



Better Living
EXPO



Saturday, September 8, 2018
9:00 AM – 3:00 PM

 **Senior
Resource Center**
for Douglas County

Better Living EXPO
PROGRAM

Crown Toyota Pavilion 3430 S Iowa St, Lawrence

Special Thanks to Better Living EXPO Co-Sponsor



Stop by Booth 601 for FREE Blood Pressure Screenings



A partner for lifelong health

Better Living EXPO

This event was created to bring solutions for improving life. If you are planning your retirement, are looking to stay active and engaged, or are an adult child helping care for an aging parent, the Better Living EXPO has the resources you need for a healthy and active life!

The inaugural event will attract active adults from Douglas and surrounding counties who are interested in enhancing their lives through **better living**. These adults actively plan their futures and live better lives through social engagement, innovative products, entertainment, travel, improving and maintaining all aspects of health and fitness, creative lifestyles, home organizing and downsizing, assistive devices, in-home supports, senior living options, and so much more.

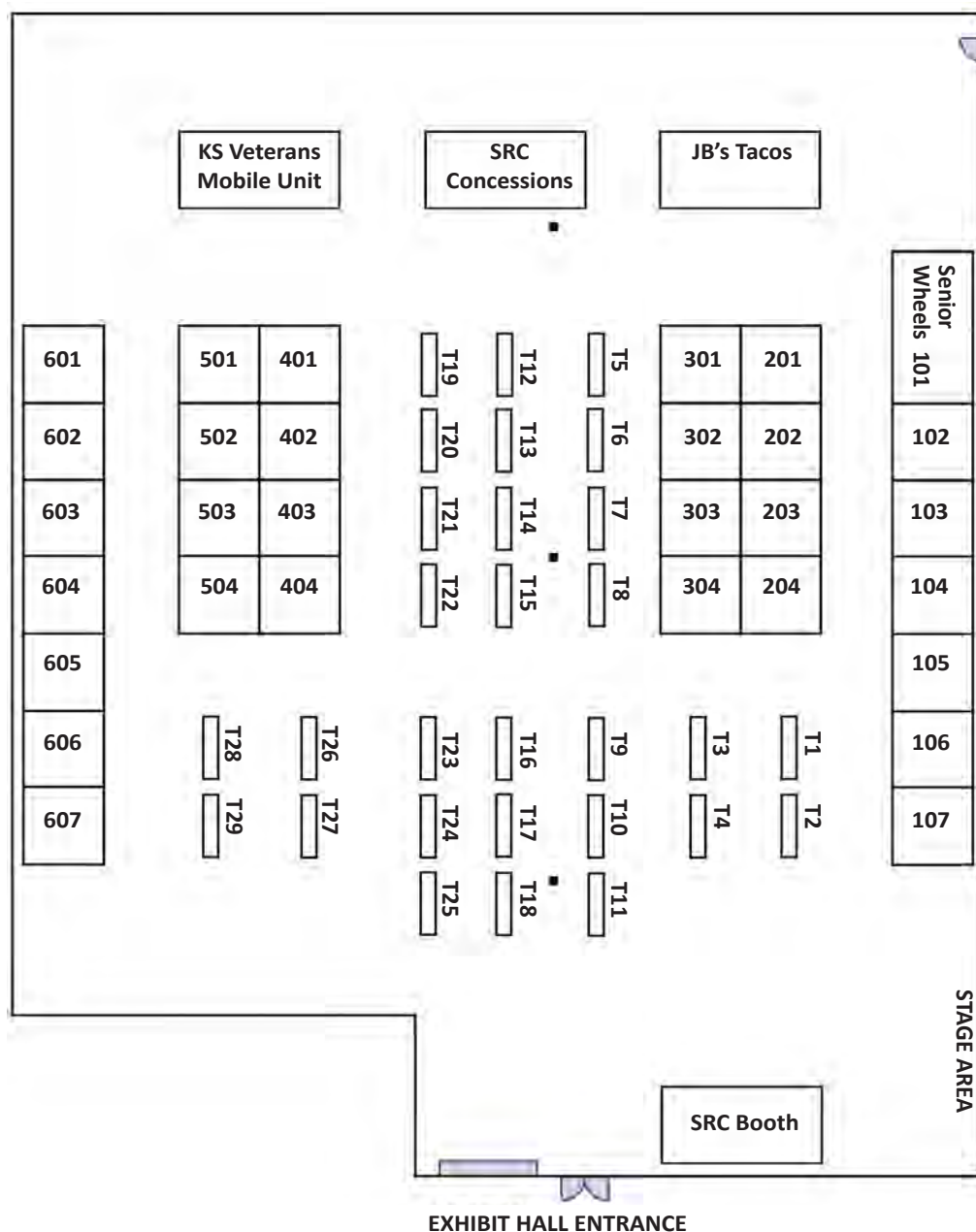
TICKETS

Tickets to the Better Living EXPO are \$5 at the door.

Advance tickets are available online at www.YourSRC.org/EXPO. Save \$1 using Coupon Code: **EXPOSAVINGSBSL**

EXHIBIT HALL MAP

The Better Living EXPO features 60 exhibitors who are resources for travel, lifelong learning, entertainment, insurance, senior housing, and more! Don't forget to stop by for a quick bite from SRC Concessions and JB's Tacos. All exhibitor locations are referenced in the following pages with each exhibitor's description.



SCHEDULE OF EVENTS

Better Living EXPO Hours
9:00 AM - 3:00 PM

CONCESSIONS

**Senior Resource Center
Fundraiser for Senior Wheels**
8:00 - 11:00 AM Biscuits & Gravy
After 11:00 AM Popcorn & Bottled Water

JB's Tacos
Serving specialty street tacos all day including breakfast and vegetarian options.

SPECIAL PRESENTATIONS

Join these scheduled presentations at the stage area in the southwest corner of the Exhibit Hall.

10:00 AM Fall Landscaping
Presented by Clinton Pkwy Nursery

11:00 AM Welcome to Medicare
Presented by Senior Resource Center

12:00 PM Special Performance
To Be Announced

1:00 PM Granny Basketball
*Watch Granny Basketball in action.
Scrimmage near Booth 607.*

2:00 PM Senior Housing Options
Presented by Midwest Health, Inc.

EXHIBITORS

AARP Kansas 6220 SW 29th St Suite 300 Topeka, KS 66614 866-448-3619 www.aarp.org/ks AARP works right here in Kansas to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment.	404	Bridge Haven Memory Care 1701 Research Park Dr Lawrence, KS 66041 785-371-1106 www.mybridgehaven.com Bridge Haven is a residential home in a beautiful, well-established Lawrence neighborhood that provides memory care for seniors with varying stages of Alzheimer's or dementia. We focus on eight full-time residents who are lovingly embraced as part of Bridge Haven's extended family.	T18	Criticare Home Health Services 1006 W 6th St Lawrence, KS 66044 785-749-4878 www.criticarehhs.com Criticare Home Health Services, Inc. is a locally owned company that has been providing high-quality home medical equipment, supplies and services in Douglas County and surrounding counties for over 30 years. We have three licensed Respiratory Therapists on staff to assist you with all your respiratory equipment needs and provide a variety of durable medical equipment to assist with your independence and comfort in your daily living.	T27
AARP Tax-Aid AARP Tax-Aide is an all-volunteer organization that offers free income tax assistance to low-to moderate-income taxpayers with special attention given to those over 60 and those with disabilities. Call 785-691-7980 or 785-691-9737 for assistance.	T9	CarePatrol of NE Kansas 7111 W 151st St, Ste 140 Overland Park, KS 66223 (785) 766-9005 www.carepatrol.com kishas@carepatrol.com CarePatrol is the nation's largest Senior Placement organization with a free service to help families find safe and appropriate care options, including assisted living, independent living, memory care, and in-home care.	T1	Dole Institute of Politics 2350 Petefish Dr Lawrence, KS 66045 785-864-4900 www.doleinstitute.org The Robert J. Dole Institute of Politics celebrates public service and promotes civil discourse and the legacy of Senator Bob Dole by providing public programming, research and educational opportunities, a museum gallery, and other offerings.	T6
Audio Reader Network 1120 W 11th St Lawrence, KS 66044 785-864-4600 or 800-772-8898. www.reader.ku.edu reader@ku.edu A free audio information service providing access to information for people who have difficulty reading standard print due to vision loss, physical or learning disability, mobility challenges or age.	T2	Clinton Parkway Nursery 4900 Clinton Pkwy Lawrence, KS 66047 785-842-3081 clintonparkway@aol.com Clinton Parkway Nursery is a retail lawn & garden store that can assist with all your landscaping needs from lawn and landscaping to a wide variety of trees, shrubs, perennials, fertilizer and pest control products.	106	Douglas County Extension Office 2110 Harper St Lawrence, KS 66044 785-843-7058 www.douglas.k-state.edu K-State Research and Extension is committed to expanding human capacity by delivering educational programs and technical information that result in improved leadership skills	T12
Kimberly Augusto Organizing & Downsizing Lawrence, KS 785-691-9735 I specialize in compassionate assistance after the loss of a loved one. Single projects or ongoing scheduled assistance is available. Let's meet and discuss the assurance you'll need going forward.	201	Community Village Lawrence PO Box 183 Lawrence, KS 66044 785-505-0188 www.communityvillagelawrence.org Community Village Lawrence is a membership-based service organization offering supports and services provided by vetted volunteers that enhance quality of life for the entire community by helping neighbors remain in their homes as they age.	T8	First+File 3018 SE Burton Topeka, KS 66605 785-783-2131 www.firstfile.org First+File is a 501c3 Kansas grown organization is on a mission to help "save time & save lives" through preparing individual information in advance of the Emergency Responder arrival.	T11
Bert Nash Community Mental Health Center 200 Maine St, Ste A Lawrence, KS 66046 620-757- 6097 www.bertnash.org The Bert Nash Center is a nonprofit community mental health organization offering a wide range of outpatient services. Bert Nash is a licensed, comprehensive mental health facility committed to providing research-based services to improve the lives of Douglas County residents.	T26	Cremation Center of Kansas City 4926 Johnson Dr Roeland, KS 66205 913-384-5566 www.CremationCenterKC.com The Cremation Center of Kansas City is the premier family owned cremation service providing direct cremation for \$995.00. We serve Eastern Kansas and beyond, providing respectful and dignified services.	T4	Good Shepherd Hospice 11267 Strang Line Rd Lenexa, KS 66215 913-322-3297 www.goodshepherdhospice.com Good Shepherd serves local and rural communities, providing palliative care to individuals facing a terminal or life-limiting illness. We are compassionate about care, passionate about life, and serve patients and families from the comfort of their home.	T2
Brandon Woods at Alvarmar 1501 Inverness Dr Lawrence, KS 66047 785-838-8000 www.brandonwoods.com Brandon Woods at Alvarmar is a continuing care retirement community providing independent living townhouses, one and two bedroom apartments, assisted living, long term care, memory care, and rehab to home services to the Lawrence community for 30 years.	T19				

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EXHIBITORS

Granny Basketball

115 W 11th St
Lawrence, KS 66044
785-385-7382
KansasGBB@gmail.com
www.grannybasketball.com
Ladies age 50+ are invited to play six-on-six 1920s-style basketball. In addition to players, we also need referees, coaches, and scorekeepers. Contact us and join the fun for the 2019 season!

Hearing Loop/Dr. Meidinger

4719 Balmoral Dr
Lawrence, KS 66047
785-838-4303
Dr. Meidinger is a hearing loss advocate and knowledgeable on hearing loop technology.

Home Instead Senior Care

4500 Bob Billings Pkwy, Office Unit 112
Lawrence, KS 66049
785-856-8181
From personal care services to hospice care support and all care needs in between, Home Instead Senior Care offers a broad range of services that can be tailored to meet your family's unique needs and preferences. We are available 24/7. Lawrence and Topeka locations to serve you.

607 Home Instead Senior Care - Topeka

2900 SW Wanamaker Dr, Ste 103
Topeka, KS 66614
785-272-6101

Jayhawk Area Agency on Aging

2910 SW Topeka Blvd
Topeka, KS 66614
785-235-1367
www.jhawkaaa.org
JAAA provides services for seniors including case management, caregiver support, and information. Serves as the Aging and Disability Resource Center.

Jayhawk Pharmacy

3510 Clinton Pl, Ste 220
Lawrence, KS 66047
785-843-0111
www.myjayhawkpharmacy.com
For all of your pharmaceutical needs, trust in Jayhawk Pharmacy. Established in the spring of 1980, we provide fast, friendly, and local pharmacy services in Lawrence. Get all your medicine and pharmaceutical items delivered right to your doorstep.

T28 Kansas Commission on Veterans Affairs Mobile Unit

700 SW Jackson St, Ste 701
Topeka, KS 66603
www.kcva.ks.gov

T7 The Kansas Commission on Veterans' Affairs Office mission is to provide Kansas veterans, their relatives, and other eligible dependents with information, advice, direction, and assistance through the coordination of programs and services.

Kansas Talking Books

1 Kellogg Cir, Box 4055
Emporia, KS 66801
620-341-6281
www.kslib.info/talking
Kansas Talking Books is a free braille and audiobook library service for people with low vision, blindness, or physical disability that prevents them from reading or holding the printed page.

T10

T20



EXPERIENCE

Vibrant Senior Living

It's time to live your best life.

Pioneer Ridge Independent Living offers everything you need to stay sharp, active, and vibrant.

- Maintenance-free one & two bedroom apartment homes with premium features
- 3 chef-prepared meals every day in our private restaurant
- Regular social activities such as happy hour & live entertainment
- On-site fitness center designed specifically for seniors
 - Priority access to world-class rehabilitative care, assisted living, & long-term care
- Weekly housekeeping & so much more!

CALL **785.371.1101** now to schedule a tour and make a reservation for your **COMPLIMENTARY LUNCH OR DINNER**



PIONEER RIDGE
INDEPENDENT LIVING

Member of the Midwest Health Family

1000 WAKARUSA, LAWRENCE KS
PIONEERRIDGELAWRENCE.COM



EXHIBITORS

Lawrence - Douglas County Health Department 200 Maine St, Ste B Lawrence, KS 66044 785-843-3060 www.ldchealth.org The Lawrence-Douglas County Health Department's mission is to advance policies, practices, and programs that promote health for all, prevent disease and protect the environment.	T15	Neighborhood Hearing Aid Center 4106 W 6th St, Ste E Lawrence, KS 66049 785-749-1885 www.kanhear.com Our licensed hearing aid specialists at Neighborhood Hearing are experts in performing diagnostic examinations that give you precision and accuracy.	104	Pioneer Ridge Health & Rehab 5841 Harvard Rd Lawrence, KS 66049 785-749-4200 www.midwest-health.com/pioneer-ridge-health-rehab At Pioneer Ridge Health & Rehab our facility for skilled nursing facility is a long-term senior care facility offering 24-hour nursing care and is supervised by a licensed physician. We are staffed with dedicated professionals working hand in hand with our Rehabilitation, Activities, Dietary, and Social Services departments to orchestrate total care for each resident.	204
LMH Health 325 Maine St Lawrence, KS 66044 785-505-3132 www.lmh.org At Lawrence Memorial Hospital, we are proud of the high quality health care we provide across an extensive range of inpatient and outpatient health services. LMH Health is committed to health care excellence for every patient we serve.	601	New Generation Society of Lawrence 900 Sunnyside Ave Lawrence, KS 66045 785-864-7825 www.NGSLawrence.ku.edu ngsl@ku.edu The New Generation Society of Lawrence (NGSL) is dedicated to providing its membership with opportunities to pursue life-long learning, stay active in the Lawrence community, and support local philanthropic causes. Its core membership is comprised of energetic, intellectually curious adults in the Lawrence area.	T23	Pioneer Ridge Independent Living 1000 Wakarusa Lawrence, KS 66049 (785) 749-6785 www.midwest-health.com/pioneer-ridge-independent-living Pioneer Ridge Independent Living in Lawrence offers contemporary amenities combined with the comfort of knowing that, if other needs arise, whether returning to independent living, assisted living, or nursing facility care, the Pioneer Ridge team strives to help residents reach their fullest potential.	105
Lawrence Public Library 707 Vermont St Lawrence, KS 66044 785-843-3833 www.lplks.org Lawrence Public Library offers great opportunities for retirees. Visit our booth to learn about our "Before You Check Out" and Skillbuilders series, book clubs, genealogy resources, and so much more!	501	Osher Lifelong Learning Institute 1515 Saint Andrews Dr Lawrence, KS 66047 785.864-5823 www.kupce.ku.edu/osher-home Osher Institute, where adult learners come to enrich their lives, meet new friends, and engage with their community. No homework. No tests. No pressure. It's just learning for the joy of it.	T13	Sacred Leaf 1901 Massachusetts St Lawrence, KS 66046 785-856-0395 www.lawrencecbd.com lawrencecbd@gmail.com Sacred Leaf is a seed to store company providing 100% THC Free CBD for the relief of inflammation, stress and pain in both people and pets in a natural way.	301
Monterey Village Assisted Living 3901 Peterson Rd Lawrence, KS 66049 785-592-6188 www.americareusa.net Monterey Village is Lawrence's premier senior living community. Our 10-acre campus features independent senior living cottages, assisted living, and a community designed especially for memory care assisted living. Americare: A trusted name in senior living for over 35 years.	304	James Otten Dentistry 930 Iowa Suite 1 Lawrence, KS 66044 785-843-6404 www.jamesottendds.com info@jamesottendds.com We believe that lives are enriched with beautiful, healthy smiles. Maybe you want the smile of your dreams, lifelong dental health, or solutions to long-standing problems, or maybe you'd like our industry-leading knowledge and expertise to keep your family healthy. Whatever your desire, we provide excellent, personalized care by compassionate people in a quiet and comfortable environment. If you're looking for these qualities in your dentist and team, we'd love to help. -- Dr. James Otten & Dr. Luke Ristow	T29	Senior Resource Center for Douglas County West End Near Entrance 2920 Haskell Ave (temporary location) Lawrence, KS 66046 785-842-0543 www.YourSRC.org The Senior Resource Center for Douglas County (SRC) provide resources, information, opportunities, and advocacy that enhance the quality of the second half of life. SRC is the designated go-to place for guidance on issues about aging in Douglas County, Kansas.	
Midland Railway 19 High St Baldwin City, KS 66606 913-721-1211 http://www.midlandrailway.org The Midland Railway operates excursion trains on the first railroad line south of the Kansas River, originally constructed in 1867 by the Leavenworth, Lawrence, and Fort Gibson Railroad.	602	Pioneer Ridge Assisted Living 5841 Harvard Rd Lawrence, KS 66049 785-749-4200 www.midwest-health.com/pioneer-ridge Pioneer Ridge Assisted Living is a senior living community that offers residents high quality assisted living is for those who can no longer live on their own, but do not require 24-hour care. We offer many services and amenities including medication management, home-cooked meals, and licensed health care services for our assisted living residents to help them live a life of dignity and independence.	204	Senior Wheels 2920 Haskell Ave (temporary location) Lawrence, KS 66046 785-727-7876 www.YourSRC.org Senior Wheels, a division of the Senior Resource Center for Douglas County (SRC), provides Douglas County seniors in all locations origin-to-destination transportation for all of your medical, nutritional, and personal needs. Senior Wheels has fully accessible vans and can transport riders with wheelchairs or other mobility needs.	101
Morningstar Care Homes 622 High St Baldwin City, KS 66006 785-594-2603 Morningstarcarehomes.com Morningstar Care Homes provides personalized Memory Care and Assisted Living services in the comfort of a home by qualified staff. Real Care. Real Homes.	603				

EXHIBITORS

Senior Health Insurance Counseling of Kansas (S.H.I.C.K.) 504

2920 Haskell Ave (temporary location)
Lawrence, KS 66046
785-42-0543
www.YourSRC.org
SHICK educates the public and assists consumers on topics related to Medicare and health insurance so they can make informed decisions. SHICK is a free, unbiased, and confidential program that uses trained, community counselors to answer people's questions about Medicare and other insurance issues.

Stephens Chapin Insurance T17

2711 W 6th St, Ste A
Lawrence, KS 66049
785-841-9538
www.sciagency.com
As a locally owned and operated independent insurance agency, Stephens Chapin Insurance has been servicing the insurance needs of northeast Kansas since 1978. CAA Stephens Chapin Insurance provides Medicare options in Lawrence, Topeka, and surrounding areas.

The Jayhawk Club

1809 Birdie Way
Lawrence, KS 6604
785-842-2929
www.themerc.coop
The Jayhawk Club, an all-encompassing community with golf at the heart, and living, social, health, and wellness intertwined. Here for an hour or a lifetime, we've got you covered.

The Merc Co-op

901 Iowa St
Lawrence, KS 66044
785-843-8544
www.themerc.coop
Fresh, delicious food is just the beginning. The Merc Co-op is Lawrence's only community-owned cooperative grocery store and deli. Owned by more than 7,800 of your friends and neighbors, the co-op provides our community a place to shop, gather, eat, and learn by offering real food and sustainable products at reasonable prices. Everyone can shop and anyone can own and invest in this local business that prioritizes the well-being of its customers and community.

T22

Theatre Lawrence

4660 Bauer Farm Dr
Lawrence, KS 66049
785-843-7469
www.theatrelawrence.com
Theatre Lawrence partners with volunteers to create and deliver extraordinary theatre and education programs that engage community members of all ages and backgrounds as audience members and participants.

107

606

Travellers, Inc.

831 Massachusetts St
Lawrence, KS 66044
785-749-0711
www.travellersinc.com
Travellers, Inc. is committed to meeting all of your travel needs just as if they were our own. It is our ongoing mission to provide our customers a group travel experience that creates lifelong memories and friends.

604

Trinity In-Home Care

2201 W 25th St, Ste Q
Lawrence, KS 66047
785-842-3159
www.tihc.org
Trinity In-Home Care provides non-medical in-home and community support services for elderly and individuals with disabilities throughout Douglas County. Sliding scale for those who qualify. HCBS accepted.

T14



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@YourSRC**

In a Livable Community, people of all ages can

GO FOR A WALK

GET AROUND WITHOUT A CAR

ENJOY PUBLIC PLACES

WORK OR VOLUNTEER

FIND THE SERVICES THEY NEED

SHOP, SOCIALIZE AND BE ENTERTAINED

LIVE SAFELY AND COMFORTABLY

... and make their town, city or neighborhood
a lifelong home.

Learn more and subscribe for free to the AARP
Livable Communities monthly e-newsletter by
visiting **aarp.org/livable**

AARP Real Possibilities
Kansas

EXHIBITORS

Tuesday Painters

2920 Haskell Ave
Lawrence, KS 66046
85-842-0543
contact@YourSRC.org
www.YourSRC.org

The Tuesday Painters is a group of adult artists who gather weekly to enjoy each other's company while they work on their own individual art projects.

United Healthcare

Agent Laura Johnson
816-200-2342
laura@ljohnson.com

Visiting Nurses Association

200 Main, Ste C
Lawrence, KS 66044
785-843-3738
www.kansasvna.org

Since 1969 Visiting Nurses has been dedicated to ensuring all patients in need receives necessary medical care regardless of their ability to pay. We take pride in our history of service and continually seek to provide quality, comprehensive home health and hospice care.

302 Warren-McElwain Mortuary

120 W 13th St
Lawrence, KS 66044
785-843-1120
www.warrenmcelwain.com

Warren-McElwain Mortuary Is dedicated to providing high quality funeral services to all families that we serve. We are fair and serve all families in the manner we would wish to be served.

401 Westar Energy

818 S Kansas Ave
Topeka, KS 66601
785-575-6349
www.westarenergy.com

A Customer Relations Advisor with Westar Energy will have information about different programs offered to help customers budget (Average Payment Plan), customers with medical needs (Life Support Program), assistance programs (Project Deserve), and offer up some ways to be more Energy Efficient during the summer months.

T25

SPONSORS

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Better Living EXPO Co-Sponsor



Freedom Sponsors



Carefree Sponsors



Venue



Totebag



What is CBD?

When you hear of the healing power of marijuana you're being misled. You don't have to get high to get help.

The healing power of the cannabis family actually comes from cannabidiol, or CBD and it doesn't need THC to work it's magic. Sacred Leaf is a US based seed to store company that starts with organically grown Industrial Hemp, uses Co2 extraction to remove 100% of the THC and provides lab tests for every batch to prove the process. CBD's main function is to return your body to homeostasis, or balance, meaning it will reduce inflammation thereby relieving pain, it will lower anxiety and cortisol levels to ease your mind and it will work with your medications to make them more effective, resulting in you possibly needing less.

Combining the nearly immediate effect, our money back guarantee and our neighborhood roots makes Sacred Leaf your source for relief.

Stop in for Free Samples
and more Information.

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On Facebook@LawrenceCBD
LawrenceCBD@gmail.com



Better Living with Confidence

Whether you need a few daily supports or time for rehab and recovery, you'll live more confidently and securely knowing that the professional, caring staff at Pioneer Ridge Assisted Living and Health & Rehab will be there for you when and if you need them.

Contact us today to see how Pioneer Ridge Assisted Living or Health & Rehab will be a great fit for your needs.

Assisted Living
785.749.4200

Health & Rehab
785.749.2000

4851 Harvard Rd, Lawrence

