

## Inside This Issue

Senior Highlight..... Page 3

Charlene Kornbrust,  
Knitting Threads of LOVE

Holiday Safety Tips ..... Page 4

Don't Let a Criminal Ruin Your  
Celebration

Leisure & Learning Activities

..... Pages 6-10

Volunteer Spotlight..... Page 11

Marcy Muler – SHICK Specialist  
with a Knack for Numbers

Senior Romance, Sex, &

Relationships..... Page 12

LEGALESE..... Page 13

Check out some of our  
**NEW** columns, including  
**Volunteer Spotlight**  
**and Senior Romance,**  
**Sex, & Relationships**



## Moments With Marvel

### A Brave New Direction for the Senior Resource Center for Douglas County (formerly Douglas County Senior Services)

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



In June the Board of Directors and staff of Douglas County Senior Services (DCSS) embarked on strategic planning, starting with an environmental analysis. The first painful conclusion was that the organization was relevant to only a small fraction of the seniors it was supposed to be serving. The second finding was that we live in a special culture, a caring community, where nonprofit and for-profit entities proliferate. The good news is that, as a result, seniors have many choices. The bad news is they have many choices.

This complexity, while frustrating for seniors who are just looking for something as simple as a yoga class, is downright perilous for seniors in crisis needing quick answers. Navigating the wide array of choices and the inability of seniors to access information easily is of great concern to us. We have not been fulfilling a much needed responsibility for helping all seniors find the resources they need—whether they are independent, in transition, or at the most dependent end of the aging spectrum. Whether they are sorting through whether Lawrence is a good place to retire or trying to find guidance for newly needed services, we need to step up and fill the information gap.

Therefore, we have been working diligently this fall to reinvent DCSS and are now pleased to announce our new identity. We have a new vision, that every Douglas County senior will lead the best life possible at every stage of aging. Our new mission is to provide resources, information, opportunities, and advocacy that enhance the quality of the second half of life.

We are preparing ourselves to make this organization the go-to place that everyone thinks of first whenever they need answers and guidance about all things senior. While we will continue to provide our current services, we will not seek to provide additional services ourselves unless we find serious gaps that we cannot help someone else fill. Rather, our foremost function will be that of a clearinghouse of information to help seniors find resources that already exist.

Our new identity and purpose deserve a new name that better communicates what we are becoming. As of Nov. 22, DCSS no longer exists. Seniors have a new central, unbiased source of guidance. We are now the Senior Resource Center for Douglas County, Inc. Our new logo is a bright, colorful representation of the full spectrum of seniors. It is an abstract that resembles puzzle pieces because we will help seniors and their families solve the puzzle of knowing the right questions to ask and finding the solutions they want.

*(Brave New Direction, continued on page 10)*

# Holiday Gifts for the Senior who has EVERYTHING

By Michelle Meier,  
Director of Community Engagement, SRC

This is the time of year where we all get asked, "What do you want for Christmas?" We all have that one person who seems to have everything, or never has any ideas. Whether you can't think of what to tell the kids and grandkids to get you, or if you are searching for a gift for your older parent, here are a few fun ideas for that senior who has everything.

## LifeBio Memory Journal

This journal is especially suited to an older person who enjoys writing. This lovely gift is a book of creative, memory-jogging questions about life,

with sufficient space after each question to capture handwritten answers. It creates a wonderful opportunity for a grandparent to pass on stories and wisdom to the next few generations.

The journal leads the user through over 250 questions to inspire a trip down memory lane and prompt fun and meaningful stories about their most precious memories or other historical facts about their life. The resulting stories can be transferred to an online LifeBio journal and merged with scanned pictures to become a hardbound LifeBio book that can be copied multiple times and given to family members.

Cost: \$19.95. Available at [LifeBio.com](http://LifeBio.com)

## Letters to My Grandchild: Write Now. Read Later. Treasure Forever. By Lea Redmond

On a more personal scale, this book offers 12 meaningful letter prompts that allow grandparents to share meaningful stories, advice, or other memories with a grandchild of any age. This bound book can become a paper time capsule written in the grandparent's own handwriting that will be a cherished heirloom of priceless memories.

Other versions including Letters to My Dad, Letters to My Love, and Letters to My Future Self for other fun options.

Cost: Under \$15. Available at [Walmart](http://Walmart.com), [Target](http://Target.com), [Amazon](http://Amazon.com), and other retailers.

## Handybar

Ideal for those with weak knees or backs or other physical challenges such as arthritis, or for those who use a cane and have difficulty getting in and out of any vehicle. This handy little gadget fits into the striker bar of your car door frame to offer added stability when getting in and out of the car. The Handybar also features a built-in seat belt cutter and side window breaker, making it useful tool in an emergency. Cost: Under \$20. Available at [Walmart](http://Walmart.com), [Target](http://Target.com), [Amazon](http://Amazon.com), and other retailers.

## Bananagrams

Word games and other puzzles are fun at any age, but puzzles have been found as good cognitive exercise for older adults. Bananagrams is a fun fusion of Scrabble and crossword puzzles, and can be played solo or with a friend. No pencil, no paper, no bulky board required.

Cost: Under \$15. Available at [Walmart](http://Walmart.com), [Target](http://Target.com), [Amazon](http://Amazon.com), and other retailers.

## Life-Like Dolls and Animated Animals

Although it sounds childish, studies show that a life-like doll or animal can bring comfort a sense of calm to an older adult or loved one suffering from various forms dementia. The doll or animal allows the individual to feel needed and also provide safe interaction. One particular option is called **WowWee Alive Sleeping Cuties**. These soft, robotic toy pets are a great alternative to someone who can no longer have a live pet in an apartment or other supported facility. These pets are interactive and wake up or make soft, sleepy pet sounds; play with one, and it makes happy sounds.

Cost: \$40 and up. Available at [Walmart](http://Walmart.com), [Target](http://Target.com), [Amazon](http://Amazon.com), and other retailers.



## 60 & Better

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Senior Resource Center for Douglas County does not discriminate on the basis of race, religion, age, sex, color, ancestry, national origin, disability, sexual orientation, or size. If you feel that you have been discriminated against, you have the right to file a complaint with Senior Resource Center for Douglas County.

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## SRC Board of Directors

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## **Crafting for GOOD** *Knitting Threads of LOVE*

With the popularity of Pinterest these days, you always see and hear of how people have made creative gifts and décor, some who even repurpose things to reduce waste, but how many people do you know who are avid crafters that do so just to give their creations away?

Charlene Kornbrust originally learned to crochet from her grandmother, but taught herself to knit after she got married in 1949. For years she made all kinds of sweaters, hats, mittens, and other projects for her family, but four or five years ago, Charlene started making hats and giving them to the homeless of Lawrence, distributing the hats downtown around the end of November when it started to get cold. "They would be so happy to get a hat as it was something to help them keep warm," says Kornbrust.

Later on, Charlene was connected with Head Start and started making hats for kids. Someone else from her church makes mittens, so they team up and give a set to each child at the



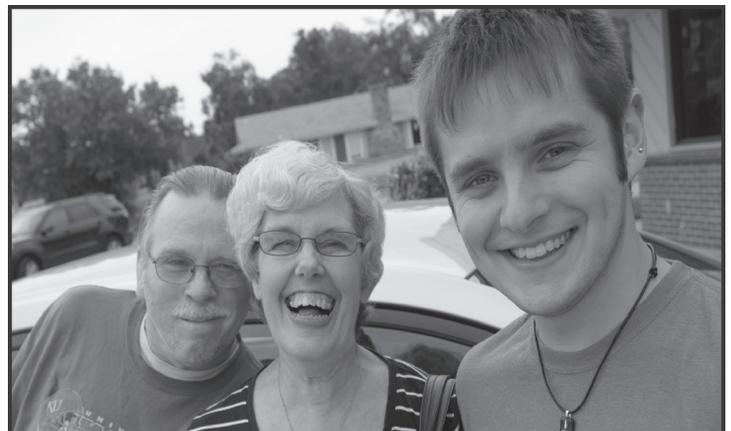
*Charlene Kornbrust take a break from knitting hats to work on a special project for her grandson's new book released this month.*



beginning of each school year. "I can make mittens, but I prefer to make the hats," says Kornbrust, "I also make them double so they are plenty warm."

Her dedication to others doesn't stop there. She also helps make baby quilts for the hospital. These are gifted to new mothers and enhanced in special boxes by others who are involved at her church.

Charlene says she enjoys having her "projects" to keep her busy. "I have so many projects, I have a living room full of yarn!" For those who have been given one of her hats or blankets, they could only imagine they would see only a living room filled with love!



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## Holiday Safety Tips: Don't Let a Criminal Ruin Your Celebration

It is almost that time of year again, the time of year that brings together family, friends and traditions to celebrate the holiday season. I want to ensure this is not the time of year that you or your family become the victim of a crime. There are ways we unwittingly increase our chances of becoming a criminal's target. Do you know how to avoid these traps?

### Social Media

Social media is becoming an integral part of our lives, but what may be wonderful news to your family may be the opportunity a criminal is watching for. Do not discuss your holiday plans in public venues and this includes social media platforms. Your "friends" may decide while you are away to do some of their last minute holiday shopping inside your unoccupied home. If you cannot resist posting information

about your holiday travels, wait and update your status after you have returned.



### Shopping

When you are doing your holiday shopping, do not look like a victim. Keep

your purse close to your body and never leave it in a shopping cart. If you carry a wallet, consider keeping it in your front pocket instead of your back pocket. When you return to your vehicle, you must ALWAYS be aware of your surroundings. Have your car keys in-hand and walk briskly and confidently to your car. If you have several bags, make more than one trip to your car. Shopping while the sun is up and with a companion can reduce your chances of becoming a victim. Do not keep expensive items in your car, but if you must, store them in your trunk or under the seat and ALWAYS lock your car and close the windows.

### Home

Leave lights on in your home, preferably programmed with a timer and arrange to have mail and newspapers held or have a neighbor pick them up each day. Keep drapes and blinds closed. Take the boxes that held new electronics directly to a cardboard recycling container. Do not set them out at your curb and give criminals a laundry list of the shiny, new electronics waiting for them inside your home.

Following these small tips could make a big difference this holiday season. It could mean the difference between a holiday spent enjoying the company of friends and family or spent trying to repair the emotional and financial damage inflicted by a criminal.

I hope you and your family have a peaceful and safe holiday season and wonderful 2017. As always, for general consumer protection information, please contact my consumer protection division at 785-330-2849. We are always ready to serve the citizens of Douglas County.

*(The information in this article is not intended to provide legal advice. Legal advice can only be provided in an attorney-client relationship. This information must not be relied on as a substitute for obtaining legal advice from a licensed attorney.)*



**Senior Resource Center**  
will be **CLOSED**  
the following days  
**Friday, December 23**  
**Monday, December 26**  
**Monday, January 2, 2017**  
*Happy Holidays*



**WEATHER NEWS**

In cases of bad weather, please listen to **KLWN 1320 AM radio** for closing information about Senior Resource Center for Douglas County, including **SRC facilities, Senior Meals, Senior Wheels** and all **SRC scheduled activities**.

Information will also be available on TV stations **KMBC Channel 9** and **WOW! Channel 6 NEWS**.



**Senior Resource Center**  
for Douglas County

**SENIOR MEALS**  
The Senior Meals program at SRC delivers meals to seniors who are homebound a well-balanced nutritious meal.

We deliver noontime meals Monday – Friday to seniors in Lawrence, Baldwin City, Eudora, & Lecompton.

**For more information about Senior Meals, call 785-727-7881.**

# Experience Holiday Cheer in Lawrence – Local Holiday FUN!

Looking for some fun activities around Lawrence this holiday season? The many seasonal activities will keep your holiday spirits high!

## LIBRARY LAWN SKATE RINK

The Library Lawn Skate Rink is located in the plaza area next to the Lawrence Public Library, 707 Vermont St., between the library and public parking garage. The skate rink is made of a synthetic ice, which offers a smooth surface suitable for all skating activities. Synthetic ice has a similar surface to ice, and skaters of all ages and abilities will find the surface as a safe and enjoyable alternative to refrigerated ice. There is still a risk of injury from falls and collisions. Skate at your own risk. Know your ability and skate accordingly.

## Fees

Cost is \$3 (includes Skate Rental). No personal skates allowed. *Skate rental ends 30 minutes prior to rink closing time. Weather conditions and temperatures may alter operating hours.*

## LOCAL CHRISTMAS TREE FARMS

There's nothing like selecting your own live Christmas tree as a family event. A number of locally owned and operated farms provide hayrides, hot drinks, and crafts to make your trip extra special.



### Prairie Elf Christmas Trees

765 E 750 Rd  
Lawrence, KS 66047  
785-748-0992

### Strawberry Hill Christmas Tree Farm

794 Highway 40  
Lawrence, KS 66049  
785-331-4422

## LIVE PERFORMANCES

### Peter Pan

#### Theater Lawrence

December 2 – 18

Tickets \$26.99 Adult Reserved

Share a magical journey across the stars with Peter Pan and Tinkerbell. From ticking crocodiles to fierce warriors, bungling pirates, and the villainous Captain Hook himself, this classic will delight all ages with its fun and adventure. Songs include "I'm Flying," "I Gotta Crow," and "Never Never Land."

### The Nutcracker: A Kansas Ballet 2016

#### Lawrence Arts Center

December 9 – 18

Tickets \$10/\$18/\$25

This year's Nutcracker is all new, all Kansas, and all dance. Remarkably fresh and filled with music, dance, magic, mystery, and spectacle, this newly envisioned ballet production is a seasonal favorite. Based on E.T.A. Hoffman's original story and set in Kansas, the production lets families witness the

magic and wonder of Drosselmeyer and Clara defeating the Mouse Queen and liberating the Nutcracker Prince from his enchanted form.

## Christmas Candlelight Vespers

### Baker University Department of Music & Theater

December 11, 2:00 p.m. & 5:00 p.m.

Rice Auditorium, 404 8th St. - Baldwin City

FREE to the Public

Traditional Christmas Candlelight Vespers event featuring Baker University choirs, orchestra, percussion ensemble, and special guests, the Celebration Ringers from Lawrence First United Methodist Church. Each performance is one hour in length.

## Ashley Davis and Friends: A Celtic Christmas

### Lied Center

December 14 or December 15, 7:30 PM

\$20 General Admission

The musical passport of recording artist and songwriter Ashley Davis offers a rich display of colorful stamps from Ireland and Scotland, but also heavily draws from the influences of her birthplace, the Kansas plains, and the country music traditions borne of the Appalachian Mountains.

## DISPLAYS

### Lawrence Lights Tour

This route is about 11.5 miles and takes about 30 minutes to drive, not including the time spent enjoying the displays. To add the homes in Eudora, take 23rd Street (K10) east and exit right at the first Eudora exit. View map at <http://www.kansastravel.org/lawrence/lawrencechristmasdisplays.htm>

### Baldwin City Festival of Lights

Downtown Baldwin City, KS

Visit downtown Baldwin City and enjoy the lights and stop in the local shops for the shopping and fun.

### Historic Lecompton Christmas Display

640 E. Woodson, Lecompton, KS 66050

Enjoy three floors of the Territorial Capital Museum extensively decorated with 80 Christmas trees decorated with antique and vintage ornaments. Exhibit ends Jan. 1st. No admission, donations warmly accepted!



## Leisure and Learning Activities

Senior Resource Center for Douglas County (SRC) offers programs for active Douglas County residents age 50 and over. Classes and other activities sponsored by other groups are also listed here.

- Register for SRC activities at the Senior Resource Center for Douglas County, 745 Vermont, Lawrence, or call 785-842-0543.
- Register for Lawrence Parks & Rec Department (LPRD) activities online at [www.lprd.org](http://www.lprd.org), or register at the Community Building, 115 W. 11th St., Lawrence, or call 785-832-7920.

### ART

- ▲ **Downtown Tuesday Painters**  
At SRC, Tues., 9 a.m.-1 p.m.  
Fee: None. Bring your own painting project and supplies. 785-842-0543.
- ▲ **Acrylic Painting**  
At SRC, 2nd & 4th Sat. each month, 9:30 a.m.-noon. \$20 fee per session. Drop in sessions for beginners and experienced painters. No registration required. 785-842-0543.

### Printmaking Class: Holiday Postcards

December 13, 6:00 PM  
Lawrence Laboratory, 745 New Hampshire St (inside Peoples Bank & Sandbar Subs)  
Come create impressive prints in the most basic way. In this class we will be using a brayer, ink, and styrofoam for plates to create practical postcards you can send through the mail. Bring a holiday themed idea or whatever you want!  
Cost \$15

### EDUCATION

- ▲ **AARP Smart Driver Course**  
At SRC, Thurs. & Fri., Dec. 8 & 9, 10 a.m.-3 p.m. (hour lunch break on your own). \$15 fee for AARP members; \$20 for non-members. Refresh your driving skills. No tests! Insurance discount possible upon completion. Call 785-727-7875 to register.
- ▲ **Beginning Spanish**  
At SRC, Wed., 1-2 p.m. Free. Learn basic Spanish. Bring your English to Spanish Dictionary. 785-842-0543.
- ▲ **Intermediate Spanish**  
At SRC, Mon., 1-2 p.m. Free. Focus is on reading and conversation. Bring your English to Spanish Dictionary. 785-842-0543.
- ▲ **Math Club**  
At SRC, Mon. & Wed., 2:30-3:30 p.m. Free. Enjoy lively discussions! 785-842-0543.

**Activities held at SRC are noted with a ▲.**

### ENTERTAINMENT

- Theatre Lawrence Dress Rehearsal**  
Limited tickets available through random drawing. Call 785-727-7875 to register for ticket drawing or for info. "The Last Romance," Thurs., Jan. 19, 7:30 p.m. Free.
- O.U.R.S. Dances**  
At the Eagles, 1803 W 6th, Sun. 6-9 p.m. \$6 per person cover charge. Dance to live country-themed music! Carry-in meal at 7:15 p.m.
- ▲ **Pool (Billiards) & Coffee**  
At SRC, Mon., Wed., Friday, 8-11 a.m. 785-842-0543.
- ▲ **Popcorn Fridays**  
At SCR, Fri., 1:30 - 3:30 p.m. Free/donations appreciated. Enjoy freshly popped popcorn. Limit 1 bag per person, while supplies last.
- ▲ **Scrabble Club – Open Play**  
At SRC, Mon. & Thurs., 1-4 p.m. Beginners to seasoned veterans. Join the fun. 785-842-0543.



## **HEALTH & FITNESS**

### ▲ **Yoga for Every Body**

At SRC, Tues., 3-4 p.m. Abbreviated session in December. 3 weeks for \$10, Dec. 6, 13, 20. Gentle yoga improves joint movement, increases core and leg strength. Bring yoga mat and wear comfortable clothes. 785-842-0543.

### **Senior Supper and Seminar**

**There will be no Senior Supper and Seminar in December.**

Lawrence Memorial Hospital  
Join us again on January 17, 2017, for a delicious three course meal for only \$5.51 and the presentation "Dizziness in the Older Adult." To register for the January event, call 785-505-5800 or email connectcare@lmh.org.

### **Yoga @ Your Library**

Wednesday, December 14th, 5:30 – 6:30 p.m.

Lawrence Public Library, Library Auditorium

Sarah will help you learn your Adho Mukha Svanasanas (Downward-Facing Dog) from your Vrksasanas (Tree Pose). All ages and skill levels are welcome. Just bring a mat and a willingness to learn!

### **Look Good Feel Better**

Wednesday, December 21, 1:00 – 2:30 p.m.

Lawrence Memorial Hospital  
Oncology Center

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. This program is offered and supported by the American Cancer Society. Call 785-505-2807 to enroll for the workshop, which is held monthly at LMH Oncology Center.

## **SUPPORT GROUPS**

### ▲ **SRC Caregivers Support Group**

At SRC, 1st and 3rd Mondays of each month from 2:15 – 3:45 p.m. Meet with fellow and former caregivers in a safe haven to discuss challenges and issues surrounding being a senior caregiver.

### **Cancer Support Group**

Lawrence Memorial Hospital  
Wednesday, December 21, 5:30 p.m.  
Join representatives from Lawrence Memorial Hospital Oncology Center for a general cancer support group. Open to anyone with any cancer diagnoses and/or others affected by their cancer. Meets third Wednesday of each month in the LMH Oncology Center. For more information, contact 785-505-2807 or e-mail liv.frost@lmh.org.

### **Diabetes Education Group**

Lawrence Memorial Hospital  
Wednesday, December 14, 6:00 p.m.  
Topic: "Tools To Help You Better Manage Diabetes."  
Presented by Pat Hohman, APRN, CDE and Nancy Donahey  
The LMH Diabetes Education Center provides this monthly program for those with diabetes and their support persons on the 2nd Wednesday of each month. For more information call 785-505-3062.

### **Grief Support Group**

Lawrence Memorial Hospital  
Monday, December 19, 4:00 p.m.  
(Group will not meet on Monday December 5.)  
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.

### **Stroke Support Group**

Lawrence Memorial Hospital  
Tuesday, December 20, 4:00 p.m.  
For those recovering from a stroke, and/or their family and friends. Meets third Tuesday of most months from 4:00-5:30 pm. For more information call LMH Therapy Services at 785-505-2712.

## **PUBLIC EVENTS**

### **CHAMPSS Orientation**

Monday, December 5th  
2:00 – 3:00 p.m.  
Lawrence Public Library, Library Auditorium  
Come and learn how to have access to healthy meals by attending the Jayhawk Area Agency on Aging's CHAMPSS orientation. CHAMPSS, which stands for Choosing Healthy Appetizing Meal Plan Solutions for Seniors, is a nutrition program for people 60 and older. Jayhawk Area Agency on Aging is partnering with the HyVee and Dillons Stores in the Lawrence area to provide healthy meals which have been developed by a licensed dietician. People attending who qualify will be given an opportunity to sign up for CHAMPSS. The suggested donation is \$3.00 for each CHAMPSS meal. For questions about CHAMPSS, contact Beth Kinnan with Jayhawk Area Agency on Aging at 785-235-1367.

### **Career Clinic @ the Health Spot**

Every Friday  
1:00 PM - 2:00 p.m.  
Lawrence Public Library  
Need help with your resume, filling out an application, or looking for a job? Come to our career clinic! We have AmeriCorps members ready to help you find employment.

### **Write Club**

Every Other Thursday, 12/1, 12/15, 12/29  
7:00 PM - 8:30 p.m.  
Library Meeting Room B  
Always wanted to write, but need a jump start? Write Club is the perfect way to create and share your work among a supportive group. On the 3rd Thursday, we'll have a writer's workshop, so bring your works in progress to share with the group.

**LAWRENCE PARKS & REC FITNESS CLASSES**

**Arthritis Foundation (LPRD)**

Tuesday/Thursday, January 3 – March 9, 5:40 – 6:30 p.m.  
Sports Pavilion Lawrence, 100 Rock Chalk Ln  
Fee: \$64

This community based exercise program is designed specifically for people with arthritis and related diseases. The program's multiple components help reduce pain and stiffness and help maintain or improve mobility, muscle strength, and functional ability. Exercises are designed for people of all levels of ability. Instructor is certified by the Arthritis Foundation. Class offered in partnership with Senior Resource Center for Douglas County.

**Pedal Pushers- Cycling Class (LPRD)**

Fridays, January 6 – March 10, 11:15 a.m. – 12:00 p.m.  
Community Building, 115 W 11th Street  
Fee: \$46

Indoor cycling increases endurance and strength in your lower body, core, and upper body. This is a beginning class for older adults. Bikers can modify their cycling resistance and pace according to their own fitness level. Instructor: Melanie Johnson. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center.

**Senior Strength Training (LPRD)**

Tuesday/Thursdays, January 3 – March 9, 9:30 – 10:30 a.m.  
East Lawrence Center, 1245 E 15th Street  
Fee: \$64

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights and resistance bands. Instructor: Deb Geraghty. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center.

**Silver Steppers (LPRD)**

Wednesdays, January 4 – March 8, 10:30-11:30 a.m.  
East Lawrence Center, 1245 E 15th Street  
Fee: \$40

Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping. Instructor: Susan Pomeroy. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center.

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**Senior  
Resource Center**  
for Douglas County

**CLASS  
REGISTRATION FORM**

Mail to:  
Senior Resource Center for Douglas County  
745 Vermont, Lawrence, KS 66044

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

CLASS	Date	Time	Fee
1. _____	_____	_____	\$ _____
2. _____	_____	_____	\$ _____
3. _____	_____	_____	\$ _____
4. _____	_____	_____	\$ _____

**Make checks payable to: Senior Resource Center for Douglas County**

**LIABILITY RELEASE STATEMENT** – I, for myself, my heirs, executors, administrators, and assigns, do hereby release and hold harmless Senior Resource Center for Douglas County, Inc., its representatives, agents, or employees, from all liability for any injury or damages that may arise from any accident, act, or failure to act that may occur in the course of or in connection with my participation in such activity.

Signature \_\_\_\_\_

**NEED MORE INFORMATION?  
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**LAWRENCE PARKS & REC OTHER CLASSES**

**Fencing: Modern Olympic Sport (LPRD)**

Thursdays, January 19 – March 16, 7 – 9 p.m.  
Sports Pavilion Lawrence, 100 Rock Chalk Ln  
Fee: \$70

This fencing class is for both beginners who have no experience, as well as more experienced fencers in foil, epee, and saber emphasizing technique, tactics, strategy, and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center.

**The Etruscans and Pompeii: Highlights of Italian Civilization (LPRD)**

Tuesdays, February 28 – March 14, 2:00 – 4:00 p.m.  
Carnegie Building, 200 W 9th Street  
Fee: \$28

In many ways, the Roman Empire remains the ideal upon which Western civilization has shaped itself. This three session class includes lectures illustrated with images depicting Etruscan and Pompeian cultures and discussion about what artifacts teach us about daily life at the height of Roman civilization. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center.

**Film Noir Final Four (LPRD)**

Tuesdays, February 7 – 28, 6:45 – 8:15 p.m.  
Carnegie Building, 200 W 9th Street  
Fee: \$15

Is it a film genre or a style? This focus on four classic film noir essentials includes an overview of the history, influences, and screen clips. Like a book club but for film, everyone is welcome from novice to passionate fan to discuss the details of why these classics endured. Trench coats and fedoras not required. Registration fee: \$15. Additional material costs vary, approx. \$12. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center.

**Lifelong Meditate and Breathe (LPRD)**

Mondays, January 2 – March 6, 9:30 – 10:45 a.m.  
Carnegie Building, 200 W 9th Street  
Fee: \$40

Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation, and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center.



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Dec 9 Rehearsal
Dec 16 Pioneer Ridge
Dec 23 SRC CLOSED
Dec 30 Workday

Intergenerational Choir

At SRC. Tuesday, 12:30-1:30 p.m. Sing with KU students. Led by music therapy students from KU. The Intergenerational Choir will rehearse and perform once or twice a semester. Call Janet at 785-727-7873.



Brave New Direction

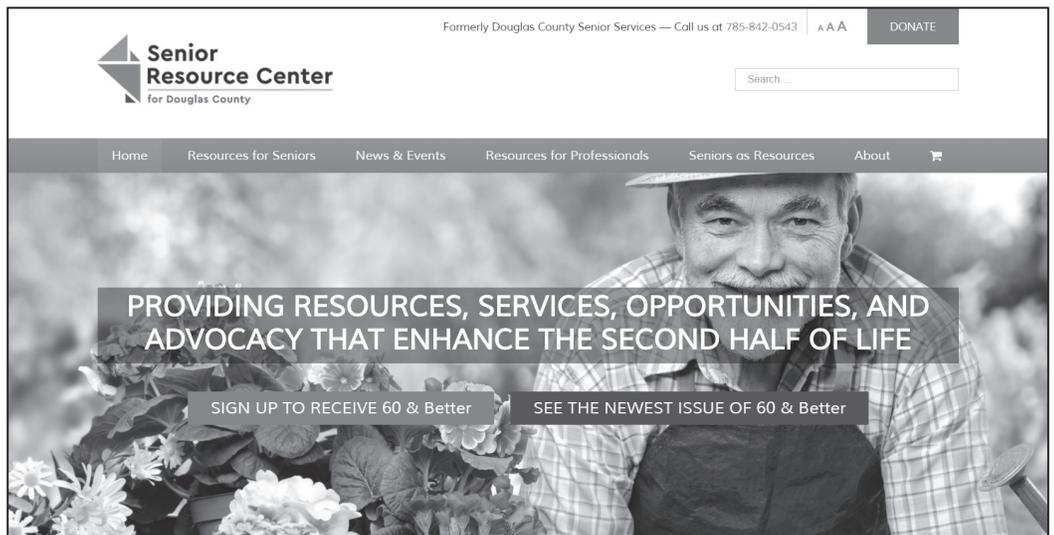
(continued from page 1)

We have also launched a completely new website replacing the old one. Your online go-to place is now www.YourSRC.org. There you can find guidance and resources, whether you are thinking about Lawrence as a place to retire, need help finding housing or adapting current housing for new mobility limitations, wonder where to go for help shoveling snow, are looking for a club that fits your interests, need legal aid, want senior discounts, need family counseling to help plan an aging member's needs, or a hundred other things. If you cannot access us on the web, call us at 785-842-0543 or come in to see us at 745 Vermont.

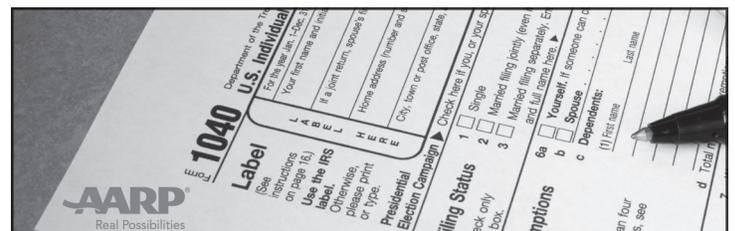
We want to be the resource center not only for seniors and their families, but also for professionals and organizations who serve seniors. Our new website will list continuing education opportunities, funding resources, job openings, research data, and more.

We also believe that seniors themselves are resources. Therefore, one of the features of our new website is the Seniors as Resources section where seniors can post their availability for jobs or volunteering to continue utilizing their skills. They can also post ads looking for housemates to stretch their income or for companionship, or personals ads looking for romance or friends.

Think first of the Senior Resource Center for Douglas County as your go-to place when you need resources and solutions.



If we don't have the answers, we will find them and get back to you quickly. We look forward to this exciting new direction that will have relevance for all seniors of Douglas County, their families, and the professionals who serve them.



Lawrence AARP Tax Aide Location Update

The Lawrence AARP Tax-Aide tax site will temporarily relocate to Central United Methodist Church 501 Massachusetts St. The appointment line will open on Tuesday, January 17, 2017. More info to come in the January issue.

## **Marcy Mauler – SHICK Specialist with a Knack for Numbers**

The fall is a busy time for volunteers at SRC. The annual Open Enrollment period for Medicare stretches from October 15 to December 7. During that time, SRC offers dedicated one-on-one counseling to anyone wanting to initiate or review individual Medicare coverage as part of the Senior Health Insurance Counseling for Kansas (SHICK) program. SHICK is a free program offering Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. All SHICK volunteers go through 16 hours of training to be informed on the details of all aspects of Medicare from basics, to coverage rules, fraud, etc.

One such volunteer is Marcy Mauler of Lawrence. One might say she is a numbers person.

"I wanted to be a math major, but I never made it that far," Mauler says, "But I worked for 30 years with the Census Bureau gathering unemployment data and later doing survey work with seniors on various topics."

Marcy retired in October 2012. Once she retired, she knew she was ready to do something new. Her husband had seen a picture in the paper of a yoga class taking place at 745 Vermont, so she decided to check it out. Once she finished the yoga class, Marcy found information about becoming a SHICK volunteer.

Marcy has been a SHICK volunteer for SRC for four years and specializes in Part D appointments. After she had two years as a SHICK volunteer under her belt, she also became a tax volunteer through the AARP Tax-Aide Program. "I love doing that too," she says. "I even had one of my contacts point out, 'You're a real numbers person!' I guess I am!"

When she's not volunteering her time with various programs at SRC, Mauler also coordinates funeral meals for her parish, and is a volunteer contact for the Missouri House Rabbits Society. She

fields calls and requests from people looking to adopt rabbits as pets.

SRC has more than 30 SHICK volunteers, including a group of students from the University of Kansas School of Pharmacy, who host appointments with anyone needing counseling regarding Medicare. Each appointment is customized to each individual depending on needs from initiating Medicare coverage, to review of an existing plan, to comparisons of various plans to accommodate changes in health, needed prescriptions, or other coverage options.

"We have an amazing pool of volunteers. This year, Marcy has stepped up and taken on each and every challenge during this Open Enrollment for Medicare," says Barbara Sutterfield, SRC Health Resources Coordinator. "We get very busy, and when I needed an additional counselor on short notice; she was always willing to work something into her schedule. The SHICK Program and SRC are privileged to have such dedicated and committed volunteer counselors."



SHICK Volunteer Marcy Mauler with Carl and Dorothy Rolf at a recent SHICK appointment at SRC

### ***Many Thanks to our 2016 SHICK Volunteers***

Alexis Bishop  
Tucker Borel  
Leo Bracciano  
Sally Brandt  
Anita Burkhalter  
Crystal Burkhardt  
Judith Calhoun  
Amy Cheng  
Michael Engel  
Austin Heavener  
Rebecca Jordan  
Evan Jorn  
Samantha Landgrebe  
Marcy Mauler  
Ryan McLean

Brittany Melton  
Chris Nguyen  
Mackenzie Obermeyer  
Krutika Patel  
Meredith Porter  
Jo Ramirez  
Tera Raymond  
Sheila Reynolds  
Kennedy Schneider  
Samantha Snyder  
Dian Stogsdill  
Joni Tipton  
Linda Troxel  
Rachel Wambach  
Summer Weiler

**Q: Why do I have trouble finding a professional who can talk knowledgeably about the sexual challenges of aging?**

**A:** Sex seems to be everywhere these days, except in professional education. Some medical schools, nursing schools, and counseling programs include anatomic, physiological, and psychological sexuality basics, but most do not. Those that do usually limit the curriculum to "normal" function and perhaps a discipline-slanted view of one or two of the most common male dysfunctions—the type for which you see pharmaceuticals advertised during the evening news on TV.

Another problem is a shortage of qualified professionals who specialize in both aging and sexuality. For example, a physician and nurse who work with stroke patients will know who can help with physical rehabilitation afterward, but they probably don't know that sexual rehab specifically is also important. Even if they do, no one may be available in the geographic area to whom they can make a referral. Often the message comes through, intentionally or not, that the couple's sex life is now over—or worse yet, that older people don't want sex or are too fragile for it.

Sex at 70 is not like sex at 30. Senior sex can be even better! Sexual demise is certainly not inevitable. People can remain sexually active throughout life if they have the right

information and are willing to adapt to each new challenge. Adaptation is key. Even without a health crisis, adaptation will be necessary, because normal aging also alters function. Secrets to sexual survival include new strategies, new knowledge, a sense of humor, and a staunch determination not to give up.



Nothing is better than traveling through time with someone you love, and having the joy of a thriving relationship characterized by physical, intellectual, spiritual, and emotional intimacy. This new column in *60 & Better* is designed to help anyone lucky enough to get older learn how to preserve (and even expand) the capacity for romance, sex, and love—no matter what.

So, what do you do if you cannot find a professional to help with those issues you're having? Send your question to the Senior Resource Center and watch this column for your answer! We will find the information you need.

Send your questions to [contact@YourSRC.org](mailto: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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**Q: Every year I get solicitations asking me to quit traditional Medicare and sign up for a Medicare Advantage plan. How do I know what would be better?**

**A:** For most people, the question of whether to choose a Medicare Advantage plan cannot be answered without knowing what Medigap (Medicare supplemental insurance) and Part D (prescription drug insurance) plans are available to you and at what cost. The first thing you must do is find out what complementary insurance plans you already have or can purchase to go with traditional Medicare. In Kansas, you can start with the Kansas Department of Aging and Disability Services: <http://www.kdads.ks.gov/commissions/commission-on-aging/medicare-programs>. In Douglas County, you can start with Senior Resource Center for Douglas County (we have our very own senior health insurance counselors).



In addition to competing on price, Medicare Advantage plans may offer some coverage for services that are not covered under traditional Medicare – some examples are dental coverage, hearing or vision care, or health club memberships. Some of this “additional” coverage is often limited to plan network “brand” items, or may only be of use to healthy beneficiaries, while some may be of more general use. This benefit should be weighed in consideration of all the major medical coverage that the beneficiary may require.

Even if you can save money on premiums in a Medicare Advantage plan, there are other considerations. Most Medicare Advantage plans are “preferred provider organizations” which will exclude some providers, hospitals, and other facilities to which you have access under traditional Medicare. You will want to make sure your primary care physicians and the specialists who already care for you are approved providers in the Medicare Advantage plans you are considering, because if they are not, you will have to pay out of pocket or consider changing doctors.

In traditional Medicare, there are no required “gatekeepers” to services. As long as the care is reasonable and necessary, you can go directly to the providers to receive Medicare-covered services, but in a managed care Medicare Advantage plan, you typically must go to the “gatekeeper” (usually a primary care provider) who will then determine if you need to be referred for additional care. If making your own decisions about your health care and provider choices is important to you, you may wish to choose traditional Medicare.

In traditional Medicare, your provider determines if your care is reasonable and necessary. In Medicare Advantage, the Medical Director of the plan, or the Utilization Review Team of the plan, can overrule your doctor’s decision. Your doctor may give up some of his or her independent judgment to guide your care to be able to participate in the Medicare Advantage plan network. If you want your doctor to decide if your care is reasonable and necessary, you may want to choose traditional Medicare.

Medicare coverage is available in all U.S. states and territories, so wherever you are in the U.S., you have access to Medicare-covered care if you are enrolled in traditional Medicare. Medicare Advantage plans have networks that typically limit care to a smaller geographic area; if you need care outside that area, coverage from the plan will

likely only be for emergency situations. To get more extensive care under Medicare Advantage, you will have to get yourself back to your plan network area. If you travel frequently or spend significant time away from home, you may prefer coverage through traditional Medicare.

*(Editor’s Note: 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 by appointment at Senior Resource Center for Douglas County, 785-842-0543.)*

## **THIS MONTH IN HISTORY**

### **December 1, 1913**

Henry Ford installed the first moving assembly line for the mass production of an entire automobile.

### **December 10, 1915**

Ford had its 1 millionth car roll off the assembly line at the River Rouge plant in Detroit.

### **December 19, 1918**

Four teams of the National Hockey League (NHL) played in the fledgling league’s first two games.

### **December 24, 1923**

President Calvin Coolidge touched a button and lit up the first national Christmas tree to grace the White House grounds. The balsam fir came from Coolidge’s home state of Vermont and stood 48 feet tall.

## Caregiving Tips for Long-Distance Caregivers

Dear Savvy Senior,

Can you recommend any long-distance caregiving tips that can help me help my elderly father who lives in another state? He has physically declined over the past year, but is determined to stay living in his own house.

Worried Daughter

Dear Worried,

Providing care and support for an aging parent who lives far away can be very difficult and stressful. Here are some tips and resources that can help.

When it comes to monitoring and caring for an aging parent from afar, you have a couple options. You can either hire a professional to oversee your dad's needs, or you can manage things yourself by building a support system, tapping into available resources, and utilizing technology devices that can help you keep tabs on him.

### Professional Help

If your dad needs a lot of help, you should consider hiring an "aging life care professional" who will give him a thorough assessment to identify his needs, and will set up and manage all aspects of his care. These professionals typically charge between \$100 and \$200 per hour, and are not covered by Medicare.

To find a professional in your dad's area, ask his doctor for a referral or visit the Aging Life Care Association website at [AgingLifeCare.org](http://AgingLifeCare.org).

### Do-It-Yourself

If your dad only needs occasional help, or if you can't afford to use a care manager, here are some things you can do yourself to help him.

**Assemble a support system:** Put together a network of people (nearby friends or family, neighbors, clergy, etc.) who can check on your dad regularly, and who you can call on from time to time for occasional help. Also put together a list of reliable services you can call for household needs like lawn care, handyman services, plumber, etc.

**Tap local resources:** Most communities offer a range of free or subsidized services that can help seniors with basic needs such as home delivered meals, transportation, senior companion services, and more. Contact the Area Aging Agency near your dad – call 800-677-1116 for contact information – to find out what's available.

**Use financial aids:** If your dad needs help with his financial chores, arrange for direct deposit for his income sources, and set up automatic payments for his utilities and other routine bills. You may also want to set up your dad's online banking service, so you can pay bills and monitor his account anytime.



If you need help, hire a daily money manager ([aadmm.com](http://aadmm.com)) to do it for you. Charges vary between \$25 and \$100 per hour.

[Benefitscheckup.org](http://Benefitscheckup.org) is another excellent resource to look for financial assistance programs that may help your dad, particularly if he's lower-income.

**Hire in-home help:** Depending on your dad's needs, you may need to hire a part-time home-care aide who can help with things like preparing meals, housekeeping, or personal care. Costs can run anywhere from \$12 up to \$25 per hour.

To find someone, ask for referrals through your dad's doctor or area hospital discharge planners, or try websites like [Care.com](http://Care.com), [CareLinx.com](http://CareLinx.com), [CareFamily.com](http://CareFamily.com), or [CareSpotter.com](http://CareSpotter.com).

**Utilize technology:** To help you keep tabs on your dad and manage his care from afar, there are various technologies that can help.

For example, motion sensors (like Silver Mother - [sen.se/silvermother](http://sen.se/silvermother)) and video cameras ([nest.com/camera](http://nest.com/camera)) can help you make sure he is moving around the house normally; computerized pillboxes ([medminder.com](http://medminder.com)) that will notify you if he forgets to take his medication; simplified computer tablets ([grandpad.net](http://grandpad.net)) that provide important face-to-face video calls; and a variety of websites that can help you coordinate care ([lotsahelpinghands.com](http://lotsahelpinghands.com)) and medical information ([reunioncare.com](http://reunioncare.com)) with other family members.

For more tips, call the National Institute on Aging at 800-222-2225 and order their free booklet "Long-Distance Caregiving: Twenty Questions and Answers." (<https://www.nia.nih.gov/health/publication/long-distance-caregiving/introduction>)

(Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.)

# Master Woodcarver to Teach Workshop

Carlan Honaker has introduced scores of people to woodcarving. His commissioned work adorns public places, such as the Old Supreme Court Chamber in the Kansas Statehouse and Cedar Crest, the governor's mansion. This master woodcarver will be teaching in Lawrence in February. A two day workshop will be held February 3 and 4 from 9:00-3:00 at the Community Building, 115 W 11th Street. Students will learn the safe use of carving tools, different types of tools and wood used, and the various cuts used to make a beginning project. A registration fee of \$42 includes tools and wood for the project. Register at any Lawrence Parks and Recreation center or online at [www.lprd.org](http://www.lprd.org), the class code is #227446-A.

Honaker started carving as a boy growing up in Weston, MO. He whittled bears and other critters from large bars of Ivory soap or from soapstone he collected in the area. During his first years of marriage and employment, Honaker didn't carve, but when his son entered Scouting, he resumed the hobby. Neckerchief sleeves for Scouts grew into larger projects until his skills began earning him commissions, such as the Emporia State University seal in its executive boardroom.

In addition to teaching others, Honaker has been a student of master woodcarvers, including a class at the Geisler-Moroder Austrian Woodcarving School in Elbigenalp, Austria. Honaker is a member of the Kaw Valley Woodcarvers and his Soldier Creek Studio in Topeka is a hub of woodcarving activities in this area.



**Wishing you a happy and healthy holiday season, and a prosperous new year!**



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