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SRC is conducting a SENIOR SURVEY



In order to serve you better, we need to hear from YOU!

Complete the survey online at www.surveymonkey.com/r/SeniorResources or come to SRC to complete a paper version.

Lawrence Featured in *Where to Retire* Magazine

The city of Lawrence was recently featured as a top retirement destination by *Where to Retire* (WTR) magazine. The March/April 2017 issue profiles Lawrence as one of eight cities with delightful downtowns, sunny skies, and pleasant downtown strolls, and a low cost of living.

According to WTR Editor Annette Fuller, Lawrence possesses qualities important to today's retirees. Aside from the draw of university sports fans, there is so much more that attracts people to our community. "The award-winning public library is a major community gathering place, and the university brings cultural bonanzas such as Pulitzer Prize-winning speakers, NPR show tapings, and inspiring classical music concerts," Fuller said.

According to WTR, 700,000 Americans relocate to new towns to retire each year. Statistics show that retirees who relocate are healthier, better educated, and more affluent than those who do not relocate to a planned retirement destination.

Further, these mobile retirees represent a significant level of economic impact as they settle in their retirement destination. Like many cities across the country, Lawrence has efforts in place to attract and welcome interested seniors who are considering Lawrence as a retirement destination that dovetail into the supports and services provided by the Senior Resource Center for Douglas County (SRC).

The SRC has resources to help design retirement in Lawrence. Working with



local agencies, partners, and area resources, SRC can help potential retirees plot out the kind of retirement in Lawrence they are looking for, whether they are already located in Lawrence and looking for meaningful ways to remain active in the community or seniors looking to make Lawrence their retirement home. SRC has the resources to lead retirees through all phases of their retirement from help navigating the steps to utilizing Medicare, to finding supports once they need additional assistance at home.

It is no surprise that Lawrence is showing up on a national radar as a great retirement destination. Whatever your stage of retirement or your immediate need, SRC is on the scene to help you live the best retirement life in Lawrence!

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.



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Reluctant Seniors

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



Recently my staff asked me to post on our website a definition of "senior," since they are often asked to clarify when people qualify for various senior programs and opportunities. The question is also rooted in some people's reluctance to describe themselves as seniors; many times every day we encounter people who resist the label.

A few months ago we tried to find a suitable substitute. The list of possible terms included golden ager, oldster, elderly, old coot, crone, dowager, silver citizen, silver-haired, and so forth. Many were discarded immediately, of course. None was nearly as satisfactory as "senior." Even terms such as "golden years" are disdained by our customers, so we decided that "senior" is the best we can do until something better comes along.

Could it be, though, that the issue is not the word "senior" itself, but rather a resistance to aging? Senior is the final stage, after all. Being a senior means facing the reality of our mortality. If that's the reason for the reluctance, no euphemism can hide the truth.

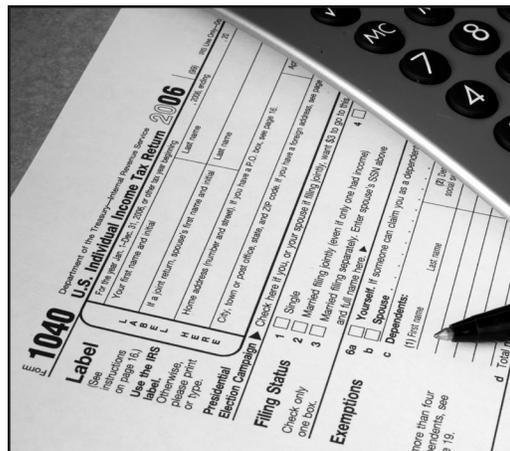
When does one become a senior? The dictionary does not specify an age that marks its beginning. Various organizations, businesses, and agencies use the word differently, so I found no help there. To play in the Senior PGA tournament, you must be at least 50. AARP membership starts at age 50. Some restaurants give senior discounts to anyone over 55 years of age. You can qualify for our Senior Meals at age 60. Medicare starts at 65. Social Security payments must start by age 70.5.

Therefore, at SRC we have decided not to pinpoint an age at which someone

becomes a senior. We instead talk about "the second half of life." Of course, no one knows when the second half begins, so we are happy to help anyone who identifies himself or herself as a senior. Each person must decide when the time is right.

I encourage you to look at this stage of life as a positive time. Being called a "senior" is not a bad thing. Did you resent the senior label in high school? Quite the contrary! It was probably a status symbol you enjoyed. Likewise, being a senior now simply means you are once again more advanced and deserve the benefits that come with getting older.

Send your ideas for better terms than "senior" or your insights on why seniors are reluctant to refer to themselves as such to me at mwilliamson@YourSRC.org.



Lawrence AARP Tax Aide FREE Tax Preparation Assistance

Tax Assistance Hours

Monday – Thursday
noon – 4:00 p.m.
Saturday
9:00 a.m. – noon

Central United
Methodist Church
1501 Massachusetts St

Service Available to the Public
No age restrictions.

785-691-9737
Call for an Appointment

Monday – Thursday
9:00 a.m. – 3:00 p.m.

DON'T FORGET TO BRING...

- Photo ID (even those not attending)
- Social Security Card (REQUIRED THIS YEAR)
- Copy of last year's tax return
- Social Security Statement (Form SSA-1099)
- All income documents (W-2s and 1099s)
- List of deductible items (If itemizing)
- A blank check (For Direct Deposit)
- Proof of health insurance/Coverage Exemption



The Internet – It’s a Jungle in There

Sometimes it seems that trying to be safe while on the internet is like trying to nail Jell-O to the wall. The reality is that there are so many ways that the internet is potentially unsafe that I could not begin to provide enough tips to warn you off all the perils. I can, however, share some tips and best practices that will help you have a safer internet experience.

Site Security

Always check for the signs that a website is secure before entering any sensitive information (such as your name/birth date/banking/credit card information) into it. There are two main ways you can identify a secure site and know any communication between the browser and the website is encrypted. Those two ways are:

- The URL (web address) starts with <https://> (the “s” indicates the site is secure)
- The lock symbol after the URL in the address bar also means the site is secure

Is it a real business or a scam?

Be aware of what online sites you are dealing with. For example, if you are

searching for the best deal on a widget, you may come across a fabulous deal, but you may not be familiar with the company. You may wonder is there anything you can do to check on them to determine if they are legitimate? Actually, there are several things you can do.



You can go to a search engine such as Google, enter the company's name plus the word “scam,” and see what type of information is returned. For example, you would search for: Widget Maker Company Scam. If in

your search returns you find complaints about scams, poor business practices, etc., you may want to avoid them.

There are also sites that will give you their ratings of a website. One example would be Norton, which makes antivirus software. If you go to its site and enter an address it will return one of four ratings. You can check it out at Norton Safe Web (<https://safeweb.norton.com/>.) Other sites also offer their versions of this service. You would want to do some checking around to find your favorite.

Another site will tell you if they believe a website is safe. When you go to ScamAdvisor.com and enter a website name, it will run a check. The company's site includes information on sites tested, high-risk sites, a “hall of shame,” and more.

The Consumer Protection Division Is Here to Help

As of yet, there is no one way or place to ensure you are safe online, but you can use some best practices, such as always checking that a site is secure prior to entering any of your sensitive information, as well as doing your due diligence research prior to handing money over to an unknown business.

When you combine these small steps together, they make one giant leap toward a safer internet experience. However, if you, a family member, or a friend believe you have been scammed or if you have a concern about any general consumer protection issue, please contact my Consumer Protection Division at 785-330-2849. We are always ready to serve the citizens of Douglas County.

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

Full web addresses for linked articles are as follows: <https://safeweb.norton.com/> and <http://www.scamadviser.com/>.

60 & Better

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

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

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

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Dear Senior Wheels,

You came into my life at a time when I was having a great deal of difficulty getting to the store and to my doctor appointments. My daughter had been driving me, but her car Amelia, a Toyota Camry, one of the cars that stay on the road the longest, gave up the ghost. We both really loved Amelia. Then she was gone and we both had to rearrange our lives.

Senior Wheels has been a godsend to both of us as my daughter was worried as to how I was going to get around and if I would hurt myself trying to get groceries home on the bus. I take Senior Wheels once a week to the store and I feel so pampered getting a ride from door to door. I honestly don't know what I would do without it. The bus stops are some distance from my doctors, and I dread having to cross busy streets. At the pace that I walk there really isn't time for me to get across. Drivers have turned in front of me missing me by an inch. Then they give me the stink eye! My light was green!

Daughters do worry about their mothers, and mine tells me she feels so much better now that she knows I can get where I need to go. That is one less worry for her.

I thank you, Senior Wheels, from the bottom of my heart for all the things you do for us. That the drivers are pleasant and a joy to talk to during the ride is just frosting on the cake.

Leslie Swearingen

Have a story about how SRC services have helped you? Please send your story to Michelle Meier at mmeier@YourSRC.org and share how SRC has impacted your life.

What is a senior?



See page 3 to see if you qualify.

This Month in History

March 2, 1966

Ford Motor Company celebrates the production of its 1 millionth Mustang. The Mustang was officially launched two years earlier, on April 17, 1964, at the World's Fair in Flushing Meadows, New York. More than 400,000 Mustangs were sold within that first year, exceeding sales expectations.



March 17, 1762

The first parade honoring the Catholic feast day of St. Patrick, the patron saint of Ireland, is held by Irish soldiers serving in the British army. Early Irish settlers to the American colonies, many of whom were indentured servants, brought the Irish tradition of celebrating St. Patrick's feast day to America. The first recorded St. Patrick's Day parade was held not in Ireland but in New York City in 1762, and with the dramatic increase of Irish immigrants to the United States in the mid-19th century, the March 17th celebration became widespread.

March 21, 1980

President Jimmy Carter informs U.S. Olympic athletes that the United States will boycott the 1980 Olympics in Moscow. It marked the first and only time that the United States has boycotted the Olympics.

March 29, 1929

On this day in 1929, President Herbert Hoover has a phone installed at his desk in the Oval Office of the White House. Previously, Hoover had used a phone located in the foyer just outside the office.



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Senior Resource Center
for Douglas County

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

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

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

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.

EDUCATION

▲ Beginning Spanish NEW CLASS FORMING!

Want to learn basic Spanish? Classes will start once we have registrations for a new beginning class. Bring your English to Spanish Dictionary. For more information, call 785-842-0543.

▲ Intermediate Spanish

Mondays, 1-2 p.m.
Signs of Life, 722 Massachusetts St., Lawrence
Free
Focus is on reading and conversation. Bring your English to Spanish Dictionary. For more information, call 785-842-0543

▲ Math Club

Mondays, 2:30-4 p.m.
Signs of Life, 722 Massachusetts St., Lawrence
Free
Enjoy lively discussions! For more information, call 785-842-0543.

JCCC Introduction to Social Media

Monday, April 24, 9 a.m.–4 p.m.
Peaslee Technical Training Center
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.

SUPPORT GROUPS

▲ SRC Caregivers Support Group

First and Third Mondays, 2:15 - 3:45 p.m.
Peaslee Technical Training Center, 2920 Haskell Ave
Meet with fellow and former caregivers in a safe haven to discuss challenges and issues surrounding being a senior caregiver.

Grief Support Group

Mondays, March 6 and 20, 4 p.m.
Lawrence Memorial Hospital Chapel, 325 Maine St., Lawrence
Facilitated by LMH Chaplain Angela Lowe. Usually meets the first and third Mondays of each month. For more information, call 785-505-3140.

Better Breathers Club

Tuesday, March 14, 10-11 a.m.
Lawrence Memorial Hospital
Pulmonary Rehab Department, 330 Arkansas St., 3rd floor
Free
Topic: "Celebrate National Pulmonary Rehab Week"
This education and support group is for those with chronic lung conditions and their support persons. For more information, call 785-505-2850.

Cancer Support Group

Wednesday, March 15, 5:30 p.m.
Lawrence Memorial Hospital
Oncology Center, 330 Arkansas St., #105, Lawrence
Join representatives from the 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. For more information, call 785-505-2807 or email liv.frost@lmh.org.

JAAA Caregiver Support Group

First Wednesday of every month, 1-2 p.m.
First United Methodist Church, 704 Eighth St., Baldwin City
Support group for caregivers of individuals age 60 or older. Meet with other caregivers in your area that may be struggling with some of the same issues you face while caring for your loved one. Jayhawk Area Agency on Aging staff will be present to answer questions and provide assistance. For more information, call 785-832-0754.

Look Good, Feel Better

Wednesday, March 15, 1-2:30 p.m.
Lawrence Memorial Hospital
Oncology Center, 330 Arkansas St., #105, Lawrence
Free, advance registration required
This non-medical public service workshop teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held monthly on the third Wednesday. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call 785-505-2807 to enroll.

Stroke Support Group

Tuesday, March 21, 4-5:30 p.m.
Lawrence Memorial Hospital, 325 Maine St., Lawrence
For those recovering from a stroke, and/or their family and friends. Join us this month for a special guest speaker. Gina Halsey, who is nationally certified in Oriental Medicine, will give a presentation on "The Benefits of Acupuncture in Stroke Recovery." For more information, call LMH Therapy Services at 785-505-2712.

ENTERTAINMENT

O.U.R.S. Dances

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

▲ **SCRABBLE Club – Open Play**

At SRC 1st, 3rd and 5th Thursdays, 1 - 4:30 p.m.
At Lawrence Public Library 2nd and 4th Thursdays, 1 - 4 p.m.
At Clinton Place Tuesdays, 1 - 4 p.m.

▲ **Pool (Billiards)**

At SRC, Open play Monday – Friday, 8 a.m. - 4:30 p.m.

HEALTH & FITNESS

Health Screenings

Know Your Numbers – Cholesterol and Glucose Screenings

Wednesday, March 8, 8-9:30 a.m.
Lawrence Memorial Hospital Main Campus (west lobby), 325 Maine St., Lawrence
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 9 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

Lawrence Memorial Hospital Performance and Wellness Center at the Sports Pavilion of Lawrence
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 785-505-33066 or send an email to aynsley.anderson@lmh.org.

LAWRENCE PARKS & REC CLASSES (LPRD)

Lifelong Recreation (50+)

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

Buy, Sell on Ebay and Craigslist (LPRD)

Mondays, March 27, and April 3, 10 and 17, 6-7 p.m.
Carnegie Building, 200 W. 9th St., Lawrence
Fee: \$32

Ready to downsize and your items are too valuable for a garage sale? This class teaches you how to safely use the internet to sell your items to a wider market.

Computer 101 (LPRD)

Saturdays, March 4, 11 and 18, 2-3:30 p.m.
River Front Plaza-Computer Lab, Sixth and New Hampshire streets
Fee: \$32

Designed for beginners or those with limited or no experience, the class covers computer components, basic computer terminology, introduction to the internet and more.

General Paleontology (LPRD)

Thursday, March 30, 2-3:30 p.m.
East Lawrence Recreation Center Meeting Room
Fee: \$12

An overview of the fossil record including paleoecology with mention of the geological time framework.

ART

▲ **Tuesday Painters**

Senior Resource Center, temporary location: Peaslee Technical Training Center, 2920 Haskell Avenue, Lawrence
Tuesdays, 9 a.m.-noon
Free
Bring your own painting project and supplies. For more information, call 785-842-0543.



▲ **Acrylic Painting**

Second and fourth Saturdays of the month, 9:30 a.m.-noon.
New location: Clinton Place, 2125 Clinton Parkway
Fee: \$20 per session; no registration required
Drop-in sessions for beginners and experienced painters. For more information, call 785-842-0543.

SRC Activities are noted with a ▲.



Senior Resource Center
for Douglas County

Follow us on Facebook @YourSRC



PUBLIC EVENTS

Senior Resource Fair

Tuesday, March 7, 9 a.m.-1 p.m.
Rock Chalk Park Sports Pavilion, 6100 Rock Chalk Dr
Be sure to visit the SRC table as you make your way through the Fair!

Senior Engagement Coordinating Council (SECC)

Every Third Monday, March 21, 1:00 p.m.
Baldwin City Recreation Center, 705 High St, Baldwin City
The SECC is a voluntary council guided by an elected chair and co-chair, meeting on a monthly basis to work on improving quality of life for Baldwin City seniors.

Book Club Plus

Tuesdays, March 7, 14, 21 and 28, 6-7 p.m.
Carnegie Building, 200 W 9th St., Lawrence
Fee: \$28, Pre-registration required
Celebrate Women's History Month in a series of classes and an escorted driving tour presented by Lawrence Parks and Recreation, the Lawrence Public Library and the Watkins Community Museum. The program begins with "The All True Travels and Adventures of Lidie Newton" a novel of historical fiction by Jane Smiley. That class segues into discussions and re-enactments of real life women of Lawrence's history. Program fee includes a copy of the book and registration for the driving tour. Register at any Lawrence recreation center or at www.lprd.org; for more information call Gayle Sigurdson at 785-832-7920.



MUSIC

New Horizons Band

Fridays in March
Rehearsals at Brandon Woods' Smith Center, 4730
Brandon Woods Terrace, Lawrence
Fee: \$5 annual dues
For more details, contact John Towner at 785-865-3519 or email towner@sunflower.com.

- March 3** Pioneer Ridge Health Center, 4851 W Harvard Rd, 4 p.m.
- March 10** Rehearsal
- March 17** Presbyterian Manor, 1429 Kasold Dr, 4:15 p.m.
- March 24** Pioneer Ridge Assisted Living, 4851 W Harvard Rd, 3:30 p.m.
- March 31** Rehearsal

AARP Smart Driver Safety Course

Thursday and Friday, March 16-17, 9 a.m.-1 p.m.
SRC temporary location: Peaslee Technical Training Center, 2920 Haskell Ave., Lawrence
Fee: \$15 for AARP members, \$20 for nonmembers
This two-day course will help refresh your driving skills, save money, brush up on proven driving techniques to help keep you and your loved ones safe on the road. To register, contact Larry Woydziak at lwoydzia@YourSRC.org or call 785-727-7875.

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.

Nutrition Carnival

Saturday, March 11, 11 a.m.-1 p.m.
Lawrence Public Library, 707 Vermont St.
Free
Join Lawrence Memorial Hospital, the LPL, and our other community partners for the Nutrition Carnival. Interactive, fun nutrition education activities and information for kids ages four and up to adults. Special presentations, performances, and guests include the Last Carnival Circus Arts and Aerial Dance School; the Edible Books Festival; and healthy snacks and giveaways. For more information, go to www.lawrence.lib.ks.us and click on News and Events.

Intergenerational Choir

Tuesdays, 12:30-1:30 p.m.
Rehearsals at Babcock Place, 1700 Massachusetts St.
Sing with KU students; led by music therapy students. They will rehearse and perform once or twice a semester. For more information, call Janet at 785-727-7873.



Osher Lifelong Learning Institute

1515 St. Andrews Dr., Lawrence

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 jimpeters@ku.edu.

Small Spaces in High Places:

The Geography of Andorra, Liechtenstein and San Marino

Tuesdays

Mar. 21, 28, and Apr. 4, 2-4 p.m.

Osher Institute, 1515 St. Andrews Dr

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

Mondays,

Apr. 3, 10, and 17, 7 - 9 p.m.

Osher Lifelong Learning Institute

From the Right to Vote to Running for President:

Women's Struggle for Political Equality

Thursdays,

Apr. 13, 20, and 27, 2 - 4 p.m.

Osher Lifelong Learning Institute

Abraham Lincoln Revealed

Thursdays

Mar. 23, 30, and Apr. 6, 2-4 p.m.

Lawrence Presbyterian Manorm 1429

Kasold Dr

Kelley Hunt Presents Joyful Singing for Everyone

Tuesdays,

Apr. 11, 18, and 25, 2 - 4 p.m.

Osher Lifelong Learning Institute

The Underground Railroad in Northeast Kansas (FULL WITH WAITING LIST)

Tuesdays,

Apr. 18, 25, and May 2 • 2 - 4 p.m.

Pioneer Ridge, 1000 Wakarusa Dr

Is Horatio Shakespeare's Most Enduring Villain?

Thursdays

Mar. 23, 30, and Apr. 6, 7-9 p.m.

Osher Institute, 1515 St. Andrews Dr

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

Wednesdays,

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

Osher Lifelong Learning Institute



Arbor Court Retirement Community at Alvamar



1510 ST ANDREWS DRIVE
LAWRENCE, KS 66047
785-841-6845

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 March Move-In Specials and a complementary tour with lunch!

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 or contact Gayle Sigurdson at 785-832-7909.

Pompeii at Union Station and Kemper Museum (LPRD)

March 21

Fee: \$60; registration deadline: March 2

Pompeii: The Exhibition at Union Station tells the story of everyday life in Pompeii, which was hidden from view by the volcanic eruption that destroyed it until 250 years ago. The exhibition features authentic artifacts including frescoes, mosaics, and sculptures. After lunch, a tour of the Kemper provides a look at contemporary life and art.

Transportation will be in LPRD bus.

Adventurers of the Midwest (LPRD)

March 29-31

Fee: Double \$391 before February 13 or \$411 after; Single \$499 before February 13 or \$539 after

Meet cowboys, oilmen, and African explorers on this trip south to Oklahoma. Stops include Woolaroc Museum and Wildlife Preserve, the Will Rogers Memorial and Museum, Philbrook Art Museum, and the Johnson Safari Museum in Chanute.

Motor coach transportation.

Boeing Boeing (LPRD)

April 12 New Theatre Restaurant, Overland Park

Fee: \$60; registration deadline: March 10

A Tony Award winning comedy and five-star cuisine. This "farical whirlwind of mayhem" stars Debra Jo Rupp of TV's "That 70's Show."

Transportation will be in LPRD bus.

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 LPRD bus.

Pella Tulip Festival (Pella, Iowa) (LPRD)

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 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.



Need assistance with

- washing windows
- painting
- cleaning/sweeping
- scrapping paint
- raking
- trimming trees
- moving dirt/digging
- other home projects

The Big Event Can Help!

The Big Event connects the KU campus with the Lawrence community by recruiting thousands of student, faculty, and staff volunteers to work at hundreds of local job sites during one day of service. Big Event volunteers provide a helping hand to Lawrence residents by completing projects in their neighborhoods.

Register for assistance at
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The Big Event Work Day is Saturday, April 8, 2017



Spencer Museum of Art Senior Sessions

This series of informal gallery talks is designed for senior citizens and is open to everyone. All sessions are held on select Thursdays from 10-11 a.m. at the Spencer Art Museum, 1301 Mississippi St. All sessions are free and open to the public. Parking is available in the parking garage located across the street from the museum. For more details, visit www.spencerart.ku.edu or call 785-864-4710.

The Flint Hills Quilt Trail

Thursday, March 9

Liz Kowalchuk, Associate Professor in visual arts and museum studies, presents the history of quilting in Kansas as well as contemporary support for quilting through quilt guilds.

Expanding the Canon

Thursday, March 23

Cassandra Mesick Braun, curator of global and indigenous art, explores works in the exhibition *The Object Speaks*, which fall outside of traditional artistic canons. Featured work will include outsider art from the American south; Central European reverse-painting-on glass; art populaire from the Democratic Republic of the Congo; and engaged activist art from minority populations.

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.



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Q: My arthritis is making it harder for me to be comfortable during sex. Is it time to accept that my sex life is over?

A: As we age, many chronic disorders present new challenges to sexual activity. The secret to success is adaptability. Who says you have to use the same approach that worked when you were younger? After all, shaking up old habits can make sex more exciting. You certainly have permission to think about solutions, talk them over with your partner, and experiment.

If your partner cares about you and loves you, s/he will happily adapt too. If you haven't been discussing sex with each other throughout your relationship, now is the time to start. Waiting until you're in bed isn't the right time to start making a plan. If you are too shy, practice saying the words alone first or write your message in a love note.

Next, take action. Be responsible for preparing to boost your chances for success. Here are some ideas:

- Are certain positions more comfortable in general? Figure out how to use them to your advantage during sex. If your hips are arthritic, for example, lying on your side with your knees drawn up may be better than on your back.
- Tuck extra pillows wherever they help — under or between knees, behind your back, under your head, whatever gives support where needed.
- Be rested, such as after a nap. Late at night may be the most difficult time.
- Take your pain reliever long enough ahead so that it is working at its best.
- Use what you already do that helps you during other activities. Have you discovered that your joints are less painful at certain times of day? Whatever accommodations you are already making in other aspects of your life, use them to alter your routine for sex too.

- Use lubricant (not on your joints). Not only does it make sex more enjoyable, but if your joints start complaining before you finish sex, you may need help speeding things up a little. Lubricant can facilitate that.



- Be sure your body is warm. Use a heating pad or electric blanket. Take a hot bath first.
- Take turns meeting each other's needs. Trying to reach completion simultaneously isn't necessary. You each can focus on each other, while being in a comfortable position at each moment.
- Don't hesitate to bring up this topic with your physician or nurse practitioner. S/he may be able to modify your pain medication and have other suggestions.
- Lighten up. So what if something you tried doesn't work? Laugh it off. Have a good time trying new things with your partner. Experiment.
- Don't give up. Keep trying new strategies. Continue talking with your partner. Look up information in the library or online. Join an arthritis chat line or support group that is willing to discuss sexual adaptation to arthritis to learn how others adapt.

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.

WEATHER NEWS

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

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

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Senior Resource Center for Douglas County

Q: I've got some health problems, but my wife and I want to end our days at home rather than going to a hospital or a nursing home. Don't we have the right to choose that for ourselves?

A: Yes, IF (and it's a big IF) you are competent. Here's a true story taken from a recent case decided by the Kansas Court of Appeals that shows how our best intentions can be thwarted when the aging process includes severe mental decline.

The senior couple involved was a 79-year-old, "Mrs. Smith," and her husband who lived in a small west Kansas town. The woman's sister, "Mary," became concerned because Mrs. Smith had been diagnosed with mild dementia, along with glaucoma, hypertension, depression and chronic joint pain. Mr. Smith was quite frail, too, and when his wife ended up in the hospital — she was unable to walk, could not eat, needed oxygen, and had a urinary infection — Mary asked the District Court to appoint her as her sister's guardian, which the Court agreed was proper. When Mrs. Smith was ready to go home from the hospital, Mary used her power as guardian to move her sister into the local nursing home.



Mr. Smith appealed the District Court's order permitting the guardian to move the ward into the nursing home rather than return home. But the Kansas Court of Appeals

decided that, although Kansas law requires the guardian to allow Mrs. Smith to reside "in the least restrictive setting appropriate to [her] needs . . . and which is reasonably available," the nursing home in her small Kansas town was the only appropriate placement. Although Mr. Smith claimed that he could provide adequate care for his wife in their home, the evidence presented to the Court supported the guardian's claim that he could not. Also, the doctor who testified at the hearing said that most of the in-home services that Mrs. Smith would have needed to stay at home were not available in their small town. The Court determined that there was no viable alternative to nursing home care unless the Smiths moved to a much larger town, which Mr. Smith did not want to do.

A competent person always has the authority to make her own decisions, but in this case, Mr. and Mrs. Smith's intention to stay home was overcome by circumstances beyond their control in their own failing minds and bodies. And the people around them — the doctor, the sister, and the judge, among others — had to exercise their best judgment in a difficult situation.

What could you do to prevent this catastrophe?

Make sure your home is a supported environment. If you own a home and want to stay there, could you navigate your halls, bathroom, and entry with a walker or wheelchair? Do you have grab bars in the shower and next to the toilet? Do

you have family or very close friends in your community who can help you? Do you have enough savings and retirement income to pay for in-home assistance? Are such services available in your town? (Yes, there are such services in Douglas County.) Could you move closer to your family so that you are easier to help? Would senior housing, an assisted living community or a continuing care retirement community be affordable? Do you have long-term care insurance that pays for in-home care?



The Smiths' circumstances were particularly bad: Incompetent wife with a complicated mix of medical problems, a frail husband, and a rural community without a range of "less restrictive alternatives" to the nursing home to offer. In addition, the only involved family member — Mrs. Smith's sister, Mary — was an senior as well. So, yes, you do have the right to self-determination most of the time, but we are all vulnerable to circumstances beyond our control.

(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.)

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Call for information
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785-727-7880

How to Create a Safe “Aging-in-Place” Home

Dear Savvy Senior,
My husband and I are thinking about making some modifications to our home so we can remain living there for as long as possible. Can you recommend some good resources that can help us with aging in place ideas?
Staying Put

Dear Staying,

Many retirees, like you and your husband, want to stay living in their own house for as long as possible. But being able to do so will depend on how easy it is to maneuver your home as you get older. Here are some helpful resources you can turn to, to get an idea of the different types of features and improvements you can make that will make your house safer and more convenient as you grow older.

Home Evaluation

A good first step in making your home more age-friendly is to do an assessment. Go through your house, room-by-room, looking for problem areas like potential tripping or slipping hazards, as well as areas that are hard to access and difficult to maintain. To help with this, there are several organizations that have aging-in-place checklists that point out potential problems in each area of the home, along with modification and solutions.

Rebuild Together, for example, has a two-page “Safe at Home Checklist” that’s created in partnership with the Administration on Aging and the American Occupational Therapy Association. Go to AOTA.org and search for “Rebuilding Together Safe at Home Checklist.”

The National Association of Home Builders also has an “Aging-in-Place Remodeling Checklist” that offers more than 100 suggestions to help homeowners age 50-plus live safely, independently and comfortably. Go to NAHB.org and search for “Aging in Place Remodeling Checklist.”

Also check out AARP’s excellent resource called the “HomeFit Guide” that’s filled with 28-pages of tips and diagrams to make your entire home safe and easier to live in as you age. You can access it at AARP.org by searching for “HomeFit” or call 888-687-2277 and ask them to mail you a free copy.

Personalized Advice

If you want more personalized help, consider getting a professional in-home assessment with an occupational therapist.

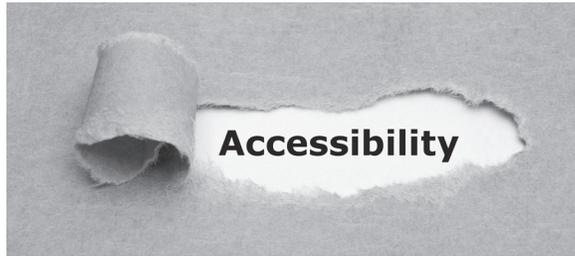
An occupational therapist, or OT, can evaluate the challenges and shortcomings of your home for aging in place, recommend design and modification solutions, and introduce you to products and services to help you make improvements.

To find an OT in your area, check with your physician, health insurance provider or local hospital, or seek recommendations from family and friends. Many health insurance providers, including Medicare, will pay for a home assessment by an OT if prescribed by your doctor. However, they will not cover the physical upgrades to the home.

Another option is to contact a builder who’s a Certified Aging in Place Specialist (CAPS). CAPS are home remodelers and design-build professionals that are knowledgeable about aging in place home modifications, and can suggest ways to modify or remodel your home that will fit your needs and budget. CAPS are generally paid by the hour or receive a flat fee per visit or project.

To find a CAPS in your area visit the National Association of Home Builders’s website at NAHB.org/capsdirectory where you can search by state and city.

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



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2040 UPDATE**



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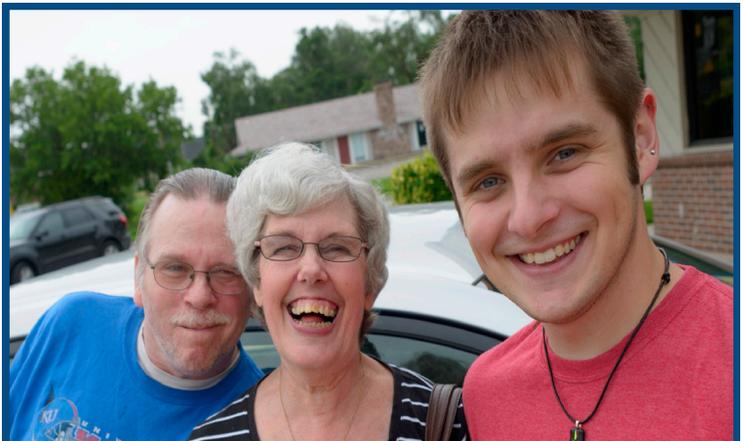


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