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Healthy Hearts Fair



Free Health Screenings & Exhibits
Saturday, February 22, 7:30 - 10 a.m.
LMH Health Lower Level
330 Arkansas



Why Yoga Truly is for Every Body

By Michelle Meier, Editor

When many people think of yoga, they likely have an image of a young person twisted up like a pretzel with apparent ease. The truth, however, is that one of the great things about yoga is that it is quite adaptable to different populations with diverse physical abilities and needs.

For Susan Rieger, 62, teaching yoga was a natural extension of her background in dance. But it was a random crossing of her passion for dance while working as a social worker at the medical center that brought her to the benefits of yoga. As chance would have it, the student who was lined up to teach a yoga class had to cancel, so Susan did some research in order to fill in and found the many benefits of yoga that built on her knowledge of biomechanics and dance. It was here where the two passions of her life came together in a meaningful way. She realized just how much the basics of yoga could help patients with Parkinson's disease and cancer build better strength and balance to better their quality of life.

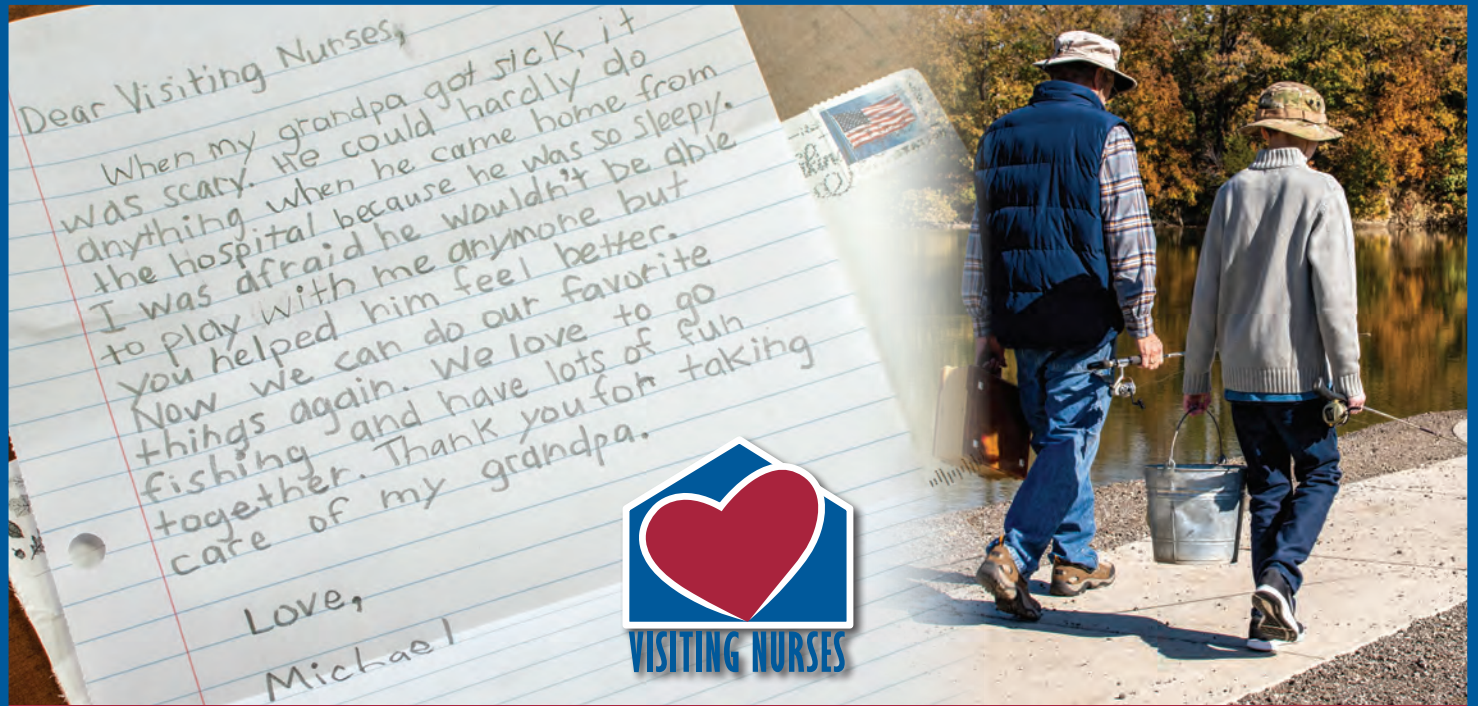
Fast forward to 35 years and Rieger is still teaching yoga. In fact, she teaches up to nine yoga classes a week at various locations and yoga studios in Lawrence and Kansas City. Her class Yoga for Every Body has been so popular at SRC that a second class has been added on Fridays starting February 14 to allow more seniors to take this popular class while keeping the class size manageable.

Janet Ikenberry, director of health and human services at SRC, has been

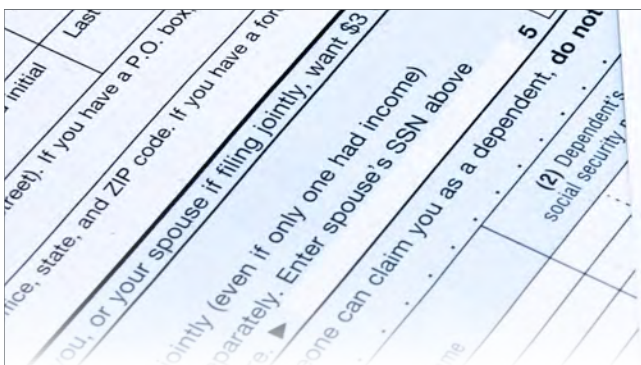
managing enrollment for the Yoga for Every Body classes since 2014. "Susan is a very highly respected yoga instructor and we're so fortunate to have her teaching at SRC. Her students love her and have become so devoted to her class that there was rarely an opening for new students. We're so happy Susan was willing and able to add the second session on Fridays."

Susan's class is so popular in fact that there are numerous students who have been taking the Yoga for Every Body class dating back to 2012 when the class was first offered. Many of the students in the current class have been taking it on and off since then. Jo Unruh first learned of the class after reading an article in the Lawrence Journal-World and has been signing up ever since. "I
(continued on page 24)





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2020 AARP TAX-AIDE FREE TAX ASSISTANCE

WHAT YOU SHOULD KNOW...

Lawrence AARP Tax-Aide
Central United Methodist Church
1501 Massachusetts St

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

Tax Appointment phone line number
785-691-9737

Starting Tuesday, January 21, 2020
Appointment line will be open Monday – Thursday
9:00 a.m. – 3:00 p.m.

TAXES ALSO PREPARED AT THE FOLLOWING LOCATIONS:

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

WHAT YOU SHOULD BRING...

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

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

- Copy of last year's tax return
- Year-end Social Security statement, Form SSA-1099 (with pink highlighting)
- All income documents (e.g., W-2s and 1099s)
- Real estate taxes if claiming Kansas Homestead/Property Tax Relief Refund
- Summary list of deductible items (if itemizing) (e.g., medical bills, charitable donations, mortgage interest, property tax on vehicles, etc.)
- A blank check to verify bank account and routing numbers for Direct Deposit
- Forms 1095-A if you received Marketplace Insurance

Free tax assistance for those who need it the most!

AARP Foundation
TAX-AIDE

(Begrudgingly) Embracing Change

By Megan Poindexter, Executive Director



I recently had to buy a new cell phone. And when I say “had to”, I do mean just that! I had a very old version of an iPhone (a “5”, in case you like to know those kinds of details). No longer was my phone able to accept the new systems updates, and therefore, it had stopped functioning altogether.

And, boy, was I ever annoyed!

I entered the local phone store where the kind and patient employee walked me through my new phone options, cost, features, cost, benefits, cost, color options... and did I mention cost... and thus, I made my choice. That’s when the real fun began (my voice rich with sarcasm)!

I’m not totally change-adverse, but, I like efficiency. And yet, this experience is a reminder that so often with change comes a learning curve. That requires time, and learning the new “features” of a phone is simply not where I want to spend that finite and valuable resource!

I know many tech-loving people who revel in the opportunity to get the latest and greatest gadget, technology, upgrade, tool, or toy. However, I know many people just like me! In fact, over the holidays, my Dad was lamenting the same annoyance, only his was over the need to get a new laptop, but for the same reasons. (The apple may not fall far from the tree!) What are we Luddites to do?

I am accepting—begrudgingly—my new phone, and I’m sure my Dad will get used to his new computer. Both of us will plow through the awkwardness and irritations that come with learning new ways to accomplish our tasks. Maybe (no promises) we’ll come to love our new devices and all those “enhancements and improvements” forced upon us. (Maybe not!)

What is pushing you to embrace change as this new decade begins? Do you jump at the chance to be part of the newest thing, or do you (like me) drag your feet but eventually get there? Or do you dig in those heels and reject it altogether?

Whichever way you approach change, it’s one of those few things we all know are sure will come. I wish you all the best luck in adapting and adjusting!

And in the meantime, if you need me, I’ll be over here....fumbling through the new way to check my voicemails!



Angie Davidson

Featured Senior Community Volunteer

Seniors often find themselves almost as busy once they retire as they were working full time! The best part is that as retirees, they get to choose how they spend their time each day instead of going to work. Each month we will feature a senior who is giving back to a nonprofit in Douglas County.

Ralph & Mary Tallmon

Ralph and Mary Tallmon have been married for 35 years and have volunteered at the Watkins Museum of History for more than three years. Ralph is an Air Force veteran and retired jeweler, and greatly enjoys staffing our front entrance and meeting visitors from all over the U.S. Mary works as a nurse and often volunteers in the Watkins archives, where she loves cataloging and describing historic photographs.

“Watkins Museum of History is a local treasure. There is something new to see every week!”

~ Ralph & Mary Tallmon

If you're interested in volunteering at Watkins Museum of History, contact Public Engagement Coordinator Will Hickox at whickox@watkinsmuseum.org or 785-841-4109.



**Looking for a place to volunteer in Douglas County?
Contact the Roger Hill Volunteer Center to find an opportunity near you.
Call 785-865-5030, ext. 301 or email volunteer@unitedwaydgc.org.**

Legit Debt Collector or a Four Letter Word for Scam?

By Charles Branson, District Attorney



If today you received a call or letter from a debt collector would you be confident in your ability to determine if it was legitimate or a scam? The topic of debt and especially debt collection may be a tough one, but don't let a dislike of the topic give a scammer the opportunity to take your hard-earned money.

The Consumer Financial Protection Bureau (CFPB), a federal agency, provides extensive information on its website about debt collection, debt collection scams, Fair Debt Collection Practices (FDCPA), and more. While space limits this article to an overview, the article also lists multiple resources if you need more detailed information.

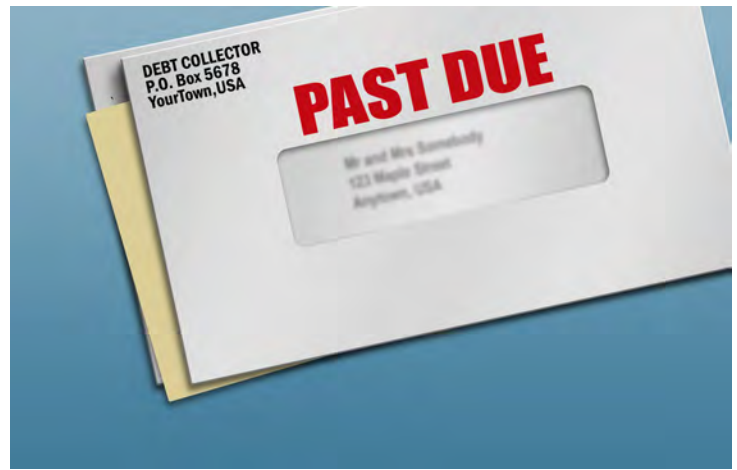
Debt collection scam – the warning signs:

- The debt collector threatens you with criminal charges. Legitimate debt collectors should not claim they'll have you arrested.
- The debt collector refuses to give you information about your debt or is trying to collect a debt you do not recognize.
- The debt collector refuses to give you a mailing address or phone number.
- The debt collector asks you for sensitive personal and financial information. NEVER give out your personal and financial information unless you are certain it is not a scam.

You think it's a scam, but what now?

If you suspect a debt collector is actually a scammer, demand the caller's name, what company the caller works for, and the company's street address, and telephone number. If the caller refuses or can't give you the information OR if you can't verify the information provided, don't give any information or money to the caller or company.

To change the mode of contact from both a legit or scammer, you have the right to send them a letter and request certain information. Be sure to check out the CFPB website (www.consumerfinance.gov) for handy sample letters covering issues such as: I do not owe this debt; I need more information about this debt; I want the debt collector to stop contacting me; I want the debt collector to only contact me through my lawyer; and I want to specify how the debt collector can contact me.



If you have contacted the entity and they do not comply with your request, you can also submit complaints to the CFPB and the Federal Trade Commission (www.ftc.gov) under "File a Consumer Complaint" for further protection.

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Better Senior Living

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

For advertising, contact Michelle Meier at mmeier@YourSRC.org or 785-727-7878

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Sharing Significant Health Information...To Tell or Not To Tell

By Michelle Meier



So you've just received a major diagnosis from your doctor. One that will impact your long-term health, maybe even your longevity. As you face the future of appointments, potential treatments, and possibly even the worst, do you find yourself wanting to shield others from the news? Do you fear others will treat you differently or pity you? Is this the type of news that your family just doesn't talk about? How do you navigate with whom and how much of the information you share?

This is a fully-loaded topic with a multitude of factors and just as many opinions. As I write, I don't intend to suggest the right answer for any individual scenario, but I hope to identify and potentially give voice to various points of view and offer considerations as you decide for yourself when, with whom, and how much information you want to share.



Protecting Others

One of the most frequent reasons given for not sharing information is the consideration of protecting others from the pain, burden, stress, or reality of your diagnosis. While holding off on sharing details with an extensive list of your inner circle until you have a full picture of your health condition is understandable, long-term protection of others, including adult children, can be a double-edged sword. First of all, your health can be used as an indicator of familial patterns, which is something your children should know as part of their own medical history. But beyond that, there are actually studies that show the downside of not sharing this kind of information with adult children. Columbia University researchers studied the effects of 13,000 secrets and found keeping them often led to preoccupation, decreased trust and reduced satisfaction with life.

Pride vs Privacy

It is not uncommon for someone facing a significant health scare to want to keep others from feeling sorry for them or changing how they look at them. While the news of your diagnosis doesn't

need to be plastered on a billboard and shared with the masses. There are those out there who may try to take advantage of your situation, so privacy is important which is why we have HIPPA laws to protect us. However, I have found that more often than not, when we share our own vulnerabilities, no matter what they are, more times than not, others can either identify with our situation or come to respect us for making our way through the fire. When considering whether to share your diagnosis with your inner circle, it will be important to consider how much help you may need from them as you embark on this journey. No matter the prognosis, you will need the love and support of your family and personal tribe to navigate all that goes with a chronic health condition. From rides to appointments, a second ear at vital appointments, to just plain love and support, this isn't a time to fly solo.

Cultural Norms

Sharing this type of health information has not always been the cultural norm and for some cultures, particularly Asian cultures. Ironically, in Chinese culture, the patient is often not told about significant diagnosis and it is the family that is left to decide whether they should be told. This launches into a new realm of this discussion which can be addressed in a future column as this scenario occurs in numerous scenarios, often with patients with later stages of dementia and Alzheimer's.

These are just a handful of reasons that are often given when not sharing information about a significant diagnosis with family and loved ones. As with many of the topics we address in this column, there is no true right or wrong. There are so many scenarios when sharing or not sharing may seem best at the time. But take heed, hiding the truth can be just as damaging as the diagnosis you are fighting. Columbia University also studied the health effects of withholding information and found that keeping the diagnosis a secret created significant isolation and lead to emotional and physical fatigue because hiding something so significant takes effort. Another factor to consider indeed.



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Senior Resource Center for Douglas County (SRC) offers information on programs available for seniors across the county. **All leisure and learning opportunities are open to all Douglas County residents, unless otherwise noted.**

Offerings available specifically through the Senior Resource Center are noted with a ▲ before SRC listings. You can register for all SRC offerings at www.YourSRC.org or by calling 785-842-0543.

SUPPORT GROUPS

Grief Support Group

Thursdays, 4 – 5:30 p.m.

LMH Health, 325 Maine St, Lawrence

This 12-week support group provides support for those who have lost loved ones. This group provides a place to hold on to special memories as you seek to create a new life today. Contact Robin Colerick-Shinkle, Spiritual Care Manager at 785-505-3140 or email Robin.Colerick-Shinkle@LMH.org to get started.

▲ SRC Caregivers Support Group

First and Third Mondays, 2:15 - 3:45 p.m.

Third week meeting **MOVED to Wednesday, February 19**

Senior Resource Center, 745 Vermont, Lawrence

Meet with fellow and former caregivers in a safe haven to discuss challenges and issues surrounding being a caregiver of a senior. For more information, contact Janet Ikenberry at 785-842-0543 or email jikenberry@YourSRC.org.

Baldwin Caregiver Support Group

First Wednesday, 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 the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. For more information contact Linda Ballinger at 913-980-3831 or lindababe43@gmail.com.

JAAA Lawrence Caregiver Support Group

Second Tuesday, 1 - 2 p.m.

First Southern Baptist Church, 4300 W 6th St, Lawrence

Support group for caregivers of individuals age 60 or older. Meet with other caregivers who may be struggling with some of the same issues you face while caring for your loved one. For more information contact Michelle Dillon with the Jayhawk Area Agency on Aging at 785-832-0754 or mdillon@jhawkaaa.org.

Better Breathers Club

Second Tuesday, 10 – 11 a.m.

LMH Health Pulmonary Rehab Dept.

330 Arkansas St, Lawrence

The Better Breathers Club, sponsored by the LMH Health Pulmonary Rehab Department, is a free support group for people with chronic lung disease and their support persons. Light snacks are provided. For more information contact Rebecca Murphy, RRT, Pulmonary Rehab at 785-505-2850 or email rebecca.murphy@lmh.org

Ostomy Support Group

Second Thursday, 5:30 – 7 p.m.

LMH Health, 325 Maine St, Lawrence

Conference Room D North

The Ostomy Support Group supports people with ostomy and continent diversions, their families, and caregivers. Meetings include speakers, light refreshments and an open forum for discussion. For more information contact Candice Lewis, Wound/Ostomy Care Coordinator at 785-505-6265 or email Candice.Lewis@lmh.org.

Lawrence Parkinson's Support Group

Third Tuesday, 2 - 3 p.m.

Presbyterian Church, 2415 Clinton Pkwy, Lawrence

Join others affected by Parkinson's for support, information, and socialization for people with Parkinson's and their caregivers. New members welcome.

Stroke Support Group

Third Tuesday, 4 - 5 p.m.

LMH Health, 325 Maine St, Lawrence

Conference Room D South

If you or a loved one has had a stroke, join us to share experiences and ideas about life changes brought on by stroke. Monthly meetings often include informal presentations about treatments and services available for stroke survivors and their loved ones. For more information, please call LMH Therapy Services at 785-505-2712.

Cancer Support Group

Third Wednesday, 5:30 - 6:30 p.m.

LMH Oncology & Hematology Center

330 Arkansas St # 105, Lawrence

Join representatives from the LMH Health Oncology Department for a general cancer support group. This group is open to anyone with any cancer diagnoses and/or family members or those affected by cancer. The group meets the third Wednesday of each month in the LMH Health Oncology Waiting Room. For more information, contact Liv Frost, LMSW, Oncology Social Worker at 785-505-2807 or email liv.frost@lmh.org.

SRC activities are noted with a ▲.

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MUSIC

Intergenerational Choir

Rehearsals at SRC, 745 Vermont, Lawrence Tuesdays, 11:30 a.m. - 12:30 p.m.

Led by music therapy students from KU, this group brings together multigenerational members for weekly sessions singing music ranging from the classics to modern arrangements. The Intergenerational Choir meets weekly with an end of semester performance. For more information, contact Melissa Grady at mlgrady@ku.edu.

Parkinson's Wellness Choir

Wednesdays, 4 - 5 p.m.

First United Methodist Church-West Campus, 867 Hwy 40, Lawrence

Lead by Morgan Harrison of the West Campus Worship Band and Trish Lemke, speech-language pathologist from LMH Health, the Parkinson's Wellness Choir is a therapeutic choir focusing on improving the quality of lives of people with Parkinson's. This opportunity allows people with Parkinson's to strengthen their voice, speech, breathing, singing, cognitive function and socialization. All people with Parkinson's are welcome, regardless of musical ability.

Junkyard Jazz

Every Thursday, 7-8:30 p.m.

American Legion, 3408 W 6th St, Lawrence

Join the Junkyard Jazz Band every Thursday for an ongoing jazz jam session full of fan favorites and a full dance floor!

New Horizons Band

Fridays, 4 - 5 p.m. (Rehearsals/Performances)

Rehearsals at SRC, 745 Vermont, Lawrence \$5/yr. dues

Contact Director Johannah Cox at 785-979-2225 or email johannahcx@gmail.com.

- February 7 4 PM Pioneer Ridge 4 851 Harvard Dr
February 14 Rehearsal @ SRC
February 20 6:30 PM Free State Band Concert 4700 Overland Dr
February 21 4 PM Monterey Village 3901 Peterson Rd
February 28 Rehearsal @ SRC

LIVE PERFORMANCES

Silent Comedy Stars

Saturday, February 8, 7 p.m.

Liberty Hall, 644 Massachusetts St, Lawrence

\$15 Adult, \$12 Senior, \$5 Student/Youth

Watch silent film legends on Liberty Hall's big screen as members of the Lawrence Community Orchestra provide musical accompaniment, including sound effects, to Habeas Corpus (Laurel and Hardy), and One Week (Buster Keaton). Tickets are available at the door or at www.lawrenceorchestra.org.

The Vagina Monologues: Liberated Sisters

February 13 - 15

Lawrence Arts Center, 940 New Hampshire St, Lawrence \$25

The Vagina Monologues: Liberated Sisters is a performance that tells the stories of women: white, black, trans, Native American, East Asian, and others. We will share excerpts from Eve Ensler's The Vagina Monologues plus original music, dance, and monologues inspired by local women. Sparking many movements across the globe, Eve Ensler's work continues to activate change by con-fronting the silence surrounding vaginas and sexuality as well as creating spaces for marginalized voices to share their stories.

The Snow Queen

February 21, 22, 28, 29

Lawrence Arts Center, 940 New Hampshire St, Lawrence \$25 adult/\$20 senior/\$15 student

Based on the same Hans Christian Andersen story that inspired the hit Disney movie, Frozen, the story centers on the struggle between good and evil as taken on by young heroine, Gerda. Weaving together dramatic and comic scenes and dances performed by an 11-piece orchestra, Gerda embarks on a quest to save her playmate, braving sorceresses, robbers, and the Snow Queen in order to rekindle Kai's inner flame of kindness. The production will feature a cast of over 100 actors, dancers, and singers of all ages.

Yours, Anne

February 28 - March 8

Audio Described Performance: March 7th and 8th Theatre Lawrence, 4660 Bauer Farm Dr, Lawrence \$30

Propelled by the undying faith of a young girl on the threshold of life, Anne Frank's heartbreaking and ultimately uplifting story enhanced with a moving and lyrical score, stirs our deepest emotions in a reminder of the enduring strength of the human spirit.

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VETERANS AFFAIRS

▲ KS Commission on Veterans Affairs

Mondays, Wednesdays, Fridays

SRC, 745 Vermont, Lawrence

Second Thursday, 9 a.m. – 12 p.m.

Vintage Park, 321 Crimson Ave, Baldwin City

The Kansas Commission on Veterans' Affairs Office mission is to provide Kansas veterans, their relatives, and other eligible dependents with information, advice, direction, and assistance through the coordination of programs and services. For more information about services or to set an appointment, contact Veterans Services Department Representative Clint Olson at 785-843-5233 or clint.olson@ks.gov.



SRC activities are noted with a ▲.

ENTERTAINMENT

O.U.R.S. Dances

Sundays, 6-9 p.m.

East Lawrence Rec Center, 1245 E 15th St, Lawrence

\$10 per person cover charge

Dance to live country-themed music!

Party Bridge

Saturdays, 6:30 p.m.

Kaw Valley Bridge Club, 1025 N 3rd St #120, Lawrence

Like to play Party Bridge? Bring your partners and come to the Kaw Valley Bridge Club. (Next to the DMV.)

All skill levels are welcome. For more information contact Leon Randel at 785-841-0253.



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

For a full description of each class or to register, go to <http://www.continuinged.ku.edu/osher/northeast.php>. All courses are held at the Osher Institute, 1515 St. Andrews Dr, Lawrence, unless otherwise noted. Fees: \$50 per course; income-based scholarships are available.

The Greening of America Fifty Years On

Thursdays, Feb. 27 - March 12, 2 - 4 p.m.

Fifty years ago a young Yale Law School professor named Charles Reich published a book that was to become one of the intellectual foundations of the world as we know it today. At the time he published the book, Reich was best known for his article on the "new property," a brilliant extension of traditional property law jurisprudence. But in "The Greening of America", Reich reached out to the general public and became a spokesman for the generation that was to dominate the American scene for decades and to change the way we view the world. Copies of the book are available for purchase on eBay, Amazon, and AbeBooks.

You'll Wanna Know This about Your Aging Brain

Mondays, March 2 - 16, 2 - 4 p.m.

Senior Resource Center, 745 Vermont St, Lawrence

Research in the past decade has brought about a remarkable paradigm shift from aging as a problem to aging as a time of promise and potential. You already know the downfalls a normal aging brain may experience: slower speed of recall, "senior moments" and the "why-did-I-come-into-this-room?" perplexity. You know the downfalls; now learn about the marvelous gifts your aging brain wants to deliver. Understanding the positive power of a normal aging brain positions you to take full advantage of rewards and capacities which were unavailable to the younger you.

Stories and Songs of Big Rivers and the Great Lakes

Tuesdays, March 3 - 17, 2 - 4 p.m.

The Mississippi, Missouri and Ohio rivers and the Great Lakes are rich in history, tall tales and music. Come learn how canal boats, steamboats, tugs and barges, plus Great Lakes freighters played a major role in U.S. territorial and economic expansion. We will review the Steamboat Arabia, the wreck of the Edmund Fitzgerald and more. The grandson of a Great Lakes sailor, the instructor has visited the Great Lakes and rivers covered in the class and shares photos from his own collection, as well as film of large, modern vessels.

Climate Change?

What's True, How Bad, and What Can We Do?

Tuesdays, March 3 - 17, 7 - 9 p.m.

In this course we will explore the global climate crisis, discussing potential solutions using the most reliable science. We will delve into what other nations are doing and consider hopeful options. We will discuss certain propaganda that has been used to obscure facts, using the same Big Tobacco lobbyists who fought the true evidence about cancer for decades.

FaceNames: Portraits of Men and Women Who Helped Create KU

Wednesdays, Mar. 4 - 18, 2 - 4 p.m.

A walk down Jayhawk Boulevard is a walk through the history of the University of Kansas. Its buildings are named for chancellors and faculty leaders from its opening day through decades of challenges and changes. In this class we will look at Francis H. Snow, L.L. Dyche, James Green, Erasmus Haworth, Carrie Watson, and Frank Strong, among others, and give a special salute to Elizabeth Watkins, who was so generous to KU and its students. Archival photographs will enrich this look at more than 150 years of fascinating people, many of them alumni, and the place they built.

Conquistadors in Kansas

Wednesdays, Mar. 4 - 18, 7 - 9 p.m.

During the 16th and 17th centuries, Spanish explorers in search of great riches ventured onto the southern plains in what is now Kansas. Two major expeditions, Francisco Vazquez de Coronado and Juan de Oñate, visited the plains in search of Quivira. Both explorers had previously gone to New Mexico looking for Cibola, but were disappointed in the Pueblos there. On the plains they found extensive Indian villages along the Arkansas River growing corn, beans, and squash and hunting buffalo. We will examine these and other expeditions to understand the Spanish experience and learn about indigenous people and their contact with Europeans in the early centuries.

Kansas City: The Adoption Hub of America and the Willows Maternity Sanitarium

Thursdays, March 5 - 19

A well-kept secret, Kansas City was known as the "Adoption Hub of America" in the early- to mid-1900s. Fearing ostracism from society, young women would be sent to live in one of several homes for unwed mothers, deliver their babies, place them for adoption and return home heartbroken. This course will share the reunion of a mother and daughter 66 years after being separated at birth at the Willows Maternity Sanitarium. We will delve into the history of the Willows and dozens of other maternity homes that brought more than 100,000 young women shrouded in secrecy to Kansas City.

New Congregate Meal Sites



Meals on Wheels of Eastern Kansas has opened four congregate meals sites in Douglas County. Congregate meals sites allow for seniors to gather for their meal and enjoy socialization.

The new sites are located at:

- **Midland Care PACE Site, 319 Perry Street, Lawrence**
- **Babcock Place, 1700 Massachusetts Street, Lawrence**
- **Eudora Recreation Center, 1630 Elm Street, Eudora**
- **Baldwin Healthcare & Rehab Center, 1223 Orchard Ln, Baldwin City**

If you'd like more information about Meals on Wheels of Eastern Kansas call 785-430-2186 or visit www.mowks.org.

Help to Stay in Your Home



If your goal is to stay living in your home and you are finding you need a little extra assistance, Meals on Wheels is connected to services through Midland Care that can help you. If you are interested in receiving more information, please call Midland Care at 800-491-3691 or visit www.midlandcare.org.

These programs, offered by the Lawrence Parks & Rec Department (LPRD) 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. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909

Beginning Tai Chi

Tuesdays/Fridays, February 11 - May 8, 9 - 10 a.m.
Holcom Park Recreation Center, 2700 W 27th St, Lawrence
\$87

Tai Chi is a graceful, low impact exercise especially suited to seniors. It consists of a series of slow motion movements that increase body strength, enhance coordination and improve balance. The relaxed performance of Tai Chi calms the body, reduces emotional stress and promotes clear thinking. This class practices the Yang style short form. Instructor: Craig Voorhees. **Class Code: 127274**

John Ford Film Class

Tuesdays, February 11 - March 31, 6:30 - 8:30 p.m.
Pioneer Ridge, 1000 Wakarusa Dr, Lawrence
\$24

John Ford was one of the most respected directors in Hollywood and still holds the record for most Oscars. Known for his westerns, Ford had a lot of range over his decades-long career including screen adaptations of classic literature. This session of our ongoing film study class will explore Ford's distinctive style, casting favorites, and continuing influence on American film. Additional materials fees to view films may apply. **Class Code: 227449-A**

Beginning Mindfulness

Wednesdays, February 19 - March 25, 4:30 - 6 p.m.
Senior Resource Center, 745 Vermont St, Lawrence
\$37

Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies that it can lead to lower stress, better health and greater overall happiness. This class will teach the basic elements of mindfulness practice. **Class Code: 127271-A**

Intermediate Ukulele

Wednesdays, February 26 - March 18, 6:30 - 7:30 p.m.
Senior Resource Center, 745 Vermont St, Lawrence
\$34

This course is for ukulele players who already know basic chords and chord progressions. Focus is on finger picking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. Come share the joy of Aloha! Prerequisite: Minimum of two sessions Beginning Ukulele courses or prior consent from teacher. **Class Code: 127424-A**

Computer 101

Saturdays, March 21 - April 4, 2 - 3:30 p.m.
Community Building, Computer Room, 115 W 11th St, Lawrence
\$32

This class is designed for beginners or those with limited or no experience. It will cover computer components, basic computer terminology, moving, and copying folders and files, desktop shortcuts, and an introduction to the Internet with hands on work at every lesson. Take home curriculum included.

Class Code: 127147-A

How Old is that Tree?

Saturday, March 7 | 10 am - 12:30 p.m.
Holcom Park Recreation Center, 2700 W 27th St, Lawrence
\$26

This is the most frequently asked question in our tree classes. On this tour, we'll explore the different ways to establish tree age, while viewing some old heritage trees at several locations around Lawrence. A highlight will be a visit to the McGregor Herbarium where we'll study tree rings from core samples of living trees, learn about tree growth, and tour the herbarium.

Class Code: 127461-A

Intro to iPads

Fridays, March 20 - April 24, 10 - 11:30 a.m.
Community Building, Computer Room, 115 W 11th St, Lawrence
\$57

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

Class Code: 127604-A



Resilient Falling**Fridays, March 20 - March 27, 2 - 4 p.m.****East Lawrence Recreation Center, 1245 E 15th St, Lawrence \$26**

This unique class combines instruction and active practice. Explore the components of balance: strengthening leg and core muscles, mindfulness, and being aware of hazards in your surroundings. We will actively practice balance challenges, falling safely and getting up. Participants must be able to get up from the floor with relative ease in order to participate fully. Instructor: Susan Rieger.

Class Code: 127322-A**Jewelry Restoration and Repair****Sunday, March 22 | 1:30 - 3:30 pm****Community Building, Art Room, 115 W 11th St, Lawrence \$30**

Do you have pieces of broken jewelry that you no longer wear because they need repair or updating? Have you had single earrings, broken or sentimental pieces sitting in your jewelry box forever, but can't get rid of them? Bring three to four of those pieces, cleaned and sorted to make the best use of your time and learn how to restore or redesign them into something that you can proudly wear again. This is a hands on class so please bring a scissor and needle nose plier, prepared to create new designs from your materials. Ear wires, clasps, restringing materials and adhesive will be available.

Class Code: 127323-A

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

Keeping Faith: Sisters of Story**Wednesday, February 12, 7:30 p.m.****\$25 Adult \$14 Student/Youth**

Keeping Faith: Sisters of Story was created by storyteller and critically acclaimed playwright Rohina Malik to demonstrate peace and commonalities between us all, countering the hateful and vitriolic language in this country. Three women share stories inspired by their personal-faith journeys—a Muslim woman, a Jewish woman and a Christian woman—with the goal of bringing people together and showing peace, curiosity and similarities amongst their faiths.

Russian National Ballet: Don Quixote**Sunday, February 16, 2 p.m.****\$25 - 40 Adult \$14 -21 Student/Youth**

With colorful costumes, grand choreography and captivating music, the Russian National Ballet's production of Don Quixote brings this timeless classic to life. An old nobleman, Don Quixote de la Mancha, decides he must seek out adventure and sets off on a fanciful quest for love, honor and dignity. Originally choreographed by Marius Petipa to the music of Ludwig Minkus, modern productions of Don Quixote are derived from the version staged by Alexander Gorsky for the Bolshoi Theatre of Moscow in 1900.

The Peking Acrobats**Tuesday, February 18, 7 p.m.****\$20 - 30 Adult \$11 - 16 Student/Youth**

For the last 33 years, The Peking Acrobats have redefined audience perceptions of Chinese acrobatics. They perform daring maneuvers atop a precarious pagoda of chairs, and they are experts at trick-cycling, precision-tumbling, juggling, somersaulting and gymnastics. They push the limits of human ability and defy gravity with amazing displays of contortion, flexibility and control.

Chris Thile**Wednesday, February 19, 7:30 p.m.****\$35 - 50 Adult \$19 - 26 Student/Youth**

With a broad music outlook that encompasses classical, rock, jazz and bluegrass, Thile transcends the borders of conventionally circumscribed genres, creating a distinctly American canon and a new musical aesthetic for performers and audiences alike. As the host of Live from Here, Thile is heard weekly by 2.6 million listeners on nearly 600 public radio stations.

HEALTH & FITNESS

Open Walking (LPRD)

Monday - Friday

East Lawrence Rec Center, 1245 E 15th St, Lawrence
Holcom Park Recreation Center, 2700 W 27th St, Lawrence
FREE

Walking indoors is a chance to exercise in any weather, get your heart pumping and build friendships with other walkers. The public is welcome to walk in the gymnasiums at East Lawrence Recreation Center (7 - 9 a.m.) and Holcom Park Recreation Center (7 - 11 a.m.), Monday through Friday. Walkers should plan to accommodate scheduled programming at each location. For more information, contact the individual recreation center.

Fit I & Fit Assist

Monday-Thursday 7:30 a.m.-5:30, Friday 7:30 a.m. - 4:30 p.m.

LMH Health 325 Main St, Lawrence

LMH Health South, 3500 Clinton Pl, Lawrence

\$35 for 12 sessions

Where ever you are on your fitness journey, LMH Health Fit for Life programs are here to help you improve your health through exercise and education. From lifelong athletes to heart attack survivors, we have a program to help keep you vibrant and healthy. These programs allow you the opportunity to exercise independently or with an assistant in LMH Therapy facilities to meet your physical health needs. You will have access to resistance machines, treadmills, stationary bicycles and arm cycles, recumbent steppers and elliptical trainers. For more information call 785-505-2712.

Pickleball - Open Play (LPRD)

Monday - Friday

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

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

Healthy Living Series

Second Tuesday; Meal: 5 p.m., Presentation: 6 p.m.

LMH Health, 325 Maine St, Lawrence Auditorium

Meal \$5.50, Presentation Only

FREE

Come dine at LMH and enjoy a healthy three course meal at 5 p.m. prepared by the Unidine chefs, plus conversation with others. The cost for the meal is \$5.50. At 6 p.m., there will be a short educational program on a health or wellness topic presented by LMH Health staff or community partners. Participants are welcome to attend the presentation only. Advance reservations are required at least 24 hours ahead of the due to space limitations.

Diabetes Education Group

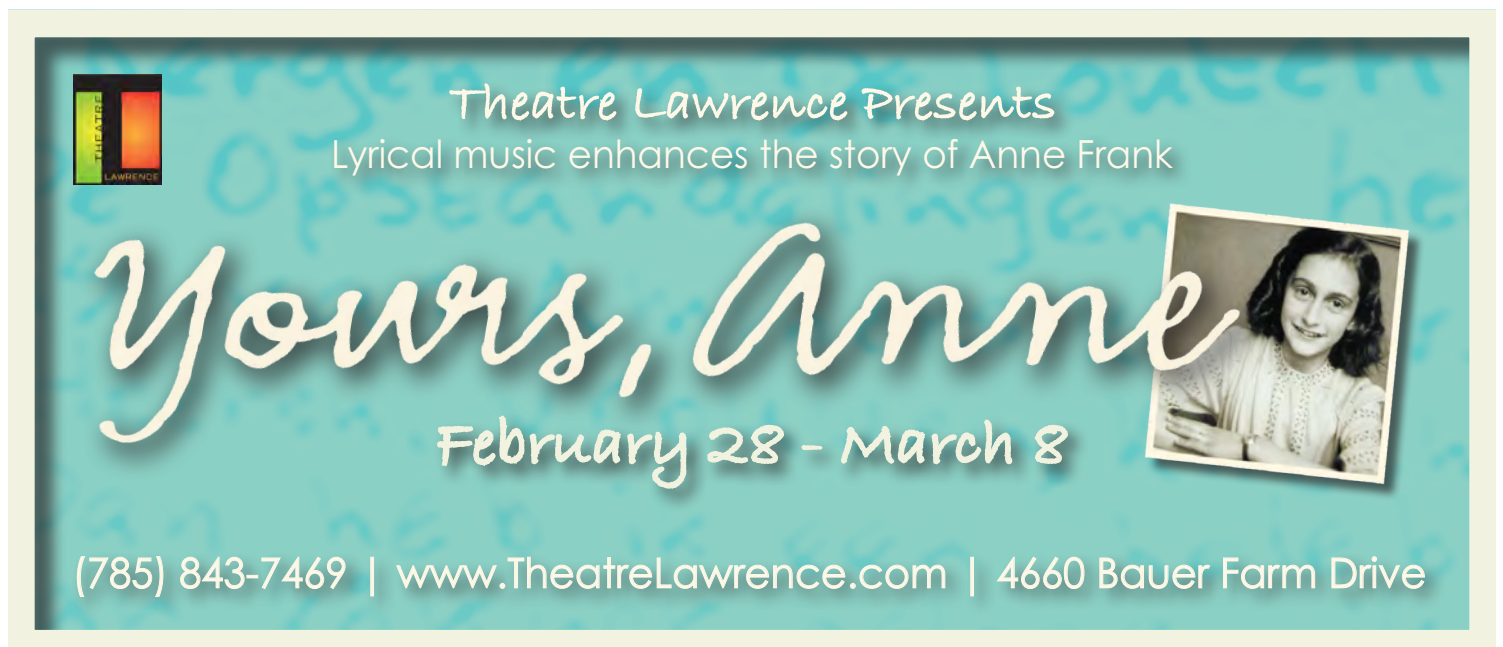
Second Wednesday, 6 - 7 p.m.

LMH Health Diabetes Education Center

330 Arkansas, Lawrence

FREE

The LMH Health Diabetes Education Center provides this free monthly program for those with diabetes and their support persons, on the 2nd Wednesday of each month. No sign-up is required for these meetings. For more information, call 785-505-3062.



Theatre Lawrence Presents
Lyrical music enhances the story of Anne Frank

Yours, Anne

February 28 - March 8

(785) 843-7469 | www.TheatreLawrence.com | 4660 Bauer Farm Drive

Coming to the Senior Resource Center

The Senior Resource Center continues to provide classes, activities and a space to gather for the seniors of Douglas County. You are invited to join us for featured monthly programming and ongoing open activities at 745 Vermont. All are welcome! Stop by and see us!

▲ Yoga for Every Body I

2nd CLASS ADDED STARTING February 14

Fridays, 3 - 4 p.m.

Senior Resource Center, 745 Vermont St, Lawrence

\$28 for 8 weeks

This second class has been added to include more beginners. This chair-based yoga class will teach you gentle yoga moves that will help you improve joint movement, increases core and leg strength, and build bone density. Bring a yoga mat and wear comfortable clothes. This class runs in ongoing 8 week sessions. To register contact Janet Ikenberry at 785-787-7873 or email jikenberry@YourSRC.org.

▲ Welcome to Medicare

Second Wednesday, 12 - 1 p.m.

Senior Resource Center, 745 Vermont St, Lawrence

FREE

New to Medicare? Join our Health & Human Services team as they present information on what to expect from the Medicare system at this informative session. For more information or to arrange a one-on-one appointment to discuss Medicare enrollment or other Medicare issues, call 785-842-0543.

▲ LMH Health @ SRC

Q & A with Dr. Bihlmaier

Tuesday, February 4, 11:30 a.m. – 12:30 p.m.

Senior Resource Center, 745 Vermont St, Lawrence

FREE

Join Dr. Matthew Bihlmaier, a board certified internal medicine physician at LMH Health, for a fascinating discussion on the Beers List. Learn what medications are potentially harmful for geriatric patients and why it's important to your health.

Fundamentals of Estate Planning

Tuesday, February 18, 2 - 3:30 p.m.

Senior Resource Center, 745 Vermont St, Lawrence

FREE

How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1.5 hours with time for questions. Those attending get a free copy of the book Estate Planning Overview. Walk-ins welcome, but registration with the Senior Resource Center is appreciated. **Call 785-842-0543 to register.**

OPEN ACTIVITIES

▲ Pool (Billiards) – Open Play

Monday – Friday, 8:30 a.m. - 4:30 p.m.

Senior Resource Center, 745 Vermont St, Lawrence

Our pool table is back in our Garden Level Game Room. Stop by for a friendly game or just shoot around and practice your corner pocket shot. Stop by and meet up with some of our regulars in the mornings for a friendly game or two!



▲ SCRABBLE Club – Open Play

Mondays, 1 - 4 p.m.

Senior Resource Center, 745 Vermont St, Lawrence

Stop by each week for a friendly game of Scrabble in our Game Room and enjoy some time with others who love the game. All are welcome!

▲ Tuesday Painters

Tuesdays, 9 a.m. - noon

Senior Resource Center, 745 Vermont St, Lawrence

Stop by every Tuesday and join a gathering of fellow senior artists. Bring your own art project and supplies and enjoy time sharing your techniques and creations with fellow artisans while you work on your own current projects. For more information call 785-842-0543.

Serenity Pause

Wednesdays, 12 - 1 p.m.

Senior Resource Center, 745 Vermont St, Lawrence

Meditation doesn't have to be difficult! It can be as easy as hitting the Pause button in your life, whenever you need a moment to regroup and restart. Serenity Pause is a program to help you integrate meditation and mindfulness into everyday life. Join local practitioner Walt Babbit who will help you master this simple technique.

▲ Yarn Art Group

Thursdays, 10 a.m. - 12 p.m.

Senior Resource Center, 745 Vermont St, Lawrence

No matter whether you knit or crochet, bring your needles and enjoy time with others who enjoy the art of yarn art! Join the open group to show off your current project, share some patterns, learn a technique, or just enjoy time with the group.

WATKINS MUSEUM OF HISTORY

The Watkins Museum of History, housed in the iconic 1888 Watkins Land Mortgage and National Bank Building in downtown Lawrence, has provided programs and public events, educational resources and activities, and changing exhibits that explore the heritage of Douglas County and connect the past with issues that affect our communities today. The Watkins is rich in resources to help researchers delve into their own genealogy and uncover their family history or learn more about the place where they live.

Behind the Bricks: Informal Watkins Tours

Watkins Museum of History, 1047 Massachusetts St, Lawrence
Thursdays, 2 - 2:30 p.m.

Free

Every Thursday, join docent Michele Montour for a free tour of our building, its history, and the couple that made it possible. Tour goers get a free token for a Waxman Candles votive candle.

GENEALOGY

The Watkins Genealogy Group offers engaging, informative classes, aimed at helping a wide range of family historians from novice to experienced genealogists. Instructors Richard and Alisa Branham work as volunteers, so the small class fee helps support the Museum's programming. Classes are \$10 for DCHS members, and \$15 for non-members. Come get started learning about your own family — it's fun!

Advance registration is recommended as classes are often at capacity.

Pre-register at www.watkinsmuseum.org/events/gen18/.

Finding and Using U.S. Immigration Records

Saturday, February 8, 10 a.m. – 12 p.m.

Yes, we are a nation of immigrants! Understanding the kinds of records available and where to find them is important to your genealogy research. Our guest speaker will be Elizabeth Burnes, an archivist with the National Archives in Kansas City, MO. We saw her presentation at the Johnson County Genealogical Society last year and it was excellent! She will also explain how NARA can assist you by email or U.S. mail with a wider range of resources too, for example military records and federal court records.



CURRENT EXHIBIT

To Tell Our Stories: The Clinton Lake Communities Through March 21

First Floor Lobby

An exhibit detailing the historic (and in many cases, lost) communities of Clinton Lake. On loan from the Wakarusa River Valley Heritage Museum.

Opening Doors: A History of Accessibility in Lawrence Continues Through April 4

Second Floor

This exhibition will present a history of how Lawrencians living with limitations have adapted and explore the support institutions available to aid those with limitations today.

Cedarwood Senior Cottages



**Affordable housing for seniors!
Rent options from \$545 - \$795**

- 1-2 bedroom cottages
- Garage or assigned parking option
- Energy efficient heating & cooling systems
- Smart technology safety features
- Centralized Community Building
- Fruit tree orchard & community garden

Must be income eligible and 1 household member must be 62 + to qualify

Tenants to Homeowners
www.tenants-to-homeowners.org
785-842-5494

Modifications & Renovations to Help You Stay at Home Longer

As we age, physical challenges may arise that affect our ability to safely navigate our homes.

We provide design and construction solutions for these challenges.

Our passion is helping people remain at home safely and independently.

- safety grab bars
 - ramps
- accessible showers
 - walk-in tubs
 - stair lifts
- wider doorways
- whole house remodels
- home additions



FREE ESTIMATES



You've worked hard for your home. We can help make it a lifetime home.

We can also work with you to design and construct a new home that you can live in regardless of age or physical ability.



Locally owned.

Serving Lawrence, KS and surrounding areas.

Contact us to schedule a meeting with one of our Certified Aging in Place Specialists.

aipsolutionsks.com (785) 423-3204



Extra Help for Prescription Coverage & Medicare Savings Programs

If you have limited income and resources, you may qualify for subsidies and Medical Savings Programs to help offset some of the cost of your prescription drugs and premium costs.

For information or to schedule a free consultation with a SHICK counselor, call 785-842-0543.

This service is provided in part by a grant from the Medicare Improvements for Patients and Providers Act (MIPPA) as administered through the Kansas Department for Aging and Disability Services (KDADS).



At Morningstar we are committed to providing personal, individualized care plans for each resident in our single family residential homes.

Our 6 to 1 caregiver to resident ratio, allows our caregivers to spend extra time with each resident. Locally owned and operated!

Call today for a tour 785-594-2603 or visit morningstarcarehomes.com



RETIREMENT BOOTCAMP

Lawrence Public Library's Retirement Boot Camp series is a new addition to the library's Before You Check Out® program. The Retirement Bootcamp classes and activities continue this winter with new opportunities that continue to promote a holistic approach to retirement success in five areas: health and wellness, self-identity and purpose, personal relationships, social life, and financial security. For more information or to register for an activity, contact Logan Isaman at 785- 843-3833 ext. 153 or email lisaman@lplks.org.

Retirement Bootcamp Classes:

Wii Golf Club

Tuesdays, thru February 25, 10 - 11:30 a.m.

Lawrence Public Library, 707 Vermont St, Lawrence

The greens are white(ish) so we're moving your golf game indoors! Join us in the Teen Zone to play the Wii Golf video game and keep your golf skills polished while you wait for warmer spring weather. No skill or experience necessary! Registration required. Contact Logan Isaman at lisaman@lplks.org or call 785-843-3833 ext. 153.

Job Success After 50

Saturday, January 25, 10:30 a.m. – 12 p.m.

Lawrence Public Library, 707 Vermont St, Lawrence

Join the Kansas Workforce Center to learn the new rules of job hunting after 50. Get advice on how to make your resume ageless and brush up on your interview skills. Your age is an asset! Inclement weather date February 1.



MORE EVENTS

Lawrence Audubon Seed Sale

Saturday, February 1, 10 a.m. - 1 p.m.

Senior Resource Center, 745 Vermont St, Lawrence

It's a twofer! Have the fun of watching wild birds at your backyard feeder and support your local Audubon Society at the same time by buying bird seed at Jayhawk Audubon Seed Sales at the Senior Center. Seed available will include: black oil sunflower, safflower, finch thistle mix, peanuts, suet cakes and our special blends. To see prices ahead of time and/or pre-order seed, visit the JAS website www.jayhawkaudubon.org. The sale will also feature feeders, books and expert advice on attracting the birds you want.

CHAMPSS Orientation

First Monday, February 3, 2 - 3 p.m.

Lawrence Public Library Auditorium, 707 Vermont, Lawrence

Come and learn how to have access to healthy meals by attending the Jayhawk Area Agency on Aging's CHAMPSS orientation. For questions about CHAMPSS, contact Beth Kinnan with Jayhawk Area Agency on Aging at 785-235-1367.

Healthy Hearts Fair

Saturday, February 9, 7:30 – 10 a.m.

LMH Health, 330 Arkansas St, Lawrence

Free heart health screenings and exhibits, including information on hypertension, diet, weight control, fitness, smoking cessation, cardiovascular disease risk, diabetes, and more. Lipid screenings available for \$25. Pre-register for a Total Lipid Profile before February 14, 2020 and save \$5. Download the pre-registration form at www.lmh.org/heart-fair. For more information contact Allison Koonce, Community Ed Specialist at 785-505-3081 or email allison.koonce@lmh.org.

everygy LIEAP Application Assistance

Monday, February 10, 9 a.m. – 3 p.m.

SRC, 745 Vermont St, Lawrence

Do you need assistance with your winter utility bills? Representatives from everygy will be at SRC this Wednesday 9 AM - 3 PM to assist eligible customers on completing Low Income Energy Assistance Program (LIEAP) applications. If you need help, bring proof of income and copies of your utility bills to see if you qualify for assistance.

Eudora Friday Fun, Food and Fellowship

FORMERLY Eudora Potluck and Speaker Series

2nd Friday, January 10, 11:30 – 2 p.m.

Eudora Community Center, 1630 Elm St, Eudora

Join other Eudora seniors for a gathering starting with an optional meal at the new Eudora Congregate Meal site. (Feel free to bring a brown bag lunch.) Enjoy the monthly presentation from the Senior Resource Center. Then stay for some fun compliments of Eudora Parks & Rec to include cards and games. To register for a meal, please contact Meal on Wheels of Eastern Kansas at 785-430-2186 at least 24 hours before this event.

Baldwin Senior Engagement Council

Third Monday, June 17, 1:00 p.m.

Baldwin City Library, 800 7th St, Baldwin City

Join us for engaging and educational speakers, community announcements, fellowship with friends and neighbors and light refreshments. Contact Megan Poindexter at contact@yourSRC.org or Susan Kruger at susank@morningstarcarehomes.com.

Changes to Tax-Favored Retirement Savings

by Molly Wood, JD



Q: I know the big tax bill that President Trump signed in December 2019 has a conglomeration of spending provisions, but the part I wondered about has to do with IRAs. Is there something I need to do in reaction?

A: The SECURE Act (Setting Every Community Up for Retirement Enhancement – goofy name!) was the part of the \$1.7 trillion spending bill that actually increases taxes paid to the federal government. Tax-favored retirement plans (IRAs, 401(k)s, 403(b)s, etc.) are widely used to reduce current income taxes on retirement savings, and wisely so. The income tax on those savings is deferred until the taxpayer withdraws from the account, presumably at a lower tax rate because the taxpayer is retiring and has less income and/or no wages. The SECURE Act accelerates payout of those savings to your beneficiaries so that the income taxes will be due sooner rather than later.

The SECURE Act changes the RMD rules for most beneficiaries. Instead of permitting beneficiaries to stretch out the withdrawals for life, they must withdraw within 10 years of the death of the original owner. So the 50-year-old child beneficiary must withdraw all benefits in 10 years rather than over 30+ years. These changes do not apply to your spouse, who alone has the option to roll-over inherited benefits to his or her own retirement plan. Rather, this change mostly has an impact on estate planning for children and grandchildren. This change also applies to all tax-deferred retirement savings participants who die in 2020 or later. It's something you should follow up on if you have designated these younger people (or a trust for their benefit) as beneficiaries of your retirement savings.

Estate planning for people with significant amounts in tax-favored accounts is tricky. The new rules have a bunch of exceptions and special provisions applying to disabled and chronically ill beneficiaries, minor children beneficiaries, and sibling beneficiaries (the "less than 10 years younger" beneficiary). If you have questions, you should review your planning with a professional, including a lawyer skilled in tax

(continued on page 26)



Those of you who are 70½ years old or older know that the rules governing tax-favored savings don't let you postpone withdrawal indefinitely. You must start withdrawing a portion (known as the Required Minimum Distribution or RMD) the year you turn 70½ and every year thereafter. For over 30 years, estate planning for owners of tax-favored retirement savings has involved the concept of the "stretch", making your retirement savings payable to a "designated beneficiary" at your death would preserve tax-deferral for the life expectancy of the beneficiary. For example, your 50-year-old child beneficiary's life expectancy is over 30 years. Your grandchildren's life expectancy would be 60+ years making the RMDs very small and minimizing income taxes over decades.

Bridge Haven
 Take a Virtual Tour!
www.mybridgehaven.com

Loving licensed memory care in a home-like setting.

For more information please contact Sarah Randolph, Executive Director
 785-218-4083
 or 785-371-1106

Our newest home, Mädel's House, is now open!

COMING SOON TO SRC

Healing Arts

presented by The PRISM Collective
 Fridays from 1:30 - 3:00 PM
 Starting March 6

Art supplies provided



The PRISM Collective emphasizes the use of creative expression and mindfulness to build mental hygiene and to strengthen understanding across populations.

Using creativity as an outlet allows consumers to recognize the discomfort that comes with difficult emotions such as anxiety, fear, and depression, without attaching their identity to these emotions.

This creative outlet becomes a way to communicate these difficult feelings while feeling supported by others.



Bringing SNAP-Ed Education to YOU

Cheryl Barnes, from the KSU Extension office, will be presenting a four-part series at the monthly events in Eudora and Baldwin City.

Attend all four events and you will be registered for a great prize to enhance your health and nutrition at home! All participants will receive fun giveaways at each session!

	Eudora	Baldwin City
Heart Healthy Meals	Friday Fun, Food & Fellowship Fri, Feb. 14	Senior Engagement Council Mon, April 20
Fitness Fun	Fri, March 13	Mon, May 18
What's Up with Supplements	Fri, April 10	Mon, June 15
Dietary FACT or FICTION?	Fri, May 8	Mon, July 20

For information on other KSU Extension Office nutrition programming in the community, go to www.douglas.k-state.edu/health-nutrition for dates and locations.

K-STATE
 Research and Extension

Douglas



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A warm, friendly community that keeps your active lifestyle in mind.

At Vermont Towers, we know your independence is important to you, yet it is comforting to know our professional, friendly staff is available to take care of the maintenance and service requests you may have. That is why our residents enjoy calling Vermont Towers home.

For more information or an application form contact:

Vermont Towers
1101 Vermont St. • Lawrence, KS 66044
P: 785.841.6026 • F: 785.865.0922
www.keymgmt.com



Caregiver Support Group

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or other loved one?

Could you use support from other caregivers who have been where you are?

Do you need reinforcement about self-care to reduce stress and maintain your own health?

**Meetings 1st & 3rd Mondays
2:15 – 3:45 PM**

**Senior Resource Center
745 Vermont, Lawrence**

Caregivers of all ages are welcome.

This group gives caregivers an opportunity to share feelings and discuss topics related to caregiving in a caring and understanding environment.

For more information contact Janet Ikenberry
785-842-0543 or jikenberry@YourSRC.org
Learn more about SRC at www.YourSRC.org.



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OF LAWRENCE

Person centered care in a place like home.



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

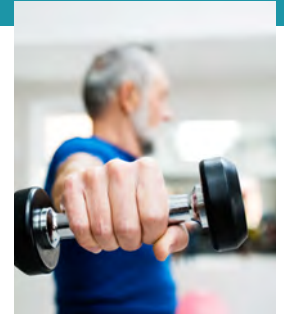
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What you Need to Know About CBD

By Theresa Smith, Intern



Now that CBD is legal across the country and in Kansas, more and more people are starting to consider incorporating it into their own wellness routine, and more and more of those people are seniors. According to an August 2019 Gallup Poll, one out of five Americans over 50 use some sort of CBD product. While the FDA is still researching the uses and effectiveness of CBD products, marketers claim they have a wide variety of medical and therapeutic benefits. CBD products have been used for a number of ailments from pain relief, a sleep aid, relief from anxiety, depression, and PTSD, to a remedy for migraines and arthritis. More studies are currently being done looking into the effects of CBD in treating various forms of cancer, diabetes, and Alzheimer's. If you have considered looking into using CBD, there are a number of important factors to consider before buying CBD products.



First of all, what is CBD? CBD is the medical abbreviation for cannabidiol, one of the primary active compounds, or cannabinoids, found in cannabis plants. It comes from Cannabis sativa plants such as marijuana and industrial hemp. Basically, CBD is the active ingredient in cannabis. Many people equate cannabis with marijuana, but the active ingredient, cannabidiol, in most CBD products will not get you high. This is because the ingredient, THC or tetrahydrocannabinol, the component of the plant that creates the psychological effects or "high", has been removed. In Kansas, any CBD product can only contain 0.3% of THC by volume, which is not enough to trigger the sensation of being high or intoxicated.

Both CBD and THC are absorbed via cannabinoid receptors are concentrated in certain areas of the brain associated with thinking, memory, pleasure, coordination, and time perception. It is this cannabinoid system in your body that plays a role in regulating a range of functions and processes, including sleep, mood, appetite, and memory.

When purchasing CBD products, you want to pay attention to where the cannabis was grown. At this time, there are no FDA regulations on any CBD products, so it is important to research the source of the plants used in the CBD products you use. Make sure that the CBD products you purchase are derived from plants grown in the United States. This is important as prior to CBD becoming legal, there were synthetic forms of cannabis and marijuana on the market that have been found to have negative side effects, so be sure you know the quality and origin of the plants used in any form of CBD product you are using. This is also one product you want to be 100 percent organic.

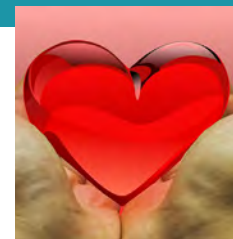
Further, not all CBD products are the same. Again, because the FDA does not yet regulate the quality of CBD, you will want to check the quality yourself. Most reputable brands will provide a batch number that coordinates with current third-party testing on all of their products. This is important because this third-party testing will show you that the amount of CBD in the product matches what the labels shows, and will also show you that the level of THC levels in the product is below the legal limit. If you cannot find this information for the product you are using, you may want to find a more reputable source.

At the end of the day, CBD can provide a natural resource for a variety of ailments for people of all ages. Research to date shows that CBD is generally safe and has few, if any, minor side effects. But there's one big caveat: CBD does have the potential to interact with some medications. If you are considering using a CBD product of any form, it is important to discuss any potential concerns and interactions with your doctor as well as your pharmacist.

Once you have done that, be sure to research the various products and brands of CBD you purchase, whether you go to a local store or order online. Be sure that you find a quality product that provides current testing demonstrating total CBD levels and lack of THC content. With the level of current research being done, we will likely see broader use of CBD in the near future, but for now, rest assured that it is legal and can be an alternative for a number of common ailments from pain, anxiety, to various forms of inflammation.

Dealing with Anger as a Caregiver

By Michelle Meier, Editor



Being a caregiver to a loved one is one of the most challenging roles one can ever experience. There are a plethora of emotions that come along with this task. Fear, worry, devotion, love, guilt, sadness, and even anger. While it is important to recognize all of these emotions, anger is one that is often more challenging to acknowledge.



There are so many reasons why anger can rear its head in the midst of caregiving. The circumstances you are dealing with are stressful and often bring on the reality that life for your loved one has dramatically changed. Change along is often the gateway for many people to experience feelings of anger, particularly knowing that you have little control over the details of this new reality. Once in the throes of caregiving, fatigue can evolve to physical and emotional exhaustion. This is another instance where anger can creep in as you are already feeling weary and frustrated.

As much as feeling anger as a caregiver is normal, there are ways to deal with these negative emotions. You are only human, and balancing the changes you are facing with your loved one, along with the physical and emotional demands on your life are enough to make anyone experience these feelings. The important part is to acknowledge these feelings and find positive ways to deal with them rather than allowing them to take control and impact your own health or your loved one's well-being. There are ways to deal with feelings of anger and it is important to feel them and then address them when they come up.

Stop and Reflect on the Impact You Are Having

As hard as it can be at times, step back and think about the positive impact you are making as a caregiver. This may feel challenging at times but consider for a moment what might be happening if you were not involved.

Don't Take on Your Loved One's Anger

When you are caring for someone who is yelling or feeling angry themselves, it is hard not to take on that negativity or

feel angry yourself. Remember not to take their feelings personally as there are many factors for their behavior, including their own feelings that they have no control or other factors such as reaction to new medications or unexpressed fears or pain. It is ok to give them the space to express their anger, but be sure that you aren't taking it on yourself, even if you don't have a solution to immediately resolve their anger.

Don't Get Caught Up on Details You Can't Control

For many caregivers, a significant diagnosis with an unpredictable future is the impetus of anger. Don't waste precious energy on the details that you can't control or change. There will be days the only thing you can control is the moment you are in, so focus on trying to keep it as positive as possible and focus on the good things that come up each day, even if they are small.

Time for a Break

Be aware of your body and feelings. Caregiving is demanding on every level and no one can give 100% of themselves all the time. Be sure you are taking time for your own physical and emotional needs. Taking time to care for yourself is vitally important, both for you and for the one you are caring for. As they say, you can't pour from an empty vessel.

Share Your Anger in a Safe Space

If you do find you are having feelings of anger, don't hold them in. Seek out a friend who is willing to listen and allow you to release your feelings. There are also support groups that can provide a safe and understanding ear, as they too are facing many of the same challenges you are. The Caregiver Support Group at the Senior Resource Center also includes past caregivers who have been where you have been and can provide a safe place to express your anger and some perspective on getting through these emotions.

It is important to remember that anger is a natural emotion and should not be ignored. Acknowledging your anger is an important step. Next, make sure you have some ways to release the anger, even if there is no definitive resolution to the situation that is causing it.

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Why Yoga Truly is for Every Body

(continued from page 1)

am amazed at the level of flexibility I have been able to maintain," says Unruh. "Without this class, I don't think I would be able to move my knees!"

There are several men in the class who are regulars as well. "I know there are men who probably think chair yoga is wimpy in some way, but we have several regulars who insist yoga has been a key component to their progress." And yet, the men who have tried the class quickly became regulars as well after they experienced the benefits to their rehab regimen from the class.

The core of the Yoga for Every Body session at SRC is working on balance and flexibility as well as mindfulness. Susan also has a Resilient Falling class through the Lawrence Parks & Rec Lifelong Recreation program that starts in March. She states that the basic practice of mindfulness is a key component in that class as well noting that most falls occur when people are distracted and not focused on the current moment.

There are numerous studies that show the benefits of yoga. In one study, 135 seniors were assigned to either six months of yoga, walking or a control group. Practicing yoga significantly improved quality of life, as well as mood and fatigue, compared to the other groups. Another study assigned 66 elderly participants to either practice yoga or calisthenics, a type of bodyweight exercise. After one year, total flexibility of the yoga group increased by nearly four times that of the calisthenics group. Further, a ten-year study reported in the scientific paper a scientific paper titled "Twelve-Minute Daily Yoga Routine Reverses Osteoporotic Bone Loss" showed significant increases



in bone density in the spine. Hip bone density increased, too, but not significantly. None of the participants reported bone fractures or other injuries caused by doing yoga.

If you are interested in giving yoga a try, Susan Rieger's class Yoga for Every Body I is a great place to start. The new session will focus on chair poses and stretches for beginners and the cost is only \$28 for 8 weekly sessions. If you are interested in enrolling in the class, you can contact Janet Ikenberry at 785-727-7873 to get enrolled for the new Friday class begins February 14. Your body will love you for it!

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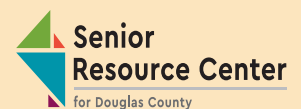
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Information will also be available on TV stations
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- 3 cups powdered sugar, sifted
- 3 cups semi-sweet chocolate chips, melted
- 1 1/2 tsp vanilla

In a large bowl, beat cream cheese until smooth. Gradually beat in powdered sugar and vanilla until no streaks remain. Refrigerate for about 1 hour.

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Legit Debt Collector or a Four Letter Word for Scam?

(continued from page 4)

Are you still unsure if it's a scam?

To confirm whether the debt collector is legit, the CFPB suggests advising the debt collector that you refuse to discuss any debt until you get a written "validation notice." The notice must include the amount of the debt, the name of the creditor you owe, and a description of certain rights under the federal FDCPA.

If you think the debt is legitimate, but the collector is a scammer, DIRECTLY contact your creditor using contact information from your own records. Advise your creditor you are suspicious of a scam and confirm what agency, if any, was authorized to collect the debt.

It is also recommended that you start a file to keep all letters and documents the debt collector sends you, copies of anything you send to a debt collector, and detailed notes of any conversations with the debt collector. Creating and maintaining a file takes time, but the information could be very important if the dispute escalates.

You may want to consider if it is time to seek advice from your private attorney. If you do not have a private attorney, the Kansas Bar Association has Lawyer Referral Service and KanASK-A-LAWYER. For program details call 1-800-928-3111 or go to the Kansas Bar Association website at www.ksbar.org.

Would you like more information?

My Consumer Protection Unit has a link to the Fair Debt Collection Practices Act on our website at www.douglascountyks.org. You can also call us at 785-330-2849 or email daconsumer@douglascountyks.org - we are here to serve the citizens of Douglas County.

Some of the information in this article came from the Consumer Financial Protection Bureau and the Federal Trade Commission. This article is not intended to provide legal advice. Legal advice can only be provided in an attorney-client relationship. This information must not be relied on as a substitute for obtaining legal advice from a licensed attorney.

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Changes to Tax-Favored Retirement Savings

by Molly Wood, JD

(continued from page 19)

issues or an experienced financial planner. You probably won't need to completely redo your plans, but you certainly want to understand how these changes work in the context of your estate distribution scheme. Although the SECURE Act changes make planning a little trickier in the short run, the 10-year payout rule will be generally simpler going forward.

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, at 888-353-5337. An Elder Law Project attorney is available in Lawrence at no charge by appointment at Senior Resource Center for Douglas County, 785-842-0543.



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