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**60 & Better is now
Better Senior Living
AND we have a
brand new column!**
Check out Retirement FUND\$ on pg 5.



Better Senior Living, No Matter Your Age!

Michelle Meier, Editor

You may have noticed that our publication has a new name. As part of the next phase of our transition to fulfilling our new mission at the Senior Resource Center, we have begun to re-shape many things. We changed our name and logo to demonstrate our new path better. Our permanent location is getting a major renovation. We have also worked to expand our focus to include the full gamut of those who are considered seniors.

In *Moments with Marvel* we have addressed the different perspectives on what defines a senior. Is it an age? Some say age is just a number. Does it start when you retire? More and more people are ready for their second career as part of their retirement plan. Others find they have to work longer in order to make ends meet. Is it a status, with special privileges and discounts?

Regardless of how you define it for yourself, no one age marker officially defines you as a senior. There is no one age marker that officially defines you as a senior. AARP considers you a senior at 50. Some services require you to be 60. You are eligible for Medicare at 65. With that in mind, we wanted to bring our monthly publication in line with this thinking. We decided it was time to move away from the title *60 & Better* to expand our vision of serving all seniors, regardless of their age,

and direct our focus on the second half of life. Therefore, we dropped the "60" and this evolving magazine will now be known as *Better Senior Living*.

Better Senior Living will continue to include our regular columns and other valuable content. You will always find listings of local events so you can remain active in the community. For this issue, we have added a new column that will focus on the various financial aspects of being a senior. Whether you have planned ahead and saved for retirement or not, there are tools and ideas to help you maximize the income you do have while living the lifestyle you want.

The switch to *Better Senior Living* is just the beginning! More developments and expansions are yet to come, but one thing is for sure, we will continue to help you make the most of the second half of your life, no matter the mile marker you are approaching.



The end of life deserves as much
beauty, care and respect
as the beginning.



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All Aboard! SRC to Facilitate Countywide Strategic Planning

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

My husband likes to tell stories about when he was in elementary school. His classes were usually about 40 students in size—in a time when teachers had no teacher aides! He was born in 1947, just as the Baby Boomer generation began. As this swell in population has rolled forward throughout the years since, its size has exerted great force and strain on the capacity of most societal structures.

We have heard how the graying of America was going to place pressure on health care, housing, Medicare, Social Security, and other systems to accommodate growing demand. With the recent release of the census mid-cycle population estimates, Douglas County appears to be in the bull's-eye. The senior population in Douglas County is growing at an even faster rate than the national average and other counties in Kansas.



the gaps, barriers, and pressure points are now and will likely be in the future. With a clearer understanding of the challenges, Phase Three will embark on selection of concrete goals, objectives, and action steps. Phase Four will implement the plan that will, at best, constantly change as the environment changes.

This process is difficult within a well-defined, single organization, and will be much more so on a countywide basis. Participation and buy-in by every business, agency, governmental entity, and organization that interfaces with seniors is vitally important. Douglas County and key leaders in the cities of Lawrence, Baldwin City, and Eudora have already endorsed this plan.

What does this mean for our future ability to meet the needs of seniors? We have certainly seen local expansion of upscale housing options serving this age group and future retirees. Some other businesses and individuals recognize the opportunity to build on the larger consumer pool needing senior services. In fact, the broadening range of services has created a new challenge: trying to navigate the uncharted waters of a complicated mass of opportunities.

Other categories of services, however, are not keeping pace with the growing demand. No cohesive plan is in place to address the future. We seem to be operating according to the classic Garbage Can Theory in which problems and solutions randomly drift until one happens to bump up against another one that fits (see Cohen, M., March, J., & Olsen, J (1972). *Administrative Science Quarterly*, 17(1), 1-25). Sometimes a person or group with a passion for a particular need creates a service to meet it, but not always. We incrementally creep forward in small ways, but mostly we fall further behind.

The Senior Resource Center for Douglas County (SRC) recognizes these obstacles and the danger of the Garbage Can model. SRC is stepping forward as the central clearinghouse of information about all things senior to expand its role as facilitator for proactively designing the preferred future. On April 27 the inaugural Senior Summit was held, rolling out the first look at how countywide strategic planning would proceed.

Phase One will establish a comprehensive database of all senior services in Douglas County. We first have to know what the baseline is. Phase Two will entail analysis of where

We hope you will immediately partner with SRC to assure that the Phase One database is complete. Join the conversation in this monumental movement. To find out how to get on board, reach out to us at contact@YourSRC.org.



Can you give an hour?

You can make a difference in the life of an isolated senior by giving an hour of your time.

Senior Meals is looking for volunteers to deliver meals to isolated seniors.

Sign up to deliver as often as you have time to give.
Once a month, once a week, once a day.

**Contact Heidi Briery
Director of Senior Meals
785-727-7881**

For additional information or to learn more about resources and supports for area seniors, go to www.YourSRC.org





Mandatory Reporters in Kansas

On April 11, I had the honor to welcome attendees to "Connecting the Dots – A Multidisciplinary Approach to Resolving Elder Financial Exploitation." This daylong meeting discussed elder abuse investigations, short- and long-term safety, legal analysis and other important information for law enforcement officers, health care professionals, social workers, senior service providers, bankers and more.

Right after I finished speaking to the group, I realized I had misspoken about a very important fact. When I discussed

the importance of educating people on elder abuse, I stated that Kansas does not have mandatory reporters, when we actually do. I want to take this chance to clarify that issue.

Kansas law K.S.A. 39-1431 requires people in specific professions to report suspected abuse. A PARTIAL list of those who are mandated to report include any person who is licensed to practice any branch of the healing arts, a licensed psychologist, a licensed master level psychologist, a licensed clinical psychotherapist, the chief

administrative officer of a medical care facility, a teacher, a licensed social worker, a licensed professional nurse, a licensed practical nurse, a licensed dentist, a licensed marriage and family therapist, a licensed clinical marriage and family therapist, licensed professional counselor, licensed clinical professional counselor, registered alcohol and drug abuse counselor, a law enforcement officer, a case manager, a rehabilitation counselor, a bank trust officer or any other officers of financial institutions. (See the statute link for a full list.)

Please remember that if you suspect abuse or neglect, report it immediately to the Protection Report Center at 1-800-922-5330 or call local law enforcement if the person is in immediate danger. You can also call my consumer protection division at 785-330-2849 and we can direct you to the right contact or contacts. We are always ready to serve the citizens of Douglas County.

In closing, I would like to sincerely thank the Lawrence-Douglas County Health Department, the Jayhawk Area Agency on Aging, Kansas Advocates for Better Care, and the Senior Resource Center for Douglas County for making the training event possible.

(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.)



REPORT ABUSE!

Better Senior Living

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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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Financial and Physical Well-Being Go Hand In Hand

By James Whittaker



Being aware of risk and managing it is essential to building an effective retirement strategy for an individual and can provide for greater financial strength and peace of mind. A great retirement is all about managing risk and keeping on top of as many of the controllable variables as possible. Your plan isn't much of a plan if you can't sleep at night. One area I emphasize is your personal health and fitness.

In an ideal world, to plan the perfect retirement you need to know how long you will need income and what your health care expenses will be. Estimating those exact details can be challenging. Your health and health care expenses through retirement have a large impact on your quality of life. According to a study by Fidelity in 2016, a couple's health care is estimated to cost \$260,000 for the duration of their retirement years.

As important as the financial piece is to this process, shaping your physical health and well-being are just as important. Many Americans sacrifice their health as they pursue their careers and raise their families. Often, health becomes an obvious priority once they enter retirement. Fortunately, it is never too late to make an impact on your health and well-being.

Before I started my financial practice, I worked in the health and fitness industry. It's amazing how our physical health impacts our fiscal health. As we plan for a successful retirement there are risks that we can impact and some that we can't. Adding daily activity can go a long way to maintaining your health and minimizing health care costs. As we mature, physical activity helps us to live independently, which further stretches our retirement dollars. According to AARP, one year of assisted living in Kansas can start at \$50,250, and private rooms in nursing homes cost considerably more. Clearly, maintaining our physical activity readiness will help us to maintain our quality of life and stay in our home. Home is where more retirees want to be and is the most cost-effective option.

Saving for retirement and maintaining activity levels are challenging with our short attention spans and competing priorities. Many Americans often fall short on both accounts. Working with a trained professional to motivate and guide you can go a long way, but the first step is to add deliberate movement to your day. The key is to make it fun and social and to start out with baby steps. Even a couple of minutes

a day of deliberate walking or movement is beneficial. May is National Walking month, which is perfect timing to consider addressing your own physical well-being.

The National Institute on Aging recommends starting out with five to 10 minutes of walking at a time and then building up to at least 30 minutes of walking per day. Don't focus on the speed, just get moving! If muscle and joint issues limit walking, water activities or exercise classes can be used. Even chair exercise is beneficial.

By adding daily activity and walking you are taking your health into your hands and it can have a significant psychological impact as well. This can go a long way to maintaining a healthy body and mind in retirement. The fiscal implications of failing physical health can deplete your retirement savings quickly. By daily walking and activity you are reducing the risk that you may become incapacitated and disabled. Take control of what you can and keep moving in your best years yet!

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

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CITY Punch Cards \$40 COUNTY Punch Cards \$60

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Leisure and Learning Activities

Senior Resource Center for Douglas County (SRC) offers programs for Douglas County residents in the second half of life. Classes and other activities sponsored by other groups are also listed here.

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

ART

▲ Tuesday Painters

Tuesdays, 9 a.m. – noon
At SRC, 2920 Haskell Ave
Bring your own painting project and supplies. 785-842-0543.

▲ Acrylic Painting

2nd & 4th Sat. each month, 9:30 a.m. – noon
Clinton Place, 2125 Clinton Parkway
Fee \$20 per session.
Drop in sessions for beginners and experienced painters. No registration required. 785-842-0543.

Heart of the Andes: Alexander Von Humboldt's Science in the Art of Frederic Edwin Church

Thursday, May 11
Frank Baron, retired professor of German language and literature, reveals how renowned 19th century scientist Alexander Von Humboldt's work inspired Frederic Edwin Church. Church, a Hudson River School artist, painted a comprehensive review of nature, resulting in the Heart of the Andes.

MUSIC

New Horizons Band

On break for the summer. Will start back up September 8, 2017.

Intergenerational Choir

Rehearsals at Babcock Place, 1700 Massachusetts St
Tuesdays, 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.

Mary Huntoon: Topeka Painter, Printmaker, Art Therapist, Author, Administrator, Lecturer and Teacher

Thursday, May 25
Sharyn Brooks Katzman, Spencer docent and art historian, discusses Topeka Renaissance woman Mary Huntoon and some of her prints.

Spencer Museum of Art Senior Sessions

Select Thursdays, 10-11 a.m.
1301 Mississippi Street, Lawrence
Free

This series of informal gallery talks is designed for senior citizens, and is open to the public. Parking is available in the parking garage located across the street from the museum.

For more details, visit www.spencerart.ku.edu or call 785-864-4710.

ENTERTAINMENT

O.U.R.S. Dances

Sundays, 6-9 p.m.
At the Eagles, 1803 W 6th
\$6 per person cover charge.
Dance to live country-themed music! Carry-in meal at 7:15.

▲ SCRABBLE Club – Open Play

1st, 3rd and 5th Thursdays, 1 – 4:30 p.m.
At SRC, 2920 Haskell Ave
2nd and 4th Thursdays, 1 – 4 p.m.
At Lawrence Public Library
Tuesdays, 1 – 4 p.m.
At Clinton Place, 2125 Clinton Parkway

▲ Pool (Billiards)

Open for play Monday – Friday 8 a.m. – 4:30 p.m.
At SRC, 2920 Haskell Ave

SRC activities are noted with a ▲.

Goodbye, Retirement. Hello, Reinvention!

With Lawrence named one of the top 10 best college towns to live in forever, Douglas County, Kansas, offers support services, activities, culture, resources, and lifelong learning.

Live the second half of life the way you've always wanted.

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Senior Resource Center
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a reinvention
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HEALTH & FITNESS

▲ Yoga for Every Body

Tuesdays, 3 - 4 p.m.
Carnegie Building, 200 W 9th St
Fee \$28/8 week sessions

Gentle yoga improves joint movement, increases core and leg strength. Bring yoga mat and wear comfortable clothes. This class runs in ongoing 8 week sessions.

▲ Welcome to Medicare

Wednesday, May 17, 12-1 p.m.
Lawrence Public Library, 707 Vermont
Fee: FREE

New to Medicare? Learn what to expect at this informational meeting. Call 785-842-0543 for more information.

Senior Supper and Seminar

Tuesday, May 9; Supper: 5 p.m., Seminar: 6 p.m.
LMH, 325 Maine St (Auditorium)
Fee: \$5.50

This month's topic: "Advancements on the Treatment of Varicose Veins"

Seniors are invited to come and dine at LMH and enjoy a healthy three-course meal. After the meal there is a short educational program of interest to older adults. Advanced registration is required due to limited seating and must be made 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or email connectcare@lmh.org.

HEALTH SCREENINGS

Know Your Numbers – Cholesterol and Glucose Screenings

Wednesday, May 10, 8-9:30 a.m.
Lawrence Memorial Hospital Main Campus (West lobby),
325 Maine St
Fee: \$20/test

This drop-in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. A fast of nine to 10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes; there may be a short wait depending on how many others are ahead of you.

 **Senior Resource Center**
for Douglas County

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EDUCATION

▲ Beginning Spanish

Wednesdays, 1-2 p.m.
At Signs of Life Bookstore,
722 Massachusetts St
Learn basic Spanish. Bring your English to Spanish Dictionary. 785-842-0543.
Sessions end for Summer May 31st.

▲ Intermediate Spanish

Mondays, 1-2 p.m.
At Signs of Life Bookstore,
722 Massachusetts St
Focus is on reading and conversation. Bring your English to Spanish Dictionary. 785-842-0543.
Sessions end for Summer May 31st.

▲ Math Club

Mondays, 2:30 – 4 p.m.
Signs of Life Bookstore,
722 Massachusetts St
Gather with other math lovers and enjoy lively discussions! For more information call 785-842-0543.
Sessions end for Summer May 31st.



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LAWRENCE PARKS & RECREATION (LPRD)

Science of Cooking Classes

Would you like to learn more about cooking and the science behind your favorite foods? Come join Lisa Elles, a biochemist and an avid home cook, in a hands-on discussion of the chemistry of food and cooking. In each individual session of this class you will learn about and experiment with the different chemicals that make up food. Because the classes will be in a kitchen and not a traditional chemistry lab we will also get to taste our experiments.



Fresh Homemade Pasta

June 13, 11 a.m.-1 p.m.
Community Building, 115 W 11th St
Fee: \$39

In this session we will talk about two of the basic food molecules in flour: carbohydrates and protein. We will first experiment by extracting the insoluble proteins, mostly gluten, from different types of flour. Then we will use what we learn to make a simple and tasty pasta.

Delicious Dairy

July 11, 11 a.m.-1 p.m.
Community Building, 115 W 11th St
Fee: \$39

Dairy is a versatile ingredient used in many food dishes. In this class, we will learn about the different food molecules in milk and how they can be manipulated to give us a large variety of foods. Our experiments will include making homemade butter, easy cheese, and everyone's summertime favorite, ice cream.

Excellent Eggs

August 8, 11 a.m.-1 p.m.
Community Building, 115 W 11th St
Fee: \$39

Eggs are incredible. They provide excellent nutrition as well as some amazing chemical properties for cooking and baking. In this class, we will examine the egg and the chemistry that makes yolks perfect for puddings and custards while the whites can be whipped into stable foams used in meringues and angel food cakes.

Lifelong Recreation (50+)

These programs are designed for those 50 years or older to maintain an active lifestyle. Those over 60 years old receive a 10 percent discount on programs and activities, excluding the Eagle Bend Golf Course and Learning Center, travel programs and some co-sponsored classes. Sign up to receive a quarterly newsletter outlining activities, trips and programs at <https://lawrenceks.org/subscriptions/>.

Lifelong Gentle Stretch (LPRD)

Tuesdays/Thursdays, June 6-July 13, 10:45-11:35 a.m.
Holcom Park, 2700 W 27th St
Fee: \$38
Join us exploring gentle yoga postures for increasing strength and balance.

Nia Dance (LPRD)

Mondays, June 5-July 10, 5:30-6:30 p.m.
Community Building, 115 W 11th St
Fee: \$24
Combining dance, martial arts, and mindfulness, Nia tones your body without impacting your joints.

Yamuna Body Rolling (LPRD)

Wednesdays, June 7-July 12, 11:30 a.m.-12:25 p.m.
Sports Pavilion Lawrence, 100 Rock Chalk Ln
Fee: \$24
This approach alleviates symptoms associated with low back pain, plantar fasciitis, shin splints, joint pain, and more. Bring your own mat.

Fencing: Modern Olympic Sport (LPRD)

Thursday, June 8-July 20, 7-9pm
Sports Pavilion Lawrence, 100 Rock Chalk Ln
Fee: \$56
This fencing class is for both beginners who have no experience as well as more experienced fencers in foil, espee, and saber emphasizing technique, tactics, strategy, and psychology.

Bocce Ball League (LPRD)

Wednesday, June 8-July 27, 6-8 p.m.
Holcom Park, 2700 W 27th St
Fee: \$25
Lawrence Parks and Recreation is offering an adult Bocce ball ladder league. Bocce ball is a relaxed but strategic game that can be easily learned.

LAWRENCE PARKS & RECREATION (LPRD)

National Senior Health & Fitness Day

Wednesday, May 31, 10 a.m.-3:30 p.m.
Lawrence Public Library Auditorium, 707 Vermont
Free, no registration is required

On Wednesday, May 31, an estimated 100,000 older adults will participate in local fitness activities throughout the country as part of the 24th annual National Senior Health & Fitness Day.

Join Lawrence Memorial Hospital, Lawrence Parks and Recreation, and other community partners for an event in honor of National Senior Health and Fitness Day. You have the opportunity to try several senior adult-friendly fitness activities, hear an informative speaker, and participate in fitness and health screenings.

The goal of the event is to increase awareness of the benefits of a regular exercise program for older adults, and to encourage all older adults to take advantage of the many health and fitness programs offered in Lawrence. Each demonstration class is open to people at all levels of fitness and will emphasize whole body fitness.



10 a.m. Yamuna Body Rolling (YBR)

A unique approach to soft-tissue/myofascial release. YBR can relieve muscle tension, improve mobility and flexibility. A yoga mat is suggested; some will be available.

11 a.m. Nia Dance

This workout combines dance, martial arts and mindfulness. Nia provides toning and raises heart rate without impacting joints. Be prepared to practice barefoot.

12 p.m. How to Select the Right Athletic Shoe for You

The right shoe is kind to your feet, you know it by the way your feet feel. Bring your own lunch (or shop at The Merc in the library lobby) and learn from J. Jenkins of Ad Astra Running about selecting the right shoe for your foot, body type and where you plan to wear them.

1 p.m. Health Screenings

Lawrence Memorial Hospital will provide health screenings including balance, grip strength, and blood pressure. An "Ask the Trainer" station will answer questions about optimal use of home fitness equipment.

2:30 p.m. Lifelong Stretch

Using gentle yoga poses to increase strength and balance, this class will emphasize stretching and breathing techniques for overall health. A yoga mat is suggested; some will be available.

For further information, visit lmh.org or call LMH Connect Care 785-505-5800.



Need a ride?
Appointments ▲ Shopping ▲ Local Events

Reservations are required for all rides, and must be made at least 72 hours in advance.

City rides are \$4.00 each way. County rides are \$6 each way. Accompanying spouse or caregiver rides FREE.

Call 785-727-7876

for information or to make a reservation.

Let Us Be Your Chauffeur!



SUPPORT GROUPS

▲ SRC Caregivers Support Group

First & Third Mondays, May 1 & 15, 2:15-3:45 p.m.
SRC, 2920 Haskell Ave

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

JAAA Caregiver Support Group

First Wednesday of every month, May 3, 1-2 p.m.
704 Eighth St, First United Methodist Church, Baldwin City

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

Grief Support Group

Mondays, May 1 & 15, 4 p.m.
LMH, 325 Maine St

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel office, usually the first and third Mondays of each month. For more information, call 785-505-3140.

Better Breathers Club

Tuesday, May 9, 10-11 a.m.
LMH Pulmonary Rehab Dept, 330 Arkansas St, 3rd floor
Topic: Alpha 1 Antitrypsin Deficiency

This free education and support group is for those with chronic lung conditions and their support persons. For more information, call (785) 505-2850.

Diabetes Education Group

Wednesday, May 10, 6-8 p.m.
LMH, 325 Maine St

Diabetic Skin Problems is the topic.

The LMH Diabetes Education Center provides this monthly program for those with diabetes and their support persons on the second Wednesday of each month. For more information call (785) 505-3062.

Cancer Support Group

Wednesday, May 17, 5:30 p.m.
Lawrence Memorial Hospital Oncology Center

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.

Look Good, Feel Better

Wednesday, May 17, 1-2:30 p.m.
LMH, 325 Maine St

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. Held monthly on the 3rd Wednesday at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Advance registration required. Call (785) 505-2807 to enroll.

Stroke Support Group

Third Tuesday, May 16, 4 p.m.
LMH, 325 Maine St

For those recovering from a stroke, and/or their family and friends. Meets third Tuesday of most months. For more information, call LMH Therapy Services at 785-505-2712.

PUBLIC EVENTS

AARP Smart Driver Safety Course

NOTE UPDATED DATE AND TIME

Friday, May 19, 8:30 a.m.-4 p.m.
SRC, 2920 Haskell Ave

Fee \$15 for AARP Members. \$20 for Non-Members

This two-day course will help you refresh your driving skills, save money, brush up on proven driving techniques to help keep you and your loved ones safe on the road. Contact Larry Woydziak at lwoydzia@YourSRC.org or call 785-727-7875 to register.

AARP Shredding Day

Saturday, May 20, 9-11 a.m.
3125 W. 6th St

FREE Limit 3 boxes/bags per household

Fight back against fraud! Is it time to discard old financial documents, statements or other sensitive materials?

AARP is providing free shredding services provided by Shred-It. This event is open to the public. For more information call 866-448-3619 or visit www.aarp.org/ks.

Senior Engagement Coordinating Council (SECC)

Every Third Monday, May 15, 1-2 p.m.

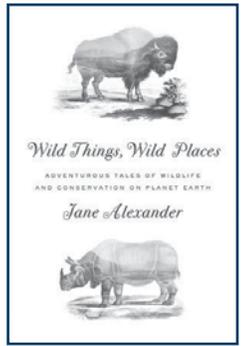
Baldwin City Recreation Center, 705 High St, Baldwin City

The SECC is a voluntary council guided by an elected chair and co-chair, meeting on a monthly basis to work on improving quality of life for Baldwin City seniors.

Book Review: Wild Things, Wild Places: Adventurous Tales of Wildlife and Conservation on Planet Earth

By Jane Alexander

Reviewed by Barbara Watkins



This ambitious, wide-ranging book takes us on virtual adventures to many countries and is a passionate assessment of conservationists' and scientists' efforts to help preserve our planet's endangered species. In *Wild Things, Wild Places* (Alfred A. Knopf, 2016), Jane Alexander describes how "My thirst for wild encounters and my passion for birds have taken me to unique places in the world in the company of remarkable field biologists." She is deeply committed to dealing with our environmental problems. This book is enriched by spectacular color photos and an appendix listing organizations involved in protecting and conserving wild things and places.

The book is divided into 3 sections. The first, "Tiger Man," focuses on her travels and adventures with her husband, Alan Rabinowitz, who later became a famous zoologist. Alan worked to preserve wild cat species, initially tracking jaguars in Mexico and Belize and later expanded this efforts to countries in the Far East and Latin America. As a young child, Rabinowitz was in a special education class because of his severe stuttering problems, but found he could communicate with his pets and wild animals without stuttering. This helped determine his future.

The second section, "Wildlife Woman," continues with Alexander's world-wide explorations. For her, birding is an

obsession. "Spotting a bird you've been after for hours, or days, and finding it in a shaft of sunlight or hearing it sing in the forest is like peering into a bit of heaven." She shares her love of nature with younger generations. "When my grandchildren turn twelve, I take them wherever they wish to go in the world. It is a rite of passage for me as much as it is for them because I get to spend time watching their young minds absorb the wonders of a new world."

The chapters in the third section, "The Body of the Earth," are about "extreme conditions, best practices, deadly ones, peaceable kingdoms, and the miracles of life on earth." My favorite chapter is on Bhutan. Alexander asserts, "It was deeply satisfying to be in a place . . . where mammals, birds, and insects are held sacred by human beings, or at the very least respected as sentient beings equal to us."

Most Americans and others recognize the health, economic, and environmental benefits of dealing with climate change. *Wild Things, Wild Places* provides many inspiring examples of how to do that. This is a great read and will definitely fuel your passion for *Wild Things!*

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Q: My husband and I have been married for 48 years. In all that time he has refused to open up in a meaningful way about his love for me. When I confront him about it, he just sits there, gets angry, or walks out. Does my husband really love me?

A: Men are not women. The harder they are pushed to share deep feelings, the less likely they are to “open up,” particularly if they perceive the situation to be threatening or biased toward your way of expressing love. Men (indeed, women too) must be comfortable to be who they are to be relaxed enough to share such personal feelings. You and your husband have fallen into a long-term pattern of your pursuing and insisting, and his retreating and resisting.

Many men are reluctant to engage emotionally in ways that require deep insight and intimate sharing of thoughts, not because they don't have feelings, but because they have been conditioned from birth as men to repress them. Requiring them to open up on demand is no more likely to get satisfying results than ordering you to build a new dining table from scratch (unless you happen to be a good woodworker). You know what a table looks like and can appreciate its beauty and purpose, but you don't have the ability to turn on the skills it takes to produce one. No amount of demanding and confrontation will help.

When men are confronted, their reaction is to fight, freeze, or flee. When you confront your husband with what he perceives to be a threatening situation, he is actually behaving quite predictably. He mustn't fight you physically, so sometimes he does so with words. At other times when you get a silent response, he may be feeling devalued or incompetent in satisfying your needs. He is ashamed, and your pressure for him to be something he is not causes deeper withdrawal. When he walks out, he is fleeing the confrontation to get relief from the pain you are inflicting when he sees no other solution.

Of course, you have important needs too. Every wife needs to know she is loved. When she isn't told so often (even daily!), she can feel pain or fear. The paradox is, though, that the harder you push to get what you need, the less likely you are to receive it. You and your husband are in a vicious downward spiral. The harder you try, the less likely you are to get what you want.



To break the cycle and rebuild your relationship, seek couples counseling from a therapist who uses language and techniques that do not further shame your husband. A female therapist, no matter how skilled and unbiased, may not be acceptable in this situation, as your husband may feel the gender odds are stacked against him. He certainly won't want to risk being attacked, and he may view counseling as a process laden with shaming. Many men think that counseling will leave them feeling humiliated or like failures as men. Don't give him an ultimatum to go “or else.” You may need to go without your husband, if he won't go with you. One partner alone can make progress in breaking the cycle and learning new ways of interacting.

Your husband probably does really love you. He could well ask the same question of you, though, as your behavior may not seem respectful to him. Men need respect above all. They need to hear how much their partners appreciate them and what they do, especially as protectors and providers. Start with that premise, back away from pressuring him, avoid shaming, and keep going for as long as it takes without expecting a transformation. You cannot control him, but you can control you.

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

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Do You Really Need To Hold Onto Paper Records? Yes, Maybe

Q: *My children have been pestering me to clear out old financial records. They think I'm a dinosaur because I have so much paper, and they were teasing me when they visited in April and my tax stuff was strewn all over the dining room table. Can I get rid of some of this stuff?*

A: I know what you mean; all that paper is a burden. Even if you filed your 2016 tax return electronically, you probably printed out a hard copy for your files. Add that to the financial reports, bank statements, receipts and other documents you may have been holding onto for years and it's likely your filing cabinets are overflowing. However, you don't want to be caught empty-handed if an IRS auditor contacts you.

In general, individuals must keep records that support items shown on their individual tax returns until the statute of limitations runs out — generally, three years from the due date of the return or the date you filed, whichever is later. That means that now you can generally throw out records for the 2013 tax year, for which you filed a return in 2014 (unless you filed an extension and didn't submit your 2013 return until after April 2014). In most cases, the IRS can audit your return for three years. You can also file an amended return on Form 1040X during this time period if you missed a deduction, overlooked a credit, or misreported income.

So, does that mean you're safe from an audit after three years? Not necessarily. If the IRS has reason to believe your income was understated by 25% or more, the statute of limitations for an audit increases to six years. If there's suspicion of fraud or you don't file a tax return at all, there is no time limit for the IRS to launch an inquiry. Lots of seniors don't file tax returns because their only income is Social Security and they haven't owed any tax, so if you're in this position, you have no cut off for an audit.

You should hold onto copies of your finished tax returns forever (although an electronic copy IS a copy). Why? So you can prove to the IRS that you actually filed. Even if you don't keep the returns indefinitely, you should hang onto them for at least six years after they are due or filed, whichever is later. Any written evidence that supports figures on your tax return, such as receipts, charitable deductions, expense logs, and sales records, should generally be kept for at least the three-year period.

Real estate records are an exception. You should keep these records for as long as you own the property, plus three years after you dispose of it and report the transaction on your tax return. Throughout ownership, keep records of the purchase,

as well as receipts for improvements, insurance claims, and documents relating to refinancing. These help prove your adjusted basis in the home, which is needed to figure the taxable gain at the time of sale, or to support calculations for rental property or home office deductions.

IRAs have their own reporting rules. The IRS requires you to keep copies of Forms 8606, 5498, and 1099-R until all the money is withdrawn from your IRAs. With the introduction of Roth IRAs, it's more important than ever to hold onto all IRA records pertaining to contributions and withdrawals in case you're ever questioned. If an IRA account is closed, don't dispose of any ownership documentation until three years after you've exhausted the account and included that last amount in your tax return.

When you are ready to dispose of financial records, always shred them thoroughly first. Also, use proper disposal protocol for any computers and other electronic equipment (such as printers, fax machines, and copiers) that may contain financial data. Simply deleting files isn't enough; tech-savvy hackers may be able to re-create sensitive data from the device's hard drive when it is thrown out, donated, or returned to the lessor after the lease term expires.



(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.)

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New Horizons Band – A Season in Review

By John Towner and Bob Wolfersberger

Going into the 21st season of the New Horizons Band (NHB) on September 9, 2016, our director began with great expectations. These expectations were met as we added new players in certain sections. Back with us were Dave Ruhlen, Marion Roberts, Dan Abrahamson, Ray Reed, and Tim Baldwin. Bob Basow joined the band and generously purchased a new baritone sax to add to our lineup. Stephanie Dwiggins, a KU student and a great percussionist, added not only talent, but some added generational depth to NHB. The regular schedule included twelve concerts at local retirement homes and other venues including the Lawrence Public Library and both Free State and Lawrence high schools.

Members who enhanced our band concerts were: the clarinet quartet – Robert Friauf, Paul Jordan, Shirley Lemmons, and John Roper; duet – Diana Dyal and Paul Jordan; soloists – Paul Jolley, Diana Dyal, John Bechen, Mary Spurlock, David Aber, Marion Roberts, Harry Crabb, Dave Ruhlen, Bill Wealthall, Bob Wolfersberger, and Mary Ann Adams.

Sadly, we lost John Carlos this season. A small ensemble played at his funeral, including NHB members Robert Friauf, Paul Jordan, Shirley Lemmons, Diana Dyal, Gerry Carlisle, John Bechen, Ted Holdahl, Larry White, Mary Spurlock, Mary Ann Stewart, Bruce Roberts, and John Towner.

After learning of the upcoming remodeling at the Senior Resource Center on Vermont, a volunteer group, including Marion Roberts, John Bechen, John Towner, and Bob Elder moved file cabinets, music and percussion equipment to Towner's garage and to the Smith Center in Brandon Woods

which serves as the NHB's temporary new home. The band has settled in well there and we thank Brandon Woods for this generous opportunity to utilize this space.

We also spent extra time sorting music there and appreciate the efforts of Bob Wolfersberger, Paul Jordan, Gerry Carlisle, Diana Dyal, and John Towner in this process. The NHB acquired some new music pieces, including some from KU, as well as a number of pieces purchased by the following NHB members: Paul Jolley, "Concert Rondo" and "Victory at Sea"; Dave Ruhlen, "Corinthian Polka"; Paul Jordan, "Jamaican Rumba"; Marion Roberts, "American Flourish" and "Eternal Father, Strong to Save"; John Tower, "All American March".

Special thanks goes to those who have supported the NHB this season: Michelle Meier who put our schedule in *60 & Better*; Michael Kelly who photographed the band and worked with the production of NHB CDs; Bob Elder for bringing a podium; Shirley Lemmons for computer chores; and various volunteers who contributed something to the pot luck for our season wrap party.

This has been a great year with a good playing group!! We were very fortunate to have such a balanced instrumentation and leaders in each section. Each member is so important in making the NHB successful. We have word that Diana Dyal has recovered well from her surgery and will be back with NHB in next season. We will get started up again starting September 8, 2017. Hope to see all of you then. Have a great summer!!!



New Horizons Band. Photo by Michael D. Kelley, April 21, 2017, Meadowlark Estates

Front Row: Robert Friauf, Paul Jordan, Shirley Lemmons, John Roper, Joyce Barrett, Geraldine Carlisle, Kathleen Argersinger.

Second Row: Paul Jolley, Bob Basow, Tom Hornbaker, Bev Dolezal, Elaine Roberts, John Bechen, Marion Roberts.

Third Row: Ray Reed, Harry Crabb, Mary Ann Stewart, Richard Mozykowski, Bill Wealthall, David Aber, Mary Ann Adams, Dave Ruhlen, Larry White.

Back Row: Bob Wolfersberger – Assistant Director, Bob Elder, Stephanie Dwiggins, Loren Dolezal, Dan Abrahamson, John Towner – Director.

Not present: Diana Dyal, Mary Spurlock, Nancy Hawkins, Karen Campbell, Ted Holdahl, Jeff Young, Tim Baldwin.



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