

## Inside This Issue

**Moments with Marvel ..... Page 3**  
*Volunteers: We Need You*

**LEGAL MATTERS.....Pg 4**  
*Elder Financial Exploitation*

**Leisure & Learning Activities**  
..... Pages 6-10

**Senior Romance, Sex,  
& Relationships ..... Page 12**  
*Prostate Concerns*

**LEGALESE.....Page 13**  
*Implications of  
Affordable Care Act Repeal*

**SRC Volunteers ..... Page 14**

## Volunteer Event



**Our volunteers have served us.  
Now let us serve YOU!**

Please join us for a

**Volunteer Appreciation  
Breakfast**

Saturday, April 22, 9:00 – 10:00 AM  
United Way Building, Ken Doud Room,  
2518 Ridge Ct

## What Is the Value of a Volunteer?

What is the value of a volunteer? Countless quotations from iconic leaders have said it well.

*"We make a living by what we get. We make a difference by what we give." ~ Winston Churchill*

*"Alone we can do so little. Together we can do so much." ~ Helen Keller*

*"Life's most urgent questions is: What are you doing for others?" ~ Martin Luther King, Jr.*

When you gather the list of people who have given of their time and talents to the Senior Resource Center in the last year, you come up with quite a list! As we have made multiple transitions, the effects of these volunteers are immeasurable! Here are some examples:

Day to day, we rely on volunteers to deliver hot meals to homebound seniors. These volunteers are a pivotal part of the Senior Meals program.

During Open Enrollment, our SHICK volunteers assist 700 to 1,000 seniors to review and navigate the complexities of initiating, reviewing, and maintaining Medicare coverage that is cost effective and provides for the changing healthcare needs. It is a complex system, but our trained volunteers ensure that those who come in are advised on what coverage is available and how to navigate various pitfalls, and they even assist with filing appeals to gain coverage for needed medical services.

In January, it was no small feat to move the Senior Resource Center offices out



of our home at 745 Vermont to our temporary location at Peaslee Technical Training Center located at 2920 Haskell Avenue in Lawrence. The process took months to complete, and would not have been a smooth transition without the many volunteers who worked diligently to pack, sort, scan, file, and lift on both ends of this move to allow us to make this seamless transition while our downtown location begins major renovations.

Currently, 75 volunteers provide free tax assistance not only to seniors, but to anyone in need of tax preparation as part of the AARP Tax-Aide program.

Nearly 300 individuals have volunteered to ensure that the Senior Resource Center serves the seniors of Douglas County. These volunteers continue to give as we have transitioned to expanding our mission to support all seniors, not just the most vulnerable in our community. These same supporters will ensure that we can continue to serve seniors in our community in an uncertain time with the possibility of major funding changes on the horizon. So, you ask again, what is the value of a Volunteer? It might be best said like this, "Volunteers are not paid. Not because they are worthless, but because they are priceless."

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



Over the last 35 years, Visiting Nurses has helped thousands of patients and families achieve physical and emotional comfort by improving the quality of their life through dignity and compassion.



Home Health | Rehabilitation  
Hospice | Help at Home

(785) 843-3738

[www.KansasVNA.org](http://www.KansasVNA.org)

## Volunteers: We Need You

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



During April every year we pause across the nation to thank volunteers. Truly, at the Senior Resource Center for Douglas County we could not provide the many excellent programs that we do without volunteers. We are privileged to put over 250 volunteers into action providing a wide range of services every year.

Those who give their time (and often other personal resources as well) are extraordinary people. They do not ask for payment or recognition. Most by far prefer to go about their work quietly, receiving their rewards from a word of appreciation here and there, and seeing the value of their service on the faces of our seniors or staff.

If you would like to volunteer for the SRC, here are **some of the ways** we would happily accept your gift of time and other resources. Don't see what you want to do listed below? Just send an email to [contact@YourSRC.org](mailto:contact@YourSRC.org) or call 785-842-0543 to explain your interest.

**Senior Meals:** Deliver lunch to homebound seniors for about an hour each day, Monday-Friday. Be that only face some of them see. Some volunteers do this every day, some one day a week, some on call as back up. We need them all. Use your own vehicle and be reimbursed for mileage, if you wish.

**Senior Wheels:** Provide rides for seniors to the physician, to the grocery store, to visit a friend, to go shopping—anywhere. Vehicles provided, or you may use your own (if it passes safety and insurance requirements) and be reimbursed. No special driver's license needed.

**Medicare counselor:** We will provide the training for you to help seniors sort through Medicare and health insurance options. Serve in our offices or in our state hotline center in Lawrence one day a week. The need is year-round, although we have a special need for extra volunteers during open enrollment late every fall.

**Lead a group, activity, or club; teach a class:** Have an interest or special skill? We are always looking for people to serve as organizers and/or leaders to start or take over a class, social event, or other activity. Some meet just once; some meet every week or once a month.

**Safe Winter Walkways:** Remove snow for seniors who cannot. This helps them avoid fines for not clearing publicly used sidewalks around their property.

**Adopt a Senior:** At Christmastime provide a gift or funds for purchase of gifts for low-income seniors.

**AARP Tax-Aide:** SRC hosts this free service. Training is provided.

**Office help:** Periodically we have special projects that require data entry, preparation of mailings, creating packets, and other tasks.

**Experts in special topics:** Serve as an expert who helps seniors or their families navigate the complexities of finding the resources they need. Have an interest in golf? Elder law? Bridge? Home modifications for adapting to changing mobility? Art? Whatever your field, serve as an on-call expert for helping others learn about what's available in Douglas County.

**Writers:** We need grant writers, columns for *60 & Better*, content for books and materials, and more.

**Consultants:** Is your expertise in retirement planning? Fundraising? Counseling families? Downsizing? Web design? Something else? We need you!

Other volunteer opportunities include serving as a member of our Board of Directors, moving equipment or furniture, running errands, staffing events, and so forth. We require a background

check on all volunteers for the protection of seniors. We'll pay for it. It's fast and takes little effort on your part.

Volunteering has many benefits for your health and happiness (see <https://yoursrc.org/what-you-need-to-know-about-volunteering-in-retirement/>). Please help us help the seniors of Douglas County. You yourself may need such services someday and will be happy for volunteers who will be there for you, too.





## **Elder Abuse – Would You Recognize It? Would You Know What to Do?**

On Tuesday, April 11, my office will be joining with other local agencies and helping to sponsor "Connecting the Dots: A Multidisciplinary Approach to Resolving Elder Financial Exploitation." I am excited to be part of this dynamic group that will be sharing valuable information on this particular form of elder abuse. With that training occurring this month, it seemed the ideal time to share information with my readers on how to recognize the many different forms of elder abuse and what can be done about it.

According to the United States Department of Justice, the statistics around elder abuse are sobering. Approximately one in 10 seniors is abused each year. Abused seniors are three times more likely to die than non-

abused seniors. Only one in every 23 cases is reported. Abused seniors are more likely to be placed in nursing homes than non-abused seniors. According to the Kansas Department of Children and Families (DCF) website, 20% of investigated cases by an Adult Protection Specialist involve either fiduciary abuse or exploitation. Statewide, 33% of assigned financial abuse or exploitation investigations involve adults age 80 and older.

At times recognizing abuse is apparent, but at other times it is not easy to be certain and you may wonder to yourself, "Would "X" qualify as abuse?" Abuse is NOT just physical; it can take many forms.

- **Physical Abuse:** An act, rough treatment, or punishment that may result in injury, pain, or impairment.
- **Psychological Abuse:** Psychological, verbal, or emotional abuse causing suffering, emotional pain, or distress.
- **Financial Exploitation:** Illegal or improper use of an older person's money or property.
- **Neglect or Abandonment:** Intentional or unintentional failure or refusal to provide care or help to an older adult — an extreme form of neglect.

- **Sexual Abuse:** Sexual contact or non-contact of any kind with an older person without agreement from that person.
- Another example would be isolation from family and friends.

With information like that, you may be wondering what you can do if you know or suspect someone is being abused? You can report suspected abuse of seniors or adults with disabilities to Kansas Adult Protective Services (APS) at 1-800-922-5330, but if you believe their life is in immediate danger, call 9-1-1. What can you expect if you make a report to Adult Protective Services? When a report is made to APS a personal visit with the adult is initiated within 24 hours to five working days of the case being assigned. A Protection Services Specialist will consult with the involved adult and other collateral contacts to obtain additional information. They may work with other community agencies to secure services. Examples may include legal services, medical care, Area Agency on Aging, home health, and more.

Elder abuse is not something about which to be quiet. If it is happening to you, a family member, or someone you care about — REPORT IT. TODAY. If you still do not know how to get started, you can call our office at 785-841-0211 and we can get you connected with the right resources. We are always ready to serve the citizens of Douglas County.



### **60 & Better**

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

**Editor:** Michelle Meier  
**Executive Director:** Dr. Marvel Williamson  
**Printer:** Minuteman Press, 1404 E 24th St B, Lawrence, KS 66044

For advertising, calendar listings, or other content submissions, contact Michelle Meier at [mmeier@YourSRC.org](mailto:mmeier@YourSRC.org)

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

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.

785-842-0543 • TDD: 1-800-766-3777 • Toll free: 1-877-295-3277 • [www.YourSRC.org](http://www.YourSRC.org)

### **SRC Board of Directors**

**Dr. Judy Wright, Chair**  
**Judy Bellome, Vice Chair**  
**Doni Mooberry, Treasurer**  
**Steve Tesdahl, Secretary**

Hank Booth, Kay Brada, Kelly Calvert,  
 Dr. Dennis Domer, Ernesto Hodison,  
 Dr. Ellen Paulsen, Janet Prestoy,  
 Dr. Maren Turner



# LEADERS WANTED!

We are looking for community members who have experience with chronic disease to help lead Tools for Better Health workshops.

If you are interested in helping your community, apply today!

## WHAT IS CHRONIC DISEASE?

Chronic disease is a long-lasting condition that can be controlled but not cured. There are many physical and mental health conditions that are considered chronic diseases, including:

- Heart disease
- High blood pressure
- Arthritis
- Diabetes
- Depression
- Asthma



## WHAT SKILLS ARE REQUIRED?

There are no specific education or experience requirements for group leaders. We are looking for leaders who:

- are community members passionate about this program and want to help and serve others.
- have personal experience with chronic disease.
- are able to read, speak and write English and speak in front of a group.
- have the physical and mental stamina necessary to facilitate at least one workshop series a year.

## HOW DOES IT WORK?

Tools for Better Health participants attend a 2 1/2-hour interactive workshop once a week for seven weeks to learn problem-solving, decision-making and other techniques. Workshops meet in community-based settings and are facilitated by two trained leaders. At least one leader will currently be diagnosed with a chronic disease. This program helps those with chronic disease live a healthier, fuller life.

## HOW MUCH TIME WILL I NEED TO COMMIT?

Leaders must commit to five full-day training sessions, as well as to leading a seven-week Tools for Better Health workshop each year.

### LEADER TRAINING SESSION

April 11-12, 18-19, 21  
Lawrence Public Library, 707 Vermont St.

*For more information or to sign up for the training session,  
contact Health Promotion Specialist Michael Showalter at [mshowalter@ldchealth.org](mailto:mshowalter@ldchealth.org) or 785-843-3060.*

For an upcoming class schedule, visit  
**LDCHEALTH.ORG/TFBH**

 LAWRENCE-DOUGLAS COUNTY  
**Health Department**

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

### ART

#### ▲ 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 Saturdays, 9:30 a.m. – noon  
Clinton Place, 2125 Clinton Pkwy  
Fee \$20 per session.  
Drop in sessions for beginners and experienced painters. No registration required. 785-842-0543.

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

#### ▲ Pool (Billiards)

Monday - Friday 8 a.m. - 4:30 p.m.  
At SRC, 2920 Haskell Ave

**SRC activities are  
noted with a ▲.**

### SUPPORT GROUPS

#### ▲ SRC Caregivers Support Group

First & Third Mondays, 2:15 - 3:45 p.m.  
At 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,  
April 5, 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 who 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, April 3 & 17, 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, April 11, 10 - 11 a.m.  
LMH Pulmonary Rehab Department,  
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 785-505-2820.

#### Cancer Support Group

Wednesday, April 19, 5:30 p.m.  
Oncology Ctr, 330 Arkansas St #105  
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](mailto:frost@lmh.org).

#### Look Good, Feel Better

Wednesday, April 19, 1 - 2:30 p.m.  
LMH, 325 Maine St  
"Look Good, Feel Better" is a non-medical workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Held monthly on the 3rd Wednesday at the LMH Oncology Center. Advance registration required. Call 785-505-2807 to enroll.

#### Stroke Support Group

Third Tuesday, April 18, 4 p.m.  
LMH, 325 Maine St  
For those recovering from a stroke, and/or their family and friends. For more information, call LMH Therapy Services at 785-505-2712.

#### ▲ Senior LGBT Support Group

Monday, April 24, 12:30 - 1:30 p.m.  
At SRC, 2920 Haskell Ave  
(See ad on page 12)

**EDUCATION**

▲ **Beginning Spanish**  
**NEW CLASS FORMING!**  
Wednesdays, 1-2 p.m.  
At Signs of Life Bookstore, 722  
Massachusetts St  
Learn basic Spanish. Bring your  
English to Spanish Dictionary. For  
more information call 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. For more  
information call 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.*

**JCCC Introduction to Social  
Media**

Monday, April 24, 9 a.m.–4 p.m.  
Peaslee Technical Training Center,  
2920 Haskell Ave  
Fee: \$99  
Social media is dynamic and  
fun. New networks are introduced  
regularly. Facebook, Twitter, and  
Pinterest, to name a few, update  
and change quickly. Social media  
is great for keeping in touch with  
friends and family, staying involved  
in your community and world events.  
Receive an overview of social media  
and what networking sites are best  
to use for your specific interests.  
We'll even help you set up the social  
media accounts of your choice.  
Prerequisite: Active email account.  
To sign up call 913-469-2323.

**A Creative Aging Performance**  
Monday, April 10, 4 p.m.  
Adams Alumni Center, 1266 Oread  
Ave  
Arts & AGEing KC will present an  
interactive theatre arts performance  
and visual arts exhibit. The group will  
present selections from "Dancing  
with Crow's Feet®". A reception will  
follow the performance. Sponsored  
in part by the KU Gerontology  
Program.

**SRC activities are  
noted with a ▲.**

**HEALTH & FITNESS**

▲ **Yoga for Every Body**  
**Next session starts April 25**  
Tuesdays, 3 - 4 p.m.  
Carnegie Building, 200 W 9th St.  
Fee \$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, April 19, 12 - 1 p.m.  
At SRC, 2920 Haskell Ave  
Fee: FREE  
New to Medicare? Learn what  
to expect at this informational  
meeting. Call 785-842-0543 for more  
information.  
(Always the 3rd Wednesday)

**Senior Supper and Seminar**  
Tuesday, April 18; supper: 5:00 p.m.,  
seminar: 6:00 p.m.  
LMH, 325 Maine St (Auditorium)  
The April topic is "Swelling in the  
Older Adult." Seniors are invited  
to come and dine at LMH for \$5.51  
and enjoy a healthy three course  
meal. Reservations are required and  
must be made at least 24 hours in  
advance. Call 785-505-5800 or e-mail  
[connectcare@lmh.org](mailto:connectcare@lmh.org).

**HEALTH SCREENINGS**

**Know Your Numbers –  
Cholesterol and Glucose  
Screenings**  
Wednesday, March 8, 8-9:30 a.m.  
LMH, 325 Maine St (West Lobby)  
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.

**Heel Bone Density Screening**  
LMH Performance and Wellness  
Center at Rock Chalk Park Sports  
Pavilion, 6100 Rock Chalk Dr  
Fee: \$15, appointment required  
Are you at risk for osteoporosis?  
This quick, easy heel screening can  
indicate if further testing for this  
potentially debilitating disease is  
needed. Education provided. To  
arrange an appointment, please call  
785-505-3066 or send an email to  
[aysnsley.anderson@lmh.org](mailto:aysnsley.anderson@lmh.org).

**YOUR CHANCE  
TO SHINE!**

SRC is expanding its  
classes, events, and clubs.

- Computers
- Golf outings
- Bingo
- Dinner clubs
- Genealogy
- Cooking classes
- Book club
- Movie discussions

...The list is endless!

If you would like to organize  
a group or are an expert on  
a topic, send a description  
of yourself and your idea  
to [contact@YourSRC.org](mailto:contact@YourSRC.org).

**PUBLIC EVENTS**

**AARP Smart Driver Safety Course**

Thursday and Friday, April 20-21, 10 a.m. - 3 p.m.  
United Way Building, 2518 Ridge Ct. Parking is in the  
back of the building, off W 25th St.

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

This two-day course will help you refresh your driving skills, save money, and brush up on proven driving techniques to help keep you and your loved ones safe on the road. Insurance discount certificate will be provided to all who complete both days of the class. Registration is required. Contact contacting Pattie Johnston at the Lawrence Public Library at 785-843-3833 extension 115.

**AARP Smart Driver Safety Course**

Thursday, May 18, 8 a.m. - 5 p.m.

At 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, and brush up on proven driving techniques to help keep you and your loved ones safe on the road. Insurance discount certificate will be provided to all who complete both days of the class. Registration is required. Contact Larry Woydziak at lwoydzia@YourSRC.org or call 785-727-7875 to register.

**Senior Engagement Coordinating Council (SECC)**

Every Third Monday, April 17, 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.

**Lawrence Public Library's Seed Library**

Ongoing through April 30, 9 a.m. - 9 p.m.

Lawrence Public Library, 707 Vermont St

Back for its third season, the LPL Seed Library will be your spot for gardening information and free vegetable, flower, and herb seeds. For more information, email Yilan Zhao at yzhao@lawrence.lib.ks.us.

**Fundamentals of Estate Planning**

Wednesday, April 12, 6 - 7 p.m.

At SRC, 2920 Haskell Ave

Free. No need to pre-register.

Death is certain; incapacity is possible. "Fundamentals of Estate Planning" helps you plan for both. Offered jointly by SRC and LPRD, Atty. Robert Ramsdell explains estate planning basics; intestate succession if you die without a plan; uses of a Will or Revocable Living Trust; probate administration overview; impact of estate and gift taxes; non-testamentary transfer options, e.g., holding property in joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate directives; and how limitations on Medicaid eligibility can affect assets. An open question-and-answer period follows.

**MUSIC**

**New Horizons Band**

Rehearsals at Brandon Woods Smith Center, 4730  
Brandon Woods Terr

Fridays, 4-5 p.m. \$5/yr. dues. Contact John Towner,  
785-865-3519, or [towner@sunflower.com](mailto:towner@sunflower.com).

April 7 Arbor Court, 1510 St Andrews Dr, 4 p.m.

April 10 Rehearsal

April 21 Meadowlark Estates, 4430 Bauer Farm Dr, 4 p.m.

April 28 Band Party

**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.

**Osher Lifelong Learning Institute**

1515 St Andrews Dr

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

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>. For further information, contact Jim Peters at [jimpeters1@ku.edu](mailto:jimpeters1@ku.edu).

**Imagine Your Retirement: It's More than Just Money!**

April 3, 10 & 17, 7-9 p.m.

Osher Lifelong Learning Institute

**Kelley Hunt Presents Joyful Singing for Everyone**

April 11, 18 & 25, 2-4 p.m.

Osher Lifelong Learning Institute

**Probability (and When Statistics Matter [and When They Don't])**

April 12, 19 and 26, 7-9 p.m.

Osher Lifelong Learning Institute

**From the Right to Vote to Running for President: Women's Struggle for Political Equality**

April 13, 20 & 27, 2-4 p.m.

Osher Lifelong Learning Institute



## Skillbuilders 2017 Spring Series

Skillbuilders is a series of programs for anyone experiencing significant life changes. Those who have lost a loved one by death are adapting to being a single person, or are making adjustments to illness, often find that grief is not the only thing that must be faced. Sponsored by Lawrence Public Library, Senior Resource Center, and Visiting Nurses Association. For more information, call Pattie Johnston, outreach coordinator, Lawrence Public Library at 785-843-3833, ext. 115.

Tuesdays, 10-11:30 a.m.

Smith Center of Brandon Woods at Alvamar, 4730 Brandon Woods Terr  
Free

**Need a ride? Call Senior Wheels at 785-727-7876.**

### April 4

Car Care 101: Spring Maintenance  
Richard Haig from Westside 66 & Car Wash

### April 11

Family Dynamics When Life Makes Changes  
Christina Jordan from VNA

### April 18

Oh, It's Nothing: How Transitions Affect Your Health  
Julie Andrews from VNA

### April 25

Cooking for One (or Two)  
Susan Johnson from Douglas County Extension Office  
Location: Deal Six Auditorium, Extension Office at 2110  
Harper St.

### May 2

Financial Planning 101  
Barbara Braa from Central Bank of the Midwest

### May 9

How Does Your Garden Grow?  
Ann Preuser from Clinton Parkway Nursery & Garden Store

### May 16

Adjusting to Change #2: Holiday, Celebrations & Other  
Events  
Donna Flory, MSW; Paul Reed from VNA; Pattie Johnston  
from LPL; Jan Maddox from Brandon Woods

---

## Before You Check Out

Monday, April 17, 7 p.m.  
Lawrence Public Library, 707 Vermont St  
FREE

This series of programs is about what you, your family, and your friends should know about death, options for care, legalities of end-of-life choices, funerals, and other choices. Not commonly talked about, these topics are important; you need to know what to do and how to make your desires known before it is too late. These are difficult decisions to be faced and discussed with family and friends.

This is the first in a series of programs that focus on aspects of end-of-life planning. Each session provides informal discussions with time for questions and answers to help you make informed decisions. Linda Upstill from the Lawrence Coalition to Honor End-of-Life Choices (CHEC) and Terri Kaiser from the Lawrence Memorial Hospital (LMH) Palliative Care team will explain what advance directives are, how to face your concerns, and how to have a meaningful conversation with family and friends about the choices you and they make.

"Before You Check Out" is co-sponsored by the Lawrence Public Library (LPL), LMH, Lawrence CHEC, and Kansas Advocates for Better Care. For more information, contact Pattie Johnston at LPL, 785-843-3833, extension 115.



**Your financial life deserves the best of  
care from professionals you trust.**

**Independent wealth management with no hidden fees.**



- 35 years of combined experience helping Lawrence families
- IRAs & Investment Management
- Financial Planning & Family Budgeting
- Small Business 401(k) & Retirement Plans
- Trusts, Estate Settlement, and more!

**333 W. 9th Street, Suite A, Lawrence, KS 66044  
785.371.9555**

[www.thetrustco.com](http://www.thetrustco.com)

**LAWRENCE PARKS & RECREATION TRIPS (LPRD)**

**Registration for Local and Regional Travel Options**

Destinations for this spring's Lawrence Parks and Recreation Lifelong Travel and Group Getaways include a variety of interests featuring local events and historic sites. Day trips leave from Lawrence and overnight trips depart from both Topeka and Lawrence. For complete details about the trips, including a guaranteed share for single travelers who register prior to the early bird deadline, visit any Lawrence recreation center, go to [www.lprd.org](http://www.lprd.org), or contact Gayle Sigurdson at 785-832-7909.

**Star Gazing Class (LPRD)**

April 19 & 26 7:30-9:30 p.m., and April 30, 2-3 p.m.  
Baker Wetlands Discovery Center, 1365 N 1250 Rd,  
Lawrence  
Fee: \$17

Participants will learn to use tools including telescopes, planispheres, star charts, and apps to navigate and understand constellations that make up the cosmic zoo.  
*Registration is required.*

**Fossils of the Kansas Inland Seaway, Hays to CO (LPRD)**

April 20, 2-3:30 p.m.  
East Lawrence Center, 1245 E 15th St  
Fee: \$12

Explore the great inland seaway and its fossils that covered western Kansas during the 75-million-year-old Cretaceous period, learning about mosasaurs, plesiosaurs.  
*Registration is required.*

**Favorite Sons of Independence, Missouri (LPRD)**

April 27  
Fee: \$60; registration deadline: April 5

The lives of Harry S. Truman and George Caleb Bingham will guide our stops, including the Truman Presidential Library and Bingham-Waggoner Estate.  
*Transportation will be in an LPRD bus.*

**Pella Tulip Festival (LPRD)**

Pella, Iowa  
May 3-5  
Fee: Double \$395 before March 20 or \$415 after; Single \$492 before March 20 or \$526 after

Return to this favorite festival with new stops in the Des Moines area.  
*Motor coach transportation.*

**Taste of the Flint Hills (LPRD)**

May 18  
Fee: \$60; registration deadline: May 4

Enjoy a spring day on the prairie and a hands-on look at agritourism in Kansas. Stops include the Plumlee Buffalo Ranch, Grandmas Hoerner's organic food production, and Prairie Fire Winery.  
*Transportation will be in an LPRD bus.*

**Westward Expansion (LPRD)**

June 3  
Fee: \$60, registration deadline: May 25

Explore this defining theme of 19th century America as we follow historic trails and interpretive sites from Lawrence to Kansas City.

**Spencer Museum of Art Senior Sessions**

Selected Thursdays, 10-11 a.m. • 1301 Mississippi St • 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](http://www.spencerart.ku.edu) or call 785-864-4710.

**Andrew Wyeth's Christina's World**

Thursday, April 13  
David Cateforis, professor of American art and modern and contemporary art, and chair of the KU Department of Art History, explores Wyeth's signature painting, *Christina's World*. He will discuss the reasons for its popularity and its status as Wyeth's defining career work. The painting was marked by an unusual combination of public acclaim and critical scorn. Cateforis's book, *Rethinking Wyeth*, will be available for purchase.

**The Power and Pleasure of Possessions in Korean Painted Sciences**

Thursday, April 27  
Kris Ercums, curator of Asian and global contemporary art, discusses the traveling exhibition of Korean screens called *chaekgeori*.

**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.

**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.

## In Spring the Outdoors Beckon

The warmth and sunshine of the spring season often appeals to our natural attraction to nature. Time spent outdoors can be one of the best and most accessible stress-busters, and the Lawrence Parks and Recreation Lifelong Recreation Program offers many outdoor excursions for people looking to get a dose of nature.

The Urban Hiking group offers an opportunity to learn more about the 37 distinct trails within Lawrence. The group will meet at a different trailhead at 9 a.m. each Tuesday for a one-hour walk. Exercising with others can boost motivation and add a social element that makes the miles pass with ease. The group begins on April 11th and will meet for six weeks.

Hikers looking for rural settings and some education will find both in the Saturday Hikers Guild with Bunnie Watkins. Bunnie is a recent retiree from the Army Corps of Engineers where she served as a park ranger and natural resource manager. She has joined Lawrence Parks and Recreation so that she may continue to share her love of the outdoors with others. These hikes are moderately paced on mixed surfaces.

The theme of the April 29th Hikers Guild is Bird Migration. Situated under the central flyway, Kansas boasts a number of migrating species, and spring is an ideal time to observe them as they search for new territory and new love. The trip leaves from Holcom Recreation Center, 2700 W. 27th St. at 9 a.m., and will return around noon. Binoculars will be made available to hikers.



For campers that prefer a more backwoods experience, the May 13th Hikers Guild on the George Latham Trail includes a stop at one of the trailside campsites, where our guide will set up a demonstration camp. This 4.5-mile trail loop is known for its varied views of woods, lake, and prairie. The trip leaves from Holcom Recreation Center at 9 a.m., and hikers are encouraged to pack a light lunch as we will return in the early afternoon.

Participants for all outdoor classes should carry water, dress comfortably, with supportive shoes or hiking boots, and bring a trail snack if desired. You may register for the class at any Lawrence recreation center or online at [www.lprd.org](http://www.lprd.org). For more information please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909. Registration and fees are required.

# NEUVANT HOUSE OF LAWRENCE

*Person centered care in a place like home.*



**Many Amenities of Home and More! Take a tour of Neuvant House today!**

**One Campus, two specialties of care!**

### WEST HOUSE

Designed to care for individuals living with Alzheimer's and dementia.

### EAST HOUSE

Designed to care for individuals with physical needs.

**Learn more about Neuvant House!**

**NeuvantHouse.com 785-856-7900 admin@neuvanthouse.com**

### KEY FEATURES

- Beautiful home and surroundings
- Secure environment
- Private Suites
- Nutritious home-cooked meals
- Personalized care and services
- Engaging programs and activities
- 24 hour staff and assistance
- Many more amenities



Take a video tour at  
[www.NeuvantHouse.com](http://www.NeuvantHouse.com)

1216 Biltmore Drive, Lawrence, KS 66049

**Q: My husband just found out the reason he has trouble getting his urine stream started, dribbles after going, and gets up several times at night to go to the bathroom is because of an enlarged prostate. If he has to have treatment, will it wreck our sex life?**

**A:** Only men have a prostate, a “turnip shaped” gland at the base of the bladder through which urine has to pass on the way out. As a teenager, the gland is about the size of a walnut, but when it becomes a problem, it can be as large as a tennis ball. The prostate gland tends to increase in size as men age; most will eventually have some symptoms after age 65. The enlargement, called Benign Prostatic Hypertrophy (BPH), is not prostate cancer. As the gland swells, the urine tube running through it sometimes gets pinched closed. At the beginning when symptoms are minor, sexual function is not affected, so don’t expect anything about your usual sex life to change.

Some medicines can help improve urine passage for a while. These medicines do not affect erections or sexual function. Eventually more aggressive treatment is usually needed to relieve the pressure on the urinary tube. An instrument is inserted through the urine tube under anesthesia by a urologist, so no incision through the skin is required. Techniques used to open up the channel can be a heat treatment, a green laser using a circular sweep, or an instrument that chips away excess tissue blocking the passage. Of course, afterward your husband won’t be interested in having sex for a while. He will have some burning during urination and will notice blood in the urine for one to three months after surgery.

After recovering for a few weeks, his sexual interest and function will return, as long as he hasn’t suffered a psychological trauma affecting his confidence. Erections should be the same as before. Sometimes the semen will back up into the bladder during sex (“retrograde ejaculation”), making it more difficult to get a woman pregnant. The risk of damaging the nerves that control erections is almost zero for the methods described above, and much less than in cancer treatments that require total removal of the prostate. Even

then, nerve-sparing surgery is now available, so problems of the past are less likely.

Continuing an active sex life with increasing age requires some adaptation. It can’t be expected to be the same as it was in your 20s, but that may mean it is actually better. Sex for senior men is usually slower, and may be an advantage for you both.

Further reading: <https://familydoctor.org/condition/benign-prostatic-hyperplasia-bph/>

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





**INAUGURAL SENIOR SUMMIT**  
Thursday, April 27 2017, 1-3 pm

Launching Douglas County's first collaboration of businesses and organizations that serve seniors.

This Summit will discuss:

- The creation of a repository of information for senior resources, opportunities, and services.
- Identifying and addressing gaps and insufficient resources related to seniors.
- The organizational partnership system.

RSVP the name, title, organization, and phone number of the attendee to [contact@YourSRC.org](mailto:contact@YourSRC.org) by April 24th.

At the Lawrence Arts Center  
940 New Hampshire St.  
Lawrence, KS  
Free and paid parking in the garage across the street.

**Don't miss out on the launch of this important movement! Admission is free. The public is invited.**

785-842-0543 | [www.YourSRC.org](http://www.YourSRC.org)

### ORGANIZATIONAL & PLANNING MEETING

Come help design this new group's future!



### SENIOR LGBT SUPPORT GROUP

Whether you identify as LGBT or are supporting a friend or loved one who does, we want to provide a safe space for open discussion and support.

**April 24, 12:30 - 1:30 PM**

SRC Temporary Location During Remodeling  
2920 Haskell Ave, Lawrence, KS  
Conference Room

For additional information, call 785-727-7880.



**Q: Raising insurance rates on older policyholders is part of the replacement proposed for the Affordable Care Act (ACA), a/k/a/ ObamaCare. However, Medicare covers everyone age 65 or older and many disabled people. Are changes to Medicare part of ObamaCare repeal and replacement?**

**A:** Sort of. As the nation's federal health insurance program for 57 million people age 65 and over and younger people with disabilities, Medicare often plays a major role in federal health policy and budget discussions. This was the case in discussions leading up to enactment of the ACA which, in addition to expanding health insurance coverage, included changes to Medicare that reduced program spending. Medicare is likely to be back on the federal policy agenda as Congress debates repealing and replacing the ACA, and also if policymakers turn their attention to reducing entitlement spending as part of efforts to reduce the growing federal budget deficit and debt.



By many measures, Medicare's financial status has improved since the ACA passed in 2010, and repealing the ACA's provisions related to Medicare would increase program spending and worsen the financial outlook for the program. However, even if the Medicare savings and revenue provisions in the ACA are retained, Medicare faces long-term financial pressures associated with higher health care costs and an aging population. Although Medicare is not going broke, currently Medicare's actuaries estimate that there will be sufficient funds available to pay for hospital insurance benefits in full only until 2028. Therefore, the problem of covering older and mostly sicker people combined with rising health care costs is both an ACA replacement and a Medicare solvency challenge.

With provisions in the ACA to reduce Medicare payments to providers and Medicare Advantage plans and bring in additional revenues, Medicare total and per capita spending growth rate has been lower in recent years than in the decade prior to ACA. Average annual growth in spending per beneficiary averaged 1.4% between 2010 and 2015, down from 7.4% between 2000 and 2010 (just for emphasis, that's only slower growth, not a decline in spending). Net Medicare spending in 2016 (that is, spending on benefits minus premiums from beneficiaries and other receipts) was \$588 billion. This represents 15% of the \$3.9 trillion 2016 federal budget – \$1 out of every \$7 in federal spending.

According to the Congressional Budget Office, repealing the ACA in its entirety would add \$802 billion to Medicare spending over 10 years. Medicare spending would rise primarily as a result of repealing the ACA's reductions to payments to providers and Medicare Advantage plans. An increase in Medicare spending would likely lead to higher

premiums, deductibles, and cost sharing for beneficiaries, and would accelerate the projected Medicare insolvency date.

Although changes to Medicare and the amounts Medicare beneficiaries will pay in the future are not direct targets of the current Congressional proposals to repeal and replace Obamacare, any focus on the higher per capita costs related to insuring the elderly and disabled must engage policymakers in the debate regarding who will pay those costs. Raising rates on older insurance beneficiaries is an element of the policy debate: Should the costs be borne by seniors and the disabled alone or by our broader society?

*(Editor's Note: Molly M. Wood is a partner at Stevens & Brand, LLP, in Lawrence, Kansas, where she confines her practice to Elder Law, especially seniors with long-term care issues. If you*

*have a legal question or concern, call the Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, 888-353-5337. An Elder Law Project attorney is available in Lawrence by appointment at Senior Resource Center for Douglas County, 785-842-0543.)*



## Tours for Seniors

*Escorted, Affordable, Professional*



**Biltmore Estate**  
Asheville, NC  
May 8-June 4\*

**United Kingdom**  
July 9-20\*\*

**Garden of the Gods,**  
Royal Gorge,  
Colorado Springs  
Aug. 6-12\*

**Autumn Foliage,**  
New England,  
Cape Cod  
Oct. 1-8\*\*

**Nashville Show Trip**  
Oct. 22-28\*

\*Motor Coach \*\*Air and Coach

**Call for information**  
**Senior Resource Center**  
**785-727-7880**

# The Senior Resource Center thanks our many volunteers.

The success and support provided by all SRC programs are made possible through the efforts of these volunteers. SRC is grateful for their time, talents, and dedication to serving seniors in Douglas County!

## **SRC Board of Directors**

Judy Bellome  
Hank Booth  
Kay Brada  
Kelly Calvert  
Dr. Dennis Domer  
Ernesto Hodison  
Doni Mooberry  
Dr. Ellen Paulsen  
Janet Prestoy  
Steve Tesdahl  
Dr. Maren Turner  
Dr. Judy Wright

## **SRC Volunteer Coordinator**

Shari Millar

## **SRC Volunteer Receptionist**

Connie Kleinschmidt

## **60 & Better Distribution**

Chuck Wehner

## **60 & Better Mailing Coordinator**

Chuck Benedict

## **SRC Course Instructors**

Jim Bennett (Spanish)  
Saul Stahl (Math)

## **SRC KU Interns**

Taylor Dodson  
Taylor McElhaney

## **SRC Senior Meals**

Carol Allen  
Bill Bayouth  
Susie Bullock  
Anne Burgess  
Sarah Campbell  
Ben Cobb  
Kerry Cobb  
Nancy Colger  
Blaine Cone  
Emma Cornish  
Pam Cornish  
Judith Crumet  
Keah Cunningham  
Richard Curtiss  
Wendy Dalquest  
Ryan Desch  
Taylor Dodson  
Dennis Domer  
Sue Gassett  
Maddy Gerber  
Steve Grant  
Kari Hall  
Deb Handy  
Margaret Hawkins  
Nancy Hodges  
Kathi Hunsinger  
Mary Johnson

Gina Keating  
Joe Keating  
John Keller  
Diana Kern  
Gail Kingsley  
Daniel Lonquist  
Mr. & Mrs. Robert Markley  
Taylor McElhaney  
Allen Meyer  
Connie Neuteboom  
J.P. Neuteboom  
Julia Parker  
Ellen Paulsen  
Pete Petersen  
Brenda Rezac  
Harli Ridling  
Earl Rose  
Mason Schiltz  
Kurt Schroeder  
Paul Schultz  
Libby Smith  
Mel Smith  
Kathy Sumner  
Sheilah Tackett  
Cheri Thompson  
Joan Toot  
Gretchen Torgerson  
Mary Trudeau  
Annette Wertzberger  
Prudence Wilson

## **New Horizons Band**

John Towner

## **Intergenerational Choir**

Deanna Hanson-Abromeit  
Natalie Bondank  
Jackie Byer  
Melissa Gillespie  
Rachael Ludwick  
Tina Minor  
Halle Nick  
Emily Nordhues  
Amanda Sipes  
Lane Zipsie

## **AARP Tax-Aide**

Mary Baxter  
Janice Andes  
Barbara Armbrister  
Jane Bireta  
Larry Box  
Tyler Bradfield  
Vern Brobst  
Johnnie Buck  
Nora Clark  
Dana Cole  
Marjorie Cole  
Sherry Day  
Sandra Elston  
Marge Etzig  
Linchi Fang  
Jim Fischer  
Alicia Fricke  
Donna Geisler

Kathy Haynes  
Dick Himes  
Sue Himes  
Richard Holzmeister  
Pat Hooge  
Mike Johnson  
Nancy Johnson  
Chuck Johnson  
Rebecca Jordan  
Audrey Kamb-Studdard  
Bonnie Kay  
Jim Keefer  
Mary Keefer  
Susan Keeler  
Jo Anne Kready  
Tina Lai  
Dean Lebestky  
Bernice Lorimer  
Kendra Martin  
Kenneth Martin  
Connie Matthews  
Marcy Mauler  
Marlene Mawson  
Jim McMurray  
Marlene Merrill  
Sarah Merriman  
David Miller  
Gordon Montney  
Dward Moore  
Jeanine Morton  
Susie Nightingale  
Phyllis Payne  
Peggy Pistora  
Judy Rahn  
Jo Ramirez  
Candice Ranney  
Sheila Reynolds  
Patrice Rhodes  
Marlene Riedel  
Bob Riedel  
Cheryl Saladin  
Loretta Scott  
Alan Shaver  
Wayne Smithers  
Lori Tesdahl  
Steve Tesdahl  
Francis Thomas  
Linda Troxel  
Melissa Warren  
Melissa Wick  
Robert Williamson  
Christine Winters  
Alice Yang  
Maxine Younes  
Suzy Zhang  
Mitchell Zielinski

## **Safe Winter Walkways**

Chris Anderson  
David Baldwin  
Andrew Bauch  
Amanda Bhattachan  
Denise Bradshaw  
Ben Brassert  
John Buttimer

Tim Carpenter  
Meryl Carver-Allmond  
John Catlin  
Kristine Chapman  
Ryan Daugherty  
Bruce Eggers  
Brad Engelbert  
Susan Enneking  
Mike Fangman  
Gina Farmer  
Lance Flachsbarth  
Nate Freiburger  
Ellen Galloway  
Shawn Gross  
James Guyll  
Andrew Hartsock  
Chandalynn Helm  
Kevin Hinegardner  
Janet Horner  
Dale Hupe  
Kendra Irwin  
Josie Jay  
Seth Karnes  
Matt Kirkland  
Rick Koester  
Christoph Lehmeier  
Nicholas Lerner  
Mark Lohmeyer  
Dan Lonquist  
Nick Maloney  
Meredith McCarter  
Tammy McElhinney  
Michael Meredith  
Emma Overstreet  
Vicki Pepperdine  
Carla Ramirez  
Bryce Ridgway  
Ryan Riley  
Keri Rodriquez  
Tracy Russell  
Carla Saathoff  
Sue Salem  
Kelly Schmidt  
Derrick Smith  
Samantha Snyder  
Bronson Star  
Tristan Star  
Janis Stewart  
Chris Stoppel  
Shawna Trarbach  
Dory Tuininga  
Gayla Ukpokodu  
Ally Smith Voss  
Mel Wedermyer  
Billy Williams  
Colby Wilson  
Tom Witherspoon  
Max Yang

## **SHICK Volunteers**

Alexis Bishop  
Tucker Borel  
Leo Bracciano  
Sally Brandt  
Anita Burkhalter



Crystal Burkhardt  
Judith Calhoun  
Amy Cheng  
Michael Engel  
Austin Heavener  
Rebecca Jordan  
Evan Jorn  
Samantha Landgrebe  
Rarcy Mauler  
Ryan McLean  
Brittany Melton  
Chris Nguyen  
Mackenzie Obermeyer  
Krutika Patel  
Meredith Porter  
Jo Ramirez  
Tera Raymond  
Sheila Reynolds  
Kennedy Schneider  
Samantha Snyder  
Dan Stogsdill  
Joni Tipton  
Linda Troxel  
Rachel Wambach  
Summer Weiler

## **Special Thanks to the Volunteers who assisted with many aspects of our move to our temporary location at Peaslee Technical Training Center.**

Taylor Dodson  
Maddy Gerber  
Connie Kleinschmidt  
Taylor McElhaney  
Autumn McGovern  
Shari Millar  
Gretchen Torgerson  
Melissa Williams

## **Boston Financial**

Tracey Allen  
Christine Arentson  
Patty Browning  
Sierra Gillespie  
Logan Harding  
Nick Marlo  
Cherry Mastro  
Casey McMurphy  
Brittany Novak  
Kelsey O'Brien  
Jeff Ordiway  
Curtis Patton  
Dan Rickards  
Angela Skerston



### DONATION FORM

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



Senior Resource Center for Douglas County  
is an independent nonprofit organization.

Your donations allow SRC to continue to provide  
valuable services, information, and other resources  
to all senior residents of Douglas County.

### DONOR INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Donation Amount \$ \_\_\_\_\_

For Office Use Only	
Payment	<input type="checkbox"/> Cash <input type="checkbox"/> Ck
Date Rec'd	_____ Initials _____

Make all checks payable to Senior Resource Center for Douglas County.  
All donations are tax deductible.



### SUBSCRIPTION FORM

Please add my name to the **60 & Better** mailing list.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

### Delivery Preference

- Electronic Version.....FREE via email
- Print Version.....\$29.00 per year

Make all checks out to: Senior Resource Center for Douglas County

Mail this form with your payment to:  
Senior Resource Center for Douglas County  
745 Vermont  
Lawrence, KS 66044

For more information or to update your **60 & Better** subscription  
settings, contact Michelle Meier at [mmeier@YourSRC.org](mailto:mmeier@YourSRC.org)



For Office Use Only	
Payment	<input type="checkbox"/> Cash <input type="checkbox"/> Ck
Date Rec'd	_____ Initials _____



Arbor Court Retirement  
Community at Alvamar



1510 ST ANDREWS DRIVE  
LAWRENCE, KS 66047  
785-841-6845  
[www.arborcourt-lawrence.com](http://www.arborcourt-lawrence.com)



LIKE US ON FACEBOOK

## Arbor Court...

### Start enjoying your retirement!

Studios start at  
**\$1525 per  
month including  
breakfast, lunch,  
utilities, housekeeping  
and transportation.**

Call us for our April  
**Move-In Specials and  
a complementary  
tour with lunch!**



**Serving Lawrence for 23 years!**

From business cards to banners and everything in between, we are here for your business or personal printing needs.

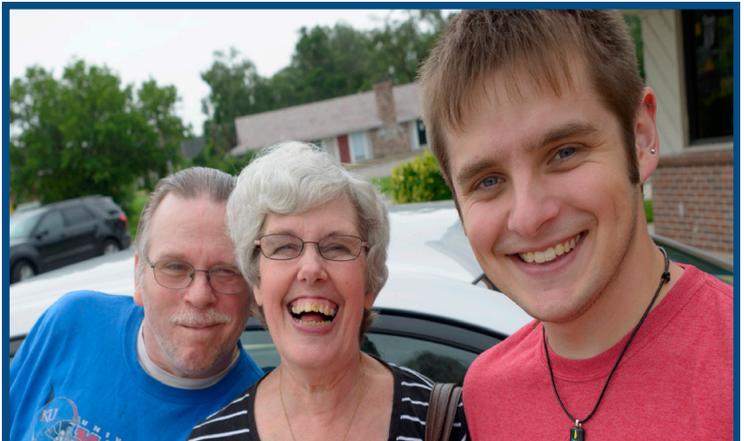


*Custom Cards*

- ✓ Note Cards
- ✓ Anniversary
- ✓ Thank You
- ✓ and More

**785-842-2656**

[www.minutemanlawrence.com](http://www.minutemanlawrence.com)



**Trinity In-Home Care Services**

- Light housekeeping
- Meal Preparation
- Errands
- Local Transportation
- Personal Care
- Mobility Assistance
- Companionship
- Respite Care

**(785) 842-3159**  
[www.tihc.org](http://www.tihc.org)