora Community Center	785-542-1725
Kansas Senior Olympics	785-368-3798
Lawrence Arts Center	785-843-2787
Lawrence Parks & Recreation Dept. ..	785-832-7930
Senior Resource Center for Do. Co.	785-727-7873
Topeka Parks & Recreation	785-368-3798

REHABILITATION

Baldwin Healthcare and Rehab Center ...	785-594-6492
Center for Rehabilitation (LMH)	785-505-6470
Douglas County Visiting Nurses	785-843-3738
Gollier Rehabilitation Center	785-229-8343
Hillside Village of De Soto	913-583-1266
Kansas Rehabilitation Hospital	785-232-8524
Life Care Center of Burlington	620-364-2117
LMH Therapy Services	785-505-2712
McCrite Plaza Topeka	785-267-2960
Meadowbrook Rehabilitation Hospital	913-856-8747
Medicalodges Eudora	785-542-2176
Medicalodges Gardner	913-856-6520
Rehab Center at Brewster Place	785-215-3411
Rock Creek of Ottawa	785-242-5399
Tanglewood Nursing & Rehabilitation ...	785-217-1523
Topeka Center for Rehab and Health	785-271-6808

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IMPORTANT PHONE NUMBERS



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Topeka Presbyterian Manor 785-272-6510

RESPIRE CARE

A Helping Hand Home Health..... 785-856-0192
 Aldersgate Village..... 785-478-9440
 Atria Hearthstone..... 785-234-6806
 Autumn Home Plus..... 785-232-0730
 Baldwin Healthcare and Rehab Center... 785-594-6492
 Brandon Woods..... 785-838-8000
 Brookdale Topeka..... 785-271-5100
 Cascade Health Services..... 785-228-9922
 Cooper's Home Care..... 785-856-2525
 Douglas County Visiting Nurses..... 785-843-3738
 Hickory Pointe & Rehabilitation Center.. 785-863-2108
 Home Instead (Lawrence)..... 785-856-8181
 Home Instead (Topeka)..... 785-272-6101
 Jefferson County Memorial Hospital.. 913-774-4340
 Lawrence Presbyterian Manor..... 785-841-4262
 Medicalodges Eudora..... 785-542-2716
 Medicalodges Gardner..... 913-856-6520
 Midland Care..... 800-491-3691
 Midland Care (Topeka)..... 785-232-2044
 Rossville Healthcare and Rehab Center . 785-584-6104
 Senior Resource Center for Do. Co..... 785-727-7873
 Tanglewood Nursing & Rehabilitation ... 785-217-1523
 Topeka Community Health Care..... 785-234-0018
 Trinity In-Home Care..... 785-842-3159
 VA. Eastern Kansas Healthcare System.. 785-350-3111
 Visiting Angels..... 785-284-5500
 Wellsville Retirement Community 785-883-4101
 The Windsor of Lawrence..... 785-832-9900
 Windsor Place At-Home Care..... 785-843-4800

SENIOR CENTERS

Bonner Springs Senior Citizens..... 913-441-0169
 De Soto Neighborhood Center..... 913-585-1762
 East Topeka Senior Center..... 785-232-7765
 First Baptist Church..... 785-267-0248
 Florence Riford Senior Center..... 913-845-2787
 Gardner Senior Citizen Comm. Center... 913-856-0936
 LULAC Senior Center..... 785-234-5809
 Papan's Landing Senior Center..... 785-232-7968
 Senior Resource Center for Do. Co... 785-842-0543
 Rossville Senior Center..... 785-584-6364
 Senior Citizens Center, Oskaloosa 785-863-2411
 Silver Lake Senior Center..... 785-582-5371

SOCIAL SECURITY/MEDICARE

Social Security (Lawrence)..... 785-843-2254
 Social Security (Topeka)..... 785-295-0100
 Medicare Hotline..... 800-432-3531
 Senior Health Insurance Counseling for Kansas... 785-842-0543
 OR..... 800-860-5260

SUPPORT GROUPS

Alzheimer's Caregiver Group..... 785-842-0543
 Alzheimer's Early Stage Patient Support Group..... 785-234-2523

Better Breathers Club..... 785-505-5820
 Better Breathers Club..... 785-273-3560
 Breast Cancer Support Group..... 785-979-8362
 Cancer Support Group..... 785-505-2807
 Caregiver Support Group..... 785-842-0543
 Caregiver Support Group..... 785-580-4662
 Caregiver Support Group..... 785-235-1367
 Chronic Pain Support Alliance..... 785-218-8848
 Dementia Support Group..... 785-218-4083
 Diabetes Education Group..... 785-505-3062
 Douglas County Visiting Nurses..... 785-843-3738
 General Grief Support Group..... 785-430-2194
 Grandparent & Caregiver Support Group.... 785-286-2329
 Grief Support Group..... 785-505-3140
 Healing After Loss By Suicide..... 785-478-4947
 Individual Bereavement Support..... 785-271-6500
 LMH Health Ostomy Support Group 785-505-6265
 LMH Heart Beats..... 785-505-2850
 Lunch After Loss..... 785-271-6500
 Midland Care..... 800-491-3691
 Midland Care (Topeka)..... 785-232-2044
 Prostate Cancer Support Group..... 785-230-4422
 Spouse/Partner Loss..... 785-430-2194
 Stroke Support Group..... 785-235-6600
 Stroke Support Group..... 785-505-2850
 Topeka Area Ostomy Support Group 785-295-5555

TELEPHONE REASSURANCE

East Topeka Senior Center..... 785-232-7765
 Home Buddy..... 866-922-8339
 LULAC Senior Center..... 785-234-5809
 Papan's Landing Senior Center..... 785-232-1968

TRANSPORTATION

A Helping Hand Home Health..... 785-856-0192
 A & A Medical Transportation..... 785-233-8212
 Auburn Senior Center..... 785-256-2917
 Capitol City Taxi..... 785-267-3777
 East Topeka Senior Center..... 785-232-7765
 Franklin Co. Services for the Elderly 785-242-7440
 Grace Home Care..... 785-286-2273
 Independence, Inc., Transportation. 785-843-5576
 Lawrence Transit System..... 785-864-4644
 LULAC Senior Center..... 785-234-5809
 Papan's Landing (North Topeka)..... 785-232-1968
 Rossville Senior Center..... 785-584-6364
 Senior Wheels (Douglas County)..... 785-727-7876
 Silver Lake Senior Center..... 785-582-5371
 KU Health System St. Francis Campus... 785-295-8008
 Topeka Transit Bus Service..... 785-354-9571
 VA Volunteer Transportation..... 785-350-4323
 Visiting Angels..... 785-284-5500

UTILITIES

Electricity: Evergy, Emergency Service (24 hours) 800-544-4857
 Gas: Black Hills Energy, Emergency Calls ..800-694-8989
 Water: City of Lawrence, 6th& Mass. 785-832-7878
 Baldwin City Utilities..... 785-594-6427

Eudora City Offices..... 785-542-2153
 Kansas Corporation Commission 800-662-0027
 Lecompton City Hall..... 785-887-6407
 Topeka Utilities Department..... 785-368-3111

UTILITY SHUT-OFF ASSISTANCE

Ballard Community Center..... 785-842-0729
 Senior Resource Center for Do. Co... 785-842-0543
 E.C.K.A.N., 1600 Haskell, 204..... 785-841-3357
 Let's Help..... 785-234-0568
 LIEAP (Low Income Energy Assistance-Program)..... 800-432-0043
 Project DESERVE (Evergy)..... 800-383-1183
 Salvation Army (Lawrence)..... 785-843-4188
 Salvation Army (Topeka)..... 785-233-9648

VETERANS AFFAIRS

Kansas Commission on Veterans Affairs..... 785-296-3976
 U.S. Department of Veterans Affairs... 800-827-1000

VISION RESOURCES

Audio-Reader Network..... 800-772-8898
 American Foundation for the Blind.. 800-232-5463
 Lions Eye Health Program..... 785-272-6102
 National Eye Care Project..... 800-222-3937
 Red Carpet/Talking Books..... 785-580-4545
 Talking Books..... 800-432-2925

VOLUNTEER OPPORTUNITIES

American Red Cross..... 785-234-0568
 Catholic Charities of NE Kansas..... 785-233-6300
 Civitan Club of Topeka..... 785-580-3873
 Douglas County Visiting Nurses..... 785-843-3738
 Foster Grandparents..... 785-296-5474
 Headquarters Crisis Center..... 785-841-2345
 Jayhawk Area Agency on Aging..... 785-235-1367
 Lawrence ACTION Civitan Club..... 785-631-9354
 LMH Health..... 785-505-5000
 Meals on Wheels (Lawrence)..... 785-830-8844
 Meals on Wheels (Topeka)..... 785-295-3980
 Midland Care..... 800-491-3691
 KU Health System St. Francis Campus... 785-295-8000
 Service Corps of Retired Executives ... 785-234-3049
 Senior Health Insurance Counseling of Kansas (SHICK)..... 800-860-5260
 Senior Resource Center for Do. Co... 785-842-0543
 Topeka Rescue Mission..... 785-354-1744
 Trinity In-Home Care..... 785-842-3159
 United Way of Greater Topeka..... 785-273-4804
 United Way of Douglas County..... 785-843-6626

We would like to apologize in advance for any phone numbers we may have missed. If we missed you, please call us at 785-841-9417 so that we can add you to the 2023 Senior Resources Directory.

SENIOR HOUSING

**Gold Leaf
Senior Living**

900 block of Ridge Road
Baldwin City, KS 66006

Phone: 785-842-5494

Email: cbryanth@gmail.com,

lpehrsonth@gmail.com

Web: www.tenants-to-homeowners.org

Contact: Liza Pehrson, Rental
Manager

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SENIOR MAGAZINE

SeniorMonthly

**Kaw Valley
Senior Monthly**

9703 Hayes St.
Overland Park, KS 66212

Phone: 785-841-9417

Email: kevin@seniormonthly.net

Web: www.seniormonthly.net

Contact: Kevin Groenhagen

Kaw Valley Senior Monthly covers news and issues of interest to active individuals who are "50 and better." Each issue offers columns on personal finance, health and fitness, and other senior issues. Other features include puzzles, cooking, humor and a calendar of events. Advertisers in *Senior Monthly* can reach readers in both the Lawrence and Topeka markets for rates that are comparable to those found at community newspapers with much smaller circulation numbers.

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- 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 website.***

grace@gracefulhealthcare.com

www.gracefulhome.com

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