



Inside This Issue

Megan's Musings.....Page 3

Teamwork Makes the Dream Work

Let's TalkPage 4

Let Love In

**VIRTUAL Leisure & Learning
ActivitiesPages 5 - 14**

Legalese Page 15

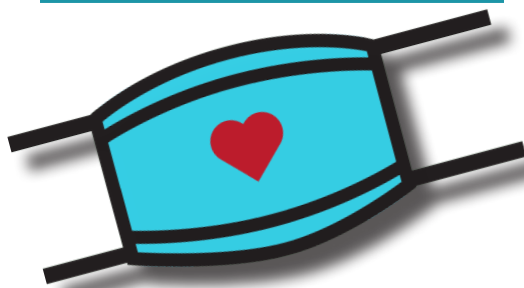
Fiscal Liability of Your Adult Children

Fit & Active Page 16

Avoiding Dehydration in the Summer
Heat

Caregiver Corner Page 17

Leaning into Anticipatory Grief



As our County Commissioners lift COVID restrictions in Douglas County, SRC will continue to err on the side of caution.

We thank you for honoring our mask requirement while riding in Senior Wheels vans and visiting SRC's center at 745 Vermont. We serve many people who are unable to accept a vaccine and are very high risk. We know you join us in a shared goal of an active, engaged, healthy, and safe senior community.

We look forward to seeing your smiling eyes soon!

Recognizing the Signs of Elder Abuse

Michelle Meier, Editor

As summer begins and the world begins to emerge from the grips of a global pandemic, there is another pandemic that has been happening in the shadows for years. Elder abuse. Each year up to 5 million older adults experience some sort of elder abuse with financial losses due to financial abuse ranging from \$2.6 billion to \$36.5 billion annually. This silent problem robs seniors of their dignity, security, financial security, and—in some cases—costs them their lives. June 15th is World Elder Abuse Day which is the perfect time to review the types of elder abuse and discuss the warning signs and what can be done if you or someone you love is facing this type of mistreatment.

The broad definition of elder abuse can include a wide array of mistreatment from physical and mental abuse, sexual abuse, exploitation, as well as neglect and abandonment. Such abuse can run the gamut of the unthinkable of treatment to more subtle mistreatment such as confinement (restraining or isolating a senior) to neglect and deprivation, such as denying an older adult access to necessities such as medication, food, therapeutic devices, or other physical assistance, which exposes that person to the risk of physical, mental, or emotional harm.

One of the leading precursors to elder abuse is social isolation. For seniors who have

no immediate family nearby and lack access to transportation and regular age-appropriate outings are often targets for all types of elder abuse. The lack of contact with the outside world often leads to physical, cognitive, and emotional declines that leave isolated elders at risk for all types of abuse and mistreatment.

Approximately one in 10 Americans aged 60+ have experienced some form of elder abuse.

While the media often reports glaring cases of abuse in nursing homes and from other support agencies due to various regulations of these organizations, the sad reality is that in almost 60% of elder abuse and neglect incidents, the perpetrator is a family member. Two-thirds of perpetrators are adult children or spouses. Although it seems unfathomable for a family member to be the perpetrator of such harm to a loved one, often the impetus

(continued on page 18)





VISITING NURSES

*Help someone at a vulnerable time in their life
Do something meaningful
Have a wonderful work-family life balance*

**Join our VNA family
and apply at kansasvna.org/employment**

Positions Open: CHHA, CNA, Hospice RN, Home Health RN

Home Health | Rehabilitation | Hospice | Help at Home



You're Needed **BIG Time!**



**For just a few hours a month,
YOU can make a BIG impact
on a local youth.**

For more information about how YOU can become a Big, or to make a donation, go to www.kansasbigs.org or call us at (785) 843-7359

Teamwork Makes the Dream Work

By Megan Poindexter, Executive Director



The past and current success of the Senior Resource Center is made possible by the generosity and dedication of so many people and organizations outside our own. As we embark on SRC's 2021 fundraising campaign, here is a little background on SRC's financial stability!

There are two important entities without which SRC would be a very different organization. They both deserve a huge amount of gratitude!

The City of Lawrence has provided SRC with the lovely and recently renovated building at 745 Vermont Street since 1979, as well as maintenance support, for a lease of \$1. Remarkable! The square footage of our facility allows SRC to provide the activities and services which make our mission possible. But, without SRC's amazing staff, we could not make use of this wonderful location!

For this, Douglas County's social service budget takes credit! SRC's original iteration back in 1972 was an initiative of the County, and they continue to provide considerable financial support (as well as appoint five of our Board Members). These dollars stabilize SRC by guaranteeing the funds to pay the amazing and dedicated staff who put SRC's mission into action every day. To support this funding, SRC presents a thorough annual budget proposal to our County Commissioners for approval.



SRC's Senior Wheels program receives a modest annual grant from the Kansas Department of Transportation. This support obligates Senior Wheels to be part of the Emergency Management transportation options in our community. Yet this partnership with KDOT also includes the opportunity to apply for a matching grant to purchase ADA-compliant vehicles. Without this opportunity, the very high cost of these vehicles would be unattainable. Additionally, SRC receives an annual contribution from Baldwin City to support Baldwin's Senior Wheels program expenses.

SRC's Medicare counseling program (formally known as SHICK-Senior Health Insurance Counseling of Kansas) is partly funded by an annual grant from the Kansas Department of Aging and Disability. This funding allows SRC to offer the annual Part D Open Enrollment counseling, assistance for new

Medicare enrollees as they navigate through this transition, and outreach to those who might benefit from several low-income Medicare programs.

SRC thanks the Douglas County Community Foundation for help with unique expenses, and, various businesses and other community partners that provide support through annual sponsorships.

Diversified funding stabilizes SRC's ability to meet our mission of helping seniors live their best possible quality of life!

Yet, there is still a financial gap that SRC must fill each year. Individuals like you make generous donations to cover the costs of Senior Wheels' gasoline, auto insurance, and vehicle maintenance. Additional donations are needed for other significant costs of doing business, including necessities like liability and work-comp insurance, building utilities, an annual audit, and a collection of other expenses.

I hope you will consider making a donation to join our dream team of funders. Your support can help make it possible to reach all our shared goals! In 2021, SRC needs to raise \$60,000 from individual donors during our fundraising campaign. Every dollar helps get us closer!

We strive to offer all of Douglas County seniors with critical needs navigation, social and recreational activities, educational and support services, and all-important transportation for those who no longer drive and those who need ADA-compliant transportation. This past year we have been as busy as ever, and we are ready to hit the ground running as we re-open our doors to the general public once again!

To make a donation, see page 19 for a Donation Form or go to www.YourSRC.org/donate.

Thank you for your generous support,

A handwritten signature in blue ink that reads "Megan".

Megan Poindexter

Let Love In

By Michelle Meier



Recently a friend of mine toured a senior living facility in her hometown with her Dad. He had been there before as he had supported co-workers and other friends who lived there over the years. He pointed out he had been in the chapel before and our guide teased him that they do have weddings there and not to count it out. He scoffed and went on, but she and I talked more about how her Dad had lived the majority of his life alone after divorce for the sake of her and her brother.

After the year we have all endured away from friends and loved ones, I pondered the scenario wondering how I might feel in the same scenario. Would I want my own Dad to find love and remarry? With the weight of the isolation I felt even while married but working from home this last year, I feel my answer might be different post-COVID than if you asked me before. Also, as I prepare for my only brother to move across the country in the coming months to settle into a newfound love in a scenario similar to my own relationship which came together later in my life, I have to say I have to cheer for love.



There are many considerations when it comes to marriage and blended families and the legal ramifications of estates and all that, but at the core of it, why would you ever want to steer anyone away from having love and companionship in their life? There are individuals who will spend their days alone once their spouse has passed with no

consideration of seeking a companion or dating ever again. On the flip side, there are those people who live their best life when they are part of a couple and are happiest with a counterpart in their lives. Without going into the deep dive of making a new relationship permanent, what harm can come from opening your heart to enjoy the company and support of someone else and living life to the fullest?

So if you have held yourself back, for whatever reason...in honoring your spouse who has passed, for the sake of your adult children, or simply out of fear of getting hurt, consider that allowing a little love in your life doesn't have to mean the end of what came before or a change in how you plan to leave your estate to your family. Why spend the rest of your days alone? Consider opening your heart to the possibility of companionship. Should you decide to make it official, talk it out with your significant other, your family, etc.

Either way, I say, let love in and enjoy your life. You might find someone who can heal your heart. Someone to have the hard conversations with. Someone to brighten your days. We only get one and thinking of my friend's father and the length of time he has spent alone, I hope maybe, just maybe, he finds a connection that will enrich his life, even just to curb the loneliness he has endured for so long. I say let love in.

Better Senior Living

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

Editor: Michelle Meier
Executive Director: Megan Poindexter
Printer: Mainline Printing, 3500 SW Topeka Blvd, Topeka, KS

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.

Senior Resource Center for Douglas County is an independent 501(c)3 organization funded by the Douglas County Mill Levy • KDADS • Kansas Department of Transportation • special grants • project income • fund-raising activities • and your donations.

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

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

SRC Board of Directors

Kay Brada, Chair
John White, Vice-Chair
Mary Kay Digby Treasurer
Sally Brandt, Secretary

Diane Adamson,
Carole Cadue-Blackwood
Rosemary Chapin
Mary Kirkendoll
Gina Pacumbaba-Watson

Paid advertising from outside entities in Better Senior Living does not reflect the policies or views of or indicate endorsement by the Senior Resource Center for Douglas County.

SRC VIRTUAL ACTIVITIES



WELCOME TO MEDICARE ONLINE VIDEO

If you are preparing to transition to Medicare, SRC has developed a video version of our regular monthly presentation that is available online. This informational video is presented by our Health Resources Coordinator Lori Phillips and is designed for those new to Medicare to give you a comprehensive overview of the process and includes insightful FAQs that will answer common questions and address various scenarios. You can find the video at https://bit.ly/SRC_W2M_Video.

Tuesday Painters via ZOOM

Tuesdays, 9 - 10 a.m.

Log on or call each 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, call 785-727-7878 or email mmeier@YourSRC.org.

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.

SRC Caregivers Support Group via ZOOM

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

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.

COMING TO SRC

SNAP-Ed Registration Clinic

Fourth Tuesday, June 22, 1 - 3 p.m.

Representatives from the Douglas County Extension Office and the Nutrition, Health, and Safety Staff who can assist you in learning more about the SNAP program and help you register for the program. Gain financial assistance that will help ensure you are meeting your nutritional needs. Find locations where you can utilize the Double Up program at area Farmers Markets on fresh products. Learn more about healthy meal planning and gain access to ongoing nutritional classes specific for seniors. To register for this clinic, call 785-842-0543 or email contact@yoursrc.org.



Transportation Security Administration

Federal law requires the wearing of face masks on planes, buses, trains, and other forms of public transportation.

On April 30, the Transportation Security Administration extended the face mask requirement for all public transportation through September 13, 2021.

We thank you for honoring our mask requirement while riding in Senior Wheels vans and visiting SRC's center at 745 Vermont.



Senior Resource Center
for Douglas County

PUZZLES

SUDOKU (HARD)

		4	6	2				1
	1			4		3		6
3	6		1				4	
		1		6		2		4
	3	5			4		1	
2					8	6		
7	2							3
		6	5	3		4		
4					1		6	

3			1			2	6	
1	9				8			3
		5	6		3	1		
	3			9			2	5
5	1		2				3	
9	6	2						1
		1	9	6		3		
8		3		1				6
	2				5			4

Copyright © www.dadsworksheets.com



SUMMER

J	U	N	E	S	T	S	S	S	S	Y	K	S	E	U	L	B	M
U	S	M	E	A	U	Y	E	O	U	H	I	K	I	N	G	S	A
S	M	W	E	E	A	N	L	U	B	N	W	A	S	E	Y	R	E
U	T	W	I	R	R	S	G	I	C	A	B	L	N	A	R	E	R
N	S	H	V	M	T	C	C	L	T	E	A	U	D	T	V	L	C
T	Y	U	G	I	M	Y	S	E	A	D	B	I	R	S	S	K	E
A	G	L	C	I	C	I	R	N	N	S	L	R	R	N	D	N	C
N	R	E	U	L	F	M	N	A	U	O	S	E	A	R	G	I	I
O	E	A	E	J	E	R	S	G	H	S	W	E	A	B	N	R	C
S	E	D	A	L	B	R	E	L	L	O	R	O	S	R	I	P	R
C	N	A	O	F	L	O	G	T	L	T	B	T	E	E	T	S	E
H	G	N	I	H	S	I	F	F	A	E	O	A	E	E	A	H	C
O	R	C	A	M	P	I	N	G	T	W	T	H	B	Z	O	C	C
O	A	C	I	N	C	I	P	A	W	A	S	P	S	E	B	A	O
L	S	F	L	I	E	S	K	M	O	S	Q	U	I	T	O	E	S
T	S	U	G	U	A	S	I	L	L	A	B	E	S	A	B	B	O
G	N	I	N	E	D	R	A	G	S	U	N	S	H	I	N	E	N

Copyright www.Puzzles.ca

- | | | |
|---------------|---------------|--------------|
| ANTS | GOLF | SOLSTICE |
| AUGUST | GREEN GRASS | SPRINKLERS |
| BARBECUE | HAT | SUNBURN |
| BASEBALL | HIKING | SUNGLASSES |
| BEACH | HOLIDAYS HOT | SUNSCREEN |
| BEEES | ICE CREAM | SUNSHINE |
| BICYCLE | JULY | SUNTAN SWEAT |
| BLUE SKY | JUNE | SWIMMING |
| BOATING | MOSQUITOES NO | U V RAYS |
| BREEZE | SCHOOL PICNIC | WASPS |
| CAMPING | ROLLER BLADES | WATER FIGHTS |
| FISHING FLIES | SANDALS | WATERMELON |
| FLOWERS | SKATEBOARD | |
| GARDENING | SOCCER | |



SUPPORT GROUPS

Covid Coping Support Group

Tuesdays, 10 - 11 a.m.

ZOOM MEETING

This is a group for people who are struggling with all the changes covid has brought to our lives. This is a group to share, to listen, to hear ideas, and to meet others in our community. This is not therapy or counseling. Each month we will have a theme. It is open to anyone in the community. To register and receive the link, please contact Rev. Robin Colerick-Shinkle, Spiritual Care Manger at all 785-505-3140 or email Robin.Colerick-Shinkle@lmh.org.



Support Group for the LGBTQ+ Elders and Allies Meetup Group

A support group for LGBTQ+ elders and their allies in the Lawrence area is forming. The need is urgent. In these dangerous times we can all feel isolated and alone, but LGBTQ+ seniors, especially. Data shows that LGBTQ seniors suffer much more discrimination than their straight counterparts. The group's main focus will be happiness, health, and well-being. Activities will include getting together for walking, coffee, discussion, museum outings, and more. Activities will follow CDC masking guidelines. **This is a Meetup group, join at Meetup.com or call Alfredo Parra at 402-332-7472 for information.**

WELLNESS

Healthy Living Series Online

Tuesdays, 10 - 11 a.m.

ZOOM MEETING

This popular LMH Health presentation is now available from the comfort of your own home. Each month will offer a presentation on a variety of health topics. The June speaker is Dr. Douglas Klingler, Lawrence Urology Specialists along with Dr. Benjamin Smith, Internal Medicine Group. Join is as they discuss Men's Health. There will be time for your questions and answers. For more information contact Allison Koonce, Community Ed Specialist at 785-505-3081 or email allison.koonce@lmh.org.



Foot Clinic

Friday, June 25, 9 a.m. - 3:45 p.m

First United Methodist Church, 946 Vermont St, Lawrence

Make an appointment for an examination of your legs and feet to check blood flow and identify any areas of concern and determine Medicare and insurance eligibility for ongoing care. Care includes trimming and cleaning nails, ingrown nail removal, addressing calluses and wound care. Practitioners will also provide education on the importance of foot care, safety, as well as diabetes circulation issues. To schedule an appointment, call 316-260-4110 or email info@hermeshealthcare-inc.com.



LPRD FITNESS CLASSES

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.

Super Senior Circuit

Mon/wed/Fri, June 7 - July 16, 7:30 - 8:30 a.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln, Lawrence

Fee: \$47

Tues/Thurs, June 8 - July 15, 7:30 - 8:30 a.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln, Lawrence

Fee: \$36

Start your morning with This 50 minute “full-body” group workout designed for the active senior adult, regardless of previous experience with strength training. Every participant performs a total of ten to twelve different exercises in the circuit utilizing a combination of machines, free weights, stability balls, and resistance bands. **Mon/wed/Fri Class Code: 327255. Tues/Thurs Class Code: 327255.**



Aerobic Dance & Tone

Monday, wednesday, & Fridays

June 7 - July 16, 8:50 - 9:50 a.m.

Holcom Recreation Center, 2700 W 27th St, Lawrence

Fee: \$47

Exercise has never been so fun! Get moving with fun, lively music from all eras that will condition and strengthen your body. Then tone and stretch with a variety of moves and equipment that will focus on core stability, strength, balance, and flexibility. This total body package will keep you looking and feeling young. Instructor: Teresa Kelley. **Class Code: 327201**

Fitness for Life

Monday, wednesday, & Fridays

June 7-July 16, 10:00 - 11:00 a.m.

Holcom Recreation Center, 2700 W 27th St, Lawrence

Fee: \$47

Fitness for Life combines a low-impact aerobic dance workout with strength training and stretching, which incorporates strength and balance training for improved coordination and agility. Please bring a mat for the floor workout. Instructor: Melanie Johnson. **Class Code: 327256**

LaBLAST

Tuesdays/Thursdays, June 8 - July 15, 10 - 11 a.m.

Holcom Recreation Center, 2700 W 27th St, Lawrence

Fee: \$36

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: 327302**

Joints in Motion

Tuesdays/Thursdays, June 8 - July 15, 5:30 - 6:30 p.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln, Lawrence

Fee: \$36

Designed for people with arthritis or joint problems, this class is open to anyone looking for gentle exercise. The programs multiple components help reduce pain and stiffness and help maintain or improve functional mobility and muscle strength. The variety of exercises is designed for all levels of ability. Instructor: Teresa Kelley. **Class Code: 327290**

Tai Chi for Energy

Tuesdays/Thursdays, June 8 - July 15, 5:30 - 6:15 p.m.

Community Building, 115 W 11th St, Lawrence

Fee: \$36

Tai Chi for Energy is a more sophisticated Tai Chi for Health form, combining the complementary energy of both Sun and Chen styles. Chen is vigorous and complex, integrating fast and slow movements with powerful spiral force. Sun incorporates agile steps and powerful qigong movements for healing. This class is suitable for those with prior experience in Sun Style tai chi, particularly Tai Chi Arthritis, who wish to enlarge and deepen their tai chi practice. **Class Code: 327503**



Fitness Yoga

wednesdays, June 9 - July 14, 5:30 - 6:30 p.m.
 Community Building, 115 W 11th St, Lawrence
 Fee: \$23

Fitness Yoga promotes general health and well-being through the practice of basic Hatha yoga postures and vinyasa flow sequences. In this laid-back class, participants are encouraged to work at their own level of ability so they can develop greater strength, flexibility, balance, agility, endurance and focus. Class includes floor work, students should bring a yoga mat. Instructor: Fran Hopkins. **Class Code: 327282**

Beginning Ukulele

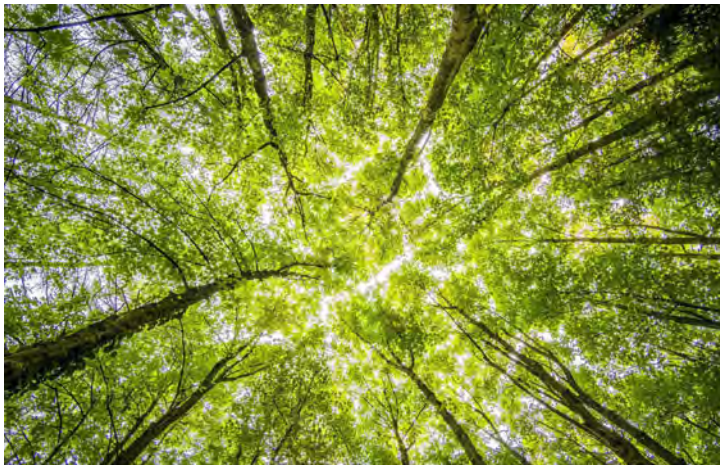
wednesdays, June 9 - 30, 6:30 - 7:30 p.m.
 Senior Resource Center, 745 Vermont St, Lawrence
 Fee: \$34

The beginning uke course will cover tuning, basic chords, and beginning strum patterns. Share the fun while learning to play commonly known songs. Students brand new to ukulele are welcome! Ukuleles and tuners are not provided. If you are considering buying one, please contact the instructor before class and she will guide you in buying a good starter one. Come share the joy of Aloha by learning to play the ukulele. Instructor: Linda Tilton. **Class Code: 327410**

Forest Bathing at Lone Star Lake

Tuesday, June 29, 8:00 - 11:00 a.m.
 Lone Star Lake
 Fee: \$35

Join Shannon Gorres, MDiv, MA, and Certified Forest Therapy Guide for a session of Forest Bathing at Lone Star lake. The walks are slow and sensory, with specific practices for relaxation, awareness, and wholeness. There are several opportunities to reflect with the group during Listening circles. Each Walk includes a guided meditation and closing tea time in the shade. Actual walking may be about 1/4-1/2 mile, slow pace, with options to sit on a stool for circle shares. Participants will receive specific directions to the trailhead and instructions following registration. **Class Code: 327473**



Intermediate Ukulele

wednesday, July 14 - August 4, 6:30 - 7:30 p.m.
 Senior Resource Center, 745 Vermont St, Lawrence
 Fee: \$34

This course is for ukulele players who already know basic chords and chord progressions. Focus is on fingerpicking, 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 the instructor. This course is for ukulele players who already know basic chords and chord progressions. Focus is on fingerpicking, 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. Instructor: Linda Tilton. **Class Code: 327424**



**Feeling social?
So are we!**

We'd love to see you and catch up at these free, fun library events this month.

- **Take** a field trip Jun 1
- **Get** tech help Jun 3
- **Join** a coffee group Jun 4
- **Play** BINGO Jun 8
- **Talk** movies & dessert Jun 9
- **Drink** beer Jun 17

RETIREMENT BOOT CAMP
JUNE EVENTS



LAWRENCE PUBLIC LIBRARY Friends & Foundation
LAWRENCE PUBLIC LIBRARY

707 Vermont | Lawrence, KS 66044 | plks.org/retirement
QUESTIONS? Email Cathy at chamilton@plks.org

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.

Lawyers' Responsibilities to their Clients, the Courts and the Public

Tuesdays, June 22 – July 6, 9:30 – 11 AM

This past year has brought out various types of behavior in everyone, and lawyers are no different. It has been a challenging time for our society, but even during troubled times, lawyers are subject to a detailed code of professional conduct enforced by the courts. These rules cover both behavior in court and out of court. This course will explore the Rules of Professional Conduct that regulate lawyer behavior and discuss how these rules work in practice and what impact they have on clients.

Forgotten Jayhawks: Part II

Tuesdays, June 22 – July 6, 1 – 2:30 PM

Join in for a continuation of the Forgotten Jayhawks series, which explores women and men whose impact as Jayhawk athletes and coaches have been somewhat forgotten. week one will highlight two basketball coaches, Ted Owens and Roy Williams. Part II will then move on to a discussion around two stellar African American legends, Gale Sayers and Jo Jo White. week three will focus on two young women, track and field athlete Andrea Guebelle and volleyball All-American Cassie Wait. Each week's presentations will include not only their accomplishments on the fields of friendly strife, but also the impact these icons had on Diversity, Equity, and Inclusion (DEI) in the KU.

Tell It Again: Recounting the Stories of Our Lives

Tuesdays, June 22 – July 6, 3 – 4:30 PM

We all have stories to tell, from tiny anecdotes to major turning points in our lives. Professional storyteller Priscilla Howe guides participants in mining life experiences for the tellable tale, shaping and crafting reminiscences, listening for underlying themes, and telling the stories face-to-face and heart-to-heart. While the emphasis is on oral storytelling, this class will also be helpful for writers.

The Second Great Awakening: Revivalism and New Religions

Tuesdays, June 22 – July 6, 5:30 – 7 PM

The Second Great Awakening (1802-1850) birthed both the modern revival under Finney and several new religions. The old interpretation saw the period as a birthing of democracy, but modern scholars see a much more nuanced interpretation. From this era came the expansion of Methodism and other denominations, and new religions such as the Restorationist Movement, the Brownists and millenarianism, and the Church of Jesus Christ of Latter-Day Saints. These events shaped U.S. religion for the next 150 years and still shape it today.

Travels to Europe

Wednesdays, June 23 – July 7, 9:30 – 11 AM

This course will explore some of the best quaint locations throughout western Europe. Discover the ways to travel from someone who has done everything from backpacking alone to attending group tours by bus, train or river boat. Favorite countries will include Italy, France, Portugal, Germany, Austria, The Netherlands, Norway and England. Many learning experiences from over 26 trips to Europe will be shared with the class. Find out the "do's" and "don'ts" of travels that will make your trips more rewarding.

Jazz: America's Musical Melting Pot

Wednesdays, June 23 – July 7, 1 – 2:30 PM

This course will examine the origin of jazz music through the lens of American and World History with a special emphasis on the contributions of musicians in Kansas City and the development of the drum set as a crucial instrument in this art form. Gain an understanding of how jazz developed in the United States, its important creative movements and musicians throughout the twentieth and twenty-first centuries, and how other musical traditions from Africa, Cuba, and Brazil have had a role in shaping this art form into the musical melting pot it is today.



Nicodemus and the African American Migration to Kansas after Reconstruction

Thursdays, June 24 – July 8, 9:30 – 11 AM

When Reconstruction ended in 1877, the federal troops occupying the "unredeemed" Southern states were withdrawn, unleashing racial violence by white supremacist groups such as the Ku Klux Klan and the White League. This forced as many as 40,000 African American "Exodusters" to flee to Kansas, Oklahoma and Colorado. But it was Kansas, the land of John Brown and the Free State, which attracted most of the refugees. Review the events that caused the exodus, the arduous trek to Kansas and its leaders, the communities that were established here and the fate of those communities.

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

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

COUNSELORS NEEDED!

You can become a certified SHICK volunteer counselor and educate seniors on topics related to Medicare and other insurance issues.



Become one of many SHICK counselors across the state who assist area seniors to navigate the changing conditions in health care insurance and to cut through the confusion.

To get started, complete the
SHICK application by Friday, June 19.
Certification training will be held in August.

For more details, contact
Lori Phillips at 785-727-7874.



*Volunteers must be unbiased and have no ties to outside insurance providers or brokers.

ALZHEIMER'S ISN'T STOPPING. NEITHER ARE WE.



We're walking in 2021 — and we invite you to join us.

We're moving forward with plans to host Walk to End Alzheimer's® in person this fall! Your health and safety remain our top priorities as we make decisions about event details, and we will continue to offer options to participate online and in your neighborhood. Families facing Alzheimer's and all other dementia need us now more than ever — and with your support, we can continue to be there for them.

**South Park, Lawrence, KS
October 9**

8:00 a.m. Registration
9:00 a.m. Ceremony
9:15 a.m. Walk Begins

alzwalklawrence.org



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

OSHER LIFELONG LEARNING INSTITUTE ONLINE (CONTINUED)

Smartphone Filmmaking

Thursdays, June 24 – July 8, 1 – 2:30 PM

With the help of an inexpensive app, learn shoot and edit film-quality videos with a smartphone, easily up to the standards of social media, commercial and brand video work, and documentary and narrative film work. Gain the control and capabilities of professional cinematographers and design the look, color, lighting and framing of every single shot in a smartphone film. This course is suitable for aspiring filmmakers, entrepreneurs, video storytellers, social media content creators, and content producers. Note: Students will be required to purchase and install the Filmic Pro app on their phones.

Meet the Beatles? You Thought You Knew

Thursdays, June 24 – July 8, 3 – 4:30 PM

The Beatles were more than just another rock band. They were a cultural tsunami that forever changed fashion, manners, humor, media, values and style, while influencing musical genres and future musicians long after the group's demise. Their 213 songs, 28 albums and five films over seven years as a group were a mere prelude to their cultural impact that continues to this day. In addition to reviewing their origin story and "Beatlemania," this course will seek to understand how these four became so fabulous. Participants will be asked to engage in trivia quizzes and discussions of their legacy.

Tales of the Chessboard

Fridays, June 25 – July 9, 9:30 – 10 AM

Tales of the Chessboard As portrayed in the recent Netflix series "The Queen's Gambit," the drama of the game of chess is not necessarily confined to the sixty-four squares. Join us for stories of famous and not-so-famous players and matches that have helped make chess the most iconic of all board games. There is no need to be a chess player to appreciate these tales of conquest, salvation and madness that are intertwined with the "game of kings."



Discovering Mary Magdalene

Fridays, June 25 – July 9, 1 – 2:30 PM

Who was Mary of Magdala and what happened to her after her last appearance in the Gospel of John in the Christian New Testament? This course will use scholarship and critical analysis to dispel the myths and misinterpretations of Mary Magdalene and examine her role in the Christian New Testament gospels. Then explore the non-canonical The Gospel of Mary of Magdala to gain further insight into the woman often called "the apostle to the Apostles."

Introduction to United States and Africa Relations

Fridays, June 25 – July 9, 3 – 4:30 PM

This course commences by explaining how the institution of slavery and the transatlantic slave trade connected Africa to the United States. It also offers glimpses into how the breakout of the Second World War, the Cold War, the African people's push for self-governance and independence, and the process of globalization and democratization that have shaped and defined United States and Africa political relations. These developments cultivate an appreciation and understanding of the role of the United States in the African world.

Welcome to Canada: An Introduction for Americans

June 28 – July 19, 9:30 – 10 AM

Larger than the U.S. (with one-tenth the population), and a major destination for tourists from the south, Canada is our closest friend and ally. For many Americans, however, it's also a land of mystery and confusion. How much do you really know about the history, geography and culture of our giant neighbor? French is an official language, the system of government is British, and the first settlers were Vikings. It's an independent country, but loyal to the "Crown" (and Harry and Meghan's new home!). This course is your "far and wide" introduction to Canada, and an invitation to explore "the True North strong and free."

The Vietnam War and Modern Memory

Mondays, June 28 – July 19, 1 – 2:30 PM

The war in Vietnam was the subject of several memorable books and movies showing various perspectives about the war. Some stories were told while the war was going on, and others were done years after the last troops left Saigon. How well did they reflect that time? Discuss works about the conduct of the war, the soldiers who fought in it and how the war affected the nation. The books to be discussed include *A Bright Shining Lie*, *Dispatches*, *The Things They Carried*, and *A Rift in the Earth*. Movies may include *Go Tell the Spartans*, *Apocalypse Now*, *Full Metal Jacket*, *The Deer Hunter*, and *Coming Home*.

Six Drinks that Changed the World:

The Historical Geography of Tea, Coffee and Soda

Mondays, June 28 – July 19, 3 – 4:30 PM

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 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. This course can be taken independently of the previous "Six Drinks" course on wine, beer and spirits, the alcohol drinks that changed the world.

AREA EVENTS

Douglas County Electronics Recycling Collection

Saturday, June 5, 8:30 a.m. - 1 p.m.

University of Kansas Lot 301, Lawrence
(Becker drive near 23rd and Iowa)

Lawrence and Douglas County are partnering with Teknix Solutions on an e-waste drop-off event open to all Douglas County residents. For more information contact kcrinerritchie@douglascountyks.org or 785-832-5157. Masks will be required regardless of your vaccine status!

ACCEPTED ITEMS

- Anything with a cord or battery, including, but not limited to:
- Computers, laptops, monitors, speakers, keyboards, mice
- Microwaves, TVs*, gaming systems,
- Light fixtures (NO bulbs), (non-PCB) ballasts,
- Stereos, radios, phones, audio / visual equipment,
- Lab equipment, cables, battery backup systems,
- Small appliances
- CDs, VHS and cassette tapes

***PLEASE NOTE: CRT TVs will be accepted for a fee: \$20 per unit 19" or smaller; \$40 per unit 20" or greater. PLEASE NOTE THESE FEES ARE CASH OR CHECK ONLY!**



Lawrence City Band Summer Concerts

Wednesdays, 8 - 9 p.m.

South Park Gazebo, 1141 Massachusetts St, Lawrence

The Lawrence City Band, sponsored by LPRD with assistance from the Rice Foundation, will present this annual concert series at 8 p.m. Wednesdays throughout the summer in front of the William Kelly Bandstand in historic South Park, 1141 Massachusetts St. Free and open to the public. The band will be socially distanced on the east side of the bandstand. The band is conducted by Paul Popiel. In the event of inclement weather, the concert will be moved to Lied Center, 1600 Stewart Drive on the University of Kansas campus. Participants are asked to adhere to social distancing guidelines in the park, keeping at least six feet apart from others except those from the same household. For more information, please contact Duane Peterson, special events supervisor, dpeterson@lawrenceks.org, (785) 832-7940.



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

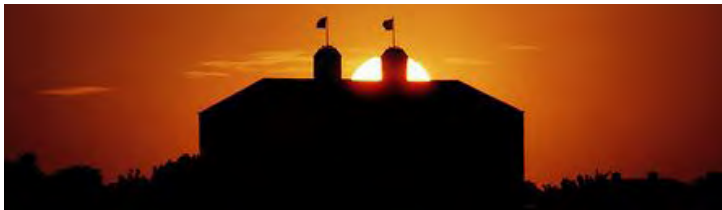
Learn more about getting help or
getting involved at KSPHQ.org



AREA EVENTS

Lawrence Community Orchestra Strings at Sunset Concert
Sunday, June 7, 7 p.m.

Lawrence Rotary Arboretum, 5100 W 27th St, Lawrence
 Kick off summer with an free, outdoor concert featuring works by Vivaldi, Haydn, and Tchaikovsky. Douglas County Public Health COVID guidelines will be followed. Bring chairs or a blanket for seating. In case of inclement weather, the concert will be recorded and released at a later date.



Lecompton Territorial Days
Saturday, June 12, 12 - 7 p.m.

336 Elmore Street, Lecompton
 Community-wide festival celebrating the rich territorial-era and pre-Civil War history of Lecompton. Battle of Ft. Titus re-enactment. The event includes food and crafts booths, parade, carnival rides, kids games, frog and turtle races, music, talent show, community dinner, ice cream social. Constitution Hall will be open for tours, living history reenactments, and a 10 a.m. wreath-laying ceremony at the veteran's monument nearby. *Masks are encouraged and hand sanitizer will be available throughout the event.



Eudora CPA Picnic
June 17 - 19, 2021
10 W 9th St, Eudora

“CPA stands for Central Protective Association and began as a picnic to honor members of a group that protected Eudora from cattle rustlers and horse thieves in the late 1800s.” Today, CPA Picnic is a three day festival celebrating the heritage of Eudora. Today the event includes a carnival, two different parades, and a host of other activities for the entire family. 2021 will mark the 120th year of the annual, three day celebration held every year in historic Downtown Eudora.



Eudora Citywide Garage Sale
June 18 - 19, 2021

Don't miss the return of the Eudora Citywide Garage Sale. Sponsored this year by the Eudora Convention & Visitors Bureau and a full map of registered sales with all proceeds from registrations going to Eudora Lions Club, Eudora Food Pantry, Eudora Senior Foundation, and Eudora Giving Garden. A fee of \$15 is required to be on the master map. Registration deadline for a sale is Friday, June 11 by 4 PM due at the Eudora Rec Center.

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!



Fiscal Liability of Your Adult Children

by Molly Wood, JD



Q: I am 68 years old. My mother, who is 91, was already frail and recently had a stroke. Because I am now her primary caregiver, she has moved into my home with me since the stroke. I love my mom and am doing my best to care for her, but I am struggling. Am I legally and financially responsible for her? What if she needs to go to a nursing home?

A: You don't say whether you're struggling financially, emotionally, or both, but regardless, you are not alone. The lion's share of caregiving to the elderly and disabled is provided by family members (with a little help from their friends), and avoiding institutional care has been especially important during the COVID-19 pandemic when most institutional settings imposed isolation on their residents. You also don't say how impaired she is; can she feed, dress, and toilet herself? Does she need assistance with bathing? Do you have any help – either from other family members or paid caregivers?

Adult children are not per se legally or financially responsible for their parents' care. But because you are currently providing care upon which I assume your mother depends, a sudden withdrawal of that care without notice to other interested people – your siblings, for example – would be legally problematic. If you know she cannot take care of herself, you also know she is in danger of "self-neglect" which amounts to plain old neglect by you. Leaving her in the lurch would at minimum be unethical and could arise to the level of the crime of mistreatment of a dependent adult.



With that said, your mother is financially responsible for herself. If she needs in-home care and you have access to her income and other assets, it is permissible for you to apply those resources to the cost of her care. You can hire someone to provide care and pay that person with your mother's money. In fact, getting some outside help takes some of the load off you so that you don't get burned out. There are lots of private in-home care providers from which to choose. And even if your mother's savings runs out and her income is inadequate to pay for in-home care, Medicaid (KanCare) can be available to supplement the cost of that care. Medicaid for in-home care is another whole topic, but addressing your struggles with caring for your mother might involve drawing on outside assistance.

If your mother worsens (or you are no longer able to coordinate her care) so that she needs nursing home care, you have a couple of choices. Placement in a nursing home or assisted living is expensive, but if she became a resident of a nursing home and exhausted all her savings and income, she could get assistance with that cost from Medicaid. And more and more assisted living facilities participate in the Medicaid program, so that is a possibility, too. Medicaid rules are too complex for this article, but the short version is that a person who cannot pay for her own nursing facility care will generally be eligible for assistance.

Finally, check out the Caregiver Support Group at the Senior Resource Center. There will be people at those meetings who have walked a few miles in your shoes and whose experiences might be relevant to your current needs. It won't help your mother for you to go it alone, right?

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.



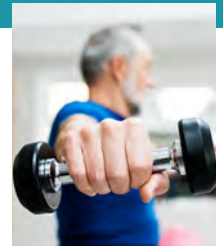
Providing quality medical foot care clinics to over 75 communities in Kansas and now coming to Lawrence on June 25, 2021, 9 AM to 3:45pm, at Art Café in the lower level of the First United Methodist Church, 946 Vermont Street, Lawrence, Ks 66044

Staffed by Nurse Practitioners supervising Licensed Nurses, Certified Foot Care Specialists

**For an appointment and for information regarding insurance coverage contact our office(316) 260-4110
email:info@hermeshealthcareinc.com**

Avoiding Dehydration in the Summer Heat

By Nirali Desai, Intern



As the heat and humidity increase during the summer months, it is important to remind ourselves to stay hydrated. We all know that drinking water is a necessity but we all often forget to hydrate on a daily basis. Although hydration is always important, it is especially important during summertime, when we tend to lose a lot of body fluids through sweat. Here are some important hydration tips.

There's no one-size-fits-all for daily water intake.

The amount of water we drink daily depends on our body, health conditions, medications, and other factors. Health conditions involving the thyroid, kidney, liver, or heart can cause you to drink more water, while other drugs, such as antidepressants can make people retain water. Although water consumption can look different for everyone, there are some general recommendations; women should drink approximately 2.7 liters of water a day, and men should drink approximately 3.7 liters.



Staying hydrated when working in the heat.

When outside, try to avoid heat exposure for prolonged times. If you are active outside for long periods of time, try to drink small amounts of water every 15 to 20 minutes. It is better to hydrate in shorter intervals rather than drinking large amounts infrequently. According to the CDC, adults should not drink more than 48 ounces per hour.

Beverages are not a supplement for water.

Oftentimes, people opt for other drinks, such as coffee or soda to stay hydrated, but this is a mistake. When we consume other beverages, our bodies need time to process the ingredients while plain water can offer immediate hydration. Water is easily overlooked because it offers no nutritional value, therefore it is often not considered a vital part of daily intake. While other fluids, caffeinated drinks in particular, can actually dehydrate you, it is important to learn the practice of drinking water as a course for daily hydration. Next time, skip the second cup of coffee and drink some water instead.

Pay attention to signs of dehydration.

According to a 2015 study, 37 percent of people 65 and older admitted to emergency rooms showed signs of dehydration. Three main causes include lack of thirst, kidney problems, and medications. Dehydration symptoms include headache, nausea,

confusion, fainting, muscle cramping, and more. A great way to assess your hydration is to pinch the skin of your knuckles – if the skin returns to normal after pinching, you are probably well hydrated, but if it takes a while to return to normal, this can be a sign of dehydration.

Drinking more water.

According to recent research, more than half the adults in the U.S. don't drink enough water. Most Americans say they are either too busy, they forget, or they don't track their daily water intake. To avoid dehydration, try these tips to help maintain your water intake. Always keep water near your favorite chair, or where you spend most of your time. Add fruit to flavor your water to help you cut down on sugar while still getting to enjoy your drink. Try to get into the habit of carrying a water bottle. Any time you leave the house, you check you have your wallets and keys, so just add a bottle of water to the checklist.

These are just a few signs and tips for avoiding dehydration. Keep in mind, water intake looks different for everyone, so ask your doctor about best practices when it comes to your hydration. Find your happy medium to be sure you stay healthy and hydrated this summer.

SNAP-Ed Registration at SRC

Tuesday, June 22 • 1 - 3 PM

Learn about Double Up Food Bucks at participating Farmers' Markets

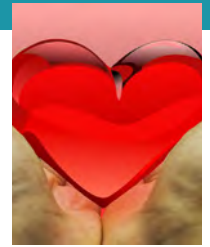
- Food Assistance
- Meal Planning
- Nutrition Classes



Call 785-842-0543 for an appointment

Leaning in to Anticipatory Grief

by Michelle Meier



If you have ever spent any time being a caregiver, you know there are peaks and valleys. Times when things are moving forward without a hitch and times when you swear you can't go on. One major component of being a caregiver for someone who is facing a significant diagnosis is anticipatory grief. No matter whether you are in the midst of a journey caring for someone with terminal cancer, dementia or Alzheimer's, or just the final slow down at the end of life, you will feel the weight of their loss for months or even years.

There is a wide range of emotions that come with anticipatory grief. For the most part, it feels very similar to the grief you feel after the death of a loved one, but you experience the loss before it actually happens. Because you can see the loss coming, you may feel a sense of dread, anxiety, and the traditional sadness of any significant loss.

As a caregiver, you may also mourn the loss of your own freedom and independence knowing the journey that lies in front of you. Part of you may also experience anger, resentment, and helplessness knowing you can't change the outcome of what lies ahead. These negative emotions may also well up if you are the primary caregiver directed at others who aren't as involved in the process of caring for your loved one. As horrible as all of this sounds, all of these emotions are perfectly normal.

Your loss may be imminent in that you know it is coming soon. Or it may be one that you know will happen slowly over time, particularly if your loved one is dealing with dementia or Alzheimer's. There are ways to lean into this journey and ensure that you process all the emotions that come with anticipatory grief while making the most of the time you have with your loved one.

Acknowledge Your Feelings

First, give yourself the time to be honest with yourself about your feelings. This is particularly challenging when you are a caregiver. It may not feel like there is time to let yourself feel the grief that is welling up inside of you. But denying it will only prolong the process. Whether you work your way through the loss with your loved one (they are likely grieving too) or let your

emotions out in a journal or even find a support group, it is important to let your feelings out. Keeping them locked inside increases the risk that they will turn into resentment and potentially be directed at your loved one which is the last thing you want to do.

Find Ways to Take Control

Another part of anticipatory grief is a feeling of helplessness and finding ways to accept the lack of control over what is happening. And yet there are ways you can find some sense of control. Learn all that you can about your loved one's diagnosis. One way to do this is to learn as much as you can about their diagnosis. Knowing what is yet to come can provide some stability in that you will know what to expect and how to endure. You may find that helping your loved one get their affairs in order will provide some peace as you know what their wishes are and that arrangements are in place and ready when the time comes.



Create Memories

One of the most beneficial aspects of anticipatory grief is that you have the gift to cherish the time you have with your loved one, so make the most of it. Make the effort to slow down and savor every moment you have with them. Build in quality time aside from the hustle and bustle of caregiving spent doing whatever means the most to both of you. Take the walk through the park. Sit down for their favorite meal. Pull out the photo albums and look back at the good times with them. Share with them the little moments that may have gone unnoticed

that mean the most to you. Any way you can, find ways to make the most of it and cherish the time you have left together.

Grief is hard and is such an individual journey. Anticipatory grief is the same way. It is painful and hard. There will be days you are overwhelmed. Keep in mind you don't have to endure this part of grief alone. Reach out to friends. Make sure to take time for yourself and make space for your all-too-normal feelings. These are just a few ways to help you endure the road ahead, hopefully, they will empower you to handle the challenges that lie ahead.

Recognizing the Signs of Elder Abuse...

(continued from page 1)

for more subtle abuse is when a family caregiver reaches the point of being overwhelmed and frustrated due to lack of support or proper respite from providing long-term support in challenging scenarios. There can be more sinister motivations for abuse, particularly financial abuse, even from family members and trusted caregivers.

While no one will ever know what causes any case of elder abuse, it is important to know what to look for and what to do should you or your loved one experience any level of elder abuse. Catching the signs of elder abuse can be challenging as they run the gamut from obvious bruises and unexplained injuries to more subtle symptoms such as increased fear and anxiety, subtle weight loss, and unusual changes in behavior and or sleep patterns. Sure signs of neglect are poor hygiene, new or unresolved wounds or bedsores, significant weight loss, or other unattended medical needs. While financial abuse may seem like it would be easy to spot when reconciling bank statements, keep in mind that this type of abuse can be far more subtle than forged payments, large, unexplained withdrawals, or uncharacteristic purchases.

One way to prevent elder abuse is to ensure that you discuss the topic with your loved ones. Educating seniors, professionals, caregivers, and the public on abuse is critical to prevention. If you have a loved one living alone in a senior facility, be sure to ask them regularly how they are being treated. Even use the words abuse, neglect, and exploitation and assure them that you want to be sure they are safe and that you would want to know if they were experiencing any type of harm or mistreatment. Further, make sure they are aware of their rights and who they can contact if they are being mistreated, particularly if you don't live in the immediate area. Planning regular visits and reviews of financial statements will ensure that any signals of abuse are caught early. Also having other

family members involved in this level of support and oversight can ensure that no subtle signs of abuse are being overlooked. If you do find that your loved one is in immediate, life-threatening danger, call 911. If you suspect any other abuse that is not imminent, it is important to report the abuse directly to Adult Protective Services and or law enforcement if appropriate. The phone number for Adult Protective Services in Kansas is 800-922-5330. Representatives of the Kansas Department for Children and Families make personal visits within five days (sooner if danger is imminent) to discuss the situation with the senior adult and those responsible for his or her wellbeing. Action taken can range from making referrals and locating services, to removing the victim from the situation. When you report elder abuse, your name will remain confidential and cannot be disclosed without your written consent, except by a court order.

Keep in mind there are professionals who are mandated reporters. A mandated reporter can include anyone who is licensed to practice any branch of the healing arts, including medical, dental, psychological counselor, and other health practitioners, as well as law enforcement officers, case managers, and even officers of financial institutions. This can also include legal representatives, governmental assistance providers, and all owners or operators of a residential care facility. Anyone in any of these roles is mandated to report any suspected abuse immediately. They can also be a resource for you to express concerns as they can support you in reporting suspected issues and ensure that the situation is investigated and resolved appropriately.

While this isn't a topic anyone likes to discuss, it is an important one. The statistics alone tell you why it is important to watch for the signs of elder abuse and ensure that any suspected abuse is reported and resolved as soon as possible. Even if you are not completely sure, it is important to report and address the situation before you or a loved one is facing irreparable harm.



Serve on the SRC Board of Directors

SRC is governed by a volunteer Board of Directors. These dedicated and diverse Douglas County residents help guide SRC with their time, talents, and treasure over three-year terms of service.

If you would like to be considered, request an application by sending an email to contact@YourSRC.org or by calling 785-842-0543.

Applications will be accepted until August 1.





HELPING HAMMER SENIOR HOME REPAIR
is currently available for
EXTERIOR repair projects including,

- ✂ painting
- ✂ fence repairs
- ✂ gutter cleaning
- ✂ other exterior repairs

For more information
call Janet Ikenberry
at 785-727-7873



Studios starting
at \$1,600
per month

Meals, utilities,
housekeeping,
and scheduled
transportation
included.



Tomato Roughly Salad

- 1/2 cup chopped red onion
- 1 medium cucumber, sliced, quartered
- 2 medium tomatoes, cut into wedges
- 3 tsp. sweet vinegar & olive oil dressing
- 1 tsp chopped cilantro
- salt to taste

Combine onion, cucumber and tomato
in a medium bowl. Stir in dressing and
set aside for 10 minutes. Sprinkle with
cilantro and salt before serving.

Your Life ~ Your Style ~ Your Home

1510 St Andrews Dr, Lawrence, KS 66047
www.arborcourt-lawrence.com

785-841-6845

Call to learn about our current move in specials.
We have the best meals and desserts around!



DONATE TODAY
to support local
Seniors



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

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

DONOR INFORMATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Donation Amount \$ _____

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

Donate online at www.YourSRC.org, or pay by check
to Senior Resource Center for Douglas County.
Mail donations to: 745 Vermont, Lawrence, KS 66044
All donations are tax deductible.



**SUBSCRIBE TO
BETTER SENIOR LIVING**

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Delivery Preference

Subscribe online at www.YourSRC.org

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

Print subscriptions can be purchased online at www.YourSRC.org
or pay by check to Senior Resource Center for Douglas County

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

For more information or to update your *Better Senior Living*
subscription settings, contact Michelle Meier at mmeier@YourSRC.org



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



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).



 **NEUVANT HOUSE**
OF LAWRENCE

Person centered care in a place like home.



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

EAST HOUSE
Specializing in advanced physical care.

WEST HOUSE
Specializing in Dementia and Alzheimer's care.

1216 Biltmore Dr, Lawrence, KS
785-856-7900 | neuvanhouse.com | admin@neuvanhouse.com



Health Reimagined.

At LMH Health West Campus, a new experience awaits you. Here, convenience, collaboration and innovation combine at every touchpoint – from our state-of-the-art amenities, renowned expertise and advanced technology, to our patient-first service, always with a smile. See how we are fulfilling our mission to create a destination for healthy living at the LMH Health West Campus. Visit lmh.org/west today.



A partner for lifelong health