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WEATHER NEWS

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

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

Moments With Marvel



Welcome to the New 60 and Better!

By Dr. Marvel Williamson, Executive Director, Douglas County Senior Services

If you are a regular reader of this monthly newsletter about all things senior in Douglas County, you may not have recognized this edition when you first saw it. We at Douglas County Senior Services are pleased to launch this fresh, new look for *60 & Better* as one of the exciting changes taking place over the next several months.

Your old favorites, including columns with advice and information on legal matters and more, will continue. A listing of events for the upcoming month will still inform you about opportunities you may want to pursue. New features will be added as we go forward, so please let us know if you would like for us to include something in particular.

As always, you will be able to read *60 & Better* in a variety of ways.

1. If you want to receive a free copy in your email inbox, send an e-mail request to mmeier@YourSRC.org.
2. For those of you who prefer a print copy you can hold, send a check for \$29.00 for an annual subscription made out to DCSS to 745 Vermont, Lawrence, KS 66044.
3. Every issue is posted on our website. Watch for information in our December issue on changes coming to the website also.
4. Copies of *60 & Better* will continue to be distributed at various places around Douglas County where seniors are likely to see them.



Janet Ikenberry, our Director of Health and Human Services, has been editor of *60 & Better* for many years. Under her direction the newsletter has flourished and has grown in circulation. We appreciate Janet's dedication in meeting the monthly challenge of producing information of value to you.

With the change in format for *60 & Better*, as well as other changes to come for Douglas County Senior Services, our new Director of Community Engagement, Michelle Meier, has taken on the editorial responsibilities. Please let Michelle know if you have any questions or suggestions. Contact Michelle at mmeier@YourSRC.org or 785-728-7878.



Medicare Open Enrollment: Five Things You Need to Do

Routines help keep us focused, organized, and even healthy. However, if your health routine doesn't include preparing for Medicare's Open Enrollment, now's the time to kick start a new healthy habit.

If you have a Medicare health or prescription drug plan, Open Enrollment runs **October 15 through December 7** and is the time you can make changes to your plan. Even if you're happy with your current coverage, you might find something that's a better fit for your budget or your health needs. If you miss an Open Enrollment deadline, you'll most likely have to wait a full year before you can make changes to your plan.

Here are five important things every Medicare beneficiary can do to get in the Medicare Open Enrollment routine.

1. Review your plan notice. Be sure to read any notices from your Medicare plan about changes for next year, especially your "Annual Notice of Change" letter. Look at your plan's information to make sure your drugs are still covered and your doctors are still in network.

2. Think about what matters most to you. Medicare health and drug plans change each year, and so can your health needs. Do you need a new primary care doctor? Does your network include the specialist you want for an upcoming surgery? Is your new medication covered by your current plan? Does another plan offer the same value at a lower cost? Take stock of your health status and determine if you need to make a change.

3. Find out if you qualify for help paying for your Medicare. Learn about programs in your state to help with the costs of Medicare premiums, your Medicare Part A (hospital insurance) and Medicare Part B (medical insurance) deductibles, coinsurance and copayments, and Medicare prescription drug coverage costs. You can do this by visiting Medicare.gov or making an appointment with a local Senior Health Insurance Counseling for Kansas (SHICK) counselor.

4. Shop for plans that meet your needs and fit your budget. From now through December 7, you can use Medicare's plan finder tool at Medicare.gov/find-a-plan to see

what other plans are offered in your area. A new plan may: a.) cost less b.) cover your drugs c.) let you go to the providers you want, like your doctor or pharmacy. If you find that your current coverage still meets your needs, then you're done. Remember, during Medicare Open Enrollment, you can decide to stay in Original Medicare or join a Medicare Advantage Plan. If you're already in a Medicare Advantage Plan, you can switch back to Original Medicare.

5. Check your plan's star rating before you enroll. The Medicare Plan Finder has been updated with the 2016 Star Ratings for Medicare health and prescription drug plans. Plans are given an overall quality rating on a 1 to 5 star scale, with 1 star representing poor performance and 5 stars representing excellent performance. Use the Star Ratings to compare the quality of health and drug plans being offered.

These are a few easy ways to get a jump start on your Medicare Open Enrollment. For more information you can, call 1-800-MEDICARE (1-800-633-4227), and say "Agent." TTY users should call 1-877-486-2048. Help is available 24 hours a day, including weekends.

These tips provided by the Department of Health & Human Services, Centers for Medicare & Medicaid Services, Room 352-G 200 Independence Avenue, SW Washington, DC 20201.

60 & Better

A publication of Douglas County Senior Services. *60 & Better* is published monthly and is available online and via mail by subscription.

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For advertising, calendar listings, or other content submissions, contact Michelle Meier at mmeier@YourSRC.org

Douglas County Senior Services is funded by the Douglas County Mill Levy • Older Americans Act through the Jayhawk Area Agency on Aging • Kansas Department on Aging • Kansas Department of Transportation • special grants • project income • fund-raising activities • and your donations.

Douglas County Senior Services 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 Douglas County Senior Services.

785-842-0543 • TDD: 1-800-766-3777 • Toll free: 1-877-295-3277 • www.YourSRC.org

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Batter Up! Local Seniors Bring Home GOLD!

The 2016 Summer Olympics are over, but local senior athletes recently returned with gold medals of their own. Dee Bisel, owner of Minuteman Press, and Deidre Oliver, owner of Oliver Electric Construction, Inc., are part of a softball team who recently brought home gold from the Huntsman World Senior Games held the first week of October in St. George, UT.

"I don't think many people have heard of the Huntsman World Senior Games," says Bisel, "but they bring in over 10,800 seniors, both men and women, playing in 20 different sports."

The two local players are only part of the roster of this team made up of 12 others from across Kansas, as well as players from North Carolina, Minnesota, and Canada. The team played in the Women's Slow Pitch 65+ group and capped off a 7-game round robin tournament with a win and captured a gold medal. Prior to the Huntsman games, the team mostly played tournaments within the region, but also won the silver medal at the Sunflower State games.

Bisel admits, she wasn't always this active. Three years ago, after her husband of 42 years passed away, her children encouraged her to start taking better care of herself. She began changing her lifestyle, started working with a nutritionist, started eating a whole food diet, and added exercise to her regimen. This led to a 50 pound weight loss. After she had been more active for a while, her good friend encouraged her to join the local Granny Basketball team. She enjoyed that so much that last winter when she was asked to join this softball team; she was all in.

"I knew the kids wanted me to find a hobby, but I'm not sure they had any idea it would be this," says Bisel, "and I'm not sure I did either, but I am having a ball!"

Want to get more active and join a senior team? There is a recruitment event for the local Granny Basketball teams November 6 from 2:00 – 4:00 p.m. Join current players to learn how to play 1920s-style, six-on-six Granny Basketball®. For more information, contact KansasGBB@gmail.com or call 785-409-2791.



Deidre Oliver and Dee Bisel sporting their Huntsman World Senior Games Gold Medals



Let Us Be Your Chauffeur!



keeps Douglas County seniors connected and active in their communities.

If you are 60 "or Better"

Call (785) 727-7876

for information or to make a reservation.

Baldwin Residents call

Call (785) 594-3376

Reservations are required for all rides.

Reservations must be made at least 48 hours in advance.

Rides are \$3.00 each way within city limits.

Accompanying spouse or caregiver ride FREE.

Drivers cannot accept tips, but donations to DCSS are always welcome.



James Whittaker, M.S.
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Credit and Debit Cards – Do You Know the Important Differences?

Credit and debit cards look so much alike that it can be hard to remember that they function differently. We hope these differences will never cause you any trouble, but if your card or card number is ever stolen, the differences may seem stark to you.

So what is the difference?

A credit card is a loan (usually at a rate of interest) and every payment you make is a repayment of that loan. Credit cards are protected by the Fair Credit Billing Act (FCBA). This law states that cardholders who notify the card issuing company of any unauthorized charges will not be responsible for more than the first \$50.00 of charges.*

A debit/ATM card takes money directly from your bank account instead of borrowing money at a rate of interest. FCBA also protects your debit/ATM card, but your liability amounts are different, and you will lose access to the money in your account until you are able to prove the charge(s) were unauthorized. That could take weeks. Your protection on your debit/ATM card varies depending on how quickly you act. For example, if you notify the bank within two business days after you learn about the loss or theft, your maximum loss is \$50. If you act later—up until 60 days after your bank statement is sent to you and you discover the loss—your maximum loss is \$500. Unfortunately, losses can go up from there.*

*For both credit and debit/ATM cards, you have certain responsibilities in disputing unauthorized charges. See the links below for details and check your card agreement with your credit or debit/ATM company.

What can you do to protect both your credit and debit/ATM card accounts?

✓ Keep a record of your account

numbers, expiration dates, and the telephone numbers of each card company so that you can quickly report a loss.

- ✓ Draw a line through blank spaces on receipts above the total so the amount cannot be changed.
- ✓ Open your monthly statements promptly and compare them to your receipts. Report mistakes or discrepancies ASAP.
- ✓ Carry only the card(s) you need.

Extra tips for ATM/debit cards:

- ✓ Periodically check your account activity between statements.
- ✓ Never carry your PIN number in your wallet or purse.

The Federal Trade Commission (FTC) created some helpful articles that go into more detail on responsibilities of the cardholder, limits, and other details that we do not have room to elaborate on here. If you would like to view those, see Lost or Stolen Credit, ATM and Debit Cards (www.consumer.ftc.gov/articles/0213-lost-or-stolen-credit-atm-and-debit-cards) and Disputing Credit Card Charges (www.consumer.ftc.gov/

[articles/0219-disputing-credit-card-charges](http://www.consumer.ftc.gov/articles/0219-disputing-credit-card-charges)).

The FTC enforces the FCBA for most creditors except for banks. If you think a creditor has violated the FCBA, file a complaint here: FDIC Complaint (<https://www.ftccomplaintassistant.gov/#&panel1-1>). If you have a complaint against a bank, you will want to contact the Federal Deposit Insurance Corporation (FDIC): FDIC Complaint <https://www.fdic.gov/consumers/consumer/news/cnspr12/complaint.html>. If you need assistance getting started on a complaint, please contact our 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.)

IF YOU REPORT:	YOUR MAXIMUM LOSS:
Before any unauthorized charges are made	\$0
Within 2 business days after you learn about the loss or theft.	\$50
More than 2 business days after you learn about the loss or theft, but less than 60 calendar days after your statement is sent to you.	\$500
More than 60 calendar days after your statement is sent to you.	All the money taken from your ATM/debit card account, and possibly more; for example, money in accounts linked to your debit account.

If someone makes unauthorized transactions with your debit card number, but your card is not lost, you are not liable for those transactions if you report them within 60 days of your statement being sent to you.

“Take Care to Give Care” - November Is National Family Caregivers Month

The first rule of taking care of others: take care of yourself first. Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities

leads to a higher risk of health issues among the nation's 90 million family caregivers. As a family caregiver, remember to pay attention to your own physical and

mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one. You really do need to “take care to give care!”

Caregiving can be a stressful job. Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiving responsibilities – from managing medications to arranging doctor appointments to planning meals – caregivers too often put themselves last.

The stress of caregiving impacts your own health. One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional problems. They are twice as likely to suffer depression and are at increased risk for many chronic conditions.

Proper nutrition helps promote good health. Ensuring that you are getting proper nutrition is key to help maintain your strength,

energy, and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall.



Ensuring good nutrition for your loved one helps make care easier. As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health,

support recovery, and reduce risk for re-hospitalization – which may help make your care of a loved one easier.

Remember: “Rest. Recharge. Respite.” People think of respite as a luxury, but considering caregivers’ higher risk for health issues from chronic stress, those risks can be much more costly than some time away to recharge. The chance to take a breather is vital in order for you to be as good a caregiver tomorrow as you were today.

During National Family Caregivers Month, we remind family caregivers that to be strong enough to care for your loved one, you must **Take Care to Give Care!**

(Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. For more information on the Caregiver Action Network to find resources for caregivers, go to www.caregiveraction.org)

10 Tips for Family Caregivers

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

Caregivers Support Group

If you need support as a caregiver, Douglas County Senior Services offers a Caregivers Support Group.

The Caregiver Support Group meets the 1st and 3rd Monday of each month from 2:15 – 3:45 at the Lawrence Senior Center, 745 Vermont Street.

Private communication is also available by appointment.

Leisure and Learning Activities

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

ART

▲ Downtown Tuesday Painters

At DCSS, Tues., 9 a.m.-1 p.m.
Fee: None. Bring your own painting project and supplies.
785-842-0543.

▲ Acrylic Painting

At DCSS, 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.

Spencer Museum of Art Senior Sessions

Theatrical Scenic Design: A Historical Perspective
Mark Reaney, University of Kansas Theatre Professor and head of scenography programs
November 10, 2017, at 10:00 a.m. – 11:00 a.m.
Senior sessions are free and open to the public and will be held at the Osher Lifelong Learning Institute, 1515 St. Andrews Dr., Lawrence. Advance registration is not required. More info at www.spencerart.ku.edu.

EDUCATION

▲ Fundamentals of Estate Planning

At DCSS, Thurs., Nov. 10, 6-7:30 p.m. Free. Attorney Robert Ramsdell explains the basics of estate planning. No need to register.

▲ Beginning Spanish

At DCSS, Wed., 1-2 p.m. Free. Learn basic Spanish. Bring your English to Spanish Dictionary. 785-842-0543.

▲ Intermediate Spanish

At DCSS, Mon., 1-2 p.m. Free. Focus is on reading and conversation. Bring your English to Spanish Dictionary. 785-842-0543.

▲ Math Club

At DCSS, Mon. & Wed., 2:30-3:30 p.m. Free. Enjoy lively discussions! 785-842-0543.

Bridge

The Lawrence Bridge Club, Sat. 6:30-9:30 p.m. Contact Steven Bogler, 785-690-7071, or Carol Smith, 785-856-5049 for info.

MUSIC

▲ New Horizons Band

At DCSS, Fridays, 4-5 p.m.
Location: Douglas County Senior Center. \$5/yr. dues. Rehearse at DCSS, concerts in the community. Contact John Towner, 785-865-3519, or towner@sunflower.com.

▲ Intergenerational Choir

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

Intergenerational Choir Winter Concert

Join the Intergenerational Choir for the Winter Concert, Saturday, December 3, at 7:00 pm. The choir will be performing popular songs from the 1960s to today.

Activities held at DCSS are noted with a ▲.



We honor all Veterans

Thank You
For Your Service

VETERANS DAY
November 11



ENTERTAINMENT

Theatre Lawrence Vintage Players

At Theatre Lawrence, 4660 Bauer Farm Dr. 2nd & 4th Tues., 1:30 p.m. Laughs, skits, and one-liners. More info at 785-843-7469, ext. 201.

Theatre Lawrence Dress Rehearsal

Limited tickets available through random drawing. Call 785-727-7875 to register for ticket drawing or for info. "Peter Pan," Thurs., Dec. 1, 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.

Pool (Billiards) & Coffee

At DCSS, Mon., Wed., Fri., 8-11 a.m. 785-842-0543.

Popcorn Fridays

At DCSS, Fri., 1:30 - 3:30 p.m. Free
Enjoy freshly popped popcorn. Limit 1 bag per person, while supplies last. *Donations appreciated.*

Scrabble Club – Open Play

At DCSS, Mon. & Thurs., 1-4 p.m. Beginners to seasoned veterans. Join the fun. 785-842-0543.

Footprints Film Festival

Now, Voyager & Saboteur
Sunday, November 27 at 4:00 p.m.
Lawrence Arts Center Theater, 940 New Hampshire, Lawrence, KS 66044
Tickets: \$8.00 available at Footprints, 1339 Massachusetts St. or online at www.footprints.com

Winter is on its way. Despite the unseasonably warm fall we have had in Lawrence this year, inevitably we will get to more traditional weather as we transition into the winter season with time to curl up with a good book and your favorite sweater while enjoying the comforts of your home. As winter approaches, here are a few tips to help you prepare for winter and have a safe and healthy season.

Plan Now, Be Safe Later

To ensure safety for you and others who are coming and going from your home, check to see all outdoor railings are secure and walkways are free of wobbly paving stones or bricks. Also consider volunteering for Lawrence's Safe Winter Walkways snow shoveling service. A great way to meet your community, Safe Winter Walkways matches volunteers with residents age 60 or older who are unable to shovel their own sidewalks. Measurable snowfall in Lawrence occurs an average of 8 days per year with 4.6 days receiving at least 1 inch of snow – just enough to be both beautiful and manageable. **Deadline is November 18.**

Keep Yourself (and Your Wallet) Warm

A key factor in home winterization is recognizing the importance of a warm home. 'Just a little chill' may not only have a negative effect on your health, it can also be the symptom of a home-energy leak that could be making your electric bill higher than necessary. Consider using draft guards [or rolled up towels] under entry doors, window insulation kits, seals for unused fireplaces, and reversing the direction of your ceiling fans to push hot air accumulating near the ceiling down to your living space.

Pile On the Layers

Dressing in layers and using blankets and sweaters to keep warm is a good way to keep warm without spending extra to keep the house at an ideal heat and helps your body stay warm when you're out and about. When you do venture outside to shop or retrieve the mail, have a good pair of no-skid shoes to wear to help prevent falls.

Open the Curtains

It may seem counterproductive to have the curtains wide open when you're trying to save on heat and energy costs, yet letting sunlight in provides free heat and helps combat Seasonal Affective Disorder (SAD). With a brighter home and additional pops of color, you'll feel more motivated and energetic during the winter months.

Eat a Balanced Diet

Eating well-balanced meals with plenty of fruits, vegetables, and foods rich in omega 3s keeps you energized and provides another way to combat SAD. A valuable Lawrence nutrition resource is the CHAMPSS program that provides seniors age 60+ with affordable, or even free, balanced meals available at several convenient locations. (www.jhawkaaa.org). Another option is the Douglas County Senior Services Senior Meals program that hand delivers an average of 150 meals a day. Call 785-727-7881.

Another dietary need crucial in winter months is vitamin D. Vitamin D deficiency is seen in 80% of hip fracture patients and in a surprisingly high percentage of the general population. Studies have shown 800 IU of Vitamin D per day reduces the risk of fractures in seniors by 20%, maintains healthy bones and teeth, and supports the immune system.

(8 Steps, continued on page 12)

HEALTH & FITNESS

▲ Hands-on Cooking Adventure

At DCSS, Tues., Nov. 15 and Wed., Nov. 30, 2-3:30 p.m. Learn to create affordable, nutritious, and tasty meals. Presented by Just Food. 785-856-7030 to register or for info.

▲ Yoga for Every Body

At DCSS, Tues., Oct. 11-Nov. 29, 3-4 p.m. \$28. Gentle yoga improves joint movement, increases core and leg strength. Bring yoga mat and wear comfortable clothes. 785-842-0543. (New session begins Dec. 6.)

A.M. Walking Club

At LPRD, East Lawrence Rec Center, 7-9 a.m., Mon.-Fri., 785-832-7950 or Holcom Park Rec Center, 7-11 a.m., Mon.-Fri., 785-832-7940. Walk indoors, no weather worries.

Pickleball - Open Play

At LPRD, Sports Pavilion Lawrence, Mon.-Fri. Competitive, recreational, and beginning players. Call 785-832-7920 for specific days and times. No charge for open play.

Bocce Ball – Open Play

At LPRD, Holcom Park, two public courts. Check out equipment at Holcom Park Rec Center. Call 785-832-7940 for info or to make court reservations. 24 hours notice required.

Badminton – Open Play

At LPRD, Sports Pavilion Lawrence, Tuesdays, 6-8 p.m., Free. All skill levels. Drop-in. Basic equipment provided. 785-832-7920.

Personal Training

LPRD has certified personal trainers. Make workouts safe, productive, and successful. Training & registration available at all rec centers. 785-832-7920.

Bone Density Screening

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

Diabetes Education Group

330 Arkansas, Conference Room A. The LMH Diabetes Education Center provides this free monthly program for those with diabetes and their support persons, on the 2nd Wednesday of each month. No registration needed. Drop in. For more information call 785-505-3062.

Diabetes Information Fair

Wednesday, November 9, 5:30-7:30 pm.
330 Arkansas, Conference Room A
Drop in and receive free health screenings including height, weight, body mass index, blood pressure, and finger stick glucose. Please note that screenings will close at 7:15 pm. Light refreshments served. No registration is necessary.

Senior Supper and Seminar

November Topic "Fifty (or More) Ways to Simplify the Season."
Tuesday, November 15, 5:00 p.m.
330 Arkansas, Auditorium
An opportunity to enjoy a healthy meal for \$5.50, conversation with other older adults, and a health or wellness education program. Advance reservations are required at least 24 hours ahead of the due to space limitations. Call LMH Connect Care at 785-505-5800 or e-mail connectcare@lmh.org.

Granny Basketball

Sunday, November 6, 2:00 p.m. – 4:00 p.m.
Lawrence Community Center, 115 W 11st St
Join us for an afternoon of fun as women age 50+ learn how to play 1920s-style, six-on-six Granny Basketball®. Wear comfortable practice clothes and gym shoes. For more information, contact KansasGBB@gmail.com or call 785-409-2791.



Get one-on-one assistance with the annual review of your Medicare coverage at the Douglas County Senior Services with a trained Senior Health Insurance Counseling for Kansas (SHICK) representative. Call 785-727-7872 from 10:00 a.m. to 12:00 p.m. and 2:00 p.m. to 4:00 p.m. Monday through Thursday to schedule an appointment.

WE HAVE BIG NEWS!

NEWS CONFERENCE

Tuesday, November 22, 2016

10:00 AM

745 Vermont – Jack Connolly Community Room
Public is Welcome



Adopt a Senior Program

The holidays are just around the corner, and this year, as in years past, DCSS is asking for your help to make the holidays brighter for those in need through our "Adopt a Senior" program. We take applications from low income seniors and match them with volunteers from the community who provide them with items from their "wish list."

In the interest of both parties, adoptions are anonymous. If you are interested in adopting a senior this year, please call the Community Services Department at DCSS, 785-842-0543.

There are numerous ways to participate. A typical adoption may cost up to \$100. If you wish to adopt, but have a tight budget, we can arrange a partial adoption. If you would like to help, but hate to shop, we'll gladly do your shopping for you.

Cash donations are happily accepted. DCSS will take applications for assistance through November 13, and begin assigning adopters shortly thereafter. Adopters are asked to bring their gifts to the Douglas County Senior Center at 745 Vermont on Thursday, December 17. Call Janet at 785-842-0543 for more information.

SENIOR SERVICES
DOUGLAS COUNTY

CLASS REGISTRATION FORM
Mail to:
Douglas County Senior Services
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: Douglas County Senior Services

LIABILITY RELEASE STATEMENT – I, for myself, my heirs, executors, administrators, and assigns, do hereby release and hold harmless Douglas County Senior Services, 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?
Call 785-727-7873

For Office Use Only

Payment Cash Ck

Date Rec'd _____ Initials _____

Book Van

Each week, Gregor Brune brings a selection of books, DVDs, and more from the Lawrence Public Library to retirement communities throughout Lawrence, but you do not need to be a resident of the site to use this service. You can also return items via the book van and request specific items through our catalog and have them delivered via the book van. You'll just need a valid library card to use this service. For more information, contact Gregor Brune via email at gbrune@lawrencepubliclibrary.org or call 785-843-3833, ext. 100.

MONDAYS

9-10 a.m..... Prairie Commons, 5121 Congressional Cir.
10:30-11:30 a.m... Presbyterian Manor, 1429 Kasold Drive
11 a.m.-12 p.m..... Vermont Towers, 1100 Vermont St.

WEDNESDAYS

9-10 a.m..... Brandon Woods, 1501 Inverness Drive
10:30 - 11:30 a.m. Arbor Court, 1510 St. Andrews Dr.
1-2 p.m..... Babcock Place, 1700 Massachusetts St.

FRIDAY

9-10 a.m..... Clinton Place Apartments,
2125 Clinton Parkway
10:30-11:30 a.m... Wyndham Place Apartments,
2551 Crossgate Dr.
1:30-2:30 p.m..... Peterson Acres, 2910 Peterson Road

Book Talks

Book talks sponsored by the Lawrence Public Library are presented at a number of locations around town. Seniors are invited to join in the lively discussion of books, movies, and music available from the library. The materials are selected from the library's collection and will be available for loan. This is not a book club so you need not have read the material prior to the discussion. The volunteer will make the titles so interesting that you will want to read, watch, or listen to them! Book talks last about an hour. You do not need to be a resident of the particular site to participate. For more information, contact Outreach Services Coordinator, Pattie Johnston at 785-843-3833 extension 115 or johnston@lawrence.lib.ks.us

SECOND MONDAY OF EACH MONTH

Babcock Place, 1700 Massachusetts Street, 2 p.m., in the Activities Room

THIRD MONDAY OF EACH MONTH

Meadowlark Estates, 4430 Bauer Farm Drive, 2 p.m., in the Activities Room

THIRD WEDNESDAY OF EACH MONTH

Presbyterian Manor, 1429 Kasold Drive, 3 p.m., in the library

THIRD FRIDAY OF EACH MONTH

Pioneer Ridge, 4851 Harvard Road, 2:30 p.m. in the library

FOURTH WEDNESDAY OF EACH MONTH

Brandon Woods, 1501 Inverness Drive, 10 a.m., in the library



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Call 855-215-5329 to visit with our reinvention coach or visit livelawrencelife.com.



Calendar Of Events - November 2016

2 Douglas County Coalition on Aging (DCCOA), 8 a.m., Douglas County Senior Center, 745 Vermont, Lawrence. For information call Megan Poindexter at 785-842-3159.

7 Visiting Nurses Lunch and Learn program: "Having Difficult Conversations," 11:30 a.m.-12:30 p.m., Lawrence Public Library Auditorium. Bring your lunch, drinks provided. Certificate for one contact hour provided at no cost. RSVP to LoriM@KansasVNA.org or 785-843-3738.

7 DCSS Caregiver Support Group, 2:15-3:45 p.m., Douglas County Senior Center, 745 Vermont, Lawrence. For info call Janet at 785-727-7873.

11 Lawrence Chronic Illness Support Group. Location varies. For info call Rachel at 785-979-5393.

15 Parkinson's Support Group, 2 p.m., First Presbyterian Church, 2415 Clinton Parkway, Lawrence. For more info call Elaine at 785-760-1026.

15 Stroke Support Group, 4 p.m., Lawrence Memorial Hospital, 325 Maine, Lawrence. For more info call 785-505-2886.

16 Welcome to Medicare, 12 to 1 p.m., Douglas County Senior Center, 745 Vermont, Lawrence. An informational meeting for those new to Medicare. Everyone is welcome. For information call Barbara at 785-727-7874.

16 Kansas Veteran's Commission discussion of benefits for low-income veterans and surviving spouses, 1:30 p.m., Douglas County Senior Center, 745 Vermont, Lawrence. For info call Rick Massey at 785-843-5233.

17 Low Vision/Blind Outreach Ministry Dinner, 5:30-7 p.m., Immanuel Lutheran Church and Student Center, 2104 Bob Billings Parkway (15th and Iowa St. adjacent to KU Campus), Lawrence. Meets for dinners, social and speaker events, and day trips. RSVP for dinner reservations. Anyone who is blind or has low vision is welcome. Call 785-843-0620 for info.

21 DCSS Caregiver Support Group, 2:15-3:45 p.m., Douglas County Senior Center, 745 Vermont, Lawrence. For info call Janet at 785-727-7873.

24 DCSS CLOSED for Thanksgiving Holiday

25 DCSS CLOSED for Thanksgiving Holiday

If you would like your meeting listed in the calendar of events, please contact Michelle, 785-727-7878.

NEW HORIZONS BAND NOVEMBER SCHEDULE 2016

Fridays at 4pm

Nov 4 Rehearsal
Nov 11 Presbyterian Manor,
1429 Kasold Dr, 4:15
Nov 18 Arbor Court,
1510 St. Andrews Drive

O.U.R.S. Dances

(Oldsters United for Responsible Service) November 2016

PLEASE NOTE: All Dances are held from 6 to 9 p.m. at the Eagles, 1803 W 6th St. Carry-in meal at 7:15 p.m. Cover charge is \$6 per person. Everyone welcome.

Sunday, November 6 Country Melody
Sunday, November 13 Dr. Cook's Medicine Show
Sunday, November 20 Barbed Wire
Sunday, November 27 (Business Meeting 5 p.m.) Borderline Country



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THE
FUN**

JOIN US FOR A FREE, HANDS-ON COOKING ADVENTURE!



Learn how to create affordable, nutritious and tasty meals.

2:00pm - 3:30pm

Tuesday, November 15th, 2016
Wednesday, November 30th, 2016

745 Vermont St., Lawrence, KS 66044

To RSVP or ask questions, contact Aundrea at: 785-856-7030 ext. 7014 or programs@justfoods.org

Eight Steps to Prepare for Winter - continued from page 7

Keep Moving and Stay Connected

Winter is an important time to be active as exercise boosts immunity, happiness, and energy, keeping you moving in a season when people tend to become more sedentary. Lawrence has many opportunities to be active during winter with dance classes, an indoor aquatic center, and the free gym and indoor walking track at Sports Pavilion Lawrence.

Aside from keeping you more fit, visiting recreation facilities is a great way to meet with friends and acquaintances during the winter months. You can also keep your social life active by taking an arts class, enrolling in a recreation class specifically for residents age 50+, or visiting Douglas County Senior Services to ask about their weekly activities such as Downtown Tuesday Painters, dance classes, or intergenerational choir.

Safe Driving

Prepare for winter on the road by packing an emergency kit for your car with at least two blankets, nuts or granola bars, a flashlight, extra windshield washer fluid, and a small shovel. A cell phone, charger, and gas tank that is at least half full even when traveling a short distance is also key to safe travel. When preparing to drive, always remember to back your car completely out of the garage before warming it up as even an open garage can create dangerous levels of carbon dioxide.

If an emergency occurs while driving, call for help on your cell phone. If you are on snow covered roads and plan to keep your car running while waiting for help, be sure the exhaust pipe is not packed with snow. Most importantly, drive slowly and safely on ice and snow with minimal brake usage. After all,

it really is "better to arrive late than not at all."

If you want to avoid winter driving or do not feel comfortable with it, contact DCSS Senior Wheels at 785-727-7876 or use the Lawrence Transit system.

Have a Plan

With the possibility of a winter storm power outage, it's important to evaluate your pantry and home with a power outage plan in mind.

- Always have several days' supply of nonperishable food such as tuna, peanut butter, granola bars, nuts, and canned fruit.
- Keep a manual can opener handy.
- If you have a gas powered stove you can heat canned soups and vegetables. You can also boil a pot of water on your gas range during the outage to help moisten the air as moist air keeps and maintains heat better than dry winter air.
- If the power is out for more than a few hours, be mindful of eating foods that may spoil quickly without a working fridge. Follow these guidelines to know what food is safe to eat when power is restored.
- Keep flashlights, extra batteries, candles, and a battery operated radio in an easy to find location.
- Stay warm. If your home becomes too cold, listen to local radio stations for locations of local emergency shelters you can visit to keep warm. Don't hesitate to drive to one of these shelters, call a friend or call 785-727-7876 to help get you there.
- Have a car charger to keep your cell phone charged or a corded landline phone to ensure you can contact someone in an emergency.

With these eight steps and key Lawrence amenities and resources, you're set for a safe and fun winter in which you can enjoy the snow

while knowing you're prepared for any situation and can safely venture to local holiday activities, dining locations, and places to exercise.

Cold Weather Rule

November 1 thru March 31

The Kansas Corporation Commission (KCC) wants Kansans to have electric, gas, and water services needed to keep their homes warm during the winter. The KCC also recognizes the customer's responsibility to make arrangements to pay for that service. The Cold Weather Rule was designed in 1983 to ensure that both goals are met.

What does the Cold Weather Rule mean for you?

The Cold Weather Rule helps to ensure you will have electric, gas, and water service for your home during the winter. You must make pay arrangements with your utility to use the Rule.

What will the utility company do?

Utilities must inform you of the Cold Weather Rule payment plan as well as other available payment plans. Remember, under the Cold Weather Rule, you always have the option of spreading your payment over a total of 12 months.

Utilities must send written notice to customers 10 days before disconnection, plus attempt a phone call or personal contact the day before.

Utilities must tell customers about agencies that have funds to help pay utility bills.

Can you be disconnected during the Cold Weather Rule?

A utility can't disconnect you when the temperature is forecasted to drop below 35 degrees or be
(Winter, continued on page 13)



Q: I am 64 years old. My mother, who is 87, recently had a stroke and now I am considered her “primary caregiver.” I love my mom and am doing my best to care for her, but I’m struggling. Am I legally and financially responsible for her? What if she needs to go to a nursing home?

A: You don’t say whether you’re struggling financially, emotionally, or both, but regardless, you’re not alone. The lion’s share of caregiving to the elderly and disabled is provided by family members (and a little help from their friends). You also don’t say who appointed you “primary caregiver,” but I’m guessing that means she either lives with you or near you so that you are trying to meet her daily needs.

with that cost from Medicaid (KanCare). The rules are too complex for this article, but the short version is that a person who cannot pay for her own nursing facility care will generally be eligible for assistance.

Winter

(continued from page 12)

in the mid to low 30s over the next 24 hours, except in certain circumstances.

To prevent disconnection when it is 35 degrees or above, or to be reconnected regardless of temperature, you must make pay arrangements with your utility.

A utility may start the final notification and disconnection process if there is a 48 hour forecast of temperatures above 35 degrees.

On the day before disconnection, a utility must attempt to contact you by phone. If that fails, they must go to the home and notify you or leave a message on the door. Some utilities have a third party notification plan.

If the 48 hour forecast changes before the period ends and there is a forecast of below 35 degrees, the utility cannot disconnect until there is another Cold Weather Rule 48 hour forecast of temperatures above 35 degrees.

Questions? (800) 662-0027

If you have questions or concerns, call (800) 662-0027 for assistance.

The Cold Weather Rule applies only to residential customers of electric, natural gas, and water utility companies under the KCC’s jurisdiction.

Adult children are not *per se* legally or financially responsible for their parents’ care, but because you are currently providing care upon which your mother depends, a sudden withdrawal of that care without notice to other interested people – your siblings, for example – would be legally problematic. If you know she cannot take care of herself, you also know she is in danger of “self-neglect” if you stop helping her without making another provision. Leaving her in the lurch would at least be unethical.

Your mother is financially responsible for herself. If she needs in-home care and you have access to her income and other resources, it is permissible for you to apply those resources to the cost of her care. You can hire someone to take some of the load off of you and pay that person with your mother’s money, for example. In fact, getting some outside help takes some of the load off you so that you don’t get burned out. There are lots of private in-home care providers from which to choose.

If your mother declines to the point that she needs nursing home care, you have a couple of choices. Placement in a nursing home is expensive, but if she became a resident of a nursing home and exhausted all her savings and income, she could get assistance

Medicaid also has an in-home care benefit for which your mother could become eligible if she meets a nursing home level of care but could stay home safely with less than 24/7 assistance. Again, she’d have to have exhausted all her own savings and income, but if she owns a home, this can be a good option. It’s called the Home-and-Community-Based Medicaid Waiver program, administered by KanCare, and the rules are complex, but it’s another option for the right person.

Finally, check out the Caregiver Support Group at Douglas County Senior Services. There will be people who’ve walked a few miles in your shoes and whose experience might be relevant to your current needs. It won’t help your mother for you to go it alone, right?

(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 Douglas County Senior Services, 785-842-0543.)

Flu Vaccines Designed Specifically for Seniors

Dear Savvy Senior,

Are there any specific flu shots that are better suited for seniors? I just turned 65 and would like to find out what's recommended and how Medicare covers it.

Semi-Healthy Senior

Dear Semi-Healthy,

There are actually two different flu vaccines available this year that are designed specifically for seniors age 65 and older. One option is the Fluzone High-Dose, which has been available since 2010, and the other is the new FDA approved FLUAD vaccine (you only need to get one of these).

The Fluzone High-Dose (see Fluzone.com) is a high-potency vaccine that contains four times the amount of antigen as a regular flu shot does, which creates a stronger immune response for better protection. The new FLUAD vaccine (FLUAD.com) contains an added ingredient called adjuvant MF59 that also helps create a stronger immune response.

The extra protection these vaccines provide is particularly helpful to seniors who have weaker immune defenses and have a great risk of developing dangerous flu complications. The CDC estimates that the flu puts more than 200,000 people in the hospital each year and kills an average of 24,000 – 80 to 90 percent of whom are seniors.

Be aware that both the Fluzone High-Dose and FLUAD are not recommended for seniors who are allergic to chicken eggs, or those who have had a severe reaction to a flu vaccine in the past.

You should also know that the Centers for Disease Control

and Prevention (CDC) does not recommend one vaccination over the other, and to date, there have been no studies comparing the two vaccines.

If you decide you don't want to get a senior-specific flu shot, there are other options available to people 65 years and older including the standard (trivalent) flu shot, the quadrivalent flu shot which protects against four different flu viruses, and the FluBlok vaccine for those who have egg allergies.

To locate a vaccination site that offers any of these flu shots, visit Vaccines.gov and type in your zip code. You'll also be happy to know that as a Medicare beneficiary, Part B will cover 100 percent of the costs of any flu shot, as long as your doctor, health clinic, or pharmacy agrees not to charge you more than Medicare pays which may not cover all the costs.

Pneumonia Vaccines

Two other important vaccinations the CDC recommends to seniors, especially this time of year, are the pneumococcal vaccines for pneumonia. Around 1 million Americans are hospitalized with pneumonia each year, and about 50,000 people die from it.

The CDC is now recommending that all seniors 65 or older get two vaccinations –Pneumovax 23 and Prevnar 13. Both vaccines, which are administered just once at different times, work in different ways to provide maximum protection.

If you haven't yet received any pneumococcal vaccine, you should get the Prevnar 13 first, followed by Pneumovax 23 within the next 6

to 12 months, but if you've already been vaccinated with Pneumovax 23, wait at least one year before getting the Prevnar 13.

Medicare Part B covers both shots, if they are taken at least 11 months apart.

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



Locations to receive Flu Vaccines

**LAWRENCE DOUGLAS COUNTY
HEALTH DEPT**
200 MAINE ST STE B
LAWRENCE, KS 66044-1396

LAWRENCE MEMORIAL HOSPITAL
325 MAINE ST
LAWRENCE, KS 66044-1360

CVS LOCATIONS

DILLONS PHARMACY LOCATIONS

FIRST MED
2323 RIDGE CT
LAWRENCE, KS 66046-3956

HY VEE PHARMACY LOCATIONS

WALGREENS LOCATIONS

WALMART PHARMACY LOCATIONS

YOUR PRIMARY CARE PHYSICIAN

Skillbuilders - November Sessions

Skillbuilders continues this month on Tuesdays at 10 a.m. at the Smith Center, Brandon Woods, 4730 Brandon Woods Terrace in Lawrence. It is a series of programs for anyone experiencing significant life changes.

Those who have lost a loved one, are adapting to being single, or are making adjustments due to illness often find that grief is not the only thing that must be faced. These helpful sessions cover topics that promote confidence in handling those tasks with which you may not be familiar.

- | | |
|--------------------|--|
| November 1 | Cooking for One |
| November 8 | Personal Safety |
| November 15 | Home Care 101 |
| November 22 | Adjusting to Change:
Holidays and Special Needs |

Come for all of the programs or choose those that interest you. There is never a charge for the programs, and registration is not necessary. Transportation may be arranged by contacting Douglas County Senior Services, 785-727-7876.

Skillbuilders is sponsored by the Outreach Services of the Lawrence Public Library, Visiting Nurses Association, and Douglas County Senior Services. For more information on Skillbuilders, contact Pattie Johnston at the Lawrence Public Library, (785) 843-3833, extension 115.



**THE LAWRENCE
LABORATORY**

**WE ARE ALL
TEACHERS**

JOIN US!



The Lawrence Laboratory is now accepting proposals for classes. We believe that teaching & learning can happen in many ways and places and that everyone has valuable knowledge. We provide a platform for people who are passionate about a subject and have a willingness to share.

Who: Everyone!
With community-sourced education, classes are proposed by and taught by members of the community. You can be a tenured professor or hobbyist or even teach with a partner. With different personalities and teaching styles, every class will be one of a kind. We invite everyone to experience the creativity and leadership of being a teacher.

What: Anything!
Classes are encouraged to be interactive with either a hands-on project, demonstration or discussion-based lesson. We will host pretty much any subject you can dream up as long as it interests you: highbrow to tabloid; nerdy to hip; broad to specific; quirky to conventional; hobby to professional. See our website for more ideas.

Why...
Talk about things you like. Be part of a vibrant community. Bring visibility to your business or organization. Reach an audience not typically involved in your field. Informal, short-format classes allow for unique topics. For fun. Take a break from binge watching your show (although that's fun too). Encourage people to keep learning. Bring more awareness to education

Who We Are
The Lawrence Laboratory is a new education project bringing people together through learning. We host informal, accessible classes on a variety of subjects at low-cost & low-commitment. Most classes are for adults but we will have some for kids too. We want to be a hub for lifelong learning opportunities in Lawrence and share what others are doing to continue our vibrant educational heritage & culture.

How: Contact Us!

 thelawrencelab.com

 info@thelawrencelab.com



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Lawrence, KS 66044

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DONATION FORM

Mail to:
Douglas County Senior Services
745 Vermont, Lawrence, KS 66044




Douglas County Senior Services is funded by the Douglas County Mill Levy, the Older Americans Act through the Jayhawk Area Agency on Aging, Kansas Department on Aging, the Kansas Department of Transportation, special grants, project income, fund raising activities, and your donations.

Your donations allow Douglas County Senior Services continue to provide valuable services, supports, and other resources to all senior residents of Douglas County.

DONOR INFORMATION

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Phone _____ Email _____

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Make checks payable to Douglas County Senior Services.
All donations are tax deductible.



SENIOR SERVICES

DOUGLAS COUNTY

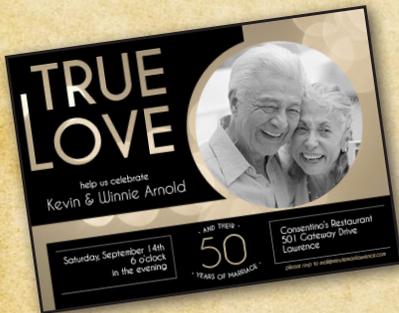
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SAFE WINTER WALKWAYS SIGN UP

Douglas County Senior Services is partnering with the City of Lawrence this winter on the **Safe Winter Walkway** program. The goal of the program is to keep public walkways clear and safe for pedestrians throughout the city this winter.

To request volunteer assistance removing snow from your public walkway
Call (785) 832-3338

DEADLINE Friday, November 18

No applications will be processed after November 18, 2016.



VOLUNTEERS ARE STILL NEEDED

To volunteer, please call (785) 832-3338
For more information at www.lawrenceks.org