

Better SENIOR LIVING

**Senior
Resource Center**
for Douglas County

JULY 2021

www.YourSRC.org

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Join us for the official unveiling
of the new sculpture
Paradoxical Synapse
by **Jacob Burmood**.

Friday, July 30, 5:30 – 6:15 PM

Hosted by the City of Lawrence and the
Lawrence Cultural Arts Commission.

Exploring Douglas County

Michelle Meier, Editor

Do you still like to get out and just go exploring? Jump in your car or take a ride with a friend just to see what is out there? I remember as a kid we often took drives in the summer evenings to get out of the house. This month SRC put together a few destinations around Douglas County that can get us all out of the house and visit a few spots that are fun and easy to navigate for a quick little excursion some day or evening when you feel like getting out and letting the wind run through your hair. Several of these stops are off the beaten path of most visitors to our area and include a few new highlights as well as a hidden gem you may have never visited before.

Resilience Mural

640 E Woodson Ave, Lecompton

Our first stop is to see the beautiful new mural in Lecompton. The mural, entitled "Resilience" is the work of Rick Wright who is the art director at the Lawrence agency VanGo. Rick also has roots in Lecompton as he was raised here and his mother and grandmother still reside in the community. The mural was funded by the Lecompton Community Pride via private donations. The mural depicts a bald eagle flying over a panoramic view of the Kansas River, featuring a mid-19th-century version of Lecompton. The mural is painted on on the south wall

of the former Lecompton High School gym that faces the Territorial Capital Museum. The mural alone is worth the drive and is already attracting visitors from all over the country, Lecompton has several stops for avid history buffs and local businesses that can round out your trip to Lecompton.

Mary's Lake

2811 S Kensington Rd, Lawrence

Most residents of Douglas County are familiar with Clinton Lake, Perry Lake, Lone Star Lake, and even Potter's Lake on the KU campus. But there is another smaller lake, Mary's Lake that is a part of the Prairie Park Nature Center. The area is a 100-acre nature preserve on the east side of Lawrence and includes this quaint five-acre lake. With a mixture of wetlands, woodlands, and prairie habitats, while you are in the area, you may see a plethora of native wildlife, including beavers, deer, bobcats, and

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The new Passerine Pavillion now open at Well's Overlook.



VISITING NURSES

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When a Stranger Calls...

By Megan Poindexter, Executive Director



It happens to us all. Back when we only had landlines, it tended to happen around dinner time. For a while, cell phones seemed to be immune. But as time goes on, cell phones are as bad—maybe worse—than landlines ever were! Of course I'm talking about the dreaded calls from a telemarketer...often now more of a scam-call.

In a recent chat with a friend, I disclosed that my first non-family-employment job after turning 16 was at a telemarketing call center. It was a short lived career selling credit card insurance to folks who were just trying to have dinner. I hated every second of it. (It was also the first job I ever quit!)

As I shared this story with my friend, we talked about how these calls feel like harassment, even when they are relatively benign. And yet, some of these calls are downright disturbing, vulgar, and can even be frightening. I have heard recently from some SRC clients about upsetting calls they have received, and now those calls have evolved into text messages. As we concluded our conversation, my friend suggested that I share with you the "tips and tricks" I use for keeping these calls out of my own life!

1) Hang up. Yep, just hang up. Don't feel obligated to be polite, answer questions, or even waste the breath to tell them that you are "not interested". Just. Hang. Up. We know that the people on the other side of the phone are just doing a job to pay their bills. They are often given a quota of how many calls to make in an hour. So, if you engage in conversation, they are then required to follow their script. There is no need to be aggressive with them... But there is no rule saying you can't simply hang up, either.

2) Don't answer. This is a daily occurrence for me—pressing the "ignore" button on my smartphone. Some people switch their phone to a setting which prevents unknown numbers from ringing through. This isn't my personal preference, as I do get calls—especially local calls—from unknown numbers which I need to answer. But I have learned to not feel bad about ignoring a call to see if they leave a message, and only returning calls to people who do leave a message (and to whom I want to talk to)!

NOTE: Even calls from the Senior Resource Center can sometimes show up as unknown, leaving staff here challenged to return a call from someone trying to reach us, but who has blocked unknown numbers. But we will always leave you a message and a way to call us back!

3) BLOCK calls from undesired numbers.

This works both for phone calls and texts! Cell phones generally have this feature and some land line phones can do it, too. When you receive a call (or text) from a specific unwanted number, try blocking that number from calling or texting again. I have done this, especially with texts, and find it to be a delight. I can still get other calls, but that one number can no longer get through and has reduced the number of unwanted calls I have each day.

4) Call them back. If you aren't sure if the identity of your caller is legitimate (for instance, someone saying they are calling from your bank), ask for the caller's name. Then hang up and call back to the number which you know to be correct (not the number from the caller ID). I use this regularly, as well.

5) Keep your cards close to the vest. Never give out any identifying information to a caller with an unconfirmed identity. If the caller is legitimate, they should be able to tell you something about yourself, from their record of you as a customer. Or, they will understand and go the extra mile to confirm who they are. Asking them to confirm who they are isn't rude; it is just smart.



Lastly, a particularly disturbing trend is to receive a call from someone saying they are (and sounding a little like) your own loved one, who says they are on a trip out of state and something terrible has happened, and they need money wired to them. My parents received a call like this from someone claiming to be my niece, who told a tale that she had been arrested in Florida and needed bail money. Thankfully my parents were savvy enough to ask questions that only my niece could answer, and the caller promptly hung up. Consider

having a special code word with your family for such situations, so in the event of a true emergency, that code word can alert you that your loved one is legitimately in real trouble. (To be clear, my niece was never arrested in Florida!)

Unfortunately, we can never fully insulate ourselves from these predatory phone calls. As often as we block calls and learn their patterns, they seem to get more sophisticated all the time. It is important to remember that phones are for our convenience and desired communications. Take it from this ex-telemarketer; don't let calls from a strangers rule your life!

Letting Things Work Themselves Out

By Michelle Meier



As a long-time planner, both as a personality trait and as a fixture in my career, I have had to learn the balance between planning and letting things happen. The reality of life (and events) is such that having NO plan is not a good idea. You can't approach any task with zero planning and expect that things will turn out the way you, or anyone for that matter, wants. However, we have all had those times where our best-laid plans fell apart or things come up we didn't expect to be part of our plan. And yet, most often, things have a way of working themselves out. That is not to say that we all feel comfortable or secure when plans change and the path to our goals take a detour, but sometimes we all have to accept that there are (many) aspects of daily living we just can't control and that our plans are only a framework to ensure we are equipped to navigate the realities of life.

Worrying Won't Improve the Outcome

One part of letting things work out is not letting worry get the best of us. For the most part, worrying is wasted energy. If you have a plan, worry won't ensure that everything goes to plan or avoid all detours on your way. That's not to say you shouldn't express your fears. By talking about your fears and concerns, you may ensure that your family is prepared with alternatives or assurances that your fears are covered.



Embrace Flexibility

If you think about it, most plans have a snag or two. A plan ensures that you have a road map and the tools and resources in place to achieve your goals. But some flexibility and even past experiences will lead you to know what to expect in various situations as well as know-how to navigate completing your plans when you realize there is a fly in the ointment or you forgot you were down to three eggs and not six.

Go with the Flow

Sometimes things don't go as planned and yet they work out better than we could have ever planned for. Have you ever heard the Garth Brooks song "Unanswered Prayers"? There are times we think we know what we want and the best way to get it. Yet how many times have we found that once things fell into place, that those ideas were 180 degrees off from what we never knew we truly needed or what was best for ourselves and the situation? At times we have to trust that things will work out.

No matter how well we plan, how much time or money we have invested in the plan, life doesn't always work out in the timeframe we want or just the way we had hoped. And yet, more often than not, the results lead us right where we need to be. At times this means trusting others who

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Better Senior Living

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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 starting July 7, 12 - 1 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.



Welcome to Medicare

Our monthly presentation is BACK!

Second Thursday, July 8, 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.



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.



PUZZLES

SUDOKU (MEDIUM)

8			2	6				4
	1			8	3		6	2
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	2				9			7
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		1		2	7			6

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FLOWERS

R	M	G	C	A	L	I	L	L	D	S	M	S
L	A	N	E	T	R	A	L	A	I	K	L	D
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L	I	I	O	T	A	F	I	E	T	O	R	I
A	G	N	E	G	O	N	W	T	D	H	F	S
I	O	R	U	D	A	O	I	I	U	Y	S	Y
S	L	Y	I	T	L	R	H	U	O	L	U	E
H	D	L	L	F	E	C	D	T	M	L	I	A
C	N	I	N	I	R	P	D	P	S	O	I	P
U	Y	U	K	O	L	R	S	R	A	H	L	E
F	S	C	A	R	N	A	T	I	O	N	C	S
L	V	I	O	L	E	T	O	Y	P	A	S	O
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|-----------|------------|------------|
| ASTER | HOLLYHOCKS | ROSE |
| CARNATION | IRIS | SNAPDRAGON |
| CLEMATIS | LILAC | SUNFLOWER |
| DAFFODIL | LILY | TULIP |
| DAISY | MARIGOLD | VIOLET |
| FUCHSIA | ORCHID | |
| GERANIUM | PETUNIA | |

Senior Wheels
785-727-7876

Senior Resource Center
for Douglas County

U.S. DEPARTMENT OF HOMELAND SECURITY
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.

SUPPORT GROUPS

SRC Caregivers Support Group

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

First July Meeting to be held Tuesday, July 6 due to holiday.

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

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

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. 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.**

Looking for your next great read?

Each month, we'll suggest a few titles that we think you might like. Not quite what you were looking for? Call or stop by and we'll help you find the perfect book!



785-843-3833
707 Vermont | Lawrence, KS 66044
lplks.org/booksquad



Pie for Everyone
by Petra Paredez
Easy-to-follow recipes and stories from New York's best pie shop, from fruit and cream to custard and savory.



Chasing the Thrill
by Daniel Barbarisi
First-person account of a real-life treasure hunt for jewels that's packed with mystery, danger, and action.



People We Meet on Vacation
by Emily Henry
A romance about two best friends with nothing in common who fall in love with each other.



The Ugly Cry
by Danielle Henderson
A hilarious memoir about growing up Black in a predominantly white community and what it means to be family.

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

Senior Resource Center, 745 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 Hermes Healthcare at info@hermeshealthcareinc.com.

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!



SNAP-Ed Registration Clinic

Wednesday, July 28, 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 gain access to ongoing nutritional classes specific for seniors. To register for this clinic, call 785-842-0543 or email contact@yoursrc.org.

SNAP-Ed Registration at SRC
Wednesday, July 28 • 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

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 twice **Jul 6 & 20**
- **Talk** movies & dessert **Jul 14**
- **Drink** beer twice **Jul 15 & 22**
- **Take** a field trip **Jul 27**

RETIREMENT BOOT CAMP
JULY EVENTS



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

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.

Intermediate Ukulele

Wednesdays, 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. Instructor: Linda Tilton.

Class Code: 327424



CReSIS – Center for Remote Sensing of Ice Sheets

Thursday, August 12, 1:00 - 3:00 p.m.

Fee: \$15

CReSIS at the University of Kansas is the lead institution for international academic and polar research for the National Science Foundation. Their vision is to understand and predict the role of polar ice sheets in sea-level change. The Centers' mission is to develop technologies and conduct field investigations toward understanding why many outlet glaciers and ice streams are changing rapidly. The results are used to develop models that explain and predict ice sheet response to climate change. Join us to learn more about research originating on our own community and being used by citizens, policymakers and industry around the world. **Class Code: 427806**



Suffragists in Lawrence:

A Walking Tour at Oak Hill Cemetery

Wednesday/Thursday, August 18 - 19, 6 - 8 p.m.

Fee: \$19

The Kansas Territory was viewed as an ideal battleground for women's rights in America, including the right to vote. Following some early victories, Kansas women continued their crusade for equal voting rights until 1912 when Kansas became the eighth state to extend equal voting rights to women, eight years before the ratification of the national woman suffrage amendment. The Friends of Oak Hill Cemetery invite you to join us for a walking tour of women suffragists who are buried at Oak Hill Cemetery. Each night we will cover 11 gravesites. Guide: Jeanne Klein. **Course fee includes a donation to The Friends of Oak Hill Cemetery. Class Code: 327476**



Backstage Pass to Theatre Lawrence

Tuesday, August 24, 1:30 - 3:00 p.m.

Fee: \$14

If you have attended a performance at Theatre Lawrence, you know about the magic on stage. This is your chance to see what happens backstage. Our tour includes time in the shop learning paint techniques for set design, a visit to the extensive costume and prop rooms, practicing basic steps in the dance studio, and maybe even some time on stage. Understanding all that goes into a successful production will increase your appreciation of future performances. Guide: Mary Ann Saunders. **Course fee in-**

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. Individuals with disabilities are encouraged to attend University of Kansas sponsored events. If you require a reasonable accommodation in order to participate in an event, please email pe@ku.edu or call 913-897-8530 at least three weeks before the first day of the event.

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.

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



Great Opera Scenes, Part II

Tuesdays, July 13-27, 2021, 1 – 2:30 p.m.

This sequel course will feature three more classes of great opera scenes: tenor arias, opera ensembles and soprano arias. Among the tenor arias, enjoy excerpts from such classics as Verdi's *Rigoletto*, Puccini's *Tosca*, Gounod's *Faust* and Bizet's *Carmen*. Featured ensembles (trios, quartets, quintets, etc.) include excerpts from Puccini's *La bohème*, Verdi's *Rigoletto* and *A Masked Ball*, Donizetti's *Lucia di Lammermoor* and Wagner's *Die Meistersinger*, among others. Among the great soprano arias, hear excerpts from Mozart's *The Marriage of Figaro*, Puccini's *Tosca*, Gounod's *Romeo and Juliet*, Wagner's *Tannhäuser*, Rossini's *The Barber of Seville* and others. **It is not necessary for you to have attended Part I in order to enjoy this class.**

Triumph over Terror: How Two Men Survived Nazi Horrors

Tuesdays, July 13-27, 2021 3 – 4:30 p.m.

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

Women, the Forgotten "Men" in History

Tuesdays, July 13-27, 2021, 9:30 – 11 a.m.

Many individuals contribute to history but never get their due. Women and other marginalized groups traditionally received less ink in history books than the "great men" of history who were mainly white males. This course looks at nine women whose achievements are not commonly known. Among these women are a scientist, a Nobel Peace Prize winner, a pioneering woman pilot, a suffragist, a candidate for the U.S. presidency, an activist for women's and African American's rights, a British anthropologist and a pioneering woman politician from the western U.S.

Baseball Goes to War: World War II and the National Pastime **Wednesdays, July 14-28, 2021, 3 – 4:30 p.m.**

After the United States entered World War II in 1941, President Franklin Roosevelt authorized the continued operation of both Major League and Negro League baseball. The president believed the "National Pastime" would help boost homefront morale during the difficult war years lying ahead. This course examines the results of President Roosevelt's decision. Explore the war's effect on professional baseball, the fans, teams and individual players. Class participants will also learn how the "National Pastime" operated during the war and the post-war changes that occurred in baseball.

Beyond the Beauty of Japanese Garden

Wednesdays, July 14-28, 2021, 9:30 – 11 a.m.

The beauty and serenity of Japanese Gardens never cease to amaze and delight! Are they representations of nature recreated or are they intended to manipulate our view of nature in natural and unnatural or altered ways? Look beyond the exquisite beauty of Japanese gardens and learn to identify and more deeply appreciate the common elements that comprise a Japanese garden while exploring their various styles. Dianne will once again wow you with visuals, videos, culture, history, and insights through this tour of prominent and lesser-known Japanese gardens in Japan as well as in our own backyard.



Lady Laureates:

Some Female Nobel Prize Winners for Literature

Wednesdays, July 14-28, 2021, 1 – 2:30 p.m.

117 writers have been awarded the Nobel Prize for Literature, but only 16 have been women. Setting aside this lack of inclusion, these female writers stand out for their artistry, their contribution to their country's cultures and the universality of the themes they convey with their work. Look at the lives and accomplishments of all these women—from Sweden's Selma Lagerlöf in 1909 to the most recent recipient, U.S. poet Louise Glück in 2020. Some short out-of-class reading assignments will enhance the study of some of these masters' art if participants decide to delve into the reading.

Cedarwood Senior Cottages



**Affordable housing for seniors!
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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, July 16.
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.



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).



OSHER LIFELONG LEARNING INSTITUTE ONLINE (CONTINUED)

Apocalypse–WOW!

Thursdays, July 15-29, 2021, 9:30 – 11 a.m.

There has been a lot of talk lately among politicians, pundits and news commentators--not to mention the general public - about apocalyptic passages in the Bible and what they might mean for our time. These are the texts describing the end of the world as we know it and the dawn of a new order. There has also been a recent flood of books and films depicting the final conflagration and the fate of unfortunates "left behind." In this course, examine selected writings from the Bible within their historical, social and cultural contexts to understand what they were saying, how they were understood in their own time, and how best to read them today.

"I goes to fight mit Sigel!":

The German-American Experience in the U.S. Civil War

Thursdays, July 15-29, 2021, 1 - 2:30 p.m.

"I goes to fight mit Sigel!," a popular song of the Civil War era, reflects the fact that roughly one-third of the soldiers fighting for the Union cause were either recent immigrants from the German states or sons of such immigrants. These Germans on the Northern side, to the soldiers in Southern gray either the "Damned Dutch" or the "Hessians," rallied to the cause in no small measure because they saw the "war to save the Union" as the continuation of the German Revolution of 1848-49, which failed to unite the German states and provide for democratic reforms. They were led into battle by many of the same military leaders who had played prominent roles during the Revolution in Germany, such as Friedrich Hecker, Carl Schurz and especially Franz Sigel.

Lessons and Legacies:

What the Preservation of Historic KS Landmarks Teaches Us

Thursdays, July 15-29, 2021, 5:30 – 7 p.m.

What are some of the historic landmarks of Kansas and why are they important to us today? This course will begin by learning about the federal and state historic preservation laws, discover historic structures both before and after statehood in 1861, and survey some of those buildings and structures that are now historic landmarks. The goal of the class is to learn what stories our ancestors tell us through the built environment and how to pass that knowledge on to future generations of Kansans.

The Medical History of the American Presidency

Thursdays, July 15-29, 2021, 3 – 4:30 p.m.

This multi-media course details the impact injury and illness have had on the American presidency and, ultimately, United States and world history. Over the 232 years of the American Presidency there have been extraordinary advances in both diagnostic and treatment options for medical illnesses and injuries. Both the treatment at the time of presidential illness and speculation on outcomes with the advantage 21st century medical care will be discussed. Also examine the changing American press and effects on disclosure of illness. Hidden illnesses in the White house are detailed, including clandestine surgery performed on a president on a yacht at sea, and illness and circumstance leading to the first "functional" woman president and re-election of a dying president. The course is designed to be historical, informative, entertaining, at times humorous, and ultimately inspirational and patriotic.

History of Modern Latin America

Fridays, July 16-30, 2021, 3 – 4:30 p.m.

This course will explore the major themes, events and historical figures of Latin America's recent past. A specific focus will be placed on the late 19th century, the Cold War and the recent rise of populist governments. The class will examine the impact of United States imperialism and will discuss the rise of right-wing nationalist governments, as well as the role of historical memory in regional identity. Finally explore what history might tell about the future direction of this important part of the world.

The Colonial History You Didn't Learn in School

Fridays, July 16-30, 2021, 1 – 2:30 p.m.

Most of us grew up believing that when Europeans landed on the east coast of the United States, they were met by "savages," people who lived in the forest and were therefore less developed. In reality, the native cultures were more highly sophisticated than many even realize today. This class will review our shared history from the native point of view. This course will cover the diverse reasons Europeans first came to America, how vastly different the Native American and European cultures were and why and how relationships that began peacefully evolved into violence in Jamestown, Massachusetts Bay Colony and the Northwest Territory.



The Creation and Decline of the Most Successful 3rd Party in America's History

Mondays, July 26, 2021 to August 9, 2021, 1 – 2:30 p.m.

Kansas was at the heart of the Populist Movement in the late 1800s, creating America's most successful 3rd Party Movement. Three classes will include the years leading up to the party's creation, including homesteaders, freed slaves, extreme hardships, debt and early farmers' organizations; the creation and success of the Populist Movement before the formation of a political party, the roles of other social movements like suffragettes and prohibitionists, the emergence of a middle class, the power of the wealthy in the Gilded Age, the role of the press, the integration of immigrant farmers, workers' strikes and efforts to unite rural and urban workers, the violence of the times with Pinkerton detectives, strikes and hired armies; and through all of these events explore the rise and decline of the People's Party, including the key roles Kansas and Texas played in merging North and South in the same political party, at least for a time, using fusion and working toward their goals of regulating railroads, creating the sub-treasury plan, and prioritizing bimetallism (Free Silver). Discover this fascinating time in history and recognize how the People's Party influenced the two old parties in ways that remain even today.

OSHER LIFELONG LEARNING INSTITUTE ONLINE (CONTINUED)

Middle Eastern & North-African Cinema (MENA)

Mondays, July 26, 2021 to August 9, 2021, 3 – 4:30 p.m.

This course offers an introduction to films produced in the Middle East and North Africa (MENA). The course will examine a series of topics through the lens of each country, including cultural appropriation, religious transformation, identity, gender, education and immigration, war and exile through film screenings, discussions, and supplementary readings. This course will explore films from Arabic countries and review short readings. The three films discussed in class and recommended for student viewing outside of class (Saint Sharbel, Marock and Yacubian), will have English subtitles. The links will be sent to participants prior to each session enabling students to watch online free of charge. The instructor will provide short readings for students to help in understanding the background culture of film production. Readings are also an attempt to familiarize learners with some approaches to critically interpret and react to visual media.



The Evolution of Photography & the Creative Process Behind the Photo

Mondays, July 26, 2021 to August 9, 2021, 9:30 – 11 a.m.

This visually-driven class explores photography from early glass plate to digital capture. View photographs from Library of Congress collections, archives of the Lawrence Journal-World and the instructor's 30-year photography career. With each photograph, take a behind-the-lens viewpoint, attempting to understand each photographer's creative process in documenting their subject. Along the way, meet image makers focusing on diverse content, from steam trains to snowflakes and address the questions, "What makes an interesting photograph?" and "How can we capture better photographs?" Participants will also be invited to submit their own favorite photographs for instructor review.



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 City Band Summer Concerts
Wednesdays, 8 - 9 p.m.
South Park Gazebo, 1141 Massachusetts St, Lawrence
FREE

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. In the event of inclement weather, the concert will be moved to Lied Center, 1600 Stewart Dr. Participants are asked to adhere to social distancing guidelines in the park. For more information, please contact Duane Peterson, special events supervisor, dpeterson@lawrenceks.org, (785) 832-7940.

Baldwin City Recreation Commission
Summer Concert and Movie Series
July 12, 7 p.m.
Sullivan Square, 710 High St, Baldwin City
FREE

What says summer better than an outdoor concert and a movie under the stars? The July event features the band Steve Bankey and the Flatlanders followed by a showing of the movie Ghostbusters at dusk. Come dressed in your Halloween costumes! The movie will get underway around dusk, approx. 8:45pm. Bring your own lawn chairs, blankets, snacks and sodas and enjoy an old school movie!



Douglas County Free Fair
July 25 - 31
Douglas County Fair Grounds, 2110 Harper St, Lawrence
FREE

Cruise on out to the Douglas County Free Fair for fun and entertainment for all ages in Lawrence. Open Class entries are due Sunday, July 25 with drop off available in fine arts, flowers, food preparation, food preservation, horticulture, crops, and quilts from 2 - 5 p.m. For more information and a full list of Douglas County Fair events, go to www.dgcountyfair.com.



The PROs and CONs of the PACE Program

by Molly Wood, JD



Q: Will PACE services help my mother? She is 79 and currently lives with me. I still work and the PACE day services might help her be with others during the day. My mom has Medicare and has a good income but, if she joins the PACE program for the medical benefits and adult day center, would she be able to revert to her old Medicare & supplemental plan if PACE no longer is the right choice for her? What are the pros and cons?

A: PACE (the Program for All-Inclusive Care for the Elderly) is a hybrid-payment model that is capitated and purports to be comprehensive. It is “capitated” because it charges a set monthly fee regardless of how much care is needed. It is comprehensive in that it covers prescriptions, transportation to medical appointments, adult daycare, respite care, and other services traditionally not included in Medicare or Medicaid, and its central focus is to enable older adults to live at home as long as possible. The payment model is a hybrid combining Medicare with either private payment or Medicaid to cover the monthly premium. In Douglas County, Midland Care has been operating as a PACE provider since 2007. When I checked the Midland Care website, there is not a complete outline of all charges associated with the program, but it is clear that there are no additional co-payments or deductibles on top of the premium for PACE services.



The basic eligibility requirements for the PACE program are:

- Age 55 or older;
- Living in a PACE service area (currently, 23 counties in Kansas participate, but according to the Kansas Department of Aging and Disability Services (KDADS), more counties will be added soon);
- KDADS certifies that you meet a nursing home level of care; and
- You are able to live safely in the community with PACE services when you join.

The PACE provider clinical team will visit you in your home to determine what services would meet your mother’s needs and improve or maintain her health. The team consists of a primary care physician, a nurse, a social worker, occupational and physical therapists, personal care attendants, and several other specific workers. The big PRO of utilizing the PACE program is that you would have access to a wide range of services and the PACE provider serves the coordination function, which is particularly

helpful if you don’t have a full team of family members who can assist you with setting up a home-care plan. Also, PACE offers adult daycare, which can be great for any family member with whom you reside and provide activities and social interaction that they can enjoy.

Another PRO of the PACE program is that in the event that you run out of money, PACE is a Medicaid provider, so you would not lose your services and your care plan would continue uninterrupted if you become Medicaid eligible. That entitlement can be a huge advantage for folks with limited savings.

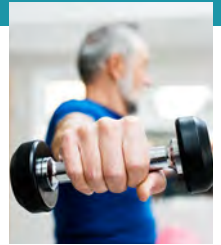
One CON of this option is that when you enroll in PACE, you are agreeing to receive all your medical care through the PACE providers. For example, you may have to change your primary care physician to a provider who works within the PACE program. Some seniors might not want to change their primary care physician if they are not a part of the program. Additionally, PACE does not provide 24/7 in-home care, so if your mother can’t be at home by herself for any amount of time, she will not fit the program criteria. This is where the PACE adult day care services can provide an alternative to transitioning to a nursing home for those participants who cannot be left at home alone.

The good news is that if you become a PACE participant and you don’t like it or the care plan changes, you certainly can dis-enroll and revert to your previous Medicare coverage with a month’s notice. The PACE program is not for everyone – no particular long-term care strategy is perfect – but it can provide some options to allow seniors to stay at home as long as possible depending upon their circumstances.

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.

Ways to Celebrate National Parks and Recreation Month

By Peyton Williams, LPRD Intern



Park and recreation departments are well known for promoting physical health through their parks, trails, fitness centers, classes, and events. These offerings provide community members with plenty of fun activities to keep their bodies healthy, and just as importantly, their minds. Mental health care has become increasingly significant in society in recent years, especially amid a global pandemic that has affected daily life for most of humanity. According to a study through the National Recreation and Park Association, more than half of all U.S. adults say their mental health is benefited through socializing with family and friends, spending time in nature, and exercising.

Socialize

Socializing with friends and family is an important part of life for U.S. citizens of all ages. Lawrence Parks and Recreation Department (LPRD) is committed to providing spaces for its residents to congregate safely and comfortably. Parks, shelters, gazebos, and recreation centers are available to rent for friends and families to host events such as birthday parties, baby showers, family reunions, receptions, and more. Visit www.lawrenceks.org/lprd/recreationfacilities/shelters to reserve a shelter online, or visit any recreation center for assistance.



Walking path in Naismith Valley Park.

Nature

Spending time in nature is also an excellent way to clear the mind and rejuvenate. Out of 54 parks in Lawrence, six are designated as greenways and nature preserve areas. These areas offer more natural landscapes than traditional parks, allowing an immersive experience into the natural world. These parks and nature preserves are often the result of a public/private partnership. As urban habitats, they promote watershed health, shelter many types of animals and birds, and host abundant species of native grasses and plants. The Lawrence Nature Park, located on Folks Road, was the first nature preserve area wherein the

City of Lawrence collaborated with a conservation organization (Kansas Land Trust), which restricts all development aside from unpaved trails. The nature park features steep contours, limestone outcropping, and a wide variety of native trees. Parks, as well as descriptions and maps, can be found on the Parks & Trails section of the LPRD website at www.lawrenceks.org/lprd/parks.



One workout station along Burroughs Creek Trail.

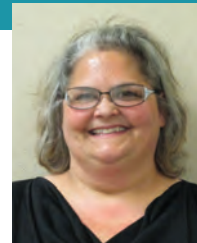
Exercise

Exercising has been proven to improve both mental and physical health. Sports Pavilion Lawrence, Holcom Park Recreation Center, East Lawrence Recreation Center, and the Community Building allow free entry for Lawrence and Douglas County residents and offer a variety of exercise equipment. When the weather is nice, Burroughs Creek Trail and Linear Park, located at 900 E 15th St in Lawrence, provides the perfect place to get in some daily exercise. The trail, part of the Lawrence Loop, is a 1.5-mile shared-use path great for walking, jogging, or biking. Outdoor exercise equipment located along the trail allows users to work different muscle groups and build strength without being confined to a gym or fitness center. Visit www.lawrenceks.org/lprd/parks/burroughscreek to take a virtual tour and plan an exercising adventure.

As LPRD celebrates Park and Recreation Month, the health and happiness of the community remain the number one priority. In this time of unknowns, LPRD remains a source of comfort and enjoyment for its citizens and continues to provide residents and visitors with resources that lead to stronger mental health.

Dispelling the Myths of Hospice Services

by Monica Rose



Hospice is one of the best-kept secrets in our community. It is an untapped resource that is underutilized, misunderstood, and even shunned. Why one would ask? The word hospice can be scary and frequently has several misconceptions associated with it which causes individuals, families, and sometimes even health care professionals to shy away from using the service. Educating yourself on the myths and facts of hospice may be a life-altering, life-enhancing action for you or someone you love.

Myth #1 Choosing hospice means you have given up on life.

Hospice actually helps individuals live life to the fullest. According to the National Hospice and Palliative Care Organization (NHPCO), hospice is the model for quality, compassionate care for people facing a life-limiting illness. Hospice care provides an entire team of professionals offering medical, emotional, and spiritual support to meet each person's individual needs and goals.

Myth #2 You can only be on hospice if you are actively dying or only have days to live.

Frequently families report on hospice Consumer Assessment of Healthcare Providers and Systems (CAHPS) surveys, a tool utilized by the U.S. Centers for Medicare & Medicaid Services (CMS), that they wished their loved one would have accessed hospice services sooner. By accepting hospice services sooner, the patient and family have a chance to establish productive and effective relationships with the hospice team, access all of the community services they would benefit from, and even take advantage of financial coverage for durable equipment and medication that comes with the hospice benefit.



Myth #3 Hospice places a time limit on patients and it will hasten death.

Although CMS requires a life expectancy of six months or less to pay for hospice care through Medicare or Medicaid, it does not mean that the individual has to pass away within six months from the start of their care with hospice. People often wonder what happens if they still need hospice services after the initial-month timeframe. To simplify the communication of Medicare benefits, six months is typically used as a statistical anchor.

As long as someone qualifies for the benefits according to the CMS guidelines, they can access the benefit beyond the initial six-month period and there is no limit to how long services can be extended.

Myth #4: Hospice depends on sedation and therefore, you will not be coherent once you are on hospice.

Hospice teams are experts at managing pain, not just physical pain but also emotional pain as well. When pain management is done correctly, it is initiated at a low dose and only increased based on the pain reported by the patient. Because it is individualized and follows the goals you have communicated to the hospice team, your experience of the natural life process is completely in your control.

Myth #5: Once you start hospice services, you can never go back to treatment.

Hospice is a service for individuals with life-limiting illnesses where a cure is unlikely or impossible. An individual can discontinue hospice services at any time. The patient may improve or want to return to the path of curative treatment. You can return to treatment knowing the option for hospice service is always available.

Knowing the realities and true benefits of hospice care can open up a wealth of resources for those facing life-limiting illnesses. Rest assured, just because you plan for it, does not mean it is going to happen today. Educating yourself means that you are well informed and better prepared to advocate for yourself or

your loved one and discuss this option with your doctor to best utilize the full range of available services. Hospice is the hidden gem of our community that can assist you or your loved ones and provides added support and comfort for your extended family as part of this journey.

Monica Rose is the Hospice Manager for the Douglas County Visiting Nurses Association.

Exploring Douglas County

(continued from page 1)

birds of prey. The lake has a boardwalk around the lake for walking as well as a fishing dock. This is the perfect place for an afternoon walk or even a small picnic. This is definitely a destination for a good old dose of Vitamin D when it's not too hot.



Mary's Lake at Prairie Park Nature Center

Passerine Pavillion at Well's Overlook 1300 N 1000 Rd, Lawrence

If you haven't been to Well's Overlook just a few miles south of Lawrence near Baldwin City in a while, you will want to make a trip to utilize the new full-accessible Passerine Pavillion that is now open. The new addition was a joint project with the Douglas County Government, the KU School of Architecture, and Dirt Works Studio. The new pavilion gets its name from the Passeriformes birds (also known as perching birds) that take flight from the sides of the Kansas prairie hills. In addition to the breathtaking view of Lawrence and Douglas County, the complex offers a picnic area with shelter, a short nature trail, and a small playground along with the new accessible addition. This is one spot you will want to visit from time to time as the seasons change and take in the changing colors of the rolling hills surrounding the area.

Eudora Giving Garden 535 W 20th St, Eudora

We have featured the Eudora Giving Garden before, but as this new gem continues to grow, so do the opportunities available there. Not only can you go and get access to freshly grown produce and herbs, they have also been offering small workshops on flower arranging, using herbs as medicine, or you can also roll up your sleeves and get your hands in the dirt and help this living garden meant to provide its harvest to the community. This amazing project has evolved into something that will continue to flourish and provide more than just produce to those who come by.

If you are looking to get out of the house, check out each of these stops. Douglas County is such an amazing community filled with historical sites, natural beauty and wildlife, and



Eudora Giving Garden

additions to well-known sites that have been upgraded to better accommodate our community. You can make your outing just a driving tour, or get out and get some walking in and feel the sun on your face. There is much to explore!

Letting Things Work Themselves Out

(continued from page 4)

have navigated the path before, those who deal with various circumstances every day, and even knowing that our loved ones may go about things differently than we would, but have our wishes in mind, they are just getting there a different way or with a few more or a few less steps yet ending up at the same end result.

Any life goal, plan, stage, or change should have a plan. Winging it is fun on vacation when leaving your options open for lunch or taking a new road to mix up the scenery along the way, but can lead to disaster when trying to navigate important aspects of life. An important part of any plan is the unknown. The best-laid plans will never control every aspect of any situation. That is life. Sometimes you have to rely on experience to know that there will be some unexpected bumps in the road. Sometimes you have to take the first step and know that you have the support you need to navigate the rocky road ahead. Sometimes you will find there are 100 ways to get from point A to point B and sometimes, the plan you had laid out will circle around C and made it back to B with a few more steps and maybe a bump or two.

Deep down, the core of your plan will lead the way. You need it. But don't let worry or small changes derail your progress. You'll get there!



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Tomato Roughly Salad

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

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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, lcblatter@alz.org.

Bridge Haven

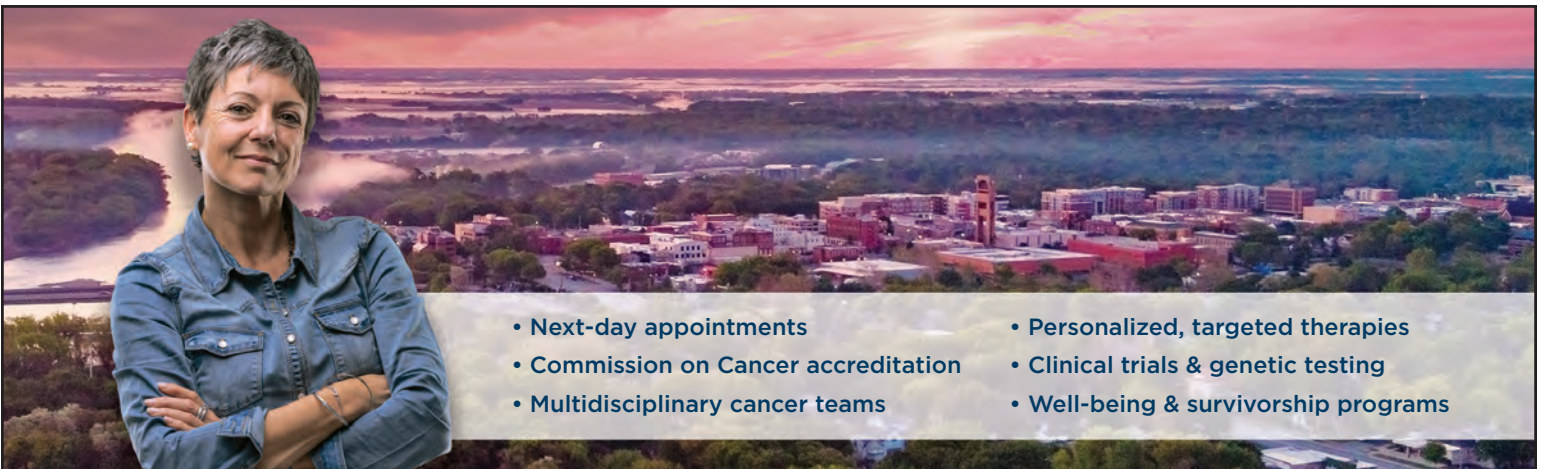
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