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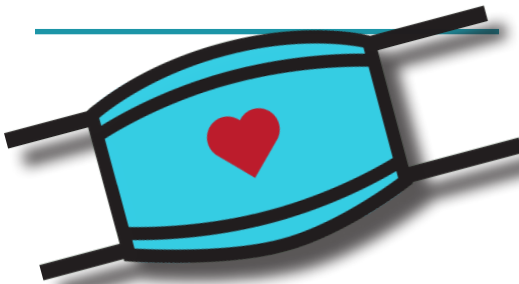
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SRC continues to err on the side of caution and require masks for all guests.

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!

A Taste of the Good Ol' Days

Michelle Meier, Editor

There is nothing better than events and gatherings that harken you back to a better time and drum up fond memories of the good ol' days. Often just a taste of homemade ice cream, remembering trips taken by rail, or the sound of your favorite song can bring back fond memories of a simpler time. A few events are coming up throughout the month of August that will allow you to do just that.

If you haven't been to the Vinland Fair in the rural town of Vinland just east of Baldwin City, you are missing out! This annual event, established in 1907, draws residents back to their small hometown for a celebration of the origins of that community where you can try your hand at "old-timey" farm skills such as corn shucking, bail tossing, and log sawing using a two-person saw. Friday features running, bike, and sack races for the kids, and Saturday features turtle races, livestock judging, and an old-fashioned tractor pull.

Although they won't be serving their famous chicken and noodles this year, there are plenty of food options and freshly churned ice cream available on Saturday. This event celebrates this small community and its origins when things were simple and neighbors came together for fun, food, fellowship, and a little friendly competition. You can

find the full schedule of events for the Vinland Fair at www.vinlandfair.com.

Next, mark your calendars for another visit from Big Boy No. 4014. Originally 25 steam engine Big Boys were built in 1941 by Union Pacific as part of their heritage fleet and is hailed as the world's largest operating steam locomotive.

In 2019, Big Boy No. 4014 along with Living Legend No. 844, the last steam locomotive built for Union Pacific circa 1944, returned to service to celebrate the 150th Anniversary of the Transcontinental Railroad Completion. The special tour covered 5,000 miles and 10 states, including Arkansas, Arizona, California, Colorado, Kansas, Missouri, Nevada, New Mexico, Oklahoma, Texas, Utah, and Wyoming.

Once again, Big Boy No. 4014 is back in service and embarking on another tour, departing Cheyenne, Wyoming

(continued on page 16)



Big Boy No. 4014. Photo by James Briery.



VISITING NURSES HOSPICE *Celebration*

Reconnect with VNA Hospice staff & celebrate 40 years of VNA's service to the community

Please join us as we celebrate

Visiting Nurses Hospice's 40th Anniversary

August 25, 2021 • Maceli's Banquet Hall

1031 New Hampshire Street, Lawrence

Come and go from 4-6pm • Light Appetizers • Cash Bar

Has Hospice touched your life? Help give that gift to others. Even the smallest donation can help change someone's life. Donate at [KansasVNA.org/Donate](https://www.KansasVNA.org/Donate)

Free COVID Vaccines and Testing

We have several vaccine and testing clinics in the community this week, for anyone 12 and older.

Check [LDCHealth.org/Calendar](https://www.LDCHealth.org/Calendar)



Gift cards and other incentives available.

Help us reach 70% of people vaccinated in Douglas County by Aug. 31.



A Walk to Remember

By Megan Poindexter, Executive Director



Five years ago, my husband's mom lost her life to complications of Alzheimer's. She was only 66 years old and had been diagnosed many years prior. She was one of the early-onset individuals we hear about far too often.

Pam was a wonderful woman. In retrospect, we suspect she was already experiencing symptoms of the disease when I joined the family, which means I didn't really get to know the "true" Pam. Yet, my two daughters—now 9 and 10—didn't get to have a relationship with their Grandma at all. They have memories of meeting her, but they didn't get to enjoy her caring voice, laugh with her great sense of humor, and/or experience her loving embrace the way they should have.

I know our story is far from unique. Unfortunately, Alzheimer's and its impact is all-too-common. Here at SRC, our Caregiver Support Group includes the loved ones who face the daily challenges of caring for someone with this cruel disease. SRC has also hosted groups to music, learning, art, recreation, and social engagement activities known to benefit those who are working to keep early symptoms at bay. Needless to say, the staff at SRC are regularly engaged in support for those who are navigating this illness.

Today, the Alzheimer's Association is deep in the process to plan its annual national fundraiser, the Walk to End Alzheimer's. Our local 1-mile Walk is scheduled for the morning of Saturday, October 9 at South Park, in Lawrence. I'm honored to be part of their planning committee this year. Money raised goes to support research to continue to improve treatments and prevention, a 24/7 Helpline (800-272-3900), advocacy for those affected by Alzheimer's, and more.

The Senior Resource Center even has a team in this year's Walk. You are welcome to join our team, make your own team, do a virtual walk on your own, or even make a simple—yet critical—donation towards the fundraising efforts.

To learn more, or even join the SRC's walk team, visit the Lawrence Walk website at www.alzwalklawrence.org or call Laura from the Alzheimer's Association at 913-948-8654.

I would love for you to join us at South Park on Massachusetts Street on October 9—registration begins at 8 AM and the walk starts at 9 AM. Come show your support and help raise money to fight this dreadful disease. Our goal is that no more grandchildren miss out on the opportunity to have a relationship with their grandparents because of Alzheimer's. I hope you'll join me and my family.



THANK YOU



MANY THANKS TO JEFF AND MARY WEINBERG

Jeff and Mary have committed to a multi-year donation for SRC to replace all of our staff's aging desktop computers, including the expense for set-up and IT support. Their generous commitment is a creative way to support SRC's technology needs and keep our budget balanced!

You can also help SRC meet our financial needs creatively, plan an estate gift, or set up a reoccurring donation! Call Megan Poindexter at 785-842-0543 or email her at mpoindexter@yoursrc.org to discuss ideas and options.

Standing in the Fire

By Michelle Meier



Are you supporting someone who is having a hard time with things? Maybe they are battling a significant health challenge. Maybe they are grieving the loss of someone dear to them. Maybe they are anxious and worried about the future.

As much as this column encourages ways to tackle touchy conversations and topics, sometimes talking isn't what people need from us. At least, they don't need us to talk. At times they may need to talk and just vent and let their pent up emotions out. You may have thoughts and opinions, but there are times that the person you are trying to support doesn't need to seek a solution, they just need an outlet.

Even more, there are times when words can actually make matters worse. This often happens when we are uncomfortable and don't know what to say and then fill the void with popular quips such as "Everything happens for a reason..." or "Every cloud has a silver lining." Not to be completely crass, but often these phrases, while said with good intentions don't really provide any true support or meaning.

So this month, rather than encouraging you to talk openly, I am encouraging you to stand in the fire. What I mean by that

is rather than trying to swipe away the pain, fear, anxiety, or worry, just listen. Specifically, just sit with your friend and let them feel your presence without the need for words.

Don't try to fix, sooth, or look forward. The simple act of sitting "in the muck" as they say with them may be more powerful than any words you can provide. Because let's face it, sometimes in loss and when facing huge obstacles, there are no words to make things better.



After some time, there will come a time to talk. Until then, if you feel the need to express yourself in words, start with a simple "I love you" or "What can I do?" Remind them that when they are ready to talk you are there. But in this moment, no words are needed, and they say that only the strongest of bonds are those where

two people can sit together without talking. The even stronger ones come with someone who is willing to stand in the fire (or the muck if you will) with nary a word.

Better Senior Living

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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.

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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 ACTIVITIES

SRC ASKS ALL GUESTS TO 745 VERMONT AND ALL SENIOR WHEELS RIDERS TO CONTINUE TO WEAR MASKS TO ENSURE THE SAFETY OF EVERYONE WE SERVE.



Tuesday Painters

OUR PAINTERS ARE BACK IN PERSON!

Tuesdays, 9 - 12 p.m.

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

Mindful Meditation

Wednesdays, 12 - 12:30 p.m.

Meditation doesn't have to be difficult! It can be as easy as hitting the Pause button in your life, whenever you need a moment to regroup and restart. This guided meditation is designed to teach you how to meditate and help you begin to integrate meditation and mindfulness into everyday life. Join Walt Babbit who will help you master this simple technique and help you explore the many benefits of mindful meditation.

KS Commission on Veterans Affairs

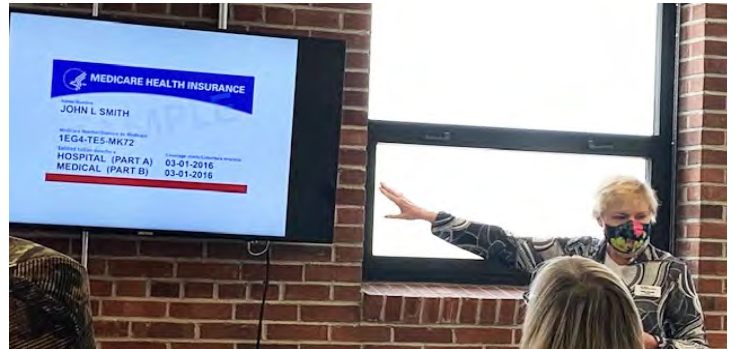
Mondays, Wednesdays, Fridays

SRC, 745 Vermont, Lawrence

Second Monday, 1 p.m. - 5 p.m.

Baldwin City Library, 800 7th St, Baldwin City

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



Welcome to Medicare

Our monthly presentation is BACK!

Second Thursday, August 12, 12 - 1 p.m.

New to Medicare? Join our Health & Human Services team as they present information on what to expect from the Medicare system at this informative session. Seating is limited to 15 to allow for social distancing. To secure a seat in an upcoming presentation, go to bit.ly/SRC_W2M_Signup to register. For more information or to arrange a one-on-one appointment to discuss Medicare enrollment or other Medicare issues, call 785-842-0543.



Senior Wheels Shopping Shuttle Monthly Shopping Shuttle for Lecompton

Grocery & Retail Shopping in Lawrence

3rd Thursday each month at 10 AM

Departs from United Methodist Church \$10 round trip Minimum 4 Riders



Call Mary Jane Hoffer at 785-887-6395 to reserve your seat.

Each rider is responsible for loading and unloading all purchased items.



EVENTS @ SRC

SRC ASKS ALL GUESTS TO 745 VERMONT AND ALL SENIOR WHEELS RIDERS TO CONTINUE TO WEAR MASKS TO ENSURE THE SAFETY OF EVERYONE WE SERVE.



Fundamentals of Estate Planning
Thursday, August 26, 2 - 3:30 p.m.

Can you avoid probate? How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a testamentary trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. Those attending receive a free copy of the book *Estate Planning Overview*. **Seating is limited to 15 to allow for social distancing.** To secure a seat in an upcoming presentation, go to bit.ly/SRC_Estate_Planning_2021.



Foot Clinic
Friday, August 27, 9 a.m. - 3:45 p.m.

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 Hermes Healthcare at info@hermeshealthcareinc.com.

SNAP-Ed Registration at SRC
Tuesday, August 24 • 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

SNAP-Ed Registration Clinic
Tuesday, August 24, 1 - 3 p.m.

Meet with representatives from the Douglas County Extension Office 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 nutrition specific for seniors. To register for this clinic, call 785-842-0543 or email contact@yoursrc.org.

PANTRY HOURS:
TUES & THURS 9AM-6PM
WED & FRI 9AM-3PM



SUPPORT GROUPS

SRC Caregivers Support Group

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

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



Covid Coping Support Group with LMH Health

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 785-505-3140 or email Robin.Colerick-Shinkle@lmh.org.

Life After Loss Grief Support Group

Wednesdays, July 14 - August 18, 9:30 - 11 a.m.

Visiting Nurses Association, 200 Maine St, 3rd Floor

This six session support group provides a place to connect with others who are also going through loss, share memories, learn about the grief process and explore ideas to help cope and heal. If you or a loved one is grieving, please consider joining this group to learn about the grief process and identify ways to cope and heal. For more information or to RSVP, call 785-843-3738 or email griefsupport@kansasvna.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. 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.**

Looking for your next great read? Want to try an eBook or eAudiobook?

Each month, we'll suggest a few books we think you might like. If these aren't for you, call or stop by for more ideas. We can show you how easy it is to download books to your tablet or phone, too!

785-843-3833

lplks.org/booksquad

LAWRENCE PUBLIC LIBRARY

707 Vermont | Lawrence, KS 66044

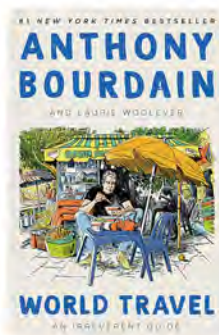


Outlawed

by Anna North

WESTERN

The Crucible meets *True Grit* in this riveting adventure of a fugitive girl, an outlaw gang, and their mission to transform the Wild West.



World Travel

by Anthony Bourdain

NONFICTION

A guide to some of the world's most fascinating places by chef, writer, TV host, and curious traveler, Anthony Bourdain.

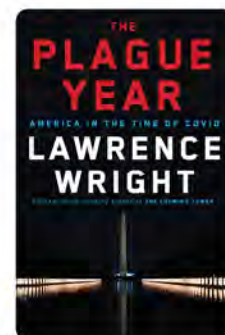


The Quiet Girl

by S.F. Kosa

FICTION

After a tense argument, Layla disappears leaving behind her wedding ring, secrets, and a hidden past. A shocking twist awaits.



The Plague Year

by Lawrence Wright

NONFICTION

Maddening and sobering – as comprehensive an account of the first year of the pandemic as we've yet seen.

PUZZLES

SUDOKU (MEDIUM)

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ELVIS

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|----------------|----------------|----------------|
| AARON | GYRATING | RETURN TO |
| ALL SHOOK UP | HEARTBREAK | SENDER |
| BLUE HAWAII | HOTEL | ROCKABILLY |
| BURNING LOVE | HOUND DOG | ROUSTABOUT |
| CLAMBAKE | IN THE GHETTO | SHE'S NOT YOU |
| COLONEL PARKER | JAILHOUSE ROCK | STUCK ON YOU |
| DON'T BE CRUEL | KENTUCKY RAIN | SUN RECORDS |
| DRAFTED | KING CREOLE | SURRENDER |
| G.I. BLUES | LISA MARIE | SUSPICIOUS |
| GIRL HAPPY | LITTLE SISTER | MINDS |
| GLADYS | LOVE ME TENDER | THE KING |
| GOOD LUCK | MEMPHIS | TOO MUCH |
| CHARM | ONE NIGHT | TUPELO |
| GOSPEL | PRISCILLA | U.S. ARMY |
| GRACELAND | RCA | VERNON |
| | | VIVA LAS VEGAS |

Need assistance with outdoor projects?

- weeding
- cleaning garden beds
- small landscaping projects
- sweeping outdoor walkways
- tidying up the garage
- washing outside windows

KU Super Service Saturday

August 28, 2020 • 12:00 – 2:00 PM

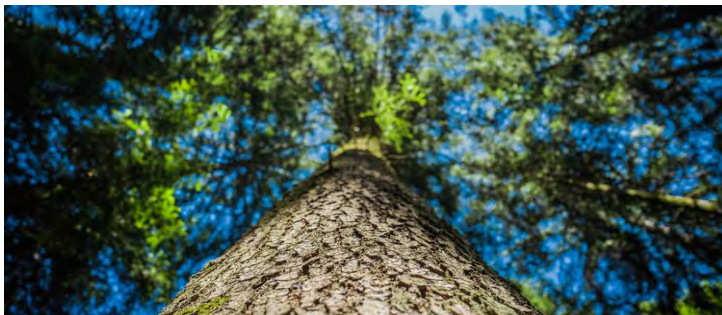
In partnership with the Center for Community Outreach, KU Super Service Saturday allows new KU students to discover community agencies on campus and throughout Lawrence by volunteering a few hours of their time doing community service.

Contact Jerry Guffey by Friday, August 21
 785-727-7879 or jguffey@YourSRC.org



These programs, offered by the Lawrence Parks & Rec Department (LPRD) are designed for those 50 years or older to maintain an active lifestyle. Classes are smaller and relocated to larger rooms for physical distancing. Registration is required. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909.

CLASSES



Forest Bathing Introduction

Thursday, September 2, 1:30 - 2:30 p.m.

Fee: \$18

Interested in Forest Bathing, but want to learn more? Join Shannon Gorres, MDiv, MA, and Certified Forest Therapy Guide at the Sandra Shaw Community Health Park for an exploratory taste of Forest Bathing. The walk includes specific practices for relaxation, awareness, a guided meditation and closing tea time.

Class Code: 427477

Forest Bathing

Thursdays, September 9 - October 14, 1:00 - 2:30 p.m.

Fee: \$18/session, \$100/series

Join Shannon Gorres, MDiv, MA, and Certified Forest Therapy Guide for a six week series of Forest Bathing Walks at a variety of locations. 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 is based on a theme and includes a guided meditation and closing tea time. The group meets at the trail-head each week. Participants will receive specific directions and instructions prior to each session. Class Code: 427477

Bocce Ball League

Tuesdays, September 14 - October 12, 4 - 6 p.m.

Holcom Park, 2700 W 27th St, Lawrence

Fee: \$25

An ancient game with roots in the Roman Empire, bocce is an easy-paced, friendly, but competitive game. Our league is open to adults of all ages and levels of experience. The basics of the game are easy to learn and the nuances take years to master. The ladder league format matches players with an opponent for a two games match each week. Class Code: 427281



Beginning Mindfulness

Wednesdays, September 22 - October 27, 4:30 - 6:00 p.m.

Senior Resource Center, 745 Vermont St, Lawrence

Fee: \$26

Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies that it can lead to lower stress, better health and greater overall happiness. This class will teach the basic elements of mindfulness practice. Instructor: Dr. Jeff Nichols. Class Code: 427271

Beginning Ukulele

Wednesdays, September 22 - October 27 | 6:30-7:30PM

Senior Resource Center, 745 Vermont St, Lawrence

Fee: \$34

This beginning ukulele 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 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! Instructor: Linda Tilton. Class Code: 427410



Fencing: Modern Olympic Sport

Thursdays, September 23 - November 18, 7 - 9 p.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln, Lawrence,

Fee: \$55

Fencing is one of only four sports to be included in every modern Olympic games, since the first in 1896. This fencing class is for beginners as well as more experienced fencers in foil, epee and saber, emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Instructor: John Dillard. Class Code: 427105

Lawrence Lifelong Recreation (50+) (LPRD)

Registration is required. Registration for fall fitness classes will open on Monday, August 16 at 8:00am. Participants may register at any Lawrence recreation center or online at www.lprd.org. Fall classes begin September 13. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909

LPRD FITNESS

Aerobic Dance & Tone

MWF, September 13 - October 22, 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: 427201**

Fitness Yoga

Wednesdays, September 15-October 20 | 5:30-6:30pm
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: 427282**



Joints in Motion

Tues/Thurs, September 14 - October 21, 5:30 - 6:30 p.m.
Sports Pavilion Lawrence, 100 Rock Chalk Ln, Lawrence,
Fee: \$38

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

Tues/Thurs, September 14 - October 21, 5:30 - 6:30 p.m.
Community Building, 115 W 11th St, Lawrence
Fee: \$38

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, who wish to enlarge and deepen their tai chi practice. Instructor Susan Pomeroy. **Class Code: 527503**



Mature Bigs make great matches!

You've got a lifetime of experiences that you can share with a young person who is facing tough challenges. You get a new friend, and you help them reach their full potential.

Make the decision today to join us. Give a few hours a month and make a huge difference in the life of a child.



www.kansasbigs.org

785-843-7359

Feeling social? So are we!

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

- **Join** a coffee group **Fridays**
- **Play** BINGO 3x **Aug 3, 17, & 31**
- **Get** tech help **Aug 5**
- **Take** a field trip **Aug 10 & 24**
- **Talk** movies & dessert **Aug 11**
- **Drink** beer **Aug 19**

RETIREMENT BOOT CAMP AUGUST EVENTS



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

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

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



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).



AREA EVENTS



August 5-7, 2021

Vinland Fair
August 5 – 7
1736 N 700th Rd, Vinland, KS
FREE

The fair has been a yearly tradition in small-town Vinland, near Baldwin City, since 1907. Come visit the three-day fair and experience home-baked pies, a tractor pull, old-time farm skills competitions, a variety of activities for kids and much, much more, all for free admission! For more information and a complete schedule of events, go to www.vinlandfair.com.

Big Boy No. 4014 Tour
Monday, August 9, 3:30 p.m.
Thursday, September 2, 10:15 a.m.
Lawrence Union Pacific Depot, 402 N 2nd St, Lawrence
Catch a glimpse of this restored wonder, Big Boy No. 4014 during its current tour. The locomotive will only make a brief stop in Lawrence, but this restored gem is one to see in person.



LPL Friends & Foundation Book Sale
Saturday, August 14
Back side of Lawrence Public Library, off Kentucky Street
Thousands of books are up for adoption. Can you give them a happy home? Adoption fees of \$2 or less for each book! All adoption fees support the programs and services offered by Lawrence Public Library.

Kansas State Fiddling & Picking Championships
Sunday, August 22, 11 a.m. - 4 p.m.
South Park, 1141 Massachusetts St, Lawrence FREE
Enjoy an afternoon of competitions, concerts, and jamming at this 40th annual event. Bring a blanket and enjoy set concerts, impromptu jam sessions as well as competitions in multiple acoustic categories. Many competitors are the second and third generations of their family to participate and show you the joys of this musical art.

Visiting Nurses Hospice 40th Anniversary Celebration
Wednesday, August 25, 12 - 6:30 p.m.
Maceli's Banquet Hall, 1031 New Hampshire St, Lawrence FREE
Please join us as we celebrate Visiting Nurses Hospice's 40th anniversary! We will be celebrating this incredible milestone at Maceli's Banquet Hall from 4:00 - 6:00 p.m. on August 25th. Come and go anytime. Enjoy light appetizers and a cash bar while reconnecting with VNA Hospice staff and celebrating this special occasion.

Sunrise Project's 7th Annual Pie Auction
Saturday, August 28, 5 - 8 p.m.
Sunrise Project, 1501 Learned Ave
Don't miss this beloved summertime tradition where all are invited to enjoy a Community potluck, lemonade, tea, and other summertime beverages. Also enjoy live entertainment and other activities for people of all ages. Be sure to partake in a slice of pie (by donation) and stick around for the LIVE Pie Auction featuring Bradley Chapin & crew of Kansas City Auctioneers to benefit Sunrise Project.



FREE Food Distribution

Receive a box of canned and boxed goods, and bottled water. First come, first served.

Saturday, August 7
8 AM to 12 PM

Lawrence 360 International Church
3200 Clinton Parkway, Lawrence

*Delivery can be arranged in advance
by calling Pastor Barbee 785-766-8775.*



Legally Defining Gifts vs. Payment for Service

by Molly Wood, JD



Q: I am 87 years old and live by myself, but I am afraid I won't be able to live alone much longer. One of my children and two grandchildren live in town. I have some money in savings that I was planning on leaving to them when I die, but I am considering giving them some money now in exchange for providing in-home care to me. I want to avoid going to a nursing home.

A: You can do this, but there are some tricky rules you should consider before you make an agreement with your family. First, there is a big difference between an inheritance – a gift at your death which by definition is not money you needed to support yourself – and payments you make to those you love, ostensibly in exchange for care they provide. Additionally, there is a legal distinction between a gift and payment for services is that services to family members are presumed to be gifts unless the parties had a prior agreement otherwise. For example, if I took my grandmother to the beauty salon every Wednesday for one year, and at the end of the year she wanted to “pay” me \$1,000, that money is a gift, because the law presumes that I would have performed the service regardless of whether I expected payment—she’s my grandmother, for goodness sake.



If you are thinking seriously about a contract between you and your family members in which you pay them prospectively for care that could be a good deal for you and for them. Care agreements should be carefully planned and drafted, however. For one thing, it should be in writing and should be as specific as possible about what services are to be provided and how the compensation for those services will be calculated. Housekeeping? Chores? Respite care? Bathing assistance? Laundry? Yard work? Grocery shopping? Food preparation? Transportation? Hourly? A flat fee per task? A weekly or monthly “salary?” Will you withhold federal and state income taxes or use a payroll service?

As you plan the compensation rate, be sure the amount you pay should bear some relationship to the actual cost of the services in the marketplace. There are many sources of homecare services available through private businesses, and if a bath aide from a private service costs \$30 per hour, but you want to pay your daughter \$300 per hour, that appears to be at least partly a gift rather than an arms-length transaction, doesn't it? Finally, don't pay months in advance. That is another indicator, legally, that you

intend to make a gift rather than paying for services as you go.

In Kansas, agreements that contract for future services for in-home care by paying a lump sum in advance are characterized as gifts for purposes of Medicaid eligibility. So if the payment really a gift, be very careful you don't reduce your assets so much that you can't pay your own way in a nursing home for at least five years. That is the standard time frame used by your state Medicaid agency (in Kansas that would be KDHE via KanCare) will count a gift against you for assistance with the cost of long-term care. The rules regarding gifts are considerably more complicated than this, but for purposes of determining whether you want to craft a family care plan, the penalties related to gifts in the context of Medicaid eligibility is an important consideration.

Thinking through the challenges of staying independent in your home requires careful consideration of your resources—both financial resources and whether you have family members who are close enough, reliable enough, and capable enough to meet your needs. Realizing your needs will increase is the first step. Have a frank discussion with your family, and don't hesitate to seek professional assistance before your situation at home becomes unsafe.

Molly M. Wood is a partner at Stevens & Brand, LLP, in Lawrence, Kansas, where she confines her practice to Elder Law, especially seniors with long-term care issues. If you have a legal question or concern, call the Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, at 888-353-5337. An Elder Law Project attorney is available in Lawrence at no charge by appointment at Senior Resource Center for Douglas County, 785-842-0543.

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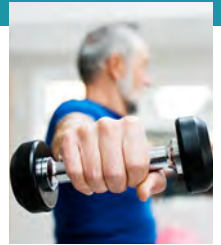
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Each Punch Card includes one **FREE Bonus Ride!**



Stories Are Miracles, Really.

By Polli Kenn



I'm going to report this fact, though it hurts me to do so: in a recent Pew study, 24% of US adults said they had not read a book in the last year. (Okay, let's look at the bright side...that means 76% of us have read a book in the past year!) However, not making or having time for reading is taking a toll on us beyond just missing out on the cultural zeitgeist — we are robbing ourselves of some serious physical, social, and emotional benefits.

Why should we be actively reading? Several studies are demonstrating how reading is good for humans. And this goes for not only nonfiction reading to educate yourself about a certain subject, but LEISURE reading. Yes, you heard me right—leisure reading is good for you!! And not just the newspaper or a magazine, a real book. We're talking romance, mystery, urban fantasy, literary fiction, westerns. Leisure reading offers several intrinsic benefits that you that you may not realize. In fact, research from Yale University School of Public Health found that people who read books regularly had a 20% lower risk of dying over the next 12 years compared with people who weren't readers or who read periodicals. In addition, leisure reading decreases your stress and anxiety (okay, maybe a little less if it's Stephen King) and can even reduce depression.



Reading increases your empathy and feelings of being able to relate to other humans. It helps keep your brain sharp as you age and may decrease your chances of experiencing symptoms of dementia and Alzheimer's. Research by Proceedings of the National Academy of Sciences shows that adults who regularly read or play mentally challenging games are 2 ½ times less likely to develop Alzheimer's symptoms. In theory, reading can help inhibit the Alzheimer's process from destroying enough neurons for these symptoms to arrive.

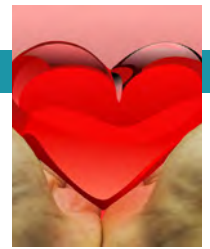
Reading can even help with memory. Seniors who read, either to learn or simply for pleasure are giving their brain a workout. According to *Neurology*, a peer-reviewed neurology journal, a study of 294 seniors discovered that those who engaged in these workouts had slower rates of memory decline compared to those who did not. Reading even improves thinking and communication skills, which are also added benefits for seniors wanting to keep their brain fit.

The staff at the Lawrence Public Library can help make it easier for you to get back to reading. From finding a title that interests you to navigating the options available for downloading books to a tablet can ensure you can get text at the size and format you need. Stop by the Public Technology Service desk and they can spend time helping you navigate all the possibilities of digital content you can access at home! The library also has a motorized scooter and two wheelchairs if you need assistance while at the library. Be sure to check the monthly list of interesting titles available at the Lawrence Public Library in each issue of *Better Senior Living*.

The team at the Lawrence Public Library is passionate and dedicated to increasing the health and well-being of our community by encouraging folks to pick up a book, read for pleasure, and connect with fellow humans over our greatest human evolutionary achievement: the ability to create, record, and read stories across space and time. It's a miracle, really, and it's all right here at your fingertips.

Polli Kenn is the Readers' Services Coordinator at the Lawrence Public Library.





When Your Loved One Becomes Aggressive

by Michelle Meier

When you take on the role of caregiver for a loved one, in many ways, you take on numerous roles. You often become their appointment keeper as you begin keeping tabs on all of their appointments and prescriptions. You become their advocate and help convey the nature of their condition and often the more subtle changes to their medical team. You also become their protector by making sure they are secure in their environment, safe from harm, and ensure that their livelihood is always kept as a top priority.

But what happens when your loved one begins to threaten the safety of themselves and you due to bouts of aggression and other unpredictable behavior? Unfortunately, this can become a reality for caregivers caring for loved ones in the later stages of Alzheimer's and dementia. It is not uncommon for those in the later stages of the disease to lash out and even become physically aggressive towards caregivers and loved ones with little to no explanation or warning. This type of behavior can range from screaming and cursing to more serious outbursts of aggression including throwing things and even hitting.

When you experience this type of behavior, the first thing to do is try to identify a trigger for the outburst. There could be many reasons that your loved one is irritated and acting out that can be as simple as they are too hot, hungry, or having pain that you are unaware of. Recent med changes can also be a quick trigger of unseen behaviors. Further, they may be feeding off other stressors in their environment, including loud noises, being overstimulated by crowds or new surroundings. If you can identify these types of small triggers, they will often remedy themselves once the stimulus is removed or resolved.



If the behavior begins to happen during routine activities like eating, bathing, or dressing, you may consider breaking the task down into smaller parts and slow the pace. Their reaction may be due to feeling rushed. Further, make sure that you are letting them know what you are about to do, noting even simple touches such as "I am going to lift your arm into your shirt now" to let them know the next step. And when selecting clothes or planning their meals, be sure to allow them to express their desires, breaking choices down into simple prompts

that are easy for them to respond to. You may find as you slow the pace and break down each action that you identify a new source of pain or even something as simple as they don't want peas again for dinner.

If the aggression is more pronounced or something that threatens the safety of you or your loved one, be sure to seek professional assistance. This is a hard step to take, but one that is critical to the safety and wellbeing of all involved. There are limits to what each of us can do, and with a progressive illness such as Alzheimer's, there will come a point where you will need the assistance of others to care for your loved one. You can contact an in-home care agency or talk with professionals at a memory care facility to determine what is the best fit for your situation. It is important to remember that seeking assistance in caring for someone who is in the advanced stages of Alzheimer's or dementia is not a flaw or a failure. Sadly it is the nature of caring for someone facing many significant health issues.

Most of all, it is important to remember that your loved one is not acting out on purpose. Even more, their behavior is not an indication of your level of dedication or even their feelings towards you in any way. It is all too easy to take this type of behavior personally, when even the person you are caring for may not be able to tell you why they are upset. You may also find that what had redirected their behavior one day may not

work the next day.

You will have to continue to be patient and you may have to use numerous attempts to de-escalate their behavior from time to time. The important thing is to continue to be patient and look for small triggers that may be inducing their behaviors. Be mindful of access to items that could become hazardous such as knives, sharp objects, glass, etc. Seek help if you feel that the safety of you or your loved one is compromised by frequent aggressive behavior. Most importantly, continue to make sure that your own self-care is a priority. This can be more and more challenging as the difficulty of your caregiving continues to increase, but your health and wellbeing are just as important as those of your loved one.

Exploring Douglas County

(continued from page 1)

on Thursday, August 5th and traveling through Arkansas, Colorado, Kansas, Illinois, Louisiana, Missouri, Nebraska, Oklahoma, Texas, and Wyoming. Although not one of the longer display stops, Big Boy will be making the trek across the state of Kansas and running through Lawrence on Monday, August 9, and back through Lawrence on September 2. The locomotive will be at the Lawrence Union Pacific Depot arriving at 3:30 PM and departing at 4:14 PM and return on its way home on Thursday, September 2 arriving at 10:15 AM and departing at 10:35 AM. The closest day-long display stop which includes access to the Experience the Union Pacific Rail Car will be in St. Louis, Missouri on Sunday, August 29. You can view the full route of Big Boy No. 4014 at www.up.com/heritage/steam/schedule.



If trains don't harken you back to your youth either by passion or travel, maybe some music will get you there. The 40th Annual Kansas State Fiddling & Picking Championships is coming to Lawrence on August 22 at South Park in

Lawrence. This unique festival of music, presented by the American Music Academy, features concerts by local and regional acts, contests in numerous categories, including fiddling, mandolin banjo, guitar, and harmony singing, and impromptu jam sessions as musicians form circles jamming under trees throughout the park. Some competitors are the second and third generations of their family to participate. For those who can play, you can register to compete up to 20 minutes before each category of competition or pre-register at bit.ly/fidpick40 with a fee of \$10. Or just bring a blanket and enjoy the music and watch these talented artists demonstrate their craft. Whether you come to play or just listen, this event offers an afternoon of food, fun, and lots of great music.

The good news is, these events ensure that the simpler pace and simple gatherings are still meaningful for all. Even if we can't jump on board the Big Boy and escape to the past, we can come together and enjoy these various events that hold true these treasures in our community. What's left but to enjoy!



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



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Tuna Stuffed Avocado

1 avocado
 1 small can tuna (drained)
 1 teaspoon mayo
 1 tsp spicy mustard
 squeeze of lime juice (to taste)
 salt & pepper to taste
 Sriracha or other dressing (optional)

Cut your avocado in half and remove the pit. In a small bowl, mix the tuna, mayo, mustard, lime juice, and salt & pepper equally into each avocado half. Drizzle sriracha or other dressing over top.

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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, lbblatter@alz.org.

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