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**COMING IN
FEBRUARY**

*Monthly Eudora Senior Potluck
Details inside!*



The Life and Times of a Professional Storyteller

By Priscilla Howe

"Dad, tell me about your childhood home." The tape recorder sat on the table between us on that day back in 1994.

"Ah, the house on Tanyard Lane..." My father's resonant New England-accented voice comes through the recording, now on my computer since I digitized that cassette. That day, Dad went on to tell me about playing Tarzan in the tree outside that house clad only in a loincloth on the day the Governor came to visit, and then about the ear of a man named Banjo Barboza bitten off in a bar fight and kept in a jar as evidence in City Hall, and about the oldest person he met when he was a child.

Dad died in 2007, but when I play the recording, it's as if he's in the room with me. My family history echoes through the years. When I retell the stories, I infuse them with my own sensibility all while keeping my father's memory alive.

I come from a long line of storytellers. Dad was an Episcopal priest and told stories every Sunday. My mother was a writer. She shared her stories of gardens in her weekly column for the newspaper. When I began babysitting as a teenager, I made up stories for my young charges, always giving them the leading roles.

Back then, I never dreamed I would make a living with storytelling. Then again, I should have seen it coming. When I had my first professional job as a Slavic librarian at KU, I would leave work once a week to go to the Lawrence Public

Library to read picture books to preschoolers. After a couple of years at KU, I knew I was not cut out to be an academic. I left that job to be a children's librarian in Connecticut. That's where I truly discovered storytelling.



After my first session telling tales to kids at a school in 1988, I was hooked. I dove headfirst into the art of storytelling. Not content with just one genre, I began telling folktales, stories from books, and my own stories—some of which are actually true. In 1993, I quit my job, moved back to Kansas to be closer to family and took up storytelling full-time. I've been telling stories as my only job ever since. I am fortunate to have found this work I love, and even more fortunate to be able to make a living doing it. I travel around the US and abroad (14 countries on four continents so far), mostly telling stories at schools, libraries, festivals and special events, with a sprinkling of workshops and keynote speeches too.

For me, storytelling is all about connection. We tell stories in order to connect with family, with friends, even with strangers. We make sense of the world through the stories we tell. We learn our history and our cultural values through our stories. Our family stories shape us. For example, my father often told me about my grandmother, whom I never met. During the Depression,
(Storyteller, continued on page 10)

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Ageism Goes Both Ways

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



People are fascinating. While some struggle with lack of confidence and low self-esteem, most of us have an over-developed sense of superiority. Maybe superiority isn't the right word, but we certainly have a need to be respected that sometimes makes us irrational. Prejudice is one manifestation of this tendency. While this driving need to be right and better than others is not the full explanation for prejudice, it does come into play.

This past month I have heard several complaints from seniors who say that they have experienced discrimination based on their age in new ways. Most often it was encountered during the search for a new job. AARP recently issued the results of a study on this very issue in which similar resumes were submitted for the same job, altered only to represent the applicant as a young adult vs. a senior. The results showed that seniors are indeed at a disadvantage, whether due to age or high salary expectations is unknown.

Other complaints voiced to me recently included seniors encountering the assumption that older people are unwilling or unable to learn or function at the pace necessary to keep up with new knowledge. Whether regarding computer skills or some other issue, the prejudice stems from the same tired tendency for people to think they know about an entire group based on one experience. Yes, some seniors do not want to learn new skills, but it would be faulty logic to think that because one's own grandmother refuses to get a smart phone, then all seniors must be stubborn and backward.

Throughout history, the older generation has lived in an environment in which new inventions pushed knowledge forward. Whether it was a better way to forge iron or being brave enough to trust one's life to an automobile over a

horse, the older generation has always been forced to face obsolescence or adapt.

Expecting seniors to trade in their percolators for Keurig machines is in a way like expecting people to stop using their native language in favor of a new language that produces the same results in a faster way. People born into a Keurig environment will themselves eventually reach the point where staying current with every new invention is not necessary, but it does not necessarily mean they are wrong.

Are such decisions a valid basis for prejudice against the older generation? Only if failure to stay current in a specific area is demonstrably relevant to a specific job. (I know young people who do not like computers and will do whatever they can to avoid them.) Every day I see seniors with very strong computer skills and sharp minds who have the added benefit of hard-earned experience. Employers who out of hand dismiss them as good job applicants are hurting themselves.

However, I have also recently heard seniors belittle Millennials. This tendency to see the young as foolish and impatient is also as old as humanity. "Just give them a few years and they will become as wise as we are," is a common attitude, but our well-earned wisdom should also remind us that we too were young once. Rather than condemning young people for being young, let's work to know as many of them as possible to improve understanding.

One of the best ways to overcome prejudice in both directions is through exposure at a deeper level to persons of the disrespected group. Let's strive not to limit our interactions and social groups to people only of our own generation.




WEATHER NEWS

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

Information will also be available on TV stations **KMBC Channel 9 and KCTV Channel 5.**



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Document Shredding – An Important Tool in the Battle Against Identity Theft



Happy New Year and may 2018 bring many blessings to you and your family!

It has been many years since I have written about the importance of securely disposing of documents that contain information that could be used to make you one of the estimated 15.4 million annual victims of identity theft. If you have confidential and secure documents that have gathered over the past year or even several years, do you know what is safe to put into the trash/recycling and what should be shredded? Do you know how long you should keep certain documents? The following are general guidelines provided by the Federal Trade Commission.

Shred Immediately: Sales receipts, ATM receipts, paid credit card statements, paid utility bills, credit offers, cancelled checks (that are not tax-related) and expired warranties.

Keep up to 1 year: Pay stubs, bank statements and paid, undisputed medical bills.

Shred After Seven Years: Tax-related receipts, tax-related cancelled checks, W-2's, and records for utilized tax deductions.

It Depends: Auto titles - keep as long as you own the vehicle. Home deeds - keep as long as you own the property. Disputed medical bills - keep until the issue is resolved. Home improvement receipts - keep until you sell your home and pay any capital gains taxes.

Keep Forever (locked up):

Birth certificates, Social Security cards, marriage or divorce decrees, citizenship papers, adoption papers, death certificates, and tax returns.

After reviewing this list of documents to shred, you may end up with a stack of shredding. If you do not have a home shredder or if you have so many documents that home shredding is not feasible or convenient, you will want to keep a look out for local free shredding events that may be scheduled during 2018. You can also check at Lawrence Recycling (www.lawrenceks.org/swm/recycling/) for updates on future community shred events and you can also check with your personal bank

to see if it may be hosting an upcoming shred event. If you search Recyclable Materials Directory (www.lawrenceks.org/swm/recyclable-materials-directory/), you can locate businesses where you can immediately take your shredding (for a charge) and other services.

Best wishes as you clear out your old documents, and I hope these tips on what to shred and suggested timelines were helpful to you. I want to help ensure that your confidential and secure documents are safely disposed of and without the risk of them landing in the wrong hands. As always, for general consumer protection information, please contact my consumer protection unit 785-330-2849. We are always ready to serve the citizens of Douglas County.

(Some of the information in this article came from the Federal Trade Commission. 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.)

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 think 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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Setting SMARTER Goals: Changed Behavior Is Key to Success and Financial Reward

By Jim Whittaker

The new year is a great time to think ahead about what is important to us in 2018! The gyms are full of exercisers in January and February only to be empty again just a month later. What is it about goal setting and changing behavior that is so vexing for us humans? Whatever is on your list to change or improve upon, we all struggle at times to carry through on our personal promises.

The key is that we temporarily change behavior but not the deeper underlying belief. It's much easier to change our behavior temporarily than our true beliefs about something. It could be exercise, eating healthy, smoking cessation, saving money, you name it. There's a long list of positive behaviors that will make our lives better and maybe save us money in the long run.

Goals should be S.M.A.R.T.E.R. or S for specific, M for Measurable, A for attainable, R for Relevant, T for timely, E for Evaluate, R for Reward. Please look these up on the internet for more information on them. You've probably heard of this method before, but let's focus on lesser known aspects of goal setting.

There are two key points to achieving your goals. First, choose ONE thing that you want to change, not two or three, but only one. Focus on one change and after 90 days consider adding a second. Ninety days is long enough to make a difference and short enough to focus on.

The second powerful component is that you must use cognitive dissonance to really make permanent change. When people say that don't see themselves doing something because "that's just not me" or "that's now how I roll," they are making a statement about their true belief. Cognitive

dissonance is the unease that you feel when you see yourself a certain way but you act differently. With a strong clear vision of the one thing you want to change you'll feel uneasy if you don't do it. The key is to make this new belief about yourself as real as possible and really internalize it. To do this, try writing it down and visualizing what success looks and feels like. This will allow your goal to come alive.

Our beliefs impact our behaviors and our behaviors in turn impact our beliefs. By focusing on one change, changing the underlying belief, and causing discomfort when you don't act that way you'll be on your way to real change. Remember, we act in accordance with our views and beliefs. And my favorite quote is "Goals are just dreams with a deadline."

SMARTER goals won't work unless you put some time and energy into the process. Makes sure the goal is big enough to excite you but not so big that it's not attainable. The Reward aspect is important and often over looked. You should always celebrate your success. Consider setting some solid financial goals for 2018. Something as simple as saving a \$1 per day can really add up and change your behavior and outcomes.

(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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COMING SOON TO SRC

Senior Resource Center for Douglas County

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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.

HEALTH & FITNESS

▲ Yoga for Every Body

Current Session January 2 – February 20
Tuesdays, 3 - 4 p.m.
Carnegie Building, 200 W 9th St, Lawrence
\$28/8 week sessions

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

▲ Welcome to Medicare

Wednesday, January 3, 12 - 1 p.m.
Lawrence Public Library, 707 Vermont, Lawrence
FREE

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

Rhythm & Moves

Tuesdays & Thursdays, January 9 – March 15, 10:30 - 11:20 a.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln, Lawrence
Class specifically designed for Parkinson's patients. March, box, use drumming sticks, navigate obstacle courses and agility ladders, and pass and throw balls. To register, visit www.lmh.org/parkinsons/.

Twist & Shout

Tuesdays & Thursdays, January 9 – March 15, 9:30 - 10:20 a.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln, Lawrence
Stretch, twist, and perform other movements to challenge yourself physically and vocally in this class designed for Parkinson's patients. To register, visit, www.lmh.org/parkinsons/.

AM Walking Club (LPRD)

Monday - Friday 7 - 9 a.m.
East Lawrence Rec Center, 1245 E 15th St, Lawrence
FREE

Need exercise? Join others at two locations and get your heart pumping and have a great time building friendships with fellow walkers. For more information, contact Ross Schraeder at 785-832-7950.

Pickleball – Open Play (LPRD)

Monday - Friday
East Lawrence Recreation Center, 1245 E 15th St, Lawrence
Sports Pavilion Lawrence, 100 Rock Chalk Ln, Lawrence
FREE

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

Senior Supper and Seminar

Second Tuesday, January 9; supper: 5:00 p.m., seminar: 6:00 p.m.
Lawrence Memorial Hospital Auditorium
325 Maine St, Lawrence
Fee: \$5.50

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

ENTERTAINMENT

O.U.R.S. Dances

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

▲ SCRABBLE Club – Open Play

1st, 3rd, and 5th Thursdays, 1 - 4:30 p.m.
SRC, 2920 Haskell Ave, Lawrence
2nd & 4th Thursdays, 1 - 4 p.m.
Lawrence Public Library, 707 Vermont, Lawrence
Mondays, 1 - 4 p.m.
Clinton Place, 2125 Clinton Pkwy, Lawrence

▲ Pool (Billiards)

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

PUBLIC EVENTS

CHAMPSS Orientation

Monday, January 8, 2 - 3 p.m.
Lawrence Public Library Auditorium, 707 Vermont, Lawrence
Come and learn how to have access to healthy meals by attending the Jayhawk Area Agency on Aging's CHAMPSS orientation. For questions about CHAMPSS, contact Beth Kinnan with Jayhawk Area Agency on Aging at 785-235-1367.

ART

NEW SESSION! ▲ Adventures in Painting

Wednesdays, January 17 – February 28 , 9 - 11 a.m.
Pioneer Ridge Art Studio, 1000 Wakarusa Dr, Lawrence
\$75
Explore the basics of painting while having a little FUN. Join veteran instructor Joan Martin for this six week session that will cover the basics of color, light, shadows, and more. This class is open to painters of all levels. The course will culminate in a nice show to show your work. For more information contact Michelle Meier at 785-727-7878 or mmeier@YourSRC.org



▲ Tuesday Painters

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

▲ Acrylic Painting

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

SRC activities are noted with a ▲.

VETERANS AFFAIRS

▲ VETERANS AFFAIRS

2nd & 4th Wednesdays **By Appointment**
Wednesday, January 10, 9 a.m. - Noon, and Wednesday, January 24, 1 - 4:30 p.m.
SRC Consultation Room, 2920 Haskell Ave, Lawrence
Clint Olson from the KS Commission on Veterans Affairs Office will be available for senior veterans at the SRC offices twice a month. Call 785-842-0543 to set up an appointment. For immediate assistance, contact Clint directly at 785-843-5233 or clint.olson@ks.gov.

MUSIC

▲ New Horizons Band

Weekly Rehearsals, Fridays, 4 - 5 p.m.
Rehearsals at Brandon Woods Smith Center, 4730 Brandon Woods Terr, Lawrence
\$5/yr. dues. Contact John Towner, 785-865-3519, or towner@sunflower.com.
No performances scheduled for January. Rehearsal every Friday of January.

Intergenerational Choir

Rehearsals at Babcock Place
1700 Massachusetts St, Lawrence
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. Contact Deanna Hanson-Abromeit at dhansonabromeit@ku.edu.



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The Osher Lifelong Learning Institute is a part of KU Professional & Continuing Education. Osher is committed to creating accessible and innovative learning environments throughout Kansas and the Greater Kansas City area, with special focus on participants age 50 and over, although anyone can participate.

For a full description of each class or to register, go to <http://www.continuinged.ku.edu/osher/northeast.php>.

All courses are held at the Osher Institute, 1515 St. Andrews Dr, Lawrence, unless otherwise noted.

Fees: \$50 per course; income-based scholarships are available.

SPRING OSHER COURSES

Women and the Civil War:

The Hidden History

Senior Resource Center, 2920 Haskell Ave, Lawrence

Tuesdays, February 6, 13, and 20, 2 - 4 p.m.

This course introduces you to fascinating stories you've never heard—the women who fought as men, the ladies pressed into jobs in government and factories, and the slave women who ran to freedom and found work with the Union Army.

Osa and Martin Johnson: Life Is a Safari

Wednesdays, February 7, 14, and 21, 2 - 4 p.m.

Between 1917 and 1936, Martin and Osa Johnson of Chanute, KS, traveled throughout the South Pacific and Africa documenting their adventures with reels of black and white film. This course will review the many books, still photos, and documentaries they produced to wide acclaim around the world.

English: The Long, Twisting, Messy Trail of How a Language Gets Made

Wednesdays, February 7, 14, and 21, 7 - 9 p.m.

In its earliest stage, English was regarded as a barbarian's language, suitable for bawdy tavern banter but inappropriate for discourses in finer topics—philosophy or the arts. Over time, German, Latin, French, and ancient tribal languages combined to create what we call English.

J. Schafer Presents Kansas from A to Z

Thursdays, February 8, 15, and 22, 10 a.m. – Noon

Learn about the most important and interesting people, places, and products from the 34th state. Discover how Kansas' contributions to society have made the world a better place.

Demystifying Computers

Thursdays, February 8, 15, and 22, 2 - 4 p.m.

This class will look at where computers came from, how they work, and where they might be going. The only class requirement is curiosity. No technical background is needed.



AT THE UNIVERSITY OF KANSAS

Osher Lifelong Learning Institute is an SRC Partner.

SPECIAL SESSIONS

The Lawrence Turnverein:

An Exhibit of German Heritage

Tuesday, January 30

\$40 fee includes transportation, presentation, tours, and lunch.

The Lawrence Turnverein thrived from 1857 until anti-German sentiment during WW I ended it. Watkins Collections Manager Brittany Keegan will give unique insights into the history of the Lawrence Turners and the extensive research that went into the exhibit.

Tom Averill Shares His Newest Book

Monday, February 12, 7:00 p.m.

FREE Osher Session

Award-winning author and radio commentator Tom Averill will present his latest work: *Found Documents from the Life of Nell Johnson Doerr: A Novel*. This is the story of an unforgettable heroine who is unconventional and strong. Following the presentation, there will be a reception and books signing. **Although there is no registration fee, advance registration is required.**

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LIFELONG RECREATION (50+) (LPRD)

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. For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at gsigurdson@lawrenceks.org or 785-832-7909.

FUNDAMENTALS OF ESTATE PLANNING (LPRD)

Tuesday, February 6, 2 - 3:30 p.m. -Carnegie Building, 200 W. 9th St, Lawrence
Thursday, March 15, 10 - 11:30 a.m. -Carnegie Building, 200 W. 9th St, Lawrence
FREE

How will your property be distributed after your death, and who will be in charge of the distribution If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? Fundamentals of Estate Planning will help you answer these questions and more! The seminar is relevant to adults of all ages, and lasts about 1.5 hours, with time for questions. Those attending will leave with a free copy of the book *Estate Planning Overview*. Instructor: Robert Ramsdell

WOOD CARVING (LPRD)

February 9 – 10, 9 a.m. - 3 p.m.
Community Building Art Room, 115 W. 11th St, Lawrence
\$42

Whittle away some time while learning the centuries old art of wood carving. This two-day workshop will introduce the safe use of carving tools, different types of tools and wood used, and the various cuts used to make a project. The instructor will assist the students in making a beginners project. Registration fee includes tools and wood for the project. Instructor: Carlan Honaker

INTRO TO iPADS (LPRD)

Thursdays, February 15 - March 15, 10 - 11:30 a.m.
Carnegie Building, 200 W. 9th St, Lawrence
\$56

Thinking about getting an iPad, or already own one but not sure if you are getting the most out of it? This class will be a demonstration and learning session, so please bring your iPad with you. iPads will also be available during class. We will cover the basic operation of the device and apps for recreation, health, education, finance, and socializing. Instructor: Karen Johnson



SAFE COMPUTING PRACTICES (LPRD)

Saturday, February 17, 1 - 3 p.m.
Riverfront Plaza Computer Lab, 6th and New Hampshire, Lawrence
\$18

The move into the digital world has occurred at a very high speed. Most daily tasks can and are now done online. This workshop will look at safe email practices, online shopping, web browsing, storage, and social networking. What are the steps you can take to stay both safe and up to speed? Instructor: Sharon Gan

JEWELRY DESIGN AND REPAIR (LPRD)

Sunday, February 25 | 1:30 - 3:30 p.m.
Community Building Art Room, 115 W. 11th St, Lawrence
\$30

In this class you will learn basic beginning bead stringing techniques. You will be able to create your own design with semi-precious stone beads with sterling silver and gold-filled beads and clasps. Learn about various stringing materials, clasps, and ear wire choices and you will leave with a finished bracelet and pair of earrings that you can wear! If you own needle nose pliers, please bring them to class. All supplies included. Instructor: Julie Kingsbury

Storyteller *(continued from page 1)*

my architect grandfather had trouble finding clients. My indomitable grandmother kept the family afloat by running an antique store in Bristol, Rhode Island. This story tells me that I am made of strong and determined stock. Dad's story of playing Tarzan reminds me that we are a playful family. Banjo Barboza's ear is a testament to my family's love of the sounds of language.

Apart from telling stories, I also love eliciting stories from others and of course, listening. We can have the chance to come together for a few stories at the upcoming SRC course, "Treasured Stories For Future Generations." I'll have the privilege of guiding participants in discovering and telling stories to record and then pass along to their families. Together we will explore the joy of storytelling and discuss ways you can capture your stories to pass along to your loved ones to cherish forever.

To learn how to register for the next "Treasured Stories" session, see ad on page 22.

LIFELONG TRAVEL WITH LPRD

Registration for travel with Lawrence Parks and Recreation is available at Lawrence recreation centers, online at www.lprd.org or by contacting Gayle Sigurdson, Lifelong Recreation programmer at gsigurdson@lawrenceks.org or 785-832-7909.

HISTORIC TOPEKA

Thursday, March, 8, 2018
\$73

We'll spend this day close to home, learning more about our history and the stories behind local landmarks. The trip includes a guided tour at Brown v. Board of Education historic site, a docent tour of First Presbyterian Church and Tiffany Glass windows, as well as a tour of the Historic Kansas State Capitol. Trip departs from the Holcom Recreation Center. Registration Deadline: February 21, 2018.

A STEP BACK IN TIME – ABILENE

Tuesday, March, 27, 2018
\$73

Plan on a full day in Abilene! This tour will take us on a guided tour of the Eisenhower Presidential Library, as well as lunch at Mr. K's Farmhouse, which will be followed by a tour of the Seelye Mansion. We will conclude with a timeless stop on our way home - Chocolate at the Russell Stover store! Trip departs from the Holcom Recreation Center. Registration Deadline: March 12, 2018.

RIVERDANCE 20TH ANNIVERSARY WORLD TOUR

Saturday, March 17 2018
\$89

Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song. For more information please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909. **Registration Deadline: February 14**



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LIED CENTER PRESENTS

The Lied Center of Kansas serves the state's flagship university, students, and the greater community by functioning as a catalyst for the arts, creativity, engagement, and community building through diverse, relevant, and world-class artists. Buy tickets online at <https://ticketweb.lss.ku.edu> or call 785-864-2787. Senior citizens age 62 and over and active military (ID required) save 10% off the full-priced adult ticket cost for Lied Series Auditorium performances only. Parking at the Lied Center is free on weekdays after 5 pm and all day on the weekend.

Andrea Gibson

Friday, January 26, 7:30 p.m.
\$25 Adult, \$14 Youth

Andrea Gibson has become synonymous with the spoken word movement—the first winner of the Women's World Poetry Slam —Gibson has headlined prestigious performance venues coast to coast with powerful readings on war, class, gender, bullying, white privilege, sexuality, love, and spirituality.

Notice: This performance contains mature content.

Moscow Festival Ballet: Cinderella

Sunday, January 28, 2:00 p.m.
\$25 - 40 Adult, \$14 - 21 Youth

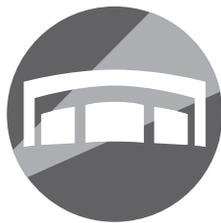
The world-famous Moscow Festival Ballet presents Cinderella. Often considered the finest achievement of the classical ballet, this piece offers a grandiose and refined blending of traditional mime, expressive pas d'action, and spectacular divertissements in a lavish theatrical setting.

The Wizard of Oz

Wednesday, January 31, 7:00 p.m.
\$40 - 55 Adult, \$21 - 29 Youth

The entire family will be captivated as they travel down the Yellow Brick Road and beyond with Dorothy, Toto, and their friends the Cowardly Lion, Tin Man, and Scarecrow in this lavish production, featuring breathtaking special effects, dazzling choreography and classic songs.

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OF KANSAS**

LIVE PERFORMANCES

Miracle on South Division Street

January 19 – 28, Audio Described Performance: January 27 & 28

Theatre Lawrence, 4660 Bauer Farm Dr, Lawrence
\$26.99

Since 1942 the Nowak family has maintained a 20 foot shrine commemorating the Blessed Mother's appearance in grandfather's barber shop. However, the neighborhood anchor is now in danger as truths spill out in this warm, quirky, and hilarious tale of family and faith. For ticket information, call 785-843-SHOW (7469). Box Office Hours: Monday – Friday, 11:30 a.m. - 4:30 p.m.

Dr. Christopher Hatton Solo Piano Recital

Sunday, January 21, 3:00 p.m.

Lawrence Arts Center, 940 New Hampshire St, Lawrence

Dr. Christopher Hatton, Lawrence native and KU graduate, will present a solo piano recital including, two masterpieces of nineteenth-century piano music: Ludwig van Beethoven's Sonata in D Minor, Op. 31, No. 2, the "Tempest," and Robert Schumann's Études en Forme de Variations, the "Symphonic Etudes."

Bent

January 25 – 27, 7:30 p.m., January 28, 3:00 p.m.

Lawrence Arts Center, 940 New Hampshire St, Lawrence
\$10 Suggested Donation

StormDoor Productions and EMU Theatre present the play Bent. Bent is the story of gays swept up in the Nazi Holocaust.



**Senior
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for Douglas County

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AARP TAX-AIDE TO OFFER FREE TAX ASSISTANCE AGAIN THIS YEAR

WHAT YOU SHOULD KNOW...

The 2018 site for Lawrence AARP Tax-Aide is
Central United Methodist Church
1501 Massachusetts St

Tax assistance hours
 Monday – Thursday, noon – 4:00 p.m.
 Saturday, 9:00 a.m. – noon

Tax Appointment phone line number
785-691-9737

Starting Tuesday, January 22, 2018
 Appointment line will be open Monday – Thursday
 9:00 a.m. – 3:00 p.m.

TAXES ALSO PREPARED AT THE FOLLOWING LOCATIONS:

Baldwin City Library Call 785-594-3411 for an appointment.
Oskaloosa Public Library Call 785-863-2637 for an appointment.
Ottawa City Hall Call 785-242-3080 for an appointment.

WHAT YOU SHOULD BRING...

- Photo ID required for the taxpayer and spouse (even those not attending)
- Social Security cards for you, your spouse and all dependents.

SOCIAL SECURITY CARDS ARE REQUIRED THIS YEAR!!! WE CANNOT PREPARE YOUR TAXES WITHOUT THEM.

- **Copy of last year's tax return**
- **Year-end Social Security statement, Form SSA-1099** (with pink highlighting)
- All income documents (e.g., W-2s and 1099s)
- **Details of real estate taxes**
 (For claiming Kansas Homestead and Property Tax Relief Refund)
- **Summary list of deductible items** (if itemizing)
 (e.g., medical bills, charitable donations, mortgage interest, property tax on vehicles, etc.)
- **A blank check**
 (To verify bank account and routing numbers for Direct Deposit)
- **Forms 1095-A, 1095-B, and/or 1095-C for proof of health insurance**
 or bring proof of a Coverage Exemption.

*We Never Forget
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“...regardless of his Alzheimer’s, my dad was definitely still a person while he was at Bridge Haven. That’s why I really appreciate the kindness and the intellectual stimulation that the staff at Bridge Haven provided when interacting not only with my dad, but with the other residents, too. They’re still people – and they are aware of how they are being cared for.” -Marilyn Horsch



Bridge Haven
www.mybridgehaven.com

Assisted Living and Memory Care

For more information, please contact
Sarah Randolph, Executive Director at 785-371-1106

EUDORA PARKS & RECREATION (EP&R)

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

EP&R EVENTS & OFFERINGS

Indoor Garage Sale

Saturday, January 27, 8 a.m. - noon

Eudora Community Building, 1630 Elm St, Eudora

Stop by the annual Indoor Garage Sale and shop for gently-used items including, crafts, old toys, games, miscellaneous stuff, and more. Wanting to sell used items at the sale? Spaces including an 8 foot table available for \$10 each. Call 785-542-3434 to secure a space at the sale.

Eudora Pickleball – Open Play (EP&R)

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

Wednesdays, 6 - 8 p.m.

Eudora Community Center, 1630 Elm, Eudora

Join others in groups of two, three, or four for open play for some Pickleball fun. For more information contact Eudora Parks & Recreation at 785-542-3434.

Checkers, Chess, & Dominoes (EP&R)

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

Eudora Community Building, 1630 Elm St, Eudora

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

BINGO (EP&R)

First Monday of the Month, December 4, 1 p.m.

Eudora Community Building, 1630 Elm St, Eudora

Join fellow residents for a fun round of Bingo.

Brown Bag Lunch (EP&R)

First Wednesday, January 3, 12 - 1 p.m.

Eudora Community Building, 1630 Elm St, Eudora

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



SENIOR MEALS

The Senior Meals program at SRC delivers nutritious lunches Monday - Friday to homebound seniors throughout Douglas County.

For more information,
call 785-727-7881.
www.YourSRC.org



EP&R DAY TRIPS

Come explore with fellow adults from the Eudora area. All trips depart from the Eudora Community Building, 1630 Elm St, Eudora at 9:00 a.m. All trips are limited to 10 adults. Food and other purchased items are not included in pricing. To register, call 785-542-3434 or email Gary Scott, gscott@cityofeudoraks.gov. Register early as vans fill up fast!

Kansas Museum of History, Topeka

Wednesday, January 17

\$15

Visit one of the one of the "8 Wonders of Kansas", the Kansas Museum of History in Topeka. Take a jaunt down memory lane and visit exhibits about our state's colorful story featuring early people, trails, settlements, Bleeding Kansas and the Civil War, trains and towns, early 20th century, and the recent past.



**MONTHLY POTLUCK AND SPEAKER SERIES
FOR ALL EUDORA SENIORS**

WHEN

2ND FRIDAY, FEBRUARY 9

11:30 AM (EAT AT NOON)

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**FOR MORE INFORMATION OR TO VOLUNTEER TO HELP
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EUDORA EVENTS

▲ **New! Advisory Committee for Eudora Seniors (ACES)**

Wednesday, January 31, 2018, 3:00 PM
706 Main, Eudora

Be a part of the Advisory Committee for Eudora Seniors and help shape the future of issues and services for seniors in Eudora. RSVP required. To be included in the initial organizational meeting, call 785-727-7880 or email contact@YourSRC.org before Friday, January 19.

▲ **New! Eudora Senior Potluck & Speaker Series**

2nd Friday, February 9, 11:30 AM (eat at noon)
St. Paul United Church of Christ, 738 Church St., Eudora
FREE

Join Eudora seniors for a gathering to include a potluck lunch and featured speaker. Bring a dish or two to share. Tableware and beverages provided. February featured Speaker for Feb. 9: Dr. Marvel Williamson, "A New Day Is Dawning for Eudora Seniors." Sponsored by the Senior Resource Center for Douglas County. For more information or to volunteer to help, call 785-727-7880.

▲ **NEW! Eudora Welcome to Medicare**

Wednesday, March 21, 12 - 1 p.m.
706 Main, Eudora

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

▲ **NEW! Eudora SHICK Counseling**

2nd Tuesday, February 13, 1 - 3 p.m.
706 Main, Eudora

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

Eudora Area Historical Society Program

Thursday, January 11, 7 - 9 p.m.
Eudora Community Building, 1630 Elm St, Eudora

The January program topic is "Immigration in Kansas Today" presented by KSU Professor Matthew Sanderson. This presentation explores how immigration today compares to immigration since the 1860s, connecting the trends in the benefits and challenges that communities face when new people move in. Sponsored by the Kansas Humanities Council.

Sunflower Basket Weaving Guild

Third Saturdays, January 20, Noon - 5 p.m.
Eudora Community Recreation Center, 1630 Elm Street, Eudora

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

SRC activities are noted with a ▲.



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SUPPORT GROUPS

▲ SRC Caregivers Support Group

SPECIAL DATES FOR JANUARY, Mondays, January 8 & 22,
2:15 - 3:45 p.m.

SRC, 2920 Haskell Ave, Lawrence

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

Better Breathers Club

Second Tuesday, January 9, 10 - 11 a.m.

Lawrence Memorial Hospital, Pulmonary Rehab Dept
330 Arkansas St, Lawrence

The January topic is "Goals of Care." This free education and support group is for those with chronic lung conditions and their support persons. Meeting takes place in the LMH Pulmonary Rehab Department, 3rd floor. For more information, call 785-505-2850.

Cancer Support Group

Third Wednesday, January 17, 5:30 p.m.

Lawrence Memorial Hospital, Oncology Center
330 Arkansas St # 105, Lawrence

Join representatives from Lawrence Memorial Hospital's Oncology Center for a general cancer support group. Open to anyone with any cancer diagnoses and/or others affected by their cancer. 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

Third Wednesday, January 17, 5:30 – 7:00 p.m.

Lawrence Memorial Hospital
325 Maine St, Lawrence

"Look Good, Feel Better" is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Services are provided at no charge by trained volunteer beauty professionals. Offered and supported by the American Cancer Society. Advance registration required. Call 785-505-2807 to enroll.

Stroke Support Group

Third Tuesday, January 16, 4 - 5:30 p.m.

Lawrence Memorial Hospital, Conference Room D South
325 Maine St, Lawrence

Join us in sharing experiences and ideas about life changes brought on by stroke. Monthly meetings include informal and formal presentations on treatments and services available for stroke survivors and their loved ones. For more information please contact Trena Triplett at 785-505-2712 or trena.triplett@lmh.org.

Grief Support Group

Third Monday, January 15, 4 p.m.

Lawrence Memorial Hospital
325 Maine St, Lawrence

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

SRC activities are noted with a ▲.

GENEALOGY

WATKINS MUSEUM OF HISTORY GENEALOGY GROUP

Genealogy Classes are taught by Alisa and Richard Branham. Richard Branham is a KU professor who has been researching his family history for 40+ years. Alisa is a KU staff member who caught the genealogy "bug" from her husband about 20 years ago; previously she worked for the Kansas State Historical Society. They have traveled across the U.S. and Great Britain to visit their ancestral homes and research in numerous genealogy libraries, historical museums, and local archives.

Registration fees are \$10 for Douglas County Historical Society members, and \$15 for non-members. Register online or contact the Watkins Museum of History at 785-841-4109. Class size is limited.

Understanding DNA Results for Genealogy

Saturday, January 13, 10:00 a.m. - Noon

Watkins Museum of History, 1047 Massachusetts St,
Lawrence

This session will focus on case studies, figuring out what to do with all those matches, and learning how to use DNA results to find relatives and stories. For more information call 785-841-4109.

Researching Ancestors from England

Saturday, February 10, 10:00 a.m. - Noon

Watkins Museum of History, 1047 Massachusetts St,
Lawrence

We have made four trips to Great Britain to conduct genealogy research. We have lots of resources and experiences to share! This class will focus on English history, maps, records, and databases. For more information call 785-841-4109.

Recognizing the Three Stages of Dementia

By Pat Deaver, LPN, Douglas County VNA



The winter holidays are over for another year. I hope you all had a great time visiting elderly relatives. Did you notice that Grandma wasn't her normal self? Maybe she didn't recognize you and she kept asking the same question over and over. What was happening to her? Are you concerned that she may have dementia?

Dementia is a syndrome, not a disease. A syndrome is a group of signs and symptoms occurring together that indicate a specific disease or disorder. As such, dementia is syndrome that reflects challenges to performing mental/cognitive tasks, such as memory and reasoning. Dementia is a broad term that includes many brain diseases including Alzheimer's disease, but not all cases of dementia are Alzheimer's.



The three stages of dementia have distinct symptoms. The early stage is commonly thought to be a part of normal aging by family members. Early stage dementia can include:

- Memory loss
- Difficulties with words
- Issues with finding one's way in familiar places
- Difficulties in handling money
- Changes in mood and behaviors

In middle stage dementia challenges become more apparent. Symptoms can include:

- Increased memory loss
- Increased difficulty with orientation to time and place
- Difficulty with communication
- Issues with personal care
- Behavior inappropriate for the situation

In late stage dementia dependence and inactivity increase, and challenges become noticeable. Symptoms can include:

- Inability to recognize people and items that were once familiar
- Little awareness of space and time
- Increased need for personal care
- Difficulty understanding surroundings and situations
- Issues with mobility, swallowing, and continence

Many people are unaware that women in their 60s have a one in six chance of developing dementia, while men in the same age group have a one in eleven chance. Caregivers for the population with dementia are 60-70% women. The average life expectancy for a person age 65 years or older diagnosed with Alzheimer's disease is about four to eight

years after a diagnosis is made. However, some individuals with Alzheimer's live up to twenty years after being diagnosed.

We all hope that this will be a road that we won't have to travel, but if we do, we won't have to travel it alone. Look for a local agency in your community that can help you care for your loved one or support groups available for caregivers [e.g. Senior Resource Center for Douglas County]. It can hurt to know your loved one might never remember the things you'll never forget, but this is a road traveled by many, and support is right around the corner.

Pat Deaver, LPN, is a Help at Home Manager with the Douglas County Visiting Nurses Association. VNA's offices are located at 200 Maine, Suite C, in Lawrence. To inquire about services, please call 785-843-3738.



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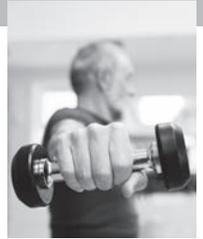
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Meaningful New Year's Resolutions To Which You Can Stick

By Michelle Meier, Editor



The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favor of the gods and start the year off on the right foot. Some 4,000 years ago, those resolutions were most likely much different than the resolutions we make today.

These days, a surge of information about New Year's resolutions often leads up to January 1, followed by updates a few weeks later on how many people have already abandoned their resolutions. Rather than setting impossible goals for yourself and then falling down after your first slip up, consider how you shape your resolutions and create some expectations you can succeed at keeping.

Keep in mind, not all resolutions have to be about losing weight or exercise. The main purpose of creating a resolution is to improve your life in some way. There are many ways to do that.

Compounding Resolutions

Sometimes a lofty goal or resolution can be so daunting it is doomed from the start. The thought of building up the endurance to be able to run a marathon is not something that be accomplished overnight. Rather than starting with a goal to lose 50 pounds or run a marathon, set smaller goals that you can build on to set yourself up for success and then extend your goal as you progress towards your desired result.

Finding Joy

Think of things you can do that will add joy to your days. Deciding to revisit a treasured pastime, planning to attend more social engagements, or even making a weekly phone calls to friends and/or loved ones can be as beneficial to your overall health as the resolutions that are specifically focused on healthy habits. Implementing the simple reminder of finding joy in simple things can have an ongoing impact on your health. Find a resolution that brings joy to your life, and you will likely realize this will be a resolution that is easy to keep!

Seek Opportunities and Challenges

Another way to seek some excitement that will bring some progressive momentum in your life is seeking new opportunities and challenges. There are many ways to find new opportunities and challenges, including volunteering your time, addressing a challenging topic such as end of life planning, or maybe trying new technology which can open up

exciting new worlds. It can be as simple as challenging yourself to try something new, or challenging yourself to tackle something you have been avoiding for whatever reason. You will be amazed at how the willingness to move outside your norm can have a positive impact.

Learn and Grow

Another type of resolution is one that will help you learn or grow in some way. Find a one-day class where you can learn something new and interesting. Who knows, you might even find a new hobby along the way. The flip side of adding to your own knowledge is finding ways to share your wisdom and help others learn. Passing along your own wisdom to others is just as empowering as learning something new. You can also volunteer, which will give you a sense of accomplishment while helping further the cause of the organization that benefits from your time and talents.

These ideas aren't to say that resolutions focused on your health aren't important. We all have things we can do to be healthier, but in terms of selecting a New Year's resolution, think about finding something that you will stick to that may be the first step in making bigger changes or a manageable way to set your sights on a larger goal. These strategies can also be applied to more health focused resolutions as well. Whatever you choose, take some time to make sure you can stick with it and keep moving forward. You will reap the benefits in small successes and the sense of achievement of forward progress.



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Q: I read recently about former Governor Mark Parkinson's work as a lobbyist for the American Health Care Association, which the article stated was a nursing home "trade group association." It characterized the Trump Administration's reduction of fines against nursing homes as a "Victory for Industry." What's the background of fines against nursing homes?

A: During the 1960s, the passage of Medicare and Medicaid laws led to the construction of large nursing homes based on a medical model. These facilities had long hallways and central nurses stations, and operated with rigid routine to provide physical care until a patient's death. Little attention was given to the quality of the lives of residents, and conditions in some homes were appalling.

In 1986 in response to growing dissatisfaction of families, residents, and the public, Congress directed the Institutes of Medicine to study the quality of care provided in nursing homes; it found that residents of nursing homes were often subject to both physical and psychological abuse, neglected, and given inadequate care, and these problems were widespread. If you want some sickening reading, dig up the Congressional testimony that produced the Nursing Home Reform Act of 1987.

If you visited any nursing homes in the bad old days, you'll remember seeing residents slumped in wheelchairs lined up by the nurses' station and the tell-tale smell of urine – no activities, no individual choices, no control over one's daily life – not a "home." As the Nursing Home Reform Act states: "Residents of nursing homes need a home where they can live for the rest of their lives as individuals." Social, spiritual, emotional, occupational, recreational, and cultural needs were deemed as in need of safeguards as physical needs.

The Nursing Home Reform Law, therefore, addresses a serious question: What safeguards are necessary to assure families and the public that nursing homes will provide high-quality, compassionate care or face scrutiny and enforcement if they don't? The law crafted a "survey" process in which trained investigators – mostly nurses – visit nursing homes and review their compliance with the rules. Part of the law imposes fines and other penalties when nursing homes don't follow the rules designed to protect the health, safety, and quality of life of their residents. The amount of a fine is directly related to how seriously the nursing home violated the rules, with the highest fines imposed on abuse or neglect that puts a resident in danger of death or serious bodily injury.

These rules and enforcement regimens are part of a system of accountability imposed on an industry that makes money in exchange for providing care to frail and sometimes-demented residents – think about how many people in nursing homes have Alzheimer's or other degenerative diseases and cannot look out for themselves. The Nursing

Home Reform Act is roughly analogous to the laws and regulations imposed on child care centers and schools because the people who inhabit these institutions have limitations that impair their ability to protect themselves. The laws and regulations provide protection and oversight.

Of course, high-quality care is expensive, and the for-profit industry that former Governor Parkinson represents can make more money if it skimps on staffing or fails to offer choices and flexibility to its residents, which directly affects the quality of care. It costs the nursing home industry profits if the rules are followed or if not, it costs a penalty in the form of a fine. Relaxation of regulations and fines makes nursing homes more profitable, which is a victory of sorts for the owners.

On the state level, our Kansas Department of Aging and Disability Services (KDADS) has already weakened its nursing home inspection system. KDADS has not filled one-third of its nursing home surveyor positions and has 20 vacancies. Thus, we are months behind on required surveys, leaving older adults potentially in harm's way. Unfortunately, this is not a subject that gets a lot of public interest. We're all in denial . . . until inevitably long-term care becomes something we care about. Deregulation of the nursing home industry at this time seems like evidence of amnesia. I'm afraid we'll be returning to the bad old days of warehousing our frail older adults, stinking of urine.

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



Q: *I have been single since my husband died about two years ago. My children have made it clear that they would be alright with my starting to date. I have friends who urge me to "get back into the game." I just don't feel ready, though. The one time I agreed to go on a date, I felt uncomfortable and was glad when the evening was over. What's wrong with me?*

A: Many believe that being coupled is essential for a happy life. For those who have found a good match, life is indeed richer with someone to share ideas, chores, and experiences. Some people are nervous about being alone. They need assurance that they are still desirable, or dread going anywhere by themselves.

Others are quite comfortable with solitude. You may fall into this category. Perhaps your commitment to your husband remains even after his death. Maybe you don't think anyone can measure up to him. If your marriage was horrid, you don't want to repeat that experience. The possible reasons are endless for why you are not ready to begin dating, now or ever.

Your well-meaning friends may not know what is best for you. Gently tell them that you appreciate their concern, because it shows that they care about you. Explain that you are quite content currently and that you are enjoying your freedom for the first time in a long time without having to consider another person's feelings.

Dating is indeed like a game in some ways; it comes with certain expectations and often puts pressure on relationships to escalate or end. If you don't want to get back into that game, just be open to group activities and casual friendship for now. Consider the advantages of developing platonic companionships with both men and women. Friendship with one person in particular may eventually deepen and grow into something special.

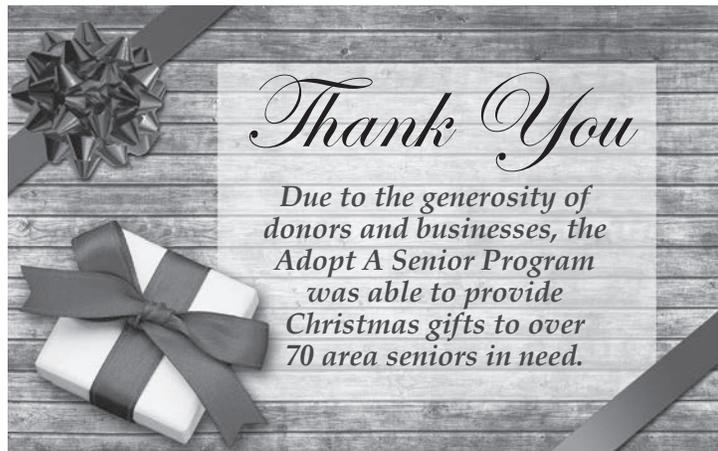
A word of warning is necessary, however. Let's not confuse occasional comfortable solitude with isolation. Humans need

human contact for good mental health. If you find yourself avoiding social opportunities that you used to attend when your husband was alive, ask, "Did I go to please him or am I avoiding them because I don't want to go alone?" If the first, feel no pressure to continue. If the latter, though, you may be isolating yourself. Renew your participation in those activities and add others that he did not enjoy. Join a club. Go to your faith community's events, especially those where you can get to know people in small groups. Start conversations. Connect with those persons or with someone new the next time you go. When appropriate, offer to work together on a project or go to an event together.



Finally, to directly answer your question, there is nothing wrong with you—if you are not withdrawing into isolation. If you are, consider options other than dating to remain socially engaged.

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.



Adventures in Painting

Explore the basics of painting with local artist and instructor Joan Martin.

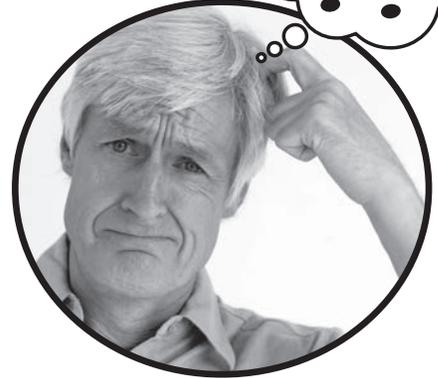
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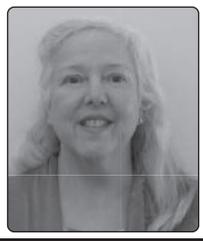
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Book Review: *Are We Smart Enough to Know How Smart Animals Are?*

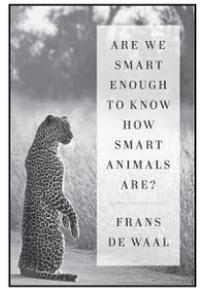
By Frans de Waal • Reviewed by Barbara Watkins, PhD

After receiving numerous complaints from the squirrels, possums, coyotes, raccoons, and other animals in my neighborhood who felt unfairly slighted by my last review, *The Genius of Birds*, I am making amends by reviewing this fine book by Frans de Waal, *Are We Smart Enough to Know How Smart Animals Are?* (W.W. Norton, 2016). It is a wide-ranging look at animal cognition. De Waal's main focus is on his work with chimpanzees, but he also assesses crows and other birds, dolphins, octopuses, elephants, and other species. For far too long, we have underestimated their intelligence.

De Waal is a professor of primate behavior at Emory University and director of the Living Links Center at the Yerkes National Primate Research Center in Atlanta, GA. He is the author of several books, including *Chimpanzee Politics* and *Our Inner Ape*. His research centers on primate social behavior and cognition, including conflict resolution, empathy, cooperation, and food sharing. This book focuses on stories of the everyday use of animal intelligence, as well as evidence from controlled experiments. De Waal believes that the "real challenge comes not just from the animals themselves, but also from within us." The question in the title is relevant indeed; Are we smart enough to know how smart animals are?

In the chapter "Cognitive Ripples," he discusses animals' use of multiple tools. In a chimpanzee community, for example, the chimps may use 15-25 different tools. The particular tools vary with cultural and ecological circumstances. For examples of how they use various tools, you can search online and find numerous online videos searching for the topic "chimps using tools." For an amusing and interesting look at another species use of tools, watch the YouTube videos of "Stoffel, the clever honey badger." Stoffel is also featured in a PBS documentary showing how Stoffel has invented multiple ways to escape from his enclosure. He outwits his human caretakers at every turn.

The chapter "Social Skills" describes cooperation and cognition in several species. Researchers' recent assessments of non-mammal species reveal that there is no "single form of cognition, and there is no point in ranking cognition from simple to complex. A species' cognition is generally as good as what it needs for its survival."

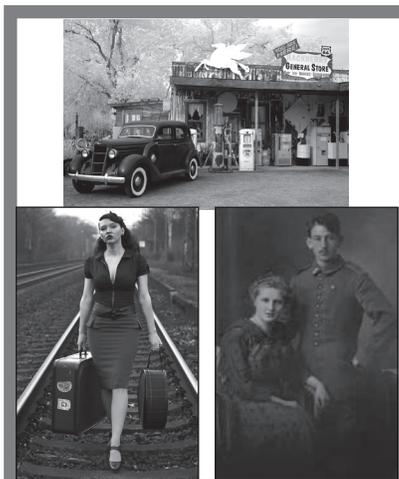


De Waal describes how many birds are empathetic and use self-restraint. They "pick up food for their young that they could easily swallow themselves. Although some species, males feed their mates in courtship while going hungry themselves. Birds that cache food inhibit immediate gratification for the sake of future need."

In an amusing and very timely story, he mentions a French politician accused of sexual assault that was compared to a "randy chimpanzee." De Waal finds this insulting—to the ape. He says that chimps have "sufficient emotional control to refrain [from giving in to their sexual desires] or to arrange privacy first."

De Waal's illuminating exploration of the breadth and depth of animal intelligence has certainly inspired me and fellow readers to reassess how both animals and humans think and continue to learn. What makes animals so intriguing is that they have "senses that we either don't have, or that we have in a much less developed form. They construct their own realities." Their constructions of reality seem much more credible than the sad and shaky realities of our global political environment.

Dr. Barbara Watkins, PhD is the Coordinator of Curriculum and Projects for KU Continuing Education. Through the Kansas Studies Program at KUCE, she has been able to develop materials that are used throughout the state of Kansas in both college and high school classrooms.



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