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Learn more about new city policies and programs regarding
SIDEWALK MAINTENANCE
in Lawrence coming January 2019.
[Read more on page 18.](#)

An Adventure in Curiosity and Genealogy

By Michelle Meier, Editor

When you think of curiosity, the first quotation that comes to mind is negative. You know the one ("Curiosity killed..."). Being the creative type, I like the one from Walt Disney that says, "We keep moving forward, opening new doors, and doing new things, because we're curious, and curiosity keeps leading us down new paths." Imagine following your curiosity on a 58-year path that leads you to your biological parents and six siblings.

That's what happened to Steve Tesdahl, a longtime Lawrence resident. Steve was born in 1959 in Waukegan, IL. He was adopted at birth, lived a happy and fulfilled life, and was raised by loving parents. Steve and his brother were always aware they were adopted, but neither gave much thought to their birth parents or biological family.

Upon graduating from college, Steve's adoptive mother gave him a document from his birth that listed his birth mother's name, the only record of his closed adoption. At the time, Steve tucked the hospital admission slip in his filing cabinet and never gave it another thought.

Fast forward to 2012. Steve found his curiosity growing after watching his wife delve into the wonders of her ancestry as she investigated her genealogy via Ancestry.com. After more than 50 years, Steve pulled out the one document with his birth mother's name and decided to see what he could find

out about her. After a few weeks of looking, Steve was able to find some information about his birth mother's family. His initial findings showed that she had moved to California shortly after getting married and had raised six kids.

To fill in gaps about his biological father, Steve completed some DNA testing and took courses at the Watkins Museum of History in Lawrence that eventually led him to finding his connection to the surnames Carr and Miller. As he narrowed his search, it became apparent that what he thought were six half-siblings were in fact full siblings! Armed with this information, he looked for potential contact information for both of his biological parents. The looming question became, what would come next?



Steve and his biological dad

Needless to say, Steve's curiosity set off an adventure worthy of a Hallmark movie! He found out that his biological parents eventually married and had six other children together. Therefore, this journey of curiosity led Steve not only to his birth parents, but also to six biological siblings.

Revealing a 58-year-old secret such as this was no small task, but as it turned out, Steve was welcomed with open arms. Within one week of his initial phone conversation with his biological father, he was flying to southern
(Adventure, continued on page 21)

SENIOR MEALS

Lunches delivered to your door Monday – Friday

\$4.50 per meal requested donation.

Seniors who live more than 6 miles from a CHAMPSS site are automatically eligible.

Temporary services are available during recovery or after a hospital stay.

If you are 60+, contact

Stefanie Macfarlane
Director of Nutrition Services
785-727-7884



Senior Meals is funded in part by the Older Americans Act through the Jayhawk Area Agency on Aging.

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Why Seniors Change, Part 1

By Dr. Marvel Williamson, Executive Director, Senior Resource Center for Douglas County



As people age, often their personalities change subtly over time. I am not referring to how unrecognizable my mother became as a grandmother, turning into a sweet lady who thought my children could do no wrong, quite unlike the strict disciplinarian she was as I grew up.

Rather, as we live longer and longer, a curious trend emerges in the 60s, 70s, and 80s decades of life. Some formerly uptight people turn into mellow *laisse faire* folks who now roll with whatever happens. On the converse, others who seemed so pleasant in the past have turned grouchy and curmudgeonly.



What is happening? (I am not referring to changes in brain anatomy and physiology that can affect personality.)

An evolution of personality comes with natural aging. I make that claim without any research basis. These are just my observations and musings based on what is happening to me as I age.

Why some seniors become mellower:

1. **With age comes wisdom.** What seemed so important when younger no longer matters as much. As a young bride, I was convinced that my worth was defined by how perfect my house was. While I'm certainly not a housekeeping slob now, I have come to realize that the world won't end if I allow my dear husband the small convenience of a trash bin by his recliner in the living room or if I don't dust as often.

2. **We are just plain tired.** After 37 years as the chief administrator of various organizations, certain battles I fought in the past I now let slide. I'm tired of the struggle. How many times have I revised policy manuals? Do we even need so many policies?

How many upgrades of computers have I survived? Young people may be on their third major version of MS Word, but I started my computer education with punch cards, then learned to program with Basic, advanced to DOS (still no mouse in sight), and during my PhD program in the mid-1980s was the first student to install a modem at home to download my research data into the university mainframe. It's not that I'm a technophobe. I'm just tired of learning the nuances of upgrades.

3. **We pay more attention to a lifetime of regrets.** When I review my life and ask myself what regrets I have, I concede that I often should have been more courageous or loving. That begs the next question, "What am I doing currently that someday will bring me regrets?" I predict that it will be that I mistook busyness for effectiveness, an invalid measure of success that our culture prizes. Such thinking is a myth that has often produced unhappiness in myself and those around me. I am now trying to put more margin in my life. I go home on time more often and let myself have the luxury of doing nothing most evenings. I am becoming mellower.

4. **Even the most influential people in human history can die feeling they never did enough.** I might as well be satisfied that my presence made some lives better, perhaps the most any of us can expect. I realize that as hard as I try, I doubt I will ever be president, and that's OK.

Share your insights with me about personality changes in aging. Next month we will take a look at why seniors may become more cantankerous. This is going to be fun!

Engage at every Age



Take the Selfie Challenge!

Older Americans Month is a great time to show the world you are never too old (or too young) to enrich your life and your community. This year, we want to see how you stay engaged so that you can help inspire others to do the same. Snap a selfie or have someone take your picture participating in activities that improve your mental and physical well-being. Then, post your image to social media using the hashtag #OAM18. Encourage your peers to do the same and you might just gain a little inspiration from others. No matter where you are in your life, there is no better time than now to start engaging in yourself and the world around you.



OLDER AMERICANS MONTH

#OAM18 oam.acl.gov





The Importance and Rights of Grandparents during Familial Crises

I have written in the past about the importance of grandparents and the role they can play in the stability of extended family, but I thought it was time to re-visit this subject. You already know the value of grandparents in the lives of grandchildren, but this role can be magnified in times of family adversity or tragedy.

Grandparents can provide an almost boundless supply of love, guidance, entertainment, support, and fun for children. For many children it is seemingly impossible for them to imagine holidays, birthdays, vacations, and other special occasions without their grandparents being present.

Unfortunately, people do not often consider the importance of grandparents during a family in crisis. It is often grandparents who fill in the parenting gaps caused by family tragedy, regardless of whether that tragedy is the loss of a job, the death of a family member, a sudden move or eviction, or other familial crisis. It is the grandparent, after all, who best knows the parent's needs, desires, talents, and shortcomings. The impact of these tragedies on children can be lessened or even entirely avoided by the

presence of an active and supportive grandparent.

You may know a friend or acquaintance whose grandchildren have been removed from the parent's custody and placed in the custody of the Secretary of the Department for Children and Families. The grandparent's support role does not have to change when a court removes a child from a parent's custody. In fact, grandparents have well defined rights in these cases, and a grandparent's involvement can



help to reduce the child's anxiety, serve as a resource for information, and provide critical support necessary to ensure the child's needs are met.

The Kansas Code for Care of Children, which controls these proceedings, understands the importance of grandparents and grants them interested party status. This status allows grandparents to be involved in every stage of the proceedings. Grandparents are entitled to notice of court hearings and cannot be prevented from attending those hearings. They also have access to the Court's official files and, in some cases, may be allowed to present evidence. Grandparents are permitted to have a lawyer represent them at every stage of the proceedings. Grandparents can also appeal certain court decisions, provided they follow the laws regarding the timing of appeals. In short, grandparents can participate in every stage of cases involving a child in need from beginning to end.

Far more importantly, grandparents have the right to participate in the
(Grandparents, continued on pg. 21)

Better Senior Living

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Been Avoiding the Retirement Outlook? Start Today!

By James Whittaker, M.S.



Retirement. It's a word that brings up a lot of different images and emotions. Many Americans nearing retirement age haven't made a plan or thought about what retirement will look like. Some are afraid to face market losses in their investments while others have dipped into their retirement savings for life emergencies. Rather than sticking your head in the sand, think of it this way: You've worked your entire adult life and your employer has given you a paycheck. Upon retirement you are responsible for generating your own paycheck. Here are some items to consider before you retire. The more time you have, the better your outcomes will be.

Determine Your Social Security Benefit

Check your social security statement. For many working American's, social security provides a large percentage of their income in retirement. Go to www.ssa.gov to create an account and receive an estimated benefit statement. One method to increase that number is to delay when you retire. Waiting five years can have a dramatic effect on your retirement income from Social Security. By working longer, you will also reduce the amount of time your nest egg needs to last, creating an additional benefit.

Minimize Spending

Most Americans don't have a budget. Knowing exactly what your monthly expenses are will help you plan for retirement income needs. Pay down debt and/or work with a debt counselor if you need professional assistance. After budgeting, pick a few items to reduce spending and put those funds in a retirement account. It's common to think \$50 a month won't have an impact, but invested long term you'll appreciate the extra resources late in retirement. You can see just how quickly this can add up by using a simple online investment calculator. You might be surprised at just how easily \$50 a month can add up down the road.

Plan Your Retirement Life

Once you retire, you'll need some hobbies, interests, and activities to stay busy and engaged. You may live for many years in retirement, so have a plan for activity. Working part time is not only a good way to fill time meaningfully, it is also another great way to generate income while staying active and engaged. You could even consider doing something different or more interesting. Many people find this is a great time to start an encore career and have a chance to engage

in something new and exciting while boosting their income at the same time.

Invest in Your Health

See your physician annually for checkups and work on your health issues. Medical expense in retirement has a big impact on the quality of life and for those "lifestyle" diseases, so consider some changes. Find a group of like-minded people who are making positive alterations. Just as trying to save \$50 a month, 10 minutes a day can have a solid impact on your long term health. Find time to move and be active; even short increments will pay off!

No one size fits all for retirement. You may have to be creative and seek professional guidance to maximize your retirement results. There is a tendency to postpone reviewing options and choices

when we are unsure of the outcomes. Even if you have avoided looking at your retirement picture until now, today is a great day to begin planning so you have a real picture of what to expect. I tell people, "Whether you think you have a plan or not, you do." Failing to plan is itself a plan to fail. Stay positive, stay engaged, be proactive, and get started!

(The information in this article is meant to be general information and should not be relied on as a substitute for advice from a financial planning professional.)

James K. Whittaker, M.S., is a Financial Services Professional with NYLIFE Securities, LLC and New York Life Insurance Co. Contact Jim at 913-269-8356 or jwhittaker@ft.newyorklife.com. His office is located at 120 E 9th, Ste 201, in Lawrence.

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Leisure and Learning Activities

Senior Resource Center for Douglas County (SRC) offers information on programs available for seniors across the county. **All leisure and learning opportunities are open to all Douglas County residents, unless otherwise noted.**

Offerings available specifically through the Senior Resource Center are noted with a ▲ before SRC listings. You can register for all SRC offerings at www.YourSRC.org or by calling 785-842-0543.

SPENCER MUSEUM OF ART SENIOR SESSIONS

SPENCER MUSEUM OF ART SENIOR SESSIONS

Spencer Museum of Art offers a series of informal gallery talks designed for senior citizens but are open to anyone. For more information on each session go to www.spencerart.ku.edu/calendar/series/senior-session.

Thursdays, 10 - 11 a.m.

Spencer Museum of Art, 1301 Mississippi, Lawrence
Free

Mary Huntoon, Topeka's own Renaissance Woman

Thursday, May 10

Join Museum docent Sharyn Brooks Katzman for a discussion about Topeka's own Renaissance woman, Mary Huntoon. Learn about her life and work as a painter, printmaker, art therapist, author, administrator, and teacher.

Big Botany: Conversations with the Plant World

Thursday, May 24

Curator Stephen Goddard explores humankind's deep connections and fascination with the plant kingdom through various works of art in the exhibition Big Botany: Conversations with the Plant World. One aim of the exhibition is to cultivate viewers' empathy for plants by addressing the tendency of humans to dismiss plants as a static backdrop to their fast-paced lives.

ENTERTAINMENT

ENTERTAINMENT

O.U.R.S. Dances

Sundays, 6-9 p.m.

Eagles Lodge, 1803 W 6th St, Lawrence

\$6 per person cover charge

Dance to live country-themed music! Carry-in meal at 7:15.

▲ **SCRABBLE Club – Open Play**

Mondays, including holidays, 1 - 4 p.m.

Clinton Place, 2125 Clinton Pkwy, Lawrence

▲ **Pool (Billiards)**

Open for play Monday - Friday 8 a.m. - 4:30 p.m.

SRC, 2920 Haskell Ave, Lawrence

ART

▲ **Tuesday Painters**

Tuesdays, 9 a.m. - noon

SRC, 2920 Haskell Ave, Lawrence

Bring your own painting project and supplies. 785-842-0543.

▲ **Acrylic Painting**

2nd & 4th Sat. each month, 9:30 a.m. - Noon

Clinton Place, 2125 Clinton Pkwy, Lawrence

Fee \$20 per session

Drop in sessions for beginners and experienced painters.
No registration required. 785-842-0543.

Sunflower Basket Weaving Guild

Third Saturdays, May 19, Noon - 5 p.m.

Eudora Community Recreation Center, 1630 Elm Street, Eudora

The Sunflower Basket Weaving Guild is dedicated to the art of basket weaving while providing an outlet for making friends and sharing ideas, talents, and experiences. New weavers are welcome. Please let us know and we will make a plan to help you get started. For more information contact Emily Brown at 816-524-5755.

EDUCATION

UPDATE YOUR COMPUTER SKILLS WITH ONE-DAY JCCC COURSES

Johnson County Community College (JCCC) in Lawrence at Peaslee Tech, 2920 Haskell Ave, Lawrence

www.jccc.edu/ce or www.jccc.edu/Lawrence

Enroll with one phone call! 913-469-2323

Introduction to Microsoft Office (JCCC)

Monday, May 7, 9 a.m. – 4 p.m.

Peaslee Technical Training Center

\$99

Discover basic functions in Microsoft Word, Excel, and PowerPoint. Enter and edit text, create, save, print documents, and insert graphics in Word. Using Excel, students will enter and edit text, values, formulas, and pictures. Save workbooks in various formats. Learn to create a presentation in PowerPoint. Class materials included in course fee. Materials distributed in class.

SUPPORT GROUPS

▲ SRC Caregivers Support Group

First and Third Mondays, May 7 & 21, 2:15 - 3:45 p.m.
SRC, 2920 Haskell Ave, Lawrence

Meet with fellow and former caregivers in a safe haven to discuss challenges and issues surrounding being a caregiver of a senior.



JAAA Caregiver Support Group

First Wednesday, May 2, 1 - 2 p.m.
First United Methodist Church, 704 Eighth St, Baldwin City

Support group for caregivers of individuals age 60 or older. Meet with other caregivers in your area who may be struggling with some of the same issues you face while caring for your loved one. Jayhawk Area Agency on Aging staff will be present to answer questions and provide assistance. For more information call 785-832-0754.

▲ Support Group for Spouses of Dementia Patients

Second Thursday, May 10, 11 a.m. -12 p.m.
Senior Resource Center, 2920 Haskell Ave, Lawrence
Join other spouses in a support group dedicated to partners who are caring for someone with dementia. This group will provide a safe place to share your concerns, discuss caregiving issues and solutions, and learn about additional resources available in the community.

Grief Support Group

First and Third Mondays, May 7 & 21, 4 p.m.
Lawrence Memorial Hospital
325 Maine St, Lawrence
Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel office, usually the first and third Mondays of each month. For more information, call 785-505-3140.

Better Breathers Club

Second Tuesday, May 8, 10 - 11 a.m.
Lawrence Memorial Hospital, Pulmonary Rehab Dept
330 Arkansas St, Lawrence
This free education and support group is for those with chronic lung conditions and their support persons. Meeting takes place in the LMH Pulmonary Rehab Department, 3rd floor. For more information, call 785-505-2850.

Cancer Support Group

Third Wednesday, May 16, 5:30 p.m.
Lawrence Memorial Hospital, Oncology Center
330 Arkansas St # 105, Lawrence
Join representatives from Lawrence Memorial Hospital's Oncology Center for a general cancer support group. Open to anyone with any cancer diagnoses and/or others affected by their cancer. For more information, contact 785-505-2807 or e-mail liv.frost@lmh.org.

Lawrence Parkinson's Support Group

Third Tuesday, May 15, 2 —3 p.m.
Presbyterian Church, 2415 Clinton Pkwy
Join others affected by Parkinson's for support, information and socialization for people with Parkinson's and their caregivers. New members welcome.

Look Good, Feel Better

Third Wednesday, May 16, 5:30 – 7:00 p.m.
Lawrence Memorial Hospital
325 Maine St, Lawrence
“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. Services are provided at no charge by trained volunteer beauty professionals. Offered and supported by the American Cancer Society. Advance registration required. Call 785-505-2807 to enroll.

Stroke Support Group

Third Tuesday, May 15, 4 - 5:30 p.m.
Lawrence Memorial Hospital, Conference Room D South
325 Maine St, Lawrence
Join us in sharing experiences and ideas about life changes brought on by stroke. Monthly meetings include informal and formal presentations on treatments and services available for stroke survivors and their loved ones. For more information contact Trena Triplett at 785-505-2712 or trena.triplett@lmh.org.



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HEALTH & FITNESS

▲ Yoga for Every Body

Next session starts May 8

Tuesdays, 3 - 4 p.m.

Carnegie Building, 200 W 9th St, Lawrence

\$28/8 week sessions

Gentle yoga improves joint movement and increases core and leg strength. Bring a yoga mat and wear comfortable clothes. This class runs in ongoing 8 week sessions. To register online, go to <https://yoursrc.org/product/yoga-every-body/>. For more information call 785-842-0543.



▲ Welcome to Medicare

First Wednesday, May 2, 12 - 1 p.m.

Lawrence Public Library, 707 Vermont, Lawrence

Free

New to Medicare? Join our Health & Human Services team as they present information on what to expect from the Medicare system at this informative session. Call 785-842-0543 for more information.

Rhythm & Moves

Tuesdays & Thursdays, 10:30 - 11:20 a.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln, Lawrence

Class specifically designed for Parkinson's patients. March, box, use drumming sticks, navigate obstacle courses and agility ladders, and pass and throw balls. To register visit www.lmh.org/parkinsons/.

Twist & Shout

Tuesdays & Thursdays, 9:30 - 10:20 a.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln, Lawrence

Stretch, twist, and perform other movements to challenge yourself physically and vocally in this class designed for Parkinson's patients. To register visit www.lmh.org/parkinsons/.

AM Walking Club (LPRD)

Monday - Friday 7 - 9 a.m.

East Lawrence Rec Center, 1245 E 15th St, Lawrence

Free

Need exercise? Get your heart pumping and have a great time building friendships with fellow walkers. For more information, call 785-832-7950.

Pickleball – Open Play (LPRD)

Monday - Friday

East Lawrence Recreation Center, 1245 E 15th St, Lawrence
Sports Pavilion Lawrence, 100 Rock Chalk Ln, Lawrence
Free

Pickleball free play is offered at East Lawrence Recreation Center, as well as Sports Pavilion Lawrence throughout the year. For times and information regarding free play or dates of scheduled tournaments please contact the Adult Sports office at 785-832-7920 or email adultsports@lawrenceks.org.

Senior Supper and Seminar

Second Tuesday, May 8; supper: 5 p.m., seminar: 6 p.m.

Lawrence Memorial Hospital Auditorium

325 Maine St, Lawrence

Fee: \$5.50

The May topic is "Stroke" presented by Caleb Trent, MD, Emergency Dept. physician at LMH. Seniors are invited to dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required and must be made at least 24 hours in advance. Call 785-505-5800 or e-mail connectcare@lmh.org.

MUSIC

▲ New Horizons Band

Weekly Rehearsals, Fridays, 4 - 5 p.m.

Rehearsals at Brandon Woods Smith Center, 4730 Brandon Woods Terr, Lawrence

\$5/yr. dues. Contact John Towner, 785-865-3519, or towner@sunflower.com.

Intergenerational Choir

Fall Rehearsals Start September 18

Rehearsals at Babcock Place

1700 Massachusetts St, Lawrence

Tuesdays, 12:30 - 1:30 p.m.

Led by music therapy students from KU, this group brings together multigenerational members for weekly sessions singing music ranging from the classics to modern arrangements. The Intergenerational Choir meets weekly with an end of semester performance. For more information, contact Deanna Hanson-Abromeit at dhansonabromeit@ku.edu.

Junkyard Jazz

Every Thursday, 7-8:30 p.m.

American Legion, 3408 W 6th St, Lawrence

Join the Junkyard Jazz Band every Thursday for an ongoing jazz jam session full of fan favorites and a full dance floor!

LIVE PERFORMANCES

An Evening with The Music of The Beatles: Unplugged

(Fundraiser event for Audio Reader)

Thursday, May 12, 7 p.m.

Lawrence Arts Center, 940 New Hampshire St, Lawrence

\$20 adult/\$15 senior/\$10 student & child

In partnership with the Lawrence Arts Center, Audio Reader presents Barry Lee, host of KKFI's "Signal To Noise" radio show, has put together an all-star cast of musicians who come together to play selections from the extensive catalog of Beatles music. For this year's installment, imagine that the Beatles have staged an unplugged concert, highlighting their quieter, more acoustic songs. The band includes members of The Rainmakers, Liverpool, The Quivers, Broken Arrows, Fortnight, and Potters Field. Opening the show will be an acoustic set from Kansas City's Volker Brothers. There may also be special guests and other surprises.

Art Tougeau Parade

Saturday, May 26, 12 -5 p.m.

Lawrence Arts Center, 940 New Hampshire St, Lawrence
Free

In celebration of America's fascination with all things wheeled, Lawrence holds the Art Tougeau Parade to honor mankind's large creative cerebral cortex, bipedal locomotion, and opposable thumbs. The result is an all-inclusive event symbolic of humanity's need for self-expression in the medium of all things wheeled. Art Tougeau joins forces with Lawrence Buskerfest to make an incredible event for the community. For additional information, visit www.arttoungeau.org for parade entry and details.

Final Thursday Concert

Thursday, May 31, 6 p.m.

Eudora Senior Center, 706 Main St, Eudora

Stop in for monthly concerts on the final Thursday every month.

Camelot

June 8 – 24; Audio Described Performances: June 16 & 17
Theatre Lawrence, 4660 Bauer Farm Dr, Lawrence

Return to the magic and "shining moment" that is Camelot! Young King Arthur hopes to create an idyllic kingdom guided by honor and righteousness, embodied by his Knights of the Round Table, but Arthur's perfect world is an illusion filled with enchantment and pageantry. You won't want to miss this local performance complete with glorious melodies including "If Ever I Would Leave You," "The Simple Joys of Maidenhood," and "The Lusty Month of May."

VETERANS AFFAIRS

VETERANS AFFAIRS

BY APPOINTMENT

2nd & 4th Wednesdays, May 9 & 23, 9 a.m. - Noon

SRC Consultation Room, 2920 Haskell Ave, Lawrence

Clint Olson from the KS Commission on Veterans Affairs

Office will be available for senior veterans at the SRC offices twice a month. Contact Clint Olson for immediate assistance or to set up an appointment at 785-843-5233 or clint.olson@ks.gov.

LAWRENCE LIFELONG RECREATION (50+) (LPRD)

These programs, offered by the Lawrence Parks & Rec Department (LPRD) are designed for those 50 years or older to maintain an active lifestyle. Those at least 60 years old receive a 10 percent discount on programs and activities, excluding the Eagle Bend Golf Course and Learning Center, travel programs, and some co-sponsored classes. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909

Fossil Field Trip

Saturday, May 5, 9:00 a.m. - 12:00 p.m.

East Lawrence Rec Center, 1245 E 15th St, Lawrence
\$19

Visit a 300 million year old marine site near Lawrence where everyone will find marine fossils to add to or start a collection. Learn about the diverse fauna and why it was fossilized and concentrated in this locality during the Pennsylvanian Period. The site requires only a short walk. Sturdy footwear, a hammer, and durable collection bag are recommended. **Class Code: 227436-A.**

Introduction to Skygazing (LPRD)

Wednesdays, June 6-20, 7:30 - 9:00 p.m.

Baker Wetlands Discovery Center, 1365 N 1250 Rd,
Lawrence

\$18

Enjoying the outdoors includes looking up! Join fellow stargazers and explore the sky and learn general astronomy of both night and day skies. Evening classes will look at what there is to see in the Cosmic Zoo using the naked eye, binoculars, and telescopes. Instruction will include use of planispheres, star charts, and apps. Instructor is Rick Heschmeyer, president of the Astronomy Associates of Lawrence, a NASA/JPL Solar System Ambassador, and Master Outreach Award winner from The Astronomical League. Registration fee includes planisphere, astronomy flashlight, solar viewing glasses, and education materials.

Class Code: 327450-A.

MORE EVENTS

CHAMPSS Orientation

First Monday, May 7, 2 - 3 p.m.

Lawrence Public Library Auditorium, 707 Vermont, Lawrence

Learn how to have access to healthy meals by attending the Jayhawk Area Agency on Aging's CHAMPSS orientation.

For questions about CHAMPSS, contact Beth Kinnan with Jayhawk Area Agency on Aging at 785-235-1367.

Mai Fest

A Traditional German Celebration of Spring

Saturday, May 19, 11 a.m. – 4 p.m.

Clearfield Farmhaus, 2222 N 600th Rd, Eudora

Free

Celebrate the arrival of Spring German style! This event complete with a Maibaum or Maypole, live music, tours of the grounds and historical Clearfield school, and lots of great food from the Farmhaus Market. This event is free and open to all ages.

Senior Engagement Coordinating Council (SECC)

Third Monday, May 21, 1:00 p.m.

Baldwin City Library, 800 7th St, Baldwin City

The SECC is a voluntary council that meets monthly to work on improving quality of life for Baldwin City seniors. Contact Grant Lambert at grant@morningstarcarehomes.com.

Eudora Senior Advisory Council

Second Friday, May 11, 1 p.m.

St. Paul United Church of Christ, 738 Church St., Eudora

Join the Eudora Senior Advisory Council and help shape the future of issues and services for senior in Eudora. For more information, email nfwinslow@roadrunner.com.

▲ Eudora Senior Potluck and Speaker Series

2nd Friday, May 11, 11:30 AM (eat at noon)

St. Paul United Church of Christ, 738 Church St., Eudora

Free

Join Eudora seniors for a gathering to include a potluck lunch and featured speaker. Bring a dish or two to share, or brown bag your own lunch. Tableware and beverages provided. Sponsored by the Senior Resource Center for Douglas County. For more information or to volunteer to help, call 785-842-0543.

▲ Eudora SHICK Counseling

By Appointment

706 Main, Eudora

Counseling sessions with a certified Senior Health Insurance Counseling for Kansas (SHICK) volunteer available by appointment to review your Medicare Prescription Drug Plan coverage. Call 785-727-7872 to schedule an appointment.

Cottin's Farmer's Market

Every Thursday starting May 3, 4 - 6 p.m.

Cottin's Hardware, 1832 Massachusetts St, Lawrence

The Cottin's Farmer's Market is held weekly in the back lot of Cotton's Hardware. This weekly farmer's market includes up to 24 weekly vendors during the summer market with live music, Free State beer, and hot food. Cottin's Farmer's Market is a member of Double Up Food Bucks Heartland which will allow you to use funds from your SNAP Card dollars at several area farmer's markets.

Lawrence Farmer's Market

Saturdays, 7 - 11 a.m.

824 New Hampshire St, Lawrence

Since 1976, area vendors have provided the community with a wide variety of fresh vegetables, fruits, meat, eggs, honey, wine, prepared foods, and much, much more. The Lawrence Farmers' Market is a member of Double Up Food Bucks Heartland which will allow you to use funds from your SNAP Card dollars at several area farmer's markets. Bring your SNAP EBT Card to the Lawrence Farmers' Market Info Booth before you shop. The Info Booth is located in the middle of market, on the north-side, by the alley. Stop by every Saturday, rain or shine!

Tuesday Lawrence Farmer's Market

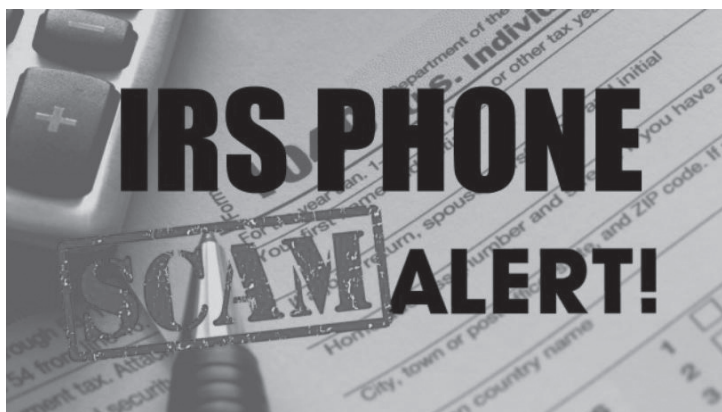
Every Tuesday, starting May 8, 4 - 6 p.m.

Parking Garage, 725 Vermont, Lawrence

Catch a smaller group of vendors on Tuesdays in the lower level of the Lawrence Parking Garage next to the Lawrence Public Library.



SRC activities are noted with a ▲.



Beware of Current IRS Phone and Email Scams

It is that time of year again where scammers are contacting consumers of all ages under the guise of being with the IRS demanding payments due on back taxes. Many scammers are polished enough to use the IRS name, logo, fake employee names and badge numbers to try to steal money and identities from taxpayers.

The IRS offers several tips that will help filers avoid becoming a scam victim.

IRS employees will not:

- Call demanding an immediate payment. The IRS won't call taxpayers if they owe taxes without first sending a bill in the mail.
- Demand payment without allowing taxpayers to question or appeal the amount owed.
- Demand that taxpayers pay their taxes in a specific way, such as with a prepaid debit card.

(Scams, continued on page 21)

EUDORA PARKS & RECREATION (EP&R)

Eudora Parks & Recreation Department (EP&R) strives to provide parks and recreational opportunities for the community of Eudora that will enhance and promote a healthy lifestyle for all ages. EP&R gives Eudora residents and others from surrounding communities the opportunity for family oriented activities. For more information contact Eudora Parks & Recreation at 785-542-3434.

Eudora Pickleball – Open Play (EP&R)

Tuesdays and Thursdays, 9:30 - 11 a.m.

Wednesdays, 6 - 8 p.m.

Eudora Community Center, 1630 Elm, Eudora

Join others in groups of two, three, or four for open play for some Pickleball fun.

Checkers, Chess, & Dominoes (EP&R)

Every Thursday, 1 - 2:30 p.m.

Eudora Community Building, 1630 Elm St, Eudora

In the mood for some board game play? Stop by for a quick game, or stay for several rounds!

Bingo (EP&R)

First Monday of the Month, May 7, 1 p.m.

Eudora Community Building, 1630 Elm St, Eudora

Join fellow residents for a fun round of Bingo.

Brown Bag Lunch (EP&R)

First Wednesday, May 2, 12 - 1 p.m.

Eudora Community Building, 1630 Elm St, Eudora

Bring your lunch and enjoy time with fellow residents and hear a presentation by our monthly featured speaker.



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LAWRENCE LIFELONG TRAVEL (LPRD)

Lawrence Parks & Rec (LPRD) offers Lifelong Travel excursions, including day and regional trips, tailored for those 50 and over. Registration is required. You may register for the trip at any Lawrence recreation center, or on-line at www.lprd.org. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909.

Jeanne Robertson

Friday, September 7
\$70

Jeanne Robertson continues to charm audiences with her humorous observations about life around her. This former Miss North Carolina has an infectious personality, heart, and sense of humor. With eight nationally released DVDs, three books, and over 49 million YouTube hits, the demand for Robertson's family-friendly and engaging brand of comedy has grown exponentially. Trip includes tickets to the 8:00 p.m. performance at the beautiful Midland Theater. There will be a stop at Crown Center for dinner on your own at one of their many dining choices. **Class Code: 227866-A. Registration Deadline: April 27.**



Werner Wagon Works

Wednesday, June 6
\$62

Werner Wagon Works builds and restores horse drawn vehicles. The trip starts with a tour of the shop where you will learn all the whys and hows of building a horse-drawn vehicle from an expert wheelwright. These custom vehicles are part of the historic westward expansion of our country. Enjoy lunch in downtown Horton and learn about Reinvent Horton. This group is working with Marcus Lemonis, entrepreneur and host of CNBC's reality series "The Profit," to bring much needed community and economic development to the small town. On the way home, the final stop at Jefferson Hills Vineyard will feature the interesting history of this farm and vineyard while you enjoy a sample of their wines. Throughout the day you will get a close look at how innovative Kansans are working to preserve our history and uphold a sense of pride in community. **Class Code: 327868-A. Registration Deadline: May 22.**

Champion Trees of Leavenworth County

Saturday, June 2
\$62

Large trees are beautiful, historically significant, and have a mystique that draws our gaze upwards. Trees in Kansas serve as guideposts on the prairie, once guiding pioneers to their destinations and now marking historic locations. The Kansas Champion Tree program works to identify these trees so they can be preserved and enjoyed by all. The historic Leavenworth area is home to many Kansas State Champion trees. On this trip enjoy a full day learning about the Champion Tree program, viewing some of these beautiful, giant trees, and hearing stories about "hunting for the big ones!" Tour Guide: Jon Standing. **Class Code: 327867-A. Registration Deadline: May 16.**



SRC DAY TRIPS

▲ The Legends in Kansas City, KS

Every 3rd Thursday, 9:30 a.m.-5 p.m.
\$60

In the "hop on, hop off" model, your driver will drive a circuit around Legends throughout the day, stopping to let you off or pick you up at Legends outlet shops, restaurants, Hollywood Casino, and the AMC movie theater. Lunch on your own at your choice of eateries throughout the massive complex. For more information or to save your seat on the next excursion, call 785-842-0543.

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**EAT**

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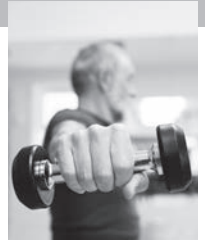


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Benefits of Natural Light and Getting Outside

By Michelle Meier, Editor



Officially spring has arrived, even though it may not feel like it quite yet. With warmer weather on the horizon, there are numerous health benefits to getting time outside. Whether you are outside and active or just soaking up the sun, there are definite advantages to spending time in the great outdoors and exposure to natural light.

Brighten Your Mood

A study from the University of Michigan shows that participants in group nature walks with exposure to natural light significantly reduced levels of depression, lowered the perception of daily stressors and reported feelings of better mental health and well-being. A quick walk around the block or even to the mailbox and exposure to the sun, bright colors, and breathing the fresh air can help brighten your day!

Natural Vitamin D

Research shows that vitamin D, also known as the “sunshine vitamin,” may help protect against osteoporosis, heart disease, and some types of cancer. Supplements work, but 10 minutes of direct sun exposure on your skin initiates a reaction that enables skin cells to manufacture approximately 10,000 international units of vitamin D from the sun’s UV-B rays. Being outside is way more fun than taking a supplement, right?

Boosted Immunity

The effects of being outside can translate into boosted immunity. Some studies show that the effects of being outside can increase white blood cells and even limited exposure can provide a boost for days after the initial exposure.



Reduced Recovery Time

A study by the University of Pittsburgh found that spinal surgery patients with greater exposure to natural light during recovery tended to take fewer pain medications. Another study demonstrated that patients in rooms with nature views went home sooner than patients in rooms that had more urban views.

Better Quality Sleep

Exposure to natural light can also enhance your quality of sleep and help regulate your internal body clock. Limited access to outside light can affect your circadian rhythm. Making sure you have had exposure to light during the day will help you fall asleep at night, as your body recognizes the contrast with darkness in the evening and signals melatonin production to start. Time spent outside will help you get to sleep faster with better quality sleep.

What are you waiting for? Just a few minutes outside can provide numerous benefits to your health and well-being with lasting effects! Take 10 minutes and soak up some rays!

Need help with a small home project?



SRC Volunteer Handyman Services

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Materials at the expense of the homeowner.

Contact Jerry Guffey to discuss the work you need at 785-842-0543.

All projects **must be approved** in advance.
Homeowners must be present during scheduled work.
Volunteers have completed a background check.





When Honesty Isn't the Best Policy: Therapeutic Fibbing in Dementia Care

By Janet Ikenberry



Is it ever okay to tell a lie? Our parents teach us from a very early age always to be truthful.

As we grow and learn about life and relationships, we come to know firsthand the value of truth and its relationship to trust. Sometimes, however, when caring for a loved one with dementia, it is often easier – perhaps even kinder – to bend the truth. If we hope to maintain a trusting relationship, how can we reconcile ourselves to this obvious departure from something so basic to our nature? Should we?

One of my favorite things about my job at the Senior Resource Center for Douglas County is working with the Caregiver Support Group. I have met many people over the years who are coping with the challenges of caring for a spouse, parent, or other loved one. All of these individuals have their own story, their own path, and their own strategies for getting through their caregiving journey. "Therapeutic fibbing," or telling little white lies, is a topic that comes up consistently in the group discussion, especially when a member has reached the point in the journey where the loved one with dementia begins to move in and out of reality.

Specifics vary, but the same type of story is often shared. The person being cared for insists that s/he has recently seen or are expecting a visit from a deceased loved one. A caregiver might hear, "When will my mother be here to take me home?" The caregiver knows that the loved one's mother died 20 years ago and, by the way, the person with dementia is already at home. In such a situation, being completely honest may not be the best policy. Dementia causes the brain to malfunction. During this malfunction, reason and logic go out the window. What that person is thinking and feeling in that moment is the current reality. Hearing that the beloved mother is dead (for the "first" time to their malfunctioning brain) can cause extreme distress and add heightened anxiety and agitation to an already difficult scenario.

Is it okay to lie? Therapeutic fibbing has become more widely accepted among professionals working in the field of dementia care. Most agree that, in early stages of dementia, using reorienting and redirection tactics are preferred. Gently reminding someone of a reality or redirecting attention to focus on something else can be useful strategies. There will, however, be instances when these strategies are not effective, and caregivers need to give themselves permission to bend the truth to meet their loved one's current reality. In the example mentioned earlier, instead of trying to get that person to remember and accept that the mother is dead, you might say, "I spoke with your mother and she's running late. She'd like me to give you a snack while we wait." This

strategy could give the person a chance to calm down and shift attention.

To be clear, it is never okay to mock or demean another person. Therapeutic fibbing is not meant to be used that way. It is intended to promote respect and kindness. Who wants to be reminded over and over that they are wrong, or be asked time and again why they can't remember something? Changing the way we respond to repetitive questions and forgotten memories can be a way of preserving our loved ones' dignity, easing their distress, and mitigating agitation. It's okay to meet them in their reality instead of insisting they come back to ours.

In the end, the decision to use these tactics is a personal one. Each caregiver must decide at what point or at what level therapeutic fibbing is appropriate. Listen to your instincts and give yourself permission to bend the truth when necessary.

Janet Ikenberry is the Director of Health and Human Services at SRC. She has been with the agency for over 25 years and is the facilitator of SRC's Caregiver Support Group. Janet can be reached at 785-842-0543 or jikenberry@YourSRC.org.



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Staying Sharp

By Dennis Domer, PhD



According to the authors of *Successful Aging*, which we have been examining in this column over the past two months, one of the greatest fears of older people is the loss of their cognitive functions. Without properly working memory, language, and reasoning functions we lose our independence, so our fear is understandable.

The chances of our facing a devastating loss of our wits, however, are lower than we than many of us think. The MacArthur Foundation study of 4,000 successful agers reassures us that "the view that old age is inevitably accompanied by substantial reductions in mental function is clearly wrong. Growing old, for most people, means maintaining full mental function." It's true that most of us eventually cannot retrieve information as quickly as we did in our youth, and as we age we usually experience some loss of our explicit memory capability, which allows us to recall specific dates, places, and names at will, but other cognitive functions are generally not susceptible to age-related losses.



to 20% for 85-year old women and 12% for men. Since more and more of us will reach 85, the Alzheimer's Association expects to see a significant increase in the number of cases by 2050. There are, however, biomedical miracles on the horizon that may one day eliminate the damage and restore the brain from the ravages of this disease among the Millennial generation. For a discussion of some of these emerging innovations, read the next edition of *New Days Ahead*.

Dennis Domer, PhD retired in 2014 after 42 years of teaching, research, and service at Baker University, the University of Kentucky, and the University of Kansas. He focused on aging and architecture in his funded think tank, "New Cities," during his last 6 years at KU. He served on the SRC board from 2012 to 2017.

What can we do to strengthen our cognitive functions? Brain health and exercise have a strong positive correlation. Probably the best thing we can do for brain health is to increase the blood flow to that organ by taking a good walk or doing some other aerobic exercise. If we want to improve our memory, a well-established way is to rest quietly for 10 to 15 minutes after we've learned what we want to remember. Downtime appears to "consolidate" the substance of what we learned, making it easier to recall. A good night's sleep, a longer restorative rest, also does wonders for the mind. Doing crossword puzzles, learning foreign languages, or playing memory games, chess, or Scrabble have not yet produced reliable, measurable improvements in brain health, but that doesn't mean these tactics don't produce positive outcomes. Living in a supportive social environment also improves brain function among older people. Experiencing nature has salubrious effects on brain health according to Selhub and Logan, who summarize the science of these effects in *Your Brain on Nature*. Walks in a natural setting almost always help us get our heads on straight.

What about Alzheimer's disease, the biggest cause of dementia among older people? Most of us are not going to get it. The Alzheimer Association estimates the current life risk of contracting Alzheimer's" to be 17% for 65-year old women and 9% for men, a risk that goes up for 75-year old women to 19% and 10% for men, which goes up yet again



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MEDICAL (PART B)		07-01-2016	
SIGN HERE <i>Jane Doe</i>			

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New City of Lawrence Sidewalk Hazard Repair Program

Submitted by City of Lawrence Communications



Recognizing that sidewalk maintenance has been deferred by responsible parties, the City of Lawrence is developing a new program to address sidewalk hazards and assist homeowners in meeting their maintenance responsibilities* starting in January 2019. The program will work through the community over the coming years to make repairs and updates to sidewalks city-wide by focusing on small subsections each year. To accomplish this, city staff will inventory sidewalk hazards in each subsection and provide notification to owners about sidewalk defects that they are required to repair. A program manager will assist property owners by providing information about their sidewalk repairs and financial assistance options.

For example, the program addresses concerns about homeowners' ability to pay. An income-based financial assistance option is available for qualifying owner-occupied properties. Homeowners with an income at or below 80 percent of Federal Housing and Urban Development (HUD) Area Median Family Income guidelines can qualify for the city to fund the full cost of sidewalk hazard repairs at their property. The program also provides a cost-sharing option for owner-occupied residential properties with sidewalks abutting two or more sides of the property. An appropriate process to charge the cost of sidewalk repairs as an assessment on property tax bills will be part of the program as well. Repayment of those costs assessed to tax bills may occur over a four-year period, making payment of these costs more manageable for property owners.

The new program comes after years of research and public discussion about sidewalk maintenance needs. Recent efforts include that of the Pedestrian-Bicycle Issues Task Force whose work included, among other tasks, a review of State and City laws concerning sidewalk maintenance responsibilities and related funding issues. The Task Force found that the City's sidewalk maintenance policy, and administration of that policy, are not producing the desired results. The Task Force recommended establishing an equitable and practical sidewalk repair program by 2017 that would bring all sidewalks and accessible curb ramps up to code by year 2030.

Addressing sidewalk hazards will make sidewalks safer and more accessible for pedestrians of all abilities. The city will provide additional public information as it nears the program start date.

**The City Code of the City of Lawrence (16-105) defines a sidewalk hazard as any plank, brick, stone, or segment of sidewalk that is raised above the established level of such sidewalk more than one-half (1/2) inch, in any manner which might catch the foot of a pedestrian, or any holes or depressions in the sidewalk in which a pedestrian might step or catch a foot in a manner to cause injury. Under existing State law and City Code, responsibilities for maintenance of most sidewalks lies with the abutting property owner.*

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Caring for Aging Parents and the Family Medical Leave Act

Q: *My mom is 88, had a stroke, and has been in a nursing home receiving physical and occupational therapy, but she's getting well enough to go home, if I can be there to take care of her for at least a couple of weeks. I'm a fairly new hire at my work, and I don't have much vacation accrued, so it'll have to be time off without pay. I know my employer is not going to like having to cover for me while I'm gone. Am I protected from being fired if I take time off my job to take care of my mom?*

A: I hope so, but it depends. The Family Medical Leave Act (FMLA) allows employees who have an elderly parent with a serious health condition to take unpaid leave and offers some job protection. Under the FMLA a "serious health condition" is an "illness, injury, impairment, or any physical or mental condition that requires inpatient medical care or continuing treatment by a health care provider," which includes care in a hospital, hospice, assisted living facility, or nursing home. In your situation, I think that if your mother continues to receive skilled care at home (physical and occupational therapy are both skilled care from health care providers), you would meet at least that condition of FMLA protection.



The FMLA protects employees taking up to 12 weeks annually of unpaid leave to care for ailing family members, including elderly parents. An employee who has been terminated for taking leave to care for a sick parent, in violation of the FMLA, would be permitted to seek reinstatement to his or her prior position, lost wages (up to 200% of lost wages, if the employer acted in bad faith), and potential non-economic damages.

However, not all employees are protected. Only employers with 50 or more employees, which amount to only 60% of private sector employees, are covered by and required to be granted FMLA leave benefits. All public employees are covered, though, as are private elementary and secondary schools, regardless of the number of employees employed.

Another caveat: Every type of assistance one might provide to a parent with a serious health condition is not covered. For example, employees are not generally covered by the FMLA for activities not traditionally considered "caregiving," such as making household repairs or improvements, unless those repairs or improvements are directly related to basic medical, hygienic, or safety needs. Rather, the FMLA permits employees to secure leaves of absence to assist parents who, while living in their own homes or being treated in hospitals, rehabilitation centers, or other facilities, are unable to care for their own basic medical, hygienic, safety, or nutritional needs or who would benefit psychologically by a family member providing comfort or reassurance during treatment of a serious

health condition. Additionally, the FMLA permits family members to take leave from work to fill in for other caretakers, provide transportation to and from health care providers, or to make arrangements for changes in care, such as transferring a parent to a nursing home.

FMLA protection extends only to unpaid leave. If the employee is otherwise covered and protected from termination for being absent from work, the employee would have to be able to afford to go without wages for the duration of the absence.

The protection the FMLA affords is likely to be required more in the future. With increasing lifespans, seniors have longer to become vulnerable to age-related ailments requiring caregiving assistance from sons and daughters who are not getting any younger themselves. Some employees in their middle-age and senior years have at least one living parent who will need their caregiving assistance at various times.

Health care advances, elimination of mandatory retirement at age 65, and economic forces have influenced retirement plans of older employees, so that many now work long past the retirement ages of prior generations. The first wave of baby boomers is now in their 70s. Already, people over 85 are the fastest growing segment of the population by age. It's likely that you and your co-workers will need FMLA leave to assist aged parents or must choose whether to sacrifice your own financial security for your parents' sakes. Job protection for caregiving for seniors could turn out to be as essential for today's workers.

Molly M. Wood is a partner at Stevens & Brand, LLP, in Lawrence, Kansas, where she confines her practice to Elder Law, especially seniors with long-term care issues. If you have a legal question or concern, call the Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, 888-353-5337. An Elder Law Project attorney is available in Lawrence at no charge by appointment at Senior Resource Center for Douglas County, 785-842-0543.

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Unwanted Marriage Proposals

Q: *I am an 81-year-old widow of three years who lives in a retirement community. About a month ago a widower who also lives here began in all seriousness asking me to marry him. I miss my husband greatly and really have no interest in remarrying anyone. How can I stop this man from proposing? I've told him no, but I don't want to lose him as a friend.*

A: No one likes to be chased by an insensitive clod. Your feelings are certainly warranted. Even though you may be flattered that you are still appealing as a potential mate, you are completely justified in feeling uncomfortable in this situation.

What you describe is a form of harassment. "No means no," as the saying goes. Perhaps this gentleman hasn't learned to respect a woman's word or has gained what he wanted in the past by being persistent. You may well be his first acquaintance who is a strong, independent woman.

First, don't let yourself get into a position of being alone with him. If he comes to your door, don't open it. If he approaches you in public, latch onto someone else there who can serve as a witness if he goes into his proposal routine again.

Next, set up a meeting with him and bring along a friend. Explain your feelings to him in a "sandwich" of messages, which means that you give him two positive points on either side of your serious request. If the thought of doing this terrifies you, practice saying the words out loud a few times and tell your witness what you plan, so that he or she can support you.

Perhaps you could say, "George, I value you as a friend and am so glad to know you. However, you need to understand that I am not interested in remarriage or in you as a husband. I feel uncomfortable when you propose marriage, and I insist that you stop. If you don't, I will take this to the staff." Let him react and defend himself. Stand your ground, though, and state your request again if necessary. End on a positive note, such as "I'm so glad we understand each other better now. I hope to see you at the next painting class, as I do like your approach to watercolors in landscapes."

Older single women are at risk for unwanted pressure to do all sorts of things. Whether you are ignoring scam offers to help you manage your money or are trying to keep your love life in neutral, proceed with caution. Speak your mind and take charge. Too many women in your shoes withdraw out of fear that they may encounter a person who makes them feel uncomfortable. Don't let this man who is behaving inappropriately rob you of your social life. You have the right to say "no" and not be harassed.

Send your questions to contact@YourSRC.org. Names and identifying information will be removed. Questions may be edited. Answers are written by qualified licensed/certified health care professionals. Answers cannot be personalized for individuals and are intended for general information only.



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Adventure *(continued from page 1)*

California where he met both of his parents, now divorced, and four of his six siblings who live in the area.

After their initial meeting Steve's biological father shared the news with his extended family about Steve. Once that happened, the genealogy adventure expanded. As news spread to cousins and extended family, they shared some of their findings in from their own genealogy research with some exciting tidbits about the lineage of the Miller family.

Steve learned that his cousin had found family history documents tracing their lineage to descendants who arrived in America on the Mayflower. This was exciting stuff indeed! In addition, they had ancestral grandfathers who fought in both the Revolutionary and Civil Wars.

Once again, Steve found curiosity calling, and he tapped back into his DNA results to connect with others in the Ancestry.com system and found even more interesting connections. Steve discovered a link to a Kentucky congressman who shared information on the Miller family passage from Virginia to Kentucky dating back to 1755. This trail led Steve to information about Ike Miller, who was one of the most prominent bootleggers in the 1920s and was regarded as the "bootlegger king" of Lexington. It turns out Steve also has bourbon in his veins. It was in this search that he found information about a train wreck that killed his great-grandparents, bringing this adventure full circle revealing knowledge his biological father had shared with him about how his own father had been orphaned at age 11.

Steve's adventure in curiosity and genealogy is still ongoing, as he has yet to meet his final biological sister who resides in Cape Town, South Africa. However, along the way Steve has allowed his curiosity to lead him on an adventure of a lifetime that had uncovered documentation of a fascinating American lineage, not to mention a connection to his biological family, who have also since tapped into Steve's curiosity and traveled with him to explore their roots in Kentucky. Together!



Steve, his biological mom, dad, four siblings and families

Grandparents *(continued from page 4)*

permanency planning for the child. Permanency planning sets tasks and goals to assist a parent in regaining custody of his or her child. Grandparents are encouraged to help the family plan, work toward, and achieve these goals. It can often be discouraging knowing a child has been removed from the parents' custody, and grandparents can feel overwhelmed and excluded from the child's life. By participating in case planning and goalsetting, grandparents can become part of the solution and have the right to be a part of the planning and discussion regarding the best interests of their grandchild. They can participate in ensuring the child is safe, secure, and able to return home as soon as the crisis is resolved.

If a friend or neighbor has a grandchild who has been removed from the custody of the parent and are facing a child in need of care proceeding, encourage them to participate in the case. Encourage them to contact the parents, the social workers, and everyone else involved, and to continue to provide support, love, and guidance to the family. If your friend feels discouraged because s/he, for whatever reason, cannot take custody of the child or attend every meeting and hearing, remind him or her that any participation is vital. Grandchildren need their grandparents in their lives, and it is often those grandparents who ensure that their lives continue to be happy, healthy, and full of love.

This article is not intended to provide legal advice. This information must not be relied on as a substitute for obtaining legal advice from a licensed attorney.

Scams *(continued from page 11)*

- Ask for credit or debit card numbers over the phone.
- Threaten to contact local police or similar agencies to arrest taxpayers for non-payment of taxes.
- Threaten legal action, such as a lawsuit.

If you don't owe any taxes, or don't think you owe any taxes, the IRS makes the following suggestions on reporting any calls from scammers:

- Contact the Treasury Inspector General for Tax Administration. Use TIGTA's "IRS Impersonation Scam Reporting" web page to report the incident at www.treasury.gov/tigta/contact_report_scam.shtml.
- Report the incident to the Federal Trade Commission. Use the "FTC Complaint Assistant" on FTC.gov. Add "IRS Telephone Scam" to the comments of your report.

Keep in mind, if it feels like a scam, it probably is! These scammers can get quite aggressive and use fear tactics to get their victims to provide personal information. Don't be fooled or pressured to share vital information that will allow these scammers access to your identity or bank accounts. For more information on other types of scams related to the IRS, taxes and refunds, go to www.irs.gov/newsroom/tax-scamsconsumer-alerts.



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Cool & Creamy Oreo Parfaits

1/2 regular size package Oreo Cookies, crushed

1 1/2 cups milk

1 small instant vanilla pudding

6 oz Cool Whip, thawed

1/8 cup salted butter, softened

4 oz cream cheese, softened

1/2 tsp vanilla extract

1/2 cup powdered sugar

In a bowl, whisk together milk and pudding mix until thick. Refrigerate for 30 minutes, until firm. Fold in Cool Whip and refrigerate while preparing the rest of the mixture. Beat butter, cream cheese and vanilla on medium speed until smooth. Slowly add powdered sugar and beat on medium speed for one minute. Fold cream cheese mixture into pudding mixture until combined. Spread cookie crumbs in bottom of dish. Layer pudding mix and cookie crumbs.



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