

Better SENIOR LIVING

**Senior
Resource Center**
for Douglas County

SEPTEMBER 2020

www.YourSRC.org

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There's NO PLACE like Home

By Michelle Meier, Editor

This September the Senior Resource Center will have been back in our freshly renovated home for one full year. After three long years of waiting, I can assure you that we all know it was well worth the wait! The three years away from downtown were challenging, but there were upsides too. Our staff became closer, not only in proximity during our time at Peaslee Tech but as a team.

And after making our way back and settling in, reintegrating many of our favorite groups back to our facility and adding even more, just six months later we were met with a new challenge. COVID-19. It came up faster and stronger than anyone imagined, but thankfully our community has remained

diligent as a whole and has kept the spread of the virus to a minimum across Douglas County.

You would think this might put a damper on our memories of the first year in our new home, and yet, it has given us a time to connect with and serve seniors in new ways. It has strengthened our creativity muscles as we continue to pivot and re-pivot how we support seniors in our community. Like many aspects of this pandemic, I can assure you there will be things we have learned, and will learn before this is over, that will only enhance how we serve the seniors in Douglas County in the long-term.

(continued on page 12)

2020
MEDICARE
**OPEN
ENROLLMENT**

**YOU HAVE FROM
OCT 15 - DEC 7
TO MAKE PLAN
CHANGES.**



**SEE PAGE 7
for details on
Open Enrollment
consultations
at SRC.**

**Appointment Line
Opens October 1st.**



SRC Staff on September 14, 2019 at the SRC Big Reveal Party (BACK: Larry Woydziac, Janet Ikebner, Jerry Guffey, Charlene Haines, Stefanie Macfarlane, Heidi Briery. FRONT: Michelle Meier, Megan Poindexter, Lori Jo Phillips. NOT PICTURED: Johnetta Brown.

Drive-Thru Senior Flu Shot Clinic

Senior High Dose Available

Saturday, September 19th (rain or shine)

9:00 a.m. - 12:00 p.m.

Community Health Facility
North Parking Lot - 200 Maine St.

Learn more at kansasvna.org
or call (785) 843-3738

Free with Medicare Part B, \$60 without (available for those 18 & older)
Please bring Medicare Card and Valid ID

VNA follows all CDC infection control recommendations. **Please wear a face mask.**



Area caregivers and in-home health providers are accepting donations of critical items needed for patients, caregivers, health aides, and other essential medical professionals.

Surgical masks • Latex Gloves • Hand Sanitizer • Cleaning Wipes

If you have items you can donate or can help sew masks, please contact us for pick up. Or consider a cash donation to help us continue to serve at risk seniors in our community.



Call 785-842-0543

SRC can arrange to pick up donated items to share without community partners.



A Year in Two Parts

By Megan Poindexter, Executive Director



It's remarkable to realize that only a year ago I was sitting on pins and needles, fingers crossed and knocking on any wood within reach. All with the hopes that the Senior Resource Center could move back to 745 Vermont Street on the timeline I'd set, which was honestly a leap of faith!

Some of our readers know the story, but for those who missed it, here's a general review of what happened....

January 2017 SRC moved out of 745 Vermont Street and into Peaslee Tech at 31st and Haskell, designated as our temporary location, while our location since 1979 (and Fire Station #1 next door) received a much-needed renovation. The projected timeline for the renovation was 9-12 months.

Nearly a year passed before the actual renovation began due to many small and large delays. But all of those delays were ultimately part of a useful, safe, healthy and beautifully renovated Center.

January 2019 I became SRC's Executive Director upon the retirement of my predecessor, Dr. Marvel Williamson. All the wheels of the renovation were in motion. Marvel's vision was to design thoughtful, lovely and impactful renovation elements. She worked hand-in-hand with architect Jay Zimmerschied and the construction team from B.A. Green, as well as the late Fire Chief Bradford, and then Chief Coffey. (To this day, I still see her touches are noticeable everywhere I look throughout the building!)

Friday, August 30, 2019 Nearly 32 months after moving out, SRC received a temporary, restricted occupancy permit which allowed staff to move in furniture starting the following Tuesday, September 3. And not a moment too soon; weeks before, we had put in the mail the invitations to our Big Reveal fundraiser event to open the doors to the public for the first time - scheduled only 2 weeks later on Saturday, September 14!

But... insert all the drama here... the Big Reveal party and all the events scheduled to quickly follow it were contingent on the certification of our new elevator, the final piece of the full official public occupancy puzzle. I'll say it again... Pins and needles!!! Leap of faith!!!

Friday, September 13, 2019 At 8 PM on that Friday, SRC's elevator was certified for use, allowing me to breathe for the first time in weeks. Less than 24 hours later, 745 Vermont Street was filled with guests, live music, food, tours, and excitement throughout all three floors of the building (hence the need for said elevator)!

The following week was one of the best in my life! Our Big Reveal party, our Ribbon Cutting and our Services Expo all happened that first week after we reopened to the public. Hundreds upon hundreds of people of all ages from throughout Douglas

County and beyond filled the beautifully renovated halls and the gorgeous rooms of 745 Vermont Street! It was all topped off with friends, laughter and excitement to celebrate the finished beauty that our building had become! Even Cal Boughman, the very first Executive Director of our agency (then called Douglas County Planning Council on Services on Aging or COA) travelled back from Washington D.C. to see our updated space.

Since September of 2019, as we all know, much has transpired. It has been an unpredictable and unprecedented 12 months. For the first six months at 745 Vermont, SRC enjoyed the return of long-standing programs and the rise of new programs. Familiar faces were a daily occurrence and new faces trusted us to become a part of their lives. Hundreds of guests came in our doors each week. Seniors of Douglas County, plus their friends and loved ones, benefited from all that SRC could offer.



Douglas County Planning Council on Aging Executive Director Cal Boughman with SRC Executive Director Megan Poindexter

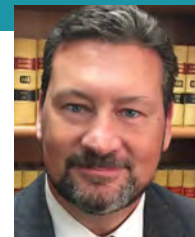
March 13, 2020 SRC once again flexed our muscles for adaptation as we closed our doors to the public once again due to the safety concerns surrounding COVID-19. Six months later, our doors are still closed to the public, but we have launched virtual programs, delivered groceries for those who couldn't get out of their homes, provided transportation to critical health appointments, and we are preparing for the 2020 Medicare Open Enrollment period. Nonetheless, we look forward to re-opening the doors at 745 Vermont Street as soon as it is safe and appropriate to do so.

What will the next 12 months bring?

I know you understand why I'm hesitant to make many predictions - it's hard to plan much more than two weeks ahead right now. But regardless of what the future brings, with your continued support, SRC is here to stay for today's seniors, as well as the seniors of tomorrow— be it virtually or in-person! Stay healthy!

Don't Let Voting Scams Dampen Your Voice in Election Season

By Charles Branson, District Attorney



If you've spotted the yard signs, seen the television advertisements, and read the pile of glossy postcards in your mailbox, you are well aware that election season is in full swing. There are many important races this November, from the presidential race all the way to local city and county offices. At the same time, scam-artists remain posed and ready to take advantage of your desire to make your voice heard. Luckily, it is usually easy to spot these scams and, protect yourself as you cast your vote.

A popular election-season scam concerns fake surveys and polls. It is common for candidates to contact voters through phone or text messages and ask about how they plan to vote. Special-interest and polling organizations employ the same general method to gauge how voters feel about certain issues and candidates. These polls and surveys often ask for your political affiliation and general demographic information. They will never ask for your birthdate, social security number, or driver's license information. Any poll that asks for this sort of personal identification information is almost certainly a scam masquerading as a legitimate political tool. Be especially wary if a survey promises compensation or a prize for finishing it, as that is often a rouse to collect your bank account or credit card information.

Similarly, there are some scammers out there who pose as fundraisers for a candidate or cause. They elicit funds over the phone or online only to make off with your personal information. Some scammers are even savvy enough to use a recording of the candidate's voice to lure you in. If you wish to show support for a candidate by making a financial contribution, make sure that you donate directly to their campaign. Most campaigns accept donations online, but you can also always mail a check to their local campaign office. Be especially wary of fundraising links sent to you from unfamiliar e-mails or strangers on social media, as they might send you to malware or links to unsecured websites. If the organization or candidate looks interesting, look them up on your own instead of trusting a non-secure weblink.

Possibly the most insidious of these scams, however, are that that try to interfere with your ability to vote. By now, you have probably registered to vote in the general election. If you are not, however, it is important to remember that you cannot register to vote through text message or over the phone. Any caller who claims they are able to register you by phone is trying to trick you. Do not trust them, and, more importantly, do not pay them money in order to vote by means that do not exist.

Many people are choosing to protect their health by casting mail-in ballots instead of visiting a busy polling place. In Kansas, the only way to request a mail-in ballot is by filling out a form and delivering it, either by hand, mail, or e-mail, to your local elections office. Anyone who claims to be able to process your request over the phone or by text message is trying to collect your personal information. Similarly, there is no fee for requesting a mail-in ballot. The elections office will never ask you for your bank or credit card information in order to register or cast your vote. There is no option to vote online, over the phone, or through text message or e-mail; you either need to go to a polling place or request a mail-in ballot.

Finally, the Douglas County Elections Office is an excellent resource for any information you need about voting this November. They will happily answer any questions about mail-in or advanced voting, messages that you have received from candidates or organizations, or where to cast your vote on election day. That said, if you believe you have been a target of an election scam, please contact the Consumer Protection Division of my office at 785-330-2849 or daconsumer@douglascountyks.org. We are always here to help.

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.

Better Senior Living

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Building Community Through Listening as a Volunteer Counselor

By Jared Auten, LMSW



Becoming a volunteer counselor might not strike everyone who reads this as an ideal undertaking as one approaches their later years or retirement age. Talking to a person on the phone who is experiencing a crisis doesn't exactly paint the stereotypical picture of retirement. At least not the one I have been exposed to. However, if your doctor has been telling you to increase your cardiovascular activity, becoming a volunteer counselor might do the trick. All jokes aside, it is hard for me to imagine what inspires someone to decide to become a volunteer counselor with Headquarters Counseling Center, a program of the Kansas Suicide Prevention HQ, as an older adult. After all, I went through the 9-week training program when I was 20-years-old while I was a student at KU, which is a much different stage of life. What I learned from talking to my fellow counselors who went through training as older adults is that there are a few main themes at the surface when they describe their experiences.

Volunteerism

Becoming a volunteer counselor can be a challenging road and it takes a great amount of resolve and dedication. The process entails nearly 100 hours of training that includes instruction, discussion, observation, exercises, and role-play practice. I don't know if I was adequately warned or if I just chose to enter the new experience with a foolish level of bravado, but I can admit now that I wasn't prepared for the role plays. Once I was accepted to be trained, I thought the hardest part was over because in my mind I thought, "My friends all tell me I am a good listener. I'm interested in mental healthcare. I can talk to a brick wall, so this must be my thing. Point me towards the phones!" As the volunteer coordinator, this is where I pause and provide a moment of caution about the role plays. Imagine the scenario, an experienced volunteer counselor who you have just met is going to listen to you as you practice skills that are entirely new and after the exercise is over, they're going to provide constructive feedback.

Of course, it isn't all bad, or else I wouldn't have volunteered and remained connected for 7 years before accepting my current job as Training Coordinator. What I didn't know going into training is that I would learn skills that feel akin to learning a new language; I would explore parts of myself that I had managed to keep covered up for years. That I would learn how to share my own story in order to better listen and be equipped to listen and empathize with the stories of others.

"If it's mentionable, it's manageable."
~ Fred Rogers

Community

Nearly every time I hear a volunteer counselor describe their reasons for their service, there is a sense of duty to public service that comes through. Volunteer counselors are making the choice each time they take a shift to give their time to listen to people in their community, across the state, and ultimately anyone in their lives who needs to be heard. When I ask our seasoned volunteers why they continue to give of their time, the common response is the sense of community and belonging they discover during training and beyond.

One of the best barriers to suicide is known as protective factors. Protective factors are personal or environmental characteristics

that make it less likely for someone to contemplate or act on suicidal thoughts. Each one of us has our own protective factors that include our connections to life, others, and our community. They are central to buffering our risk for suicide. Becoming a volunteer counselor is just one way to build those connections, but time and time again, I find this as a common thread from our most seasoned volunteers. Their reasons not just for staying as a volunteer, but potential reasons for staying alive." We recognize that so many of our volunteer counselors choose to align themselves with KSPHQ's mission because they have lived experience related to suicide. We acknowledge that there is no right way to view a topic as complex as suicide. Ultimately, this sense of community boils down to the idea, to quote Fred Rogers, "If it's mentionable, it's manageable." KSPHQ exists as a testament to the fact that we can create spaces that honor diversity in thought, background, and experience if we are willing to be vulnerable.

Life-long Learning

Recently, I asked one of our volunteers in their 70's what got them interested in volunteering and they said simply, "...I choose to be a life-long learner." What a powerful statement that is. I found it interesting as they also talked about the process of unlearning patterns of speech and styles of communication. Their experience of training was very different from mine because of their age and

(continued on page 22)

If you or someone you love is thinking about suicide, in crisis, or seeking emotional support, someone can help you

National Suicide Prevention Lifeline:
1-800-273-8255

KSPHQ's Counseling Center, Headquarters
Counseling Center: 785-841-2345

Your call is free and confidential.

Anyone can call for any reason.

Lifeline calls are answered by local crisis centers.

All Kansas area codes are answered by the KSPHQ Counseling Center, Headquarters Counseling Center

Learn more about getting help or getting involved at KSPHQ.org



We have updated our standard Leisure and Learning section to bring you a few things you can do while staying safe at home, as well as resources you may need during this time. Enjoy a few puzzles to keep your brain active, links to a number of virtual activities you can do online from home, and a list of resources for assistance for seniors in Douglas County while stay at home orders are in place.

If you have questions or need assistance, please call us at 785-842-0543. Our SRC staff continue to work regular hours and will be checking voice mail and email messages and will return your calls and emails to provide assistance and support. BE WELL!

PUZZLES

SUMMER WORD SEARCH

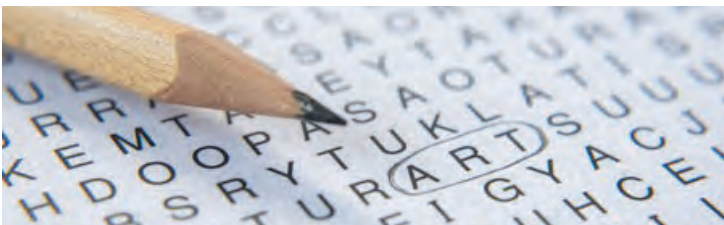
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 GOLDEN CROWN
 GUARD

HAIGHA
 HATTA
 HILL
 HUMPTY DUMPTY
 JABBERWOCKY
 KITTY
 LION
 LOOKING GLASS
 OYSTERS
 PAWNS
 POETRY
 RATTLE
 RED KING
 RED KNIGHT
 RED QUEEN
 ROSE

SHAWL
 SNOWDROP
 SOLDIERS
 SQUARES
 TIGER-LILY
 TRAIN
 TWEEDLEDEE
 TWEEDLEDUM
 UMBRELLA
 UNICORN
 VIOLET
 WALRUS
 WHITE KING
 WHITE KNIGHT
 WHITE QUEEN

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SUDOKU (HARD)

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SRC VIRTUAL ACTIVITIES

PARTY LINE via ZOOM

Tuesdays, 10:30 - 11:30 a.m.

Join area seniors on the SRC Party Line. This informal conversation group is just for seniors to log in or call in and talk with other seniors! Make new friends; see how others are experiencing our currently COVID life circumstances; share ideas and generally enjoy the company of others. Log in via Zoom with video feed or just call in via telephone to chat. For more information contact Megan Poindexter at 785-842-0543 or email mpoindexter@YourSRC.org.

Tuesday Painters via ZOOM

Tuesdays, 9 - 10 a.m.

Log or call in every Tuesday and join a gathering of fellow senior artists. Show off your current project and catch up with friends and see what they have been working on. To register, email Michelle Meier at mmeier@YourSRC.org.

Healing Arts via ZOOM

NOW EVERY OTHER Thursday, 3 p.m.

SEPTEMBER DATES: September 3 and September 17

Using creativity as an outlet helps people to enjoy their days even when faced with challenges. Join the PRISM Collective for this weekly creative session and learn how art can become a way to communicate difficult feelings while feeling supported by others. Don't worry about needing supplies, each activity will use things you have around the house! This activity is best with video access via Zoom. To register, email Michelle Meier at mmeier@YourSRC.org.

SPECIAL VIRTUAL PRESENTATION

Three Keys to Optimal Senior Oral Health

Friday, October 2, 2:30 p.m.

Too often, dental care for seniors seems more like crisis care or compromise rather than an effort to promote a lifetime of health and happiness. Fortunately, there are new and unique ways to help seniors have a functional and brilliant smile for their lifetime which can enrich, enhance and actually extend your life. In this presentation, local dentist and nationally recognized dental expert, Dr. James Otten will show you how to improve your health and smile in ways you may never have imagined. To register, contact Megan Poindexter at 785-842-0543 or email mpoindexter@YourSRC.org.



2020 MEDICARE

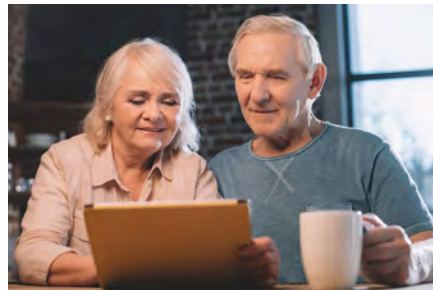
OPEN



OCTOBER 15 - DECEMBER 7
ENROLLMENT



BY PHONE



VIA ZOOM



IN PERSON (LIMITED AVAILABILITY)

THREE OPTIONS FOR 2020 OPEN ENROLLMENT CONSULTATIONS TO REVIEW PART D PRESCRIPTION DRUG AND ADVANTAGE PLANS
APPOINTMENT LINE OPENS THURSDAY, OCTOBER 1, 2020



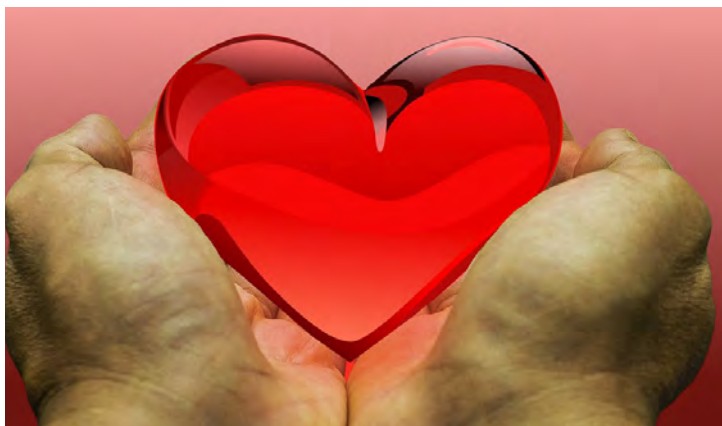
CAREGIVER SUPPORT GROUPS

SRC Caregivers Support Group via ZOOM

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

HOLIDAY DATE CHANGE: 1st Week Tuesday September 8

Meet virtually with fellow and former caregivers in a safe haven to discuss challenges and issues surrounding being a caregiver of a senior. Log in via Zoom with video feed or just call in via telephone to chat. To get started in this group, call Janet Ikenberry at 785-727-7873 or email jikenberry@YourSRC.org.



The Caring for Senior Support Group

Third Thursdays, 5:30 – 6:30 p.m.

ZOOM Meeting

Join representatives from Lawrence Presbyterian Manor and the Visiting Nurses Association for a new “virtual” support group for family and friends providing care to a senior in our community. In addition to open discussion surrounding some of the challenges and issues facing this demographic, support group leaders will have access to a variety of resources for the participants. For access to the Zoom meeting credentials, contact Melinda Reyes with VNA at 785-843-3738 or Melinda.Reyes@kansasvna.org.



HEART OF AMERICA ALZHEIMER'S ASSOCIATION SUPPORT GROUPS

Support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems.

In order to keep all of our constituents and volunteers safe during the COVID-19 pandemic, all of our support groups are now offered via video conference or by phone. Register online for each specific group. Once you are registered, the video conference link or phone number will be provided. New attendees are encouraged to contact the Chapter office prior to your first visit to assure time and location.

For more information on the Heart of America Alzheimer's Association, go to www.alz.org/kansascity or call 913-831-3888.

Caregiver Corner for Diverse Caregivers

First Wednesday, September 2, 1 p.m.

A social and support program for diverse caregivers caring for someone with Alzheimer's or other dementia. Register online at http://bit.ly/ALZ_Support_Diverse_Care.

Support For Those with a Loved One Living in a Care Facility

Third Tuesdays, September 15, 4:30 p.m.

A social and support program for caregivers supporting someone with Alzheimer's or other dementia living in a Care Facility. Register online at http://bit.ly/ALZ_Group_Care_Facility.

Caregiver Support Group via Google Hangouts

Wednesdays, September 16 & 30, 4:30 p.m.

Meeting link: meet.google.com/djg-wjbf-txt

Non-video call in 423-788-4060

PIN: 718 501 923#

Frontotemporal Dementia

Care Partner Support Group

Third Tuesdays, September 15, 4:30 p.m.

This is a group for those caring for someone with Frontotemporal dementia. Register online at http://bit.ly/ALZ_Support_Frontotemporal.

Caregiver Support Group West Side Presbyterian

Fourth Monday, September 28, 3:30 - 4:30 p.m.

A social and support program for caregivers supporting someone with Alzheimer's or other dementia living in a Care Facility. Register online at http://bit.ly/ALZ_Support_W_Presb.

alzheimer's  association®

WATKINS MUSEUM OF HISTORY

ONLINE EVENTS

Free History: The 1st Kansas Colored Infantry
Monday, September 7, 10 - 10:30 a.m.
FREE

Watkins Museum of History Facebook Page

An incredible story of courage. Visit the Free History: A Video Series page (<https://www.facebook.com/freehistory-series/>) on September 7 to view an exclusive interview with Ian Spurgeon, author of the acclaimed book *Soldiers in the Army of Freedom*.



Meet Amelia Earhart: A "Portals to the Past" Event
Friday, September 25, 10 - 11 a.m.
FREE

ZOOM Presentation

Spend an hour with the ground-breaking aviatrix who helped lead the charge for women in flight and science, as portrayed by Amanda Hamilton Burkhart. Learn about local sites that tell the Earhart story. You can even ask Amelia questions! Register at https://bit.ly/Watkins_P2P_Amelia_E.



DOLE INSTITUTE OF POLITICS

These special programs will be live-streamed to the institute's YouTube channel and to its website, www.doleinstitute.org. Due to continuing concerns regarding the novel coronavirus pandemic, the program will only be available online. Follow the Dole Institute on Facebook, Instagram, or Twitter for updates regarding this and future programming.

VIRTUAL EVENTS

Journalism and Politics

Wednesday, September 9, 7 - 8 p.m.
FREE

As we head into what promises to be a highly contentious election season, journalism has never been more vitally important. However, the media landscape is undergoing turbulent change with older media giving way to social media. Join CNN Political Correspondent MJ Lee and McClatchy White House Correspondent and KU graduate Francesca Chambers as they discuss the 2020 elections and the state of journalism in America.

2020 Constitution Day

Tuesday, September 15, 7 - 8 p.m.
FREE

KU Law Professor Lou Mulligan leads guests: Legal Director of the ACLU of Kansas, Lauren Bonds; Professor of Law Emeritus at Boston University School of Law, Larry Yackle and Constitutional Law Professor, Josh Blackman through a discussion of three of the most important cases appearing before the Supreme Court this fall.

Congressman Jason Altmire on Political Polarization

Tuesday, September 22, 7 - 8 p.m.
FREE

The Pew Research Center reported that the vast majority of Americans strongly dislike the partisanship that divides the country. Yet, their data show that this divide has only grown deeper. Former three-term Democratic Congressman Jason Altmire joins us to talk about his book *Dead Center: How Political Polarization Divided America and What We Can Do About It*.



OSHER LIFELONG LEARNING INSTITUTE ONLINE

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.

All courses for the summer session will be held ONLINE via Zoom Facilitated Sessions.

For a full description of each class or to register, go to <http://www.continuinged.ku.edu/osher/northeast.php>. Fees: \$50 per course; income-based scholarships are available.

Arlington National Cemetery: Its History & Its Heroes **September 28, 2020 to October 12, 2020**

Arlington National Cemetery is America's most hallowed shrine. This course will review its colorful history from its pre-Civil War days as Robert E. Lee's home through current U.S. conflicts. Later, recount lives of the famous and not-so-famous buried there, from presidents to privates, officers to enlisted men, Supreme Court justices to unknown slaves. Visit its major monuments and memorials, including Tomb of the Unknowns and the September 11th Memorial. Look at eligibility for burial, types of military honors, and how this modern cemetery administers 37 burials every weekday.

Great Women Composers **September 28, 2020 to October 12, 2020**

Throughout the history of classical music, there have been significant women composers who produced works of lasting value. Beginning in the 19th century the number of women composers increased greatly, and the last hundred years has seen a great flowering of women who compose. However, their works are still rarely heard in the concert hall. Discuss the lives of these women and listen to their music and explore contemporary composers such as Joan Tower. Celebrate these great women composers and appreciate the contributions they have made to music.

Six Drinks that Changed the World: **The Historical Geography of Tea, Coffee and Soda** **September 28, 2020 to October 12, 2020**

This course examines the origins and geographical diffusion of the three most popular caffeine drinks. Although containing the most widely used psychoactive drug, these drinks are seemingly so innocuous they are sold without legal age restrictions and with limited regulations worldwide, yet they have left a legacy of cultural and environmental destruction in the wake of their widespread adoption during the process of globalization. Learn about of the role of tea in the Opium Wars of China, coffee's contribution to slavery in the Americas, and the detrimental health effects of sugar in sodas-or "pop" if you are from Kansas.

The Mysterious World of Japanese Apparitions **September 29, 2020 to October 13, 2020**

Perhaps no other culture in the world has embraced the supernatural quite like Japan. Extensive depictions in art, literature and film throughout Japan's rich history reveal an obsession with both the macabre and the more humorous enterprises of ghosts and spirits. Explore a collection of examples, including wood block prints, folk tales, ghost stories, fashion, shrines, t.v., and film that feature spirits and other supernatural forces. Discover the deeply integrated, yet often hidden world of apparitions found in Japanese daily life of the past and present.

Napoleon Bonaparte, the First French Empire, **and the Limits of Glory**

September 29, 2020 to October 13, 2020

Napoleon Bonaparte remains a controversial figure. To some, he is the heir of the French Revolution, protecting and then spreading the ideals of the revolution across Europe - but on the bayonets of the Grande Armée. To others, he is the devil incarnate; a despotic satrap intent on power and his own personal glory. This course examines the Napoleonic era, beginning with his role as part of a three-man consular government and the reforms that protected the key elements of the French Revolution while limiting its excesses. Also examine why Napoleon, defeated and exiled, is considered one of the great commanders of all time.

Presidential Debates: **Why We Watch and Why They Matter** **September 29, 2020 to October 13, 2020**

After a 16 year gap between 1960 and 1976, general election presidential debates have occurred in every election cycle. In 1976, vice presidential debates were added and except for 1980, they are also a staple in our quadrennial presidential races. Pundits often claim that the debates don't matter because they change few minds; however, they serve many valuable functions and for undecided or soft supporters, they can influence their votes. This course explores the history of presidential debates-both their high and low points. The instructor has researched debates since she was an undergraduate and draws on her years of research and attendance at several of the debates to explain why we watch and why they matter.

The Electoral College: Does It Still Work? **September 30, 2020 to October 14, 2020**

George W. Bush and Donald Trump won recent presidential elections despite getting fewer popular votes than their opponents. They owed their victories to the role of the Electoral College, a unique institution mandated by the American Constitution. Why was the Electoral College included in the Constitution? How did it work initially? How does it work now? What prompted the changes in its functioning over the course of American history? What are its strengths and weaknesses? Can it be eliminated or reformed? What are the leading proposals to change the method by which we select our presidents? This course will address these questions.



Volunteers Needed in Douglas County



Join Meals on Wheels of Eastern Kansas and give back to your community! Meals on Wheels depend on volunteers to deliver meals and provide safety checks to seniors in Douglas county. Most volunteers spend on average 1 hour per week delivering meals and are happy with the flexible schedule options.

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

Quality Care for Your Loved One

Midland Care offers multiple programs in Douglas county to help you or your loved one.

Program of All-Inclusive Care for the Elderly

Wrap around services including in-home care, transportation to medical appointments, and social opportunities to help seniors stay in their home longer.

Home Health

In Home Skilled Nursing Care including wound care, medication management, personal care, and physical therapy.

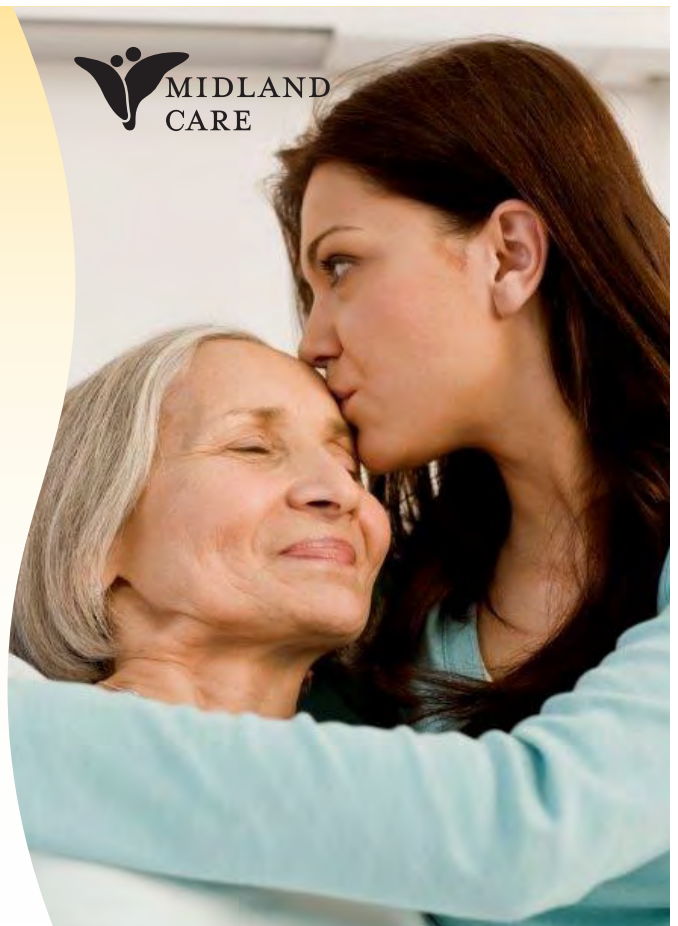
Thrive at Home

Midland Care Thrive at Home provides one-on-one assistance to anyone who could use an extra hand to live at home safely. Help includes daily activities, errands and chores. Call to see how Midland Care can help you!

Hospice

Hospice means more care, not less for those facing a life-limiting illness. Care takes place where you live and is focused on quality of life.

800-491-3691 • www.midlandcare.org



There's NO PLACE like Home

(continued from page 1)

So as a tribute to our return and our staff, we have compiled a glimpse into our first year back at 745 Vermont from the eyes of our staff. Here are memories from each of our staff as they look back on the last year now that we are settled back in our amazing new space.

I have to start with our beloved Charlene Haines. Previously her title was receptionist, but we have changed that to community engagement specialist as that better demonstrates



her role at SRC. For Charlene, her best memory of returning to 745 Vermont is "I am just glad to be back home because I missed all of the people!" If you have ever been to SRC, no matter the location, you know that she brings warmth to our agency, no matter the weather outside or the circumstances people may be facing at the time. She greets every person who enters our doors with her beautiful smile

and, more often than not, the best hug you have ever received in your life.

Many of us know that Charlene has made connections with people at SRC that lasted for years, but recently it really hit home. One such connection had called and left a message for Charlene in our executive director's voice mail. Turns out this gentleman returns to Lawrence every year for a visit from New Mexico and makes a point to come back to see Charlene. They connected years ago when he used to come by now and again for coffee and fellowship. Before we got back downtown he arrived to find we had moved and still took a bus and walked part of the way just to see Charlene. He won't be making the trip this year for obvious reasons, but he called recently to connect with her to keep their ongoing connection alive. I can only imagine how many others there are like him that call in or come by just to interact with our own Charlene.

The process of coordinating the renovation came with more details than you can image, including weekly meetings with

the architect, Jay Zimmersheid and the contractor Mark Green along with the Station 1 Fire Chief(s) to go over the latest news, make choices on various style options, and address the inevitable challenges of renovating a building on the Historical Register. You might be surprised to learn there were more details in this project than many brand-new construction jobs.

Along with both executive directors, our director of operations, Jerry Guffey was part of the team that coordinated all the details of the project as well as those to get us moved out and back to 745 Vermont. Moving furniture from a three-story building to a small suite at Peaslee came with its own set of challenges. On our trip back home, we had furniture being moved back from multiple locations all while the elevators were not yet available for use in the new space. This was a particular challenge in moving the pool table back from Peaslee. The pool table was donated to then DCSS, and unlike newer pool tables, has one long solid piece of slate. "We used a different company to move the pool table back to 745 and I was very nervous about it," said Guffey.

Upon our return downtown, a local senior called and wanted to donate a beautifully restored player piano. We knew we could make use of the piano knowing the New Horizons Band was planning to return to practice in the Garden Level



of the building, but the piano had to be moved and it would be yet another task that would be much easier with a 'certified' elevator. "The piano was getting moved from a private home, so getting it out of there and getting it DOWN THE STAIRS at 745 without damage was another hurdle. In the end, I was greatly relieved and so thankful that both moves were successful!" said Guffey.

One department had to carefully plan their return downtown. Heidi Briery, director of Senior Wheels, had to navigate keeping transportation services going while SRC was closed for two weeks to get moved and settled. "That might sound easy, but at one point we had phones in one facility, but not the other and the reverse with internet services. That was a challenge when our dispatching software is internet-based!" As a county-designated transportation provider with Kansas

Department of Transportation vehicles, it was important to keep the wheels turning, and even more important to her and the drivers to ensure that regular riders were able to get where they needed. As always, our Senior Wheels drivers kept services going with nary a hiccup as they do every day. Most people have no idea how resilient each of the drivers and Senior Wheels staff are in dealing with the minute-by-minute changes that come with providing transportation. But that's what they do!

Megan Poindexter took over for the final stretch of the renovation, a task I am sure she would not recommend to anyone. But she took up the reins knowing Dr. Marvel Williamson who started in that role had the project well in-hand and saw things through to the end. She was not unfamiliar with SRC nor serving the senior population, but as you will

read in this month's Megan's Musings, the final stretch was more of an Iron Man event than a sprint! Lead us she did, and she managed to keep us all calm at a time when the final return date was quite literally a moving target. After three long years and many tactful moves on her part, we were able to return and revel in the reality of what



we had only been able to dream about. For her, the reverie came "standing in our lobby the day of our Grand Opening Expo, and seeing the many returning faces and new faces who were excited to check out the space and celebrate our new beginning!"

The reality was so much more than we ever imagined! Because of the delays, even up to a few months before our return, it was hard to envision what it was going to look like. The framework was there, but the finished space is so very warm and inviting.



That was most true for our veteran health and services director, Janet Ikenberry. "Having spent more than 20 years in this building before the renovation, it is hard to believe it is the same space. I feel so incredibly lucky to have a job I love and getting to do it in this beautifully updated facility is just icing on

the cake! One of my favorite memories since moving back was reconnecting with folks we hadn't seen in a while and getting to show them around our "new" place."



And wouldn't you know it, as soon as we were settled and the pomp and circumstance were behind us, our old friend Larry Roberts showed up the first Monday we were open to the public ready to play pool! He was one of the numerous regulars who played pool three times a week prior to the renovation. Sadly, several of the members of that group had passed while we were relocated, but almost on cue (pun intended), Larry returned several times a week to play pool, sometimes by himself. As word got out, others started to come now and again for a quick game, but he was glad he had a few sessions to sharpen his skills before playing a serious game.

Several staff members were at some disadvantage as they had no memories of what our space was like before. But for all of us, it was quickly apparent how much we were missed and that our services were needed more than ever. Lori Philips started with SRC while we were at Peaslee, but being one of the staff that meets face-to-face with seniors every day, she quickly felt the switch that came with being home. "Moving 'back home' to 745 Vermont has been an affirmation to what I feel our role in Lawrence and Douglas County should be. We are an integral part of the community. Just like the



(continued on page 17)

OSHER LIFELONG LEARNING INSTITUTE ONLINE (CONTINUED)**Folklore of Kansas****September 30, 2020 to October 14, 2020**

Kansas is a state rich in folklore, arising from the many ethnic groups who have settled here from across the country and around the world, the diverse geographical regions of the state, and the wide variety of occupations of Kansas residents. This course will consider the abundant legends and tales of Kansas, the rich tradition of folk art in the state, the unique folksongs that originated here, and our distinctive customs, traditions, and superstitions, among other things.

ICEEs to Oysters: A Food History of Kansas**September 30, 2020 to October 14, 2020**

Kansas is home to numerous inventors and entrepreneurs who have contributed to the history and culture of food and drink. This course will examine the territorial days of Kansas in the mid-1800s to discover what people ate and drank. Next, explore how generations of immigrant and native Kansans influenced and created sweet treats, kitchen staples, fast food, and booze consumed from the 1900s to present. From ICEEs to oysters, burgers to bierocks, this food history of Kansas will whet your appetite to learn more.

The Psychology of Loss and Grief**September 30, 2020 to October 14, 2020**

Grief is arguably the most powerful of human emotions. Anyone who loves is vulnerable to loss and grief. This class examines thoughts, feelings and behaviors associated with grief, and explores what recovery means (hint: it doesn't mean "get over it!"). Study stages, tasks, types of grief; as well as gender differences in terms of grieving and accepting help. The class will look at the 21st century cultural changes in how grief and recovery are viewed in our society, and the role or meaning in grief. Much of the class is 'pragmatic psychology' with guidance for helping yourself and others recover.

The Art of Stephen Sondheim**October 1-15, 2020****Zoom Facilitated Sessions**

Stephen Sondheim has pursued an individualistic course on Broadway, writing shows that consistently defy the genre's commercial expectations and that show distinctive variety as a group. This course will be a look at Sondheim's musical theater career and output in terms of his fascinating collaborations and unusual approaches to the composition of music and lyrics. A number of his shows will be covered, but emphasis will be placed on *Company*, *A Little Night Music*, *Sweeney Todd*, and *Sunday in the Park with George*.

Deep Time: Stories from the Rocks**October 1-15, 2020****Zoom Facilitated Sessions**

It is only in relatively recent history that we have come to understand that the earth is immensely older than a few thousand years. The study of geology has the axiom that "the present is the key to the past." However, the record of the rocks can also tell us something about the future of the planet. This class will review some chapters from earth history and examine fossils and rock samples that provide clues to this story.

Kansas Characters: From the Scandalous to Benevolent**October 1-15, 2020**

Images of Kansas range from the moral heartland where Superman was raised to Bleeding Kansas where neighbors took up arms against neighbors. This course will examine several notable Kansans within that range of images. First will be the Notorious-John Brown, the abolitionist or terrorist, and Dr. John R. Brinkley, the infamous goat gland doctor. Then review the Self-Righteous-Carrie Nation and the Temperance Movement and Vern Miller, the Kansas Attorney General who sought to prohibit airlines from serving drinks while flying over "dry" Kansas. Finally will be the Innovators-Karl Menninger and his famous psychiatric clinic and Bill James, godfather of a new generation of baseball statistics.

Music and Lives of the Great Composers, Part II**October 2-16, 2020**

The music of many of history's greatest composers is best understood in the context of the times in which they lived, and the experiences they had in their own lives. Part I of this course covered 12 of history's greatest composers and discussed their music and their lives. This course will add 12 more composers, including Handel, Beethoven, Rossini, Chopin, Smetana, Borodin, Ravel, Gershwin and Prokofiev. Come learn more about the vibrant music created by these masters and how that music reflected their lives and times. Note: Attendance at Part I is not a prerequisite to your full enjoyment of Part II.

Teddy Roosevelt: An American Icon**October 2-16, 2020**

Theodore Roosevelt sits atop Mount Rushmore, nestled between Thomas Jefferson and Abraham Lincoln. He was chosen to be a part of this historical structure in 1927 because he was considered among our greatest presidents, a position he retains among historians today. Examine T.R.'s life, overcoming debilitating asthma as a child to build a reputation as a robust outdoorsman, astute politician, pioneering conservationist and international statesman. Roosevelt was New York City's police commissioner, assistant secretary of the Navy, volunteer Rough Rider, New York governor and vice president before becoming the youngest president at age 42 following William McKinley's assassination in 1901.

Triumph over Terror: How Two Men Survived Nazi Horrors**October 2-16, 2020**

Two Holocaust survivors, one a young Jewish boy, the other a Catholic teenage Polish Resistance fighter, would meet years later as professors at KU and form a strong friendship. The story of Lou Frydman explores the Holocaust and his eyewitness account of Jewish resistance in the concentration camps. Jarek Piekalkiewicz's story as a Polish Resistance fighter illustrates the mistakes, triumphs, history and organization of the Polish Resistance-the most effective underground movement to challenge the Nazis. Discuss what it means to lose not just one's family, but one's whole community and way of life, and the challenge of creating a new life in a new land.

Lawrence Lifelong Recreation (50+) (LPRD)

These programs, offered by the Lawrence Parks & Rec Department (LPRD) are designed for those 50 years or older to maintain an active lifestyle. Lawrence Parks and Recreation has implemented many changes to group fitness classes for increased safety. Classes are smaller and relocated to larger rooms for physical distancing. The use of shared equipment has been reduced and the frequency and level of cleaning increased. Fall sessions are shorter to allow participants more flexibility in scheduling. If you have any questions, call 785-832-7909 for details.

LPRD FITNESS CLASSES

Senior Strength Training

Mon/Wed/Fri, September 14 - October 9, Varied
Holcom Park Recreation Center, 2700 W 27th St, Lawrence
Tues/Thurs, September 15 - October 8, 9 - 9:50 a.m.
East Lawrence Center, 1245 E 15th St, Lawrence
\$55/42

Designed to strengthen major muscle groups, increase muscle mass and bone density while improving balance. This is a full strengthening workout. **Class codes: 427233 and 427234**

Dance Fitness

Tues/Thurs, September 15 - October 8, 9 - 10 a.m.
Community Building, 115 W 11th St, Lawrence
\$25

Experience a total body, cardio workout through a variety of easy-to-follow dance routines set to old and new favorites. Consisting of a 30 minute cardio sequence, followed by 30 minutes of toning and stretching. Routines are simple enough for beginners, yet challenging enough for advance students. Instructor: Rosie Shelton. **Register before September 1. Class code: 427250**

Tai Chi for All

Tues/Thurs, September 15 - October 8, 11:15 a.m. - 12 p.m.
Holcom Park Recreation Center, 2700 W 27th St, Lawrence
\$25

This program is designed to improve health and quality of life for everyone. The movements are simple and can be adapted for all. Participants may stand or sit throughout class. There are no floor exercises. The Arthritis Foundation of America, Centers for Disease Control and Prevention and Administration on Aging each recommend this program as meeting their standards for health programming. Instructor: Susan Pomeroy. **Register before September 1. Class code: 427502**

LaBlast

Tues/Thur, September 15 - October 8, 10 - 11 a.m.
Holcom Park Recreation Center, 2700 W 27th St, Lawrence
\$42

LaBlast is a perfect balance of dance and fitness. This 'workout in disguise' will get you moving to dances like the Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz, and many more. No partner needed! During LaBlast classes, you'll dance to music from every artist, genre, and era! Instructor: Susan Pomeroy. **Class code: 327502**



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Field trips are the part of the Lifelong Travel program that focuses on local destinations significant to natural and human history. All destinations this fall are outdoors and the group will meet at the trailhead so there is no bus travel. Participants will be asked to wear a mask and step away from the group (at least 6 feet) if they need to briefly remove the mask for comfort. Group size will be limited to 12 to allow for physical distancing. Walking canes that convert to a stool will be available to provide rest stops along the route. Expect an email with trailhead details and a map one week prior to the trip.



Walking Tour of Old West Lawrence
Thursday, September 3, 6:00 - 7:30 p.m.
Rain date September 10
\$22

From its beginnings in 1855, Old West Lawrence has been home to socially and politically prominent families. The beautifully preserved neighborhood is the perfect backdrop to learn about the people who built and grew the city of Lawrence. Learn their stories and highlight the variety of architectural styles and materials that make this area unique. Join guide Dr. Bob Dinsdale for an up-close look at the places and people that have contributed to the town we know today. **Class Code: 427329**

What's That Tree? - Rotary Arboretum
Thursday, October 1, 10:00 a.m.- 12:30 p.m.
Rain date October 8
\$15

In this class, learn about the "Tree Walks" and how to identify and appreciate our native and ornamental trees as autumn approaches. There will be a short walk on sidewalks to collect leaves as well as a longer opportunity to sit and study our collections. Jon Standing will be the guide. **Class code: 427463**



Lawrence Hidden Valley Camp
Monday, September 21, 4:00 - 5:30 p.m.
Rain date September 28
 Group will meet at the camp.
 Expect a map and directions prior to the tour.
\$15

Do you want to switch up the scenery for your local walks? The Lawrence Hidden Valley Camp (LHVC) is a rural jewel in the middle of town. The tour guide, from the Friends of LHVC, will escort us through the 40-acre camp and discuss the projects such as native woods restoration, and pollinator habitat designed for outdoor education and experiences for the Girl Scouts of Douglas County. Learn how you can return for hikes of your own. **Note: These are an active hikes on natural trails. Please dress accordingly.**
Class Code: 427323



SENIOR WHEELS PUNCH CARDS ARE AVAILABLE ONLINE!

Pay for Senior Wheels Punch Cards on our website and one of our drivers will deliver your pass at your next scheduled ride.

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

Go to www.YourSRC.org

Search for Punch Card

Each Punch Card includes one **FREE Bonus Ride!**

Senior Resource Center for Douglas County

There's NO PLACE like Home

(continued from page 13)

beautiful Lawrence Public Library, we are here to serve Lawrence and Douglas County residents." She went on to say, "The Senior Resource Center helps complete what a downtown and a county seat are supposed to be: a central place where people can find what they need and who they need. SRC is an essential and integral part of Lawrence and Douglas County."

For some of our staff, the return was about the little things. I've mentioned the warm feeling of the new space, but the natural light in the space is phenomenal. That natural light was part of the reason the lower level is called the Garden Level as there is so much natural light, we knew it wouldn't be right to



reference that space as the basement. In most rooms on that level, you cannot tell that you are actually below ground! The natural light stands out most for Senior Wheels coordinator, Johnetta Brown. "I remember how dark it was in my office (at Peaslee) because I had no windows to speak of and it was hard to keep a plant alive, let alone give it some sunlight. But now I have a wonderful bright window in my

new office and plenty of plants around me. There is something to be said about being able to watch plants grow and bloom! It keeps me smiling every day."



For others, the idea of having the space to spread out was exciting. Stefanie Macfarlane was originally hired as an executive assistant, but as we prepared to return to 745 Vermont in a space equipped with security and new lock systems that match all other city buildings, it was apparent she was the perfect match to move up as director of administrative services. She too had never worked at 745 Vermont, and at one time resided at a desk in the hallway at Peaslee. "It was an exciting day when we looked at all the finished offices and decided how to spread the team out in the building!" The entire staff, even the executive director, had shared space while we were displaced. But over the course of three years, and even in selecting new offices, there were nary a complaint or conflict. The time away from 745 Vermont bonded our staff in a way that we never knew we needed. If nothing else, it prepared us to continue working together in a larger space as a team, not as individual departments with assigned roles.

That has never been more true than with the realities of COVID-19. Just as we were beginning to add new activities and bring even MORE seniors through our doors we had to close and hunker down in response to the coronavirus. It was a hard blow, but as I mentioned, our team was primed and ready to do whatever was needed to ensure that the seniors of our community had what they needed. Without a blink of hesitation, our Senior Wheels drivers jumped into action to continue to meet the needs of area seniors during the stay-at-home orders that came down in March. While most of us converted to working from home, they continued to show up for the seniors who couldn't miss vital medical treatments and even took on the responsibility of delivering food boxes from Just Food and delivering grocery orders at the stores.



What many people don't know is that our drivers have always been willing to step up to transport our riders who have critical appointments even when the weather was bad. Thankfully now that we are back downtown, they don't have to scrape windows as the vans stay secure in the parking garage at night. I'm sure each of our drivers could tell us numerous stories of our return to 745 Vermont, but having covered parking and not scraping windows is something they all appreciate about our return to downtown.

For me, facing the coronavirus pandemic has allowed me to connect with people on a more one-on-one level. In some

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LAWRENCE PUBLIC LIBRARY RETIREMENT BOOTCAMP (ONLINE)

Retirement Bootcamp via ZOOM!

The Lawrence Public Library have moved Retirement Boot camp activities online! You will need a smartphone, tablet, or computer with a camera to participate, but you won't need any special app or program.

ONLINE Fun and Games (via ZOOM)

Tuesdays, 10 AM

FREE

From Bingo to Trivia, we offer a weekly game that offers you a fun way to meet new friends and try something new. To register email Cathy Hamilton at hamilton@lplks.org.



Virtual Coffee Break (via ZOOM)

Fridays, 10 AM

FREE

Take a break from it all, meet new friends, and socialize via Zoom. Find out what others are doing to keep busy and just catch up! To register email Cathy Hamilton at hamilton@lplks.org.

Downsizers Club (via ZOOM)

Thursday, September 3, 4 - 5 p.m.

FREE

Don't miss this three-part series on how to prepare to Downsize. Learn how to sell, donate, gift, or dispose of your extra possessions. Then DO it! To register email Cathy Hamilton at hamilton@lplks.org.

PART 1 Paper Paper Paper!

September 3

PART 2 What's your stuff worth?

October 1

PART # Electronics Extravaganza

November 5

Dessert and a Movie Night (via ZOOM)

Wednesdays, September 9, 7 - 9 p.m.

FREE

Savor your favorite sweet with friends on Zoom to discuss the Kanopy film of the month. Free with your library card! Limited Zoom seats available. To register email Cathy Hamilton at hamilton@lplks.org.



THEATRE LAWRENCE

STREAMING EVENT

Pirates on the Kaw

Available for streaming through September 6

Donation Required for access

Our hit melodrama that was performed live at our Summer Drive-In series, has been recorded for your home viewing pleasure! Go to <https://www.showtix4u.com/event-details/39307> to make your donation. Once purchased, use the access code on the .pdf ticket to stream this video an unlimited amount of times for 48 hours once you begin watching the video for the first time.



OUTDOOR PERFORMANCES

Cinema a Go-Go Drive-In: FILM TBA

Friday, September 11, Saturday, September 12

Gates open at 8:30 p.m., Show starts at 9:00 p.m.

\$10/car

Check back for updates on new titles coming to the Theatre Lawrence Cinema a Go-Go Drive In. Watch the Theatre Lawrence Facebook page and website at Theatre Lawrence is partnering with KPR to bring you a whole weekend of Cinema a Go-Go at the Drive-In!

OUTDOOR PERFORMANCES

"Rounding Third"

September 18-19, 25-26

Batter Up!! Missing the game? This show is the tumultuous journey of two Little League coaches through an entire season, from their first tentative meeting to the big championship game. A two-man comedy to be performed on the Theatre Lawrence outdoor stage.

COVID-19 Impact on the Solvency of Social Security

by Molly Wood, JD



Q: I'm increasingly worried about Social Security benefits for myself and for younger people who are nearing retirement age. Will the COVID-19 pandemic have an impact on the solvency of the Social Security Trust Fund?

A: I'm worried, too. Every year, the Social Security Administration reports on the Trust Fund's solvency, and every year, the exhaustion of the Fund is predicted to be sooner – 2035 is the new prediction, which is only 15 years. In past columns, I've focused my remarks on what needs to be done to extend solvency. That effort is more urgent now. At the very least, the emerging recession related to COVID-19 will significantly depress payroll tax income that funds Social Security. Lack of Congressional action added to the worsening economic outlook related to COVID-19 should be raising alarm.

"Solvency" when related to the Social Security Trust Fund means that the Fund can pay full benefits – the benefits it has promised to pay every American. While most of Social Security's benefits are funded by the payroll taxes collected from today's workers, the program has also accumulated nearly \$2.9 trillion in trust fund reserves over the past three decades. During that period, Social Security's income exceeded its costs, and the program invested the surplus in interest-bearing Treasury securities. Over the next 15 years, however, those reserves will make up the difference between Social Security's income and costs. We don't have surpluses anymore.

Making sure that Social Security benefits are available for retirees is critical to the vast majority of elderly Americans. Social Security income is 60% or more of income for the bottom 80% of single people; 50% or more of income for the bottom 80% of married people. Therefore, most elderly Americans would face severe hardship if their Social Security benefits were reduced or ended. Any proposed fix should not reduce benefits for at least the bottom 80% of beneficiaries.

The most obvious fix would be to subject all wages (and self-employment income) to the Social Security payroll tax. Although it is not well-publicized, high wage earners, people whose income is greater than \$137,700 (2020), don't pay into the Social Security Trust Fund progressively; they pay zero on all income over that threshold, so a disproportionate burden of supporting

the Social Security system is on the middle class and poor wage earners. That change alone would cover 72% of the amount needed to extend solvency for 75 years. So why are rich people not being required to pay their fair share?

Another obvious fix would be to increase the payroll tax by 2%, with 1% for employees and 1% for employers (and the full 2% for self-employed people) to help bolster the Trust fund. This increase would also cover the lion's share of the solvency shortfall. In my opinion, however, increasing the payroll tax is regressive, that is, it is proportionately much more of a burden on low and middle-income workers. Therefore, such an increase should also include a bottom threshold – an amount below which no payroll tax is paid by the employee.

There are several ways in which the Social Security program could be improved that would have little to do with solvency, but make the benefits fairer. For example, people who receive Children's Disability Benefits have those benefits terminated if they marry.

A marriage penalty for a person covered by disability makes no sense whatsoever. Social Security could enact a credit for people who are caring for their children or their elderly parents so that their earnings records – the amount upon which their future benefits are based – reflects more than zero wages. A parent of young or disabled children or a caregiver for an older adult should not have to sacrifice their future retirement security to do what is best for their family.

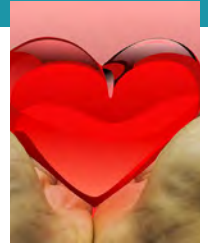
Cutting the payroll tax for Social Security, one of President Trump's executive orders to address the COVID-19 pandemic, is precisely the wrong approach for the short term OR the long term. We need to stop eroding the Social Security safety net and recommit ourselves to preventing poverty among the elderly and disabled. With a little luck, we are all going to get old, so let's act like we are all in this together.

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.



The Rewards of Caregiving for Alzheimer's Patients

By Nirali Desai, Intern



Caregiving is a challenging role no matter the circumstances, and those caring for someone with Alzheimer's disease know this better than anyone. There will be days when you find yourself losing patience and feelings of frustration will likely be a constant along the journey. That is why it is important to look at the rewards of caregiving. In honor of World Alzheimer's Month, this month's Caregiver Corner we will be focusing on the positives of caregiving and some of the rewards that come with caring for someone with Alzheimer's disease.

One of the most important rewards that come with being a caregiver for an Alzheimer's patient is the bond you will create with them. Even if their ability to show their appreciation may wain over time, you must try to remember the times they were grateful and remember that this caregiving opportunity gives you a reason to spend precious time with them.

Another reward that comes with this level of caregiving is self-improvement. The challenges that come with this level of care will definitely bolster your problem-solving skills and likely how you maintain relationships with other important people in your life. While being a caregiver, you may have to get creative and think outside-of-the-box to provide proper care for your patient. There will be times when you will find that your problem-solving skills are working even when you aren't caring for your loved one. You are looking ahead and ready for just about anything life can throw at you. Further, this time can also bolster your relationship skills on all levels as you will appreciate what is truly important and approach others with a new level of empathy.

Caregiving is an accomplishment and it is important that as a caregiver you see it as one. Most individuals go into caregiving unprepared, facing varying levels of uncharted territory. There is no perfect manual for caregiving, particularly for those caring for an Alzheimer's patient, as so much varies from patient to patient and often day to day. Yet, you are figuring out how to manage and provide care for your loved one. From time to time it is important to stop and appreciate all that you have done, especially because as the disease progresses, the patient may not be able to show their appreciation for your efforts and dedication to their care.

Another reward as you make your way along this journey is the support system you will create. It is important to ask for help and seek support for yourself as you make your way through caring for your loved one. Finding a safe place to share your feelings with people who are having similar experiences can provide new perspectives, techniques, and even a simple break from the challenges that come with your role as caregiver. SRC has numerous resources for caregivers, including a library of books specifically for caregivers and access to area caregiver

support groups. If you haven't sought out the support of an area support group, you can find information on several groups that are meeting using ZOOM and other virtual platforms on page 8, including the SRC Caregiver Support Group and numerous offerings hosted by the Heart of America chapter of the Alzheimer's Association.

Believe it or not, there will come a day when you look back and realize how caregiving has changed your perspective on life. You will find yourself more grateful for the challenges you faced and for the time you invested in caring for your loved one. This time will also help you value your own life, your family, and the things that are truly important in life. More than anything, it will serve as a constant reminder to cherish the good moments as they happen, even if they don't look exactly as you imagined. So even on the hard days, take a moment and focus on the rewards of loving an Alzheimer's patient. Always remember that you are making a difference with benefits that reach beyond your loved one living with Alzheimer's disease.



The Alzheimer's Association Walk to End Alzheimer's® is happening on every sidewalk, track, and trail across this country. All of us are raising funds for one goal: A world without Alzheimer's and all other dementia. This disease isn't waiting, and neither are you.

Lawrence, KS
October 17
alwalklawrence.org



For more information, contact Laura Blatter, lblatter@alz.org.



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There's NO PLACE like Home

(continued from page 17)

ways, I reach so many people with my words as I develop this publication each month, but I never realized just how much I missed interacting and helping seniors directly until we were in the midst of stay at home orders. I still was able to talk to seniors nearly every day, not only to place their grocery orders, but to check in and provide at least one voice from the outside world. I have a few regulars who have my direct number at the office that I have come to form a relationship with over the last six months.

During these calls, my new friend Betty Bryson and I have discovered we share the love of good beer. This is obviously not your typical topic of conversation during work hours, but that is my point. As we are moving into Fall, I told her that one of my favorite beers is Sam Adams Octoberfest. As we spoke, I knew it was time that we got to have a beer together, so recently I stopped by her house and we enjoyed some time together, with masks and appropriate distance of course, to toast the relationship we had built and a quick nod to the circumstances that brought us together.



The entire staff will admit that while we are closed but back working our regular hours in our offices, there are days when it is a little too quiet at 745 Vermont. However, recently we spotted our dear friend Larry Roberts parked across the street. Since we couldn't let him in, we all put on our masks and ran out to say hello.



Larry Woydziak, our health and human services program specialist, noted it was the perfect reminder of why he is happy to be back at 745 Vermont. "I missed the feeling of being a part of the Lawrence Downtown community (while we were gone). Pre-COVID, there seemed to be so many activities going on in the green space next to the library and smiling people all around us. But even now, the people are still here... just have to look for the smile in their eyes!" And he's right. The smiles are still there, amongst the staff and the seniors that we see around town while we are closed to the public.

Actually, you can hear them too! Now that we have moved some of our regular activities to ZOOM, you can hear the smiles and feel the same warmth we have always had over the phone (and internet) as our Tuesday Painters catch up with each other and the new bonds being formed on our new Party Line. It's not quite the same, but we will continue to work our way through the current challenges of COVID-19 until we can all safely be back at 745 Vermont TOGETHER.

Building Community Through Listening...

(continued from page 5)

life experiences. But it was just that, different, and didn't mean learning wasn't possible.

The process of becoming a volunteer counselor is pretty well laid out and has been fine-tuned over the past 50 years. At HDQ, we are committed to providing you with the instruction, structure, support, and practice you will need to be prepared to answer the phones. We ask trainees to trust the training process and approach learning the skills with an open mind, just like you would if you were picking up a new instrument for the first time. Not everyone will sound like a natural or hit every note, but with trust in the process and an openness to learning and vulnerability, we can guide people from a diverse set of ages, backgrounds, and experiences to mastery of a skill set with the healing properties of a beautiful piece of music. And just like learning an instrument, the most important part is that we first learn to listen.

How to Get Involved

If you're interested in becoming a volunteer counselor with KSPHQ, we are currently recruiting individuals to participate as part of our Fall Training Group. Just visit the KSPHQ website and complete the Volunteer Training form at http://bit.ly/KSPHQ_Volunteer_Form. The next step is to attend an Informational Session where you will learn exactly what training entails. If you're interested in being involved with KSPHQ in a capacity other than volunteer counselor, we are currently recruiting individuals to our board of directors. For other opportunities to become involved in suicide prevention in Douglas County, consider becoming involved with the Douglas County Suicide Prevention Coalition.

Jared Auten, LMSW is the Training Coordinator for Headquarters, Inc. If you or someone you know is in crisis or struggling with suicidal thoughts, you can reach out by calling 785-841-2345 or 800-273-8255 to be connected to a trained volunteer counselor. You can also text "Kansas" to 741-741 to connect with the Crisis Text Line.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

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ARBOR COURT
RETIREMENT COMMUNITY
AT ALVAMAR



Butternut Squash Apple Bake
2 lbs butternut squash (peeled & sliced)
3 medium tart apples (peeled & sliced)
1/3 cup packed brown sugar
1-1/2 tsp all-purpose flour
1/4 tsp ground cinnamon
2 Tbsp butter, melted

Preheat oven to 350°. Layer squash and apples in a 13x9-in. baking dish coated with cooking spray. Mix brown sugar, flour and cinnamon; sprinkle over top. Drizzle with butter. Bake, covered for 45-55 minutes until squash and apples are tender.

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