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**See page 11
for events
in April.**

The Impact of Douglas County's Senior Volunteers

By SRC Staff Writer

April is Volunteer Appreciation Month. On April 18 from 4:00-6:00 p.m., SRC will welcome all senior volunteers from all organizations across Douglas County for an Open House reception. We want to celebrate these important individuals who make such a big impact on our community!

SRC is fortunate to have dozens of seniors who volunteer to help other seniors (in addition to some non-senior volunteers, of course). Our Medicare counselors through SHICK (Senior Health Insurance Counseling for Kansas) are almost all older adults, as are our volunteers who drive for the Eudora and Baldwin City Senior Wheels programs. Safe Winter Walkways has a number of older adults who keep sidewalks clear of snow, many of SRC's activities have a volunteer leader, and without our team of as-needed volunteers who sign up with us through the Roger Hill Volunteer Center to help with odd-ball needs, SRC couldn't help seniors with some of the more unusual needs in our community.

One thing which always comes up when SRC chats with our own team of volunteers is that a great many of them also volunteer with other organizations! We share an overlapping list of amazingly generous folks who also deliver meals, assist at LMH Health, prepare taxes, stock food pantry shelves, mentor children, oversee our voting booths, keep our earth beautiful with their gardening and wildlife skills, provide emotional support to those experiencing hospice, work toward more affordable housing, share

their expertise as teachers or board members, give voice through Audio-Reader, and frankly, there seems to be no end to this list!

Maybe you are interested in spending some of your time as a volunteer? If you're not sure how to get started, here are a few things to consider.

How physical do you want to be?

Many activities are labor-intensive and involve carrying, lifting, using tools, or standing for long periods of time. If that is outside your comfort zone, there are opportunities that might be more office-style or require less physical activity.

How long do you want to commit?

There are so many different time commitments associated with different volunteer needs. Some volunteer needs may last for years to come, like a seat on a board of directors. There are also one-day-only volunteer activities all over the community. These short, often intensive, experiences are especially popular among groups who want to do a service project together, like a civic group or a clean-up day at a park.

How visible do you want to be?

There are great behind-the-scenes volunteer needs, as well as more visible "front of house" activities. Some tasks can be done from home, or there are more social commitments, like helping with a fundraising event.

How much responsibility do you want? Lots of volunteer activities are the epitome of "many hands make light work" (continued on page 18)

Did you know SRC needs your financial support?



Everyone you know is either a senior or a future senior. **Make sure the Senior Resource Center is here for us all, seniors of today and seniors of tomorrow.**

MAKE A LASTING IMPACT



GIVE NOW

You can set up a recurring donation (monthly, quarterly, bi-annually) or spread out a larger donation into smaller payments. You can sign up once and your ongoing gift will be set to the amount and frequency of your choosing.

www.YourSRC.org or call 785-842-0543

- Our secure website allows you to set a recurring donation.
- Set up a recurring payment via your bank's online bill pay system.

ADD TO OUR ENDOWMENT FUND

You can support SRC in the long-term by contributing to the Senior Resource Center Endowment Fund held at the Douglas County Community Foundation.

www.DCCFoundation.org or 785-843-8727

FINANCIAL PLANNING

You can direct the interest paid on various stocks, bonds, or other interest bearing assets to benefit the Senior Resource Center. **Ask your financial advisor how you can blend this type of gift into your overall financial plan.**

PLANNED GIVING

Set aside a gift to the Senior Resource Center in your will or name SRC as a beneficiary to a life insurance policy or retirement plan. Set aside any percentage or a policy, or designate the remainder of your estate (after other planned gifts and expenses).

Ask your attorney how you can make these adjustments to your final estate plan.

TO MAIL IN A DONATION TODAY, FIND THE FORM ON PAGE 19.

When I Feel Worried ...

By Megan Poindexter, Executive Director



It seems to me that some of the things I need to be reminded of the most are being taught in elementary schools these days, and I should take note. One example recently came across my radar in a “mindfulness” toolkit designed for elementary aged children. It resonated with me deeply!

First, what is mindfulness? It is technically a type of meditation which focuses on being intensely aware of what you’re sensing and feeling in the moment, without interpretation or judgement. It’s that last part which I think we struggle with as adults—the part about “without interpretation or judgement.” Ouch. That is hard.

However, mindfulness can be employed at any time, not just when in an active state of meditation. And I have been learning that the more I intend to be mindful, the easier it is, and the more often I am doing it without even realizing.

So, what was this mindfulness tool? It was simply titled, “When I Feel Worried.” It was a worksheet with prompts a person could fill out to help them be mindful about how to respond to worries. It didn’t include any trite quips like, “don’t worry be happy.” It seemed to simply validate that worries are just part of life. But how we respond to them is the important part.

Today, I encourage you to consider something you’ve been worried about. Now, here are the prompts. How can you answer these?

- When I feel worried, I can talk to:
- When I feel worried, I can try this breathing activity:
- When I feel worried, I can tell myself (and then check a box or write in a few of your own ideas):
 - This is tough but so am I.
 - I can always ask for help.
 - I can focus on things I can control.
- When I feel worried, I can go outside and:
- When I feel worried, I can try these things to feel better (and then check a box or write in a few of your own ideas):
 - Give someone a hug.
 - Write in a journal.
 - Hum or sing a song.
- When I feel worried, I can move my body by:
- When I feel worried, I can listen to:

You may ask about the breathing activities. There are many. Box breathing (imagine you are drawing a box and as you draw each side, take a slow inhale in or exhale out), roller coaster breathing (imagine a slow roller coaster and slowly inhale as you go up and slowly exhale as you go down), and many more. But each’s premise is a way to help you intentionally make slow, long inhales and slow, long exhales.

Next time you’re worried, consider these prompts. Afterward, how do you feel (no interpretation or judgement)? I hope it helps!

Our Community is better thanks to

SENIOR VOLUNTEERS

You make a big impact!

Join Us

Thur. April 18

4 – 6 p.m.

Senior Resource Center for
Douglas County

745 Vermont Street

RSVP to contact@yoursrc.org or by calling 785-842-0543

Senior Volunteers from
organizations across Douglas
County are invited to an

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THANK YOU for all you do!



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NEED A NOTARY?

Bring your photo ID and documents to SRC for free notary public services. Please call ahead to ensure SRC's notary is in the office and available, or to make a notary appointment.
785-842-0543



Better Senior Living

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For advertising, contact SRC at contact@YourSRC.org or 785-727-7880.

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More Seniors Using SRC's Medicare Counseling Services

By Nancy Wiebe & Lori Phillips, Health Resource Coordinators



April is National Volunteer month and that's something we like to celebrate at Senior Resource Center. Our SHICK (Senior Health Insurance Counseling for Kansas) Medicare counseling program is successful because of our dedicated volunteers and continues to serve more Douglas County seniors every year. We've increased our reach by over 20% in the last year. You can help keep the number growing!

Our 22 volunteer counselors are screened, thoroughly trained, and supervised by our staff to help you save money and get the best coverage possible for your budget. They save seniors hundreds of thousands of dollars annually with no sales pressure since we do not sell anything.

If you like to problem solve and help people, SRC would love to talk with you now about volunteering as a SHICK Counselor. This is a great time to apply so you can complete screening, training, and shadowing to begin helping others during the Medicare Open Enrollment Period starting in October. Our volunteers describe their experiences best:

Remember, if you are just starting Medicare or have had Medicare for years, we're here to help you. Visit www.YourSRC.org, email Medicare@yoursrc.org, or call 785-727-7872 and explore what we can do for you.



"I love to meet new people, help others, learn new things and use my knowledge of health care and insurance to make a difference. I have fun volunteering at SHICK and now give back to those who helped make our community a great place to live." **JoAnn Hageman SHICK Counselor**

"Being a SHICK Volunteer allows me to meet and assist the people where I live. If I can help one person each day with their Medicare questions and see a smile on their face, I have given back to my community and improved the lives of those who live there." **Rick Schaffer SHICK Counselor**

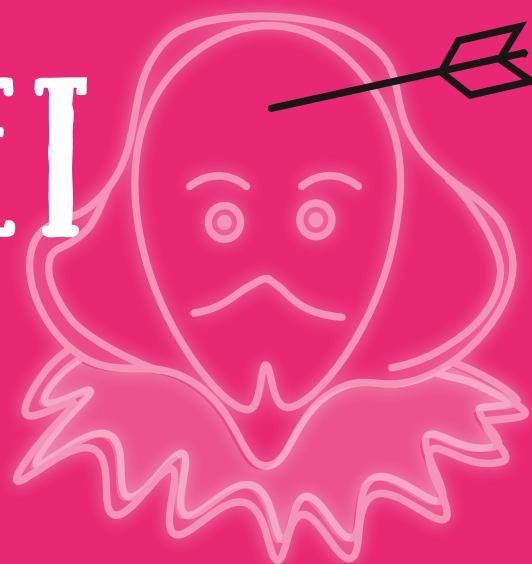


I HATE HAMLET

April 19 - 28



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ARE YOU ENROLLED IN MEDICAID (KANCARE)? IS YOUR MAILING ADDRESS AND PHONE NUMBER UP TO DATE?

IF NOT, YOU COULD MISS CRITICAL PAPERWORK TO KEEP YOU ENROLLED IN MEDICAID.

Annual eligibility reviews have been paused since March 2020 due to the COVID pandemic emergency. This pause is scheduled to end in the coming months. KanCare has begun sending out paperwork for eligibility reviews. Your review will take place in the next 12-month period.

This paperwork is very important! Watch for your paperwork to arrive in the mail and read everything very carefully.

If you have moved, you are responsible to update your address by going to the Address Change link at the top of www.kancare.ks.gov or calling 800-792-4884.

Don't delay! This renewal is very time sensitive. Tell everyone you know!

If you need help, call the Senior Resource Center at 785-842-0543.



SPRING YARD CLEAN-UP EVENT INTO THE STREETS WEEK WITH KU STUDENT VOLUNTEERS

Small projects up to 2 hours in scope. Homeowner must provide all tools and materials. No power tools permitted.



**Saturday, April 27
Noon – 2 p.m.**

Contact Doug at 785-727-7879 or email dwendel@YourSRC.org to discuss your project needs. Limited availability.



18th Annual

LAWRENCE AREA
PARTNERS IN AGING

SENIOR RESOURCE FAIR

Wednesday, April 17th, 2024
10am - 1pm

Sports Pavilion at Rock Chalk Park
6100 Rock Chalk Drive, Lawrence, KS 66049

- FREE! NO cost to attend!!
- Freebies, handouts, and brochures
- Gift card drawings - courtesy of Lawrence Area Partners In Aging
- Exhibits featuring a wide range of businesses and organizations
- Plus, much, much more!



Stop by anytime between 10am and 1pm to visit booths and displays from local businesses and organizations that serve seniors in Douglas county.

For more information or questions please email LawrenceAreaPartnersInAging@gmail.com

Understanding Health Data Breaches

By Peyton Weatherbie, Associate Lawyer at Stevens & Brand, LLP
under the supervision of Molly Wood



Q : I have been hearing a lot about health data breaches following the UnitedHealth security attack. Is this common and should I be worried?

A : While unnerving, it's likely that you have either been affected by or will be affected by a cybersecurity incident related to your health insurance or hospital. In 2023, nearly 116 million individuals were impacted by significant health data breaches. While most cyber security incidents turn out to be minor, others can profoundly affect many individuals.

On February 21, 2024, Change Healthcare, a division of UnitedHealth, fell victim to a cyberattack that disrupted numerous systems and services. The following day, UnitedHealth issued a statement indicating that a "suspected nation-state associated cyber security threat actor" had gained access to certain information systems linked to Change Healthcare. UnitedHealth managed to isolate the affected systems, but in doing so, had to disconnect them, resulting in the suspension of services provided by those systems.

While it may not appear significant at first, the swift isolation of the affected systems had a profound impact on the pharmaceutical industry. Primarily because Change Healthcare assists pharmacies in verifying insurance coverage for patient prescriptions. When UnitedHealth detected the security breach, one of the affected services was the verification process. Consequently, in many instances, patients were forced to pay for their prescriptions in cash if the pharmacy was unable to confirm insurance coverage. This forced some folks to forgo necessary medications due to the cost without insurance. Even the U.S. military provider, Tricare, reported that its pharmacies, both domestically and abroad, had to fill prescriptions manually in the aftermath of the breach, which resulted in significant delays.

The breach at Change Healthcare is indeed alarming. But, if there's any reassurance I can offer, it's that not all breaches are as disruptive as this one. Most don't result in the disabling

of services like this attack did; instead, they typically involve what the Office for Civil Rights ("OCR") categorizes as unauthorized access and disclosure of data. In such cases, records aren't necessarily taken but are merely exposed.

Whenever a breach occurs, the entity must promptly conduct a written risk assessment. This assessment involves determining factors such as: The nature and scope of the protected health information involved, the unauthorized person who accessed or received the information, whether the information was acquired or merely reviewed, and the extent to which the risk to the information has been mitigated. There are also notice requirements in the event of a breach. If the breach affects fewer than 500 individuals, the entity must: Inform the affected individuals within 60 days of discovering the breach, and document and report to OCR within 60 days after the end of the calendar year in which the breach was discovered. If the breach involves more than 500 individuals, the entity must still adhere to the same notification requirement for affected individuals and notify OCR within 60 days of discovery. Additionally, they must inform prominent media outlets serving the state or area if more than 500 residents of that area are affected.

Fortunately, the rise in health data breaches has prompted federal agencies to initiate the implementation of new rules and guidance regarding data privacy, security, and breach management. Should you ever receive a letter in the mail notifying you of a cybersecurity incident, it is essential to read it carefully and adhere to any instructions provided to safeguard your information. The letter will also contain contact information should you have any questions or concerns.

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 SRC, 785-842-0543.

SNAP Registration at SRC
Call for next available appointment
Learn about Double Up Food Bucks at participating Farmers' Markets

The SNAP Food Assistance Program serves as the first line of defense against hunger.

Benefits can help seniors buy eligible items including nutritious food, fresh produce as well as plants and seeds to grow food for your household.



Supplemental Nutrition Assistance Program

Call 785-842-0543 for an appointment

SENIOR WHEELS PUNCH CARDS ARE AVAILABLE ONLINE!


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

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Senior Resource Center for Douglas County
SENIOR WHEELS PASS CITY RIDES

Senior Resource Center for Douglas County

Chair Exercises For Older Adults

By Andrea Bos, Community Outreach Specialist for Visiting Nurses Association



Chair exercises are an excellent way to build strength and increase mobility. Start each exercise sitting straight up and slightly away from the back of the chair. Hold the sides of the chair if extra support is needed. Start with five to 10 minutes a day of chair exercise. Always consult your medical provider prior to beginning an exercise routine.

Knee Extensions

1. Start with both feet together on the floor.
2. Straighten one leg out in front of you. Hold for one second.
3. Slowly return the leg to the bent position, with foot resting on the floor.
4. Repeat with the other leg. Do a few extensions with each leg.

Seated Rowing

1. Start with arms straight out in front of you at shoulder level, with thumbs pointed up.
2. Pull elbows back, gently squeezing shoulder blades together, until upper arms are at your sides.
3. Extend arms back to the start position and repeat a few times.

Toe and Heel Lifts

1. Start with both feet on the floor.
2. Lift toes of both feet, keeping heels on the floor.
3. Put toes on floor and lift heels, gently squeezing calf muscles as you do.
4. Repeat toe and heel lifts a few more times.

Seated March

1. Start with both feet on the floor.
2. Lift left leg with knee bent as far as it is comfortable.
3. Slowly return foot to the floor.
4. Repeat with right leg. Do a few lifts with each leg.

Overhead Press

1. Start with arms up, with wrists near shoulders.
2. Slowly punch diagonally up and across body with one arm, slightly rotating your body in the same direction.
3. Slowly return arm to start position and switch to the other arm.
4. Repeat a few times each side.

LAWRENCE'S PARKINSON'S SUPPORT
GROUP PRESENTS

PARKINSON'S 101

Thursday April 4 at 5 p.m.
Lawrence Public Library
707 Vermont St.

April is National Parkinson's Awareness Month

Learn the basics of Parkinson's disease.
What is it? Why is it difficult to diagnosis?
Tips to help manage symptoms and changes.



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Dr. Muhammad M. Nashatizadeh, Neurology
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-William H (Listener)

Sharing the Gift of Sight Through Sound



Kansas Turnpike Goes Cashless

By Rachel Bell, Director of Business Services and Customer Service



Beginning in July 2024, the Kansas Turnpike will convert to cashless tolling. This means that there will be no on-road toll collection and all customers will keep moving.

Customers will be identified by a transponder such as K-TAG or by license plate registration information. DriveKS will be Kansas' new toll payment system, whether a customer has a K-TAG or is identified by their license plate. Statements and customer communication will come from DriveKS. Customers who use a compatible transponder from another state will continue using their existing account to pay their toll.

For customers who use K-TAG, not much will change: transactions rather than trips will be listed on statements and statement dates will likely change to increase efficiency and customer service. When cashless tolling begins, K-TAG accounts will automatically convert to DriveKS accounts. Customers using K-TAGs in their vehicles will pay the lowest toll.

Customers who do not use a transponder will have new ways to pay: create an account prior to travel or wait for a mailed bill and pay using the tools listed on the statement. Limited online functionality will be available for customers who wish to pay after driving but before they receive a statement.

Additional information is available at www.DriveKS.com and direct communication to customers will increase in the spring. Cashless tolling offers a safer, more efficient and higher quality customer experience. Kansas-based customer service teams in Wichita, Topeka and Lawrence are available in-person or by phone, mail or email.

Cashless tolling is the biggest change in the way tolls are collected on the Kansas Turnpike since 1995, when K-TAG was introduced to electronically identify customers and facilitate toll payment. By 2014, nearly half of Turnpike customers were using a K-TAG and the Kansas Turnpike Authority (KTA) was on the brink of its first compatibility agreement with Oklahoma. This effort to accept Oklahoma Pikepass brought additional conversation about the capacity of Kansas' electronic lanes, which still used gates that routinely congested traffic on exit.

A 2014 review of manual toll collection staff revealed that nearly 70 percent would be of retirement age within the following decade. Faced with a drastic turnover in workforce, aging cash collection equipment, and a need for capacity to support additional transponder customers, KTA saw opportunity among the challenges. Out-of-state travelers – an estimated half of Turnpike customers – and Kansans traveling cross country were bringing their expectations and experiences back to Kansas. As toll roads across the country began moving to cashless tolling, more and more customers were asking when the Kansas toll booths would be a relic of the past.

Toll booths have been a part of the Kansas landscape since the 236-mile Turnpike opened in 1956. Despite common belief, there was no formal plan to remove tolls and, throughout the years, KTA has never received state or federal funding. Instead, the Turnpike is supported completely by revenue generated on the roadway.

GOING ON A CRUISE?



Planning to take a cruise or travel outside the country? Medicare and Medicare Advantage Plans only pay for medical services in the U.S. Look into travel health insurance to make sure you're covered outside the U.S. or on the high seas!

www.YourSRC.org
785-727-7872
Medicare@YourSRC.org



SENIOR RESOURCE CENTER ACTIVITIES

If you would like a weekly email containing a schedule of the SRC's events and activities, contact Kim at kluce@YourSRC.org or 785-856-0203.

Aerobic Dance with Mary Burg

Mondays, 10:30—11 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Dance your way into the week with this FREE, low impact aerobic dance class. The playlist changes periodically and features classic tunes from the 50s and 60s and beyond—always with a strong beat! Designed for active seniors, the choreography isn't difficult, but previous experience with aerobics or dance is helpful.

Yoga with Mary Ann

Mondays, 3—4 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This senior yoga class is designed to strengthen muscles and increase flexibility and can be altered to accommodate all fitness levels. Most poses will be done in a chair, with some done using the wall for balance. The cost is \$28 for an 8-week session or \$20 for 4 weeks of the session. You provide your own yoga mat. To register, contact Kim at 785-856-0203.

Death Café

Second Monday, Apr. 8, 4—5 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Death Cafés are an international phenomenon. At these informal gatherings, people join together in an open discussion about death while they drink tea and eat cake. Free and open to people of all ages. Because talking about death won't kill you. For more information, contact Janet at 785-842-0543 or contact@YourSRC.org. Co-sponsored by SRC and Visiting Nurses Association.

***NEW* Intergenerational Choir Concert**

Monday, Apr. 29, 5 p.m.

Swarthout in Murphy Hall, 1530 Naismith Dr., Lawrence

This unique choir made up of local seniors and KU music students is open to anyone who loves to sing. Their free end-of-semester concert will showcase a variety of pop songs taught by the students and will last approximately 45 minutes.

KLWN Radio for Grownups with SRC

Every other Tuesday, Apr. 9 & 23, 9—9:30 a.m.

Tune in to Radio for Grownups on KLWN and listen to the SRC segment with helpful information on being a senior in Douglas County. Every other Tuesday on 1320 AM or 101.7 FM.

Tuesday Artists

Tuesdays, 9—11 a.m., come and go as you're able

Senior Resource Center, 745 Vermont St., Lawrence

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

Experienced Tai Chi Group

Tuesdays & Thursdays, 9—10 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

This group of students of former LMH Physical Therapist Adrineh Mehdikhani meet together to continue their Tai Chi practice, using a video of their former instructor. They complete the series of 73 postures and movements that flow in a slow and graceful manner, welcoming anyone else who is comfortable practicing the discipline without live instruction. Contact Kim at 785-856-0203 or kluce@YourSRC.org for more information.

Scrabble Club

Tuesdays and Fridays, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Scrabble players of all levels are welcome to these weekly games! Enrich your vocabulary and improve your focus while you socialize with friends in our game room. Scrabble boards and dictionary provided!

***NEW* A Matter of Balance**

Tuesdays, Apr. 16—May 14, 1—3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Do you have concerns about falling? A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program is for anyone concerned about falls and anyone interested in improving balance, flexibility and strength. This LMH program is free, but registration is required. For more information and to register, visit www.lmh.org.

Tech Help Tuesdays

Tuesdays, 2—3:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Are you frustrated with your phone, laptop, tablet, or other gadget? Is there a particular app or website that isn't user-friendly? Our volunteers can help! Drop in for some one-on-one assistance with whatever technology issue is causing your struggle. No appointment necessary! For more information, contact Kim at 785-856-0203 or kluce@YourSRC.org.

***NEW* National Healthcare Decisions Day**

Tuesday, Apr. 16, 2—3:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

National Healthcare Decisions Day (NHDD) exists to inspire and educate the public and providers about the importance of advance care planning. The Douglas County Visiting Nurses Association be here to encourage seniors to express their wishes regarding healthcare, whatever they may be. Following the presentation, VNA can assist with the completion and notarization of advance directive documents as well.

(continued on page 12)

SENIOR RESOURCE CENTER ACTIVITIES

Coffee with College Students

Wednesday, Apr. 10, 9—10 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Stop by the Senior Resource Center for some coffee and conversation with college students! The only agenda is building intergenerational community because emotionally enriching interactions between young people and older adults can be especially positive for both generations.

Guys Game Group

Wednesdays, 10 a.m.—12 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Come join other guys for a round or two of pool, darts, cards or board games—all available in the Senior Resource Center game room! Contact Kim at 785-856-0203 or kluce@YourSRC.org for more information.

Warm Hugs Quilting for the Lawrence Community

Wednesdays, 10 a.m.—12 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This passionate group of quilters meets weekly to create quilts to donate to those experiencing crisis or transitioning into long-term housing in our community. All quilts are made from donated materials and distributed by group volunteers. Don't quilt? Come and learn or just join in conversation and camaraderie. All are welcome!

Afternoon Knowledge

Third Wednesday, Apr. 17, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Learn while you socialize at our monthly speaker series, Afternoon Knowledge! We'll provide the snacks as you enjoy a presentation on a new subject each month. This is a great time to get to know other seniors while learning something new and interesting. April's presentation will be about the Smart 911 program. Contact Kim at 785-856-0203 to reserve your spot.

***NEW* Party Bridge Club**

Wednesdays, 2 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Calling all bridge players and future bridge players! The SRC is starting a party bridge club, which means it won't be nearly as competitive as duplicate bridge. You don't need a partner or any experience—instruction will be provided! Email Tom Trautlein at trtnein@gmail.com for more information or call Kim at 785-856-0203.

Welcome to Medicare

Wednesday, Apr. 10, 4—5 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Are you starting Medicare coverage in the next 90 days? Join our Medicare team for this informative session on what to expect from the Medicare system. To secure a seat in an upcoming presentation, register online at bit.ly/SRC_W2M_Signup. Seating is limited. To arrange a one-on-one appointment, discuss Medicare enrollment or other Medicare issues, call 785-727-7872.

Qi Gong Group

Thursdays, 10—11 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Qi Gong is a gentle movement practice that can help improve balance, reduce risk of falls, and improve bone density. The range of motion movements paired with focused breathing can improve circulation and loosen tight muscles and joints. This group is lead by Qi Gong practitioner David Hann. Contact Kim at 785-842-0543 or kluce@YourSRC.org.

Fiber Friends

Second & Fourth Thursdays, Apr. 11 & 25, 10—11:30 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Bring your morning coffee along with whatever handicraft project you are currently working on! Socialize, laugh, and unwind with a group of fellow seniors as you share your love of knitting, crocheting, embroidery, cross-stitch, needlepoint, macrame, or other fiber craft. Connect with others while you create—all levels of experience are welcome. For more information, contact Kim at 785-842-0543 or kluce@YourSRC.org.

***NEW* Kansas Legal Services Outreach Clinic**

Thursday, Apr. 11, 1:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Kansas Legal Services will present a free, public, 30-minute presentation about Powers of Attorney, Living Wills, and the basics of estate planning, followed by an opportunity to have advance directive legal documents (Powers of Attorney and Living Wills) prepared on the spot for free. KLS will also be available to meet with community members age 60+ about their specific legal concerns. Legal advice on additional topics such as Probate, Collection, and Family Law, or any other civil legal matter can be provided.

Games Theory

Third Thursday, Apr. 18, 1:30—3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Enjoy socializing and stretching your cognitive abilities while playing games! Games Theory will introduce a new game each month that you won't need a study guide to play. The game for April will be Apples to Apples. A little competition is good for us as we age! Games Theory is a joint venture between the Endacott Society and the SRC.

***NEW NAME* The Write Time**

Second & Fourth Thursdays, Apr. 11 & 25, 2—3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This writing group (formerly Power of Poetry) is facilitated by Iris Craver, who has led expressive writing groups in the community for years. She is hooked on the idea that the more we engage in the process of creative writing, the more creative we become in all aspects of our lives. Bring your notebook and your creativity and do some writing in a relaxed atmosphere with a community of fellow creative writers. For more information, contact Kim at 785-842-0543 or kluce@YourSRC.org.

*(continued on
page 13)*

SRC ACTIVITIES

Fundamentals of Estate Planning

Thursday, Apr. 25, 2 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

In this session with recently retired Lawrence attorney Robert Ramsdell, learn to avoid probate, distribute your estate properly, provide guardians for minor children, ensure assets are safeguarded, and name those who will handle your finances and make medical decisions if you are alive but incapacitated. Seating is limited, so call 785-842-0543 to register.

***NEW* Lawrence Public Library RetroActive Tech Club**

Thursday, Apr. 4, 4–5 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Join us at the Senior Resource Center to watch the Zoom presentation of RetroActive's (formerly Retirement Boot Camp) Tech Club series "A Grain of Salt." The LPL tech experts will examine media and the internet from the point of verifying truth, understanding bias, and avoiding dangerous scams and posts. Don't miss this important series, either by watching it online from home or with us at the SRC! Contact Kim at 785-842-0543 for more information.

Tai Chi with Haskell Springer

Fridays, 9–10 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Instructor Haskell Springer leads this popular class in Yang style Tai Chi. Contact Kim at 785-856-0203 or kluce@YourSRC.org to ask about space availability!

***NEW* Senior Jam Session**

Fridays, 10:30 a.m. – 12:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

All mature musicians are welcome to come join in the fun of this jam session for seniors! Bring your instrument and your favorite songbook and enjoy making music with old and new friends. All levels of experience are welcome. For more information, contact Kim at 785-856-0203 or kluce@YourSRC.org.

Yoga for Every Body

Fridays, 1:30–2:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This session is currently full, but to be put on the waiting list, or for help locating a different yoga class in Douglas County that works for you, contact Kim at kluce@YourSRC.org or 785-856-0203.

SUPPORT GROUPS

SRC Caregivers Support Group

First and third Monday, 2:15–3:45 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

First United Methodist Church Caregivers Support Group

Second Tuesday, 10–11 a.m.

First United Methodist Church, 946 Vermont St., Lawrence

This group provides caregiving tips and skills, as well as selfcare strategies for caregivers of those suffering from chronic illness in a collaborative environment. For more info, call John Koonce at 479-644-5733. This group is affiliated with the Alzheimer's Association.

Lawrence Parkinson's Support Group

Third Tuesday, 2–3 p.m.

First Presbyterian Church, 2415 Clinton Pkwy., Lawrence

Support group for individuals with Parkinson's Disease and their care-partners. We meet monthly to provide education and support to enhance quality of life by sharing experiences, hosting guest speakers and research updates. For more information, contact Linda Upstill at 785-841-0770 or LuAnn Wilcox at 785-760-0634.

Baldwin Caregiver Support Group

First Wednesday, 1–2 p.m.

First United Methodist Church, 704 8th St., Baldwin City

Support group for caregivers of individuals age 60 or older. Meet with other caregivers in the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. For more information contact Linda Ballinger at 913-980-3831 or lindababe43@gmail.com.

Life After Loss Grief Support Group with VNA

Thursdays, 9:30–11 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Join the VNA's Bereavement Team for this weekly grief support group. Each person experiences loss differently, and this group will offer a safe space with others to connect and share. Participants will be provided with information which can be personalized to their needs. To participate, please contact Kevin at Visiting Nurses at 785-843-3738 or email GriefSupport@kansasvna.org.

LAWRENCE PARKS & RECREATION - CLASSES

For a full listing of Parks & Recreation classes or to register, please visit www.lprd.org or visit any Lawrence recreation center. For more information about classes, contact Gayle Sigurdson, Lifelong Recreation Programmer, at 785-832-7909. For questions on LPR's new adult scholarship program, please contact Annette Deghand, recreation operations manager, adeghand@lawrenceks.org or (785) 832-7920.

Beginning Ukulele

Wednesdays, Apr. 3—24, 6:30—7:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This beginning uke course will cover tuning, basic chords, and beginning strum patterns. Share the fun while learning to play commonly known songs. Students brand new to the ukulele are welcome! Ukuleles and tuners are not provided. If you are considering buying one, please contact the instructor before class and she will guide you in buying a good starter instrument. Come share the joy of Aloha! Instructor: Linda Tilton. **Class Code 227410, \$44.**

Intermediate Ukulele

Wednesdays, May 8—29, 6:30—7:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This course is for ukulele players who already know basic chords and chord progressions. Focus is on fingerpicking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. Come share the joy of Aloha! Prerequisite: Minimum of two sessions Beginning Ukulele courses or prior consent from teacher. Instructor: Linda Tilton. **Class Code 227424, \$44.**

Kansas Wonders Day Trip

Thursday, Apr. 25, 8 a.m.—1 p.m.

**Meet at Holcom Park Rec Center,
2700 W. 27th St., Lawrence**

What does it take to be a Kansas wonder? The Tiffany windows in Topeka's First Presbyterian Church were selected because they are an example of Favriole, the trademarked method of creating color inherent in the glass. Louis Tiffany directly supervised the design and installation of these windows. Crown B Bison Ranch will host a look at our state animal from historical and ecological perspectives. Our tour includes a taste of bison and time in the pasture to meet the herd. If you join us, be open to a new experience and be ok getting licked by the bison. This on-site tour requires an 18" step into the wagon and some uneven surfaces. Travelers will receive a final itinerary 7-10 days before departure. **Class Code 727254, \$61.**

Little Shop of Horrors at KC Rep

Wednesday, May 8, 4—10:30 p.m.

**Meet at Holcom Park Rec Center,
2700 W. 27th St., Lawrence**

Feed the need for musical hilarity with this delicious sci-fi smash about a man-eating plant. A delicious, deviant Broadway and Hollywood musical, Little Shop of Horrors has devoured the hearts of theatergoers for over 30 years. The meek floral assistant Seymour Krelborn stumbles across a new plant breed he calls "Audrey II" after his crush. This foul-mouthed, R&B-singing carnivore promises unending fame and fortune to the down-and-out Krelborn as long as he keeps feeding it blood. Over time, though, Seymour discovers Audrey II's out-of-this-world origins and intent toward global domination! Dinner at Lidia's before the show is included. **Class Code 727203, \$134.**

Walking Tour of Jayhawk Boulevard

Wednesday, Apr. 17, 4—5 p.m.

**Meet at Holcom Park Rec Center,
2700 W. 27th St., Lawrence**

The Jayhawk may be a mythical bird, but the stories of Jayhawk Boulevard are legendary. Get your advanced degree in the lore of KU on this hour-long stroll through the center of campus. Led by Dr. Bob Dinsdale, we'll hear the stories of elemental chemistry and paleontology, protest and peace, buildings that sagged or leaked—or didn't. Rain date April 24. **Class Code 727256, \$24.**

Tree Treasures of Old Lawrence

Saturday, May 4, 10 a.m.—12 p.m.

**Meet at Holcom Park Rec Center,
2700 W. 27th St., Lawrence**

This narrated bus tour started it all 11 years ago--an opportunity to learn about Lawrence's big, historic trees. The updated version this spring will focus on North Lawrence and East Lawrence, emphasizing Oak Hill Cemetery, South Park, the East Bottoms, the railroads of Lawrence, and Bismarck Grove. Tour Guide: Jon Standing. **Class Code 727258, \$24.**

BALDWIN CITY RECREATION

Baldwin City Recreation Commission's Aged To Perfection offers a fun array of activities. For more information or to register visit www.baldwinrec.org, call 785-594-3670 or visit the office at 705 High Street, Baldwin City.

Indoor Pickleball

Mon/Thurs, 6:30—8:30 p.m.

Baldwin Primary Center, 500 Lawrence St., Baldwin City

All levels are invited. Paddles and balls are provided. Free admission, no registration required.

Games

Tuesdays and Thursdays, 1 p.m.—Cards

1st and 3rd Fridays at 6 p.m.—Pitch and Snacks

BC Rec Commission Office, 705 High St., Baldwin City

***NEW* Color Me Connected**

Second Tues/Wed/Thurs, 9—10 a.m. and 3—4 p.m.

BC Rec Commission Office, 705 High St., Baldwin City

Coloring is fun and relaxing for all ages. Bring a friend or come to meet new ones! Make time to draw, color and doodle while enjoying the company of others. All coloring materials are provided!

Lunch Bunch

Wednesday, Apr. 24, 10:30 a.m.

Leaving from the Masonic Lodge Parking Lot

Join the Lunch Bunch for a trip to Olive Garden in Topeka!

***NEW* Louie's Wine Dive**

Thursday, Apr. 18, 6:15 p.m.

Leaving from the Masonic Lodge Parking Lot

Join BCRC on a trip to Overland Park for dinner at Louie's Wine Dive, where they celebrate great wine, locally sourced cuisine and the joy of savored moments shared with friends.

Donuts and Coffee

Third Friday each month, 9 a.m.—10 a.m.

BC Rec Commission Office, 705 High St., Baldwin City

***NEW* 2024 Baseball Tour**

July 19—July 27

Get ready to cross some items off your bucket list this summer, courtesy of Baldwin City Recreation! Join us on a trip that will take you to 6 Major League ballparks, 1 Minor League Park, the NFL Hall of Fame, a guided tour of Washington D.C. and much more. More information can be found at <https://baldwinrec.org/253/Baseball-Trip>. Spots will be limited, so do not hesitate to reach out and secure your spot. Call 785-594-3670 for questions or to register!

EUDORA PARKS & RECREATION

Eudora Parks & Recreation's adult activities are made affordable with a \$15 /person membership (\$25 family). For more information call 785-542-3434 or stop by 1630 Elm Street, Eudora. All activities take place at the Eudora Rec Center at 1630 Elm Street, Eudora, unless otherwise stated.

Senior Fitness Class

Mondays—Fridays, 10 a.m.

Included with membership or \$1 drop-in.

Pickleball

Monday/Wednesday/Friday, 9—11 a.m.

Wednesdays, 5—8 p.m.

Call Eudora Rec Center for more details and cost to play. Equipment provided.

Cards with Friends

Mondays and Thursdays, 1—3 p.m.

Enjoy your favorite games and learn new ones.

***NEW* Fit & Strong**

Tuesday/Thursday, Feb. 1—May 2, 11 a.m.—12:30 p.m.

Embrace a healthier lifestyle with this specially tailored course for adults seeking physical activity despite mobility challenges. Fit & Strong offers a supportive environment that ensures everyone can participate, and it's free!

Friday Fun Fellowship

Second Fridays, 1—3 p.m.

The Senior Resource Center and Senior Foundation of Eudora partner to offer this monthly social gathering for the seniors of Eudora featuring engaging speakers, entertaining presentations, games, social time and fun!

Sundays with Sacha—Yoga & Pilates

Sundays, 6—7 p.m.

\$80 for 10 classes or \$10 drop-in. Bring your own mat.

***NEW* SilverSneakers**

SilverSneakers is a new offering at the Eudora Community Center. Available at no cost for adults 65+ through select Medicare plans, members will have access to the Eudora Community Center gymnasium and weight room free of charge. Eligible members can sign up at the Eudora Community Center.



LAWRENCE PUBLIC LIBRARY RETROACTIVE

RetroActive

Lawrence Public Library is thrilled to be able to continue our popular retiree program, newly renamed RetroActive, thanks to a grant from the Capitol Federal Foundation. For registration and information on all programs, visit [LPLKS.org/retirement](https://lplks.org/retirement), contact Jack at jaltman@lplks.org, 785-843-3833, ext. 131.

Stitch & *itch

Third Mondays, 2–3 p.m.

Calling all knitters, crocheters, hand sewers, cross-stitchers, and needle pointers. We're gathering in Meeting Room C at the library to do some needle work, learn from each other, and discuss and solve the weighty issues of the world.

Gray Anatomy—on Zoom

Tuesday, Apr. 23, 4–5 p.m.

Learn about what to expect as you age in our popular series with LMH Health. We'll talk about a new health topic each month. Check the library's online calendar for topics.

Before You Check Out

Wednesday, Apr. 24, 10:30 a.m. – 12 p.m.

In our five-part series we will have experts discuss legal preparation, medical decision-making, family concerns, legacy, and burial options.

Tech Club—on Zoom

Thursday, Apr. 4, 4–5 p.m.

Keep up with the changing world of technology. This month we will begin a new series called "A Grain of Salt". In this series we will examine media and the internet from the point of view of verifying truth, understanding bias, avoiding dangerous scams and posts. Zoom from home or watch the presentation on Zoom at the Senior Resource Center.

Dessert and A Movie—on Zoom

Thursday, Apr. 18, 7–8 p.m.

Whip up your favorite dessert and join friends online to discuss our Kanopy film of the month. This movie streaming service is free with your library card at <https://lawrencepl.kanopy.com>.

Wine Around the World—on Zoom

Thursday, Apr. 25, 5–6 p.m.

Each month, we'll take a virtual tour of one of the world's wine regions with Steve Wilson of City Wine Market. Check back for featured wines. Purchases are optional.

Coffee Break—on Zoom

Fridays, 10 a.m.

Brew up a cup o' joe and hang out in our weekly coffee group. There is no agenda, so topics range from current affairs to garden gnomes. It's a great way to get local suggestions and meet new friends.

Fun & Games

Final Fridays, 10 a.m. – 12 p.m.

Enjoy a game from our supply or bring your own. Get those tri-tone shoes on because Wii games are back, featuring Wii Bowling.

Need a great book? Call or come to the library! We can show you how easy it is to **download an eBook or eAudiobook**, too!

785-843-3833
lplks.org/booksquad

LAWRENCE PUBLIC LIBRARY
 707 Vermont | Lawrence, KS 66044



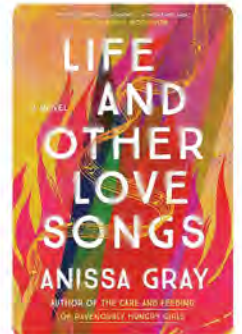
NONFICTION
Asada: The Art of Mexican-Style Grilling
 Bricia Lopez & Javier Cabral
 Two Oaxacan authors offer the first major how-to cookbook for grilling asada – Mexican-style grilled meat – at home.



NONFICTION
My Name Is Barbara
 Barbara Streisand
 No entertainer's memoir has been more anticipated than this engrossing and delightful look into the superstar of stage, screen, song, and TV.



FICTION / HORROR
Linghun
 Ai Jiang
 A modern gothic ghost story set in a mysterious town where the dead live again as spirits, conjured by a grief-sick population that refuses to let go.



FICTION / GENERAL
Life and Other Love Songs
 Anissa Gray
 A father's sudden disappearance exposes private fears, dreams, longings, and joys of a Black American family in the late 20th century.

COMMUNITY EVENTS

NEW Walk With Ease

Mon/Wed/Fri, Apr. 1—May 13, 10:30—11:30 a.m.
Community Building, 115 W. 11th St., Lawrence

Walk With Ease is a community-based program developed by the Arthritis Foundation. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. This free 6-week program includes a guidebook and is proven to reduce the pain and discomfort of arthritis while increasing balance, strength, and walking pace. Starting very slowly, and depending on the weather, walking will be inside the gym or outside on sidewalks around South Park. To register, contact Sofia, K-State Research and Extension, at 785-843-7058 or [visit bit.ly/47BATE1](https://visit.bit.ly/47BATE1).

NEW Ramen Bowls Bingo

Tuesdays, 3 p.m.
Ramen Bowls, 900 New Hampshire St., Lawrence

Join the Ramen Bowls Bingo Club every Tuesday at 3 p.m. for a noodle-filled good time! Participate in five bingo rounds and stand a chance to win a \$100 gift card to Ramen Bowls. Free entry with a \$10 minimum food or drink purchase. One bingo card per person.

NEW Parkinson's 101

Thursday, Apr. 4, 5 p.m.
Lawrence Public Library, 707 Vermont St., Lawrence

April is National Parkinson's Awareness Month, and the Lawrence Parkinson's Support group is presenting Parkinson's 101, featuring Dr. Muhammad M. Nashatizadeh from the Neurology department at the KU Medical Center. Learn the basics of Parkinson's disease. What is it? Why is it difficult to diagnosis? Are you concerned about yourself or a loved one? Have you recently been diagnosed? Learn tips to help manage symptoms and changes.

Lawrence Toastmasters Club

Thursdays, Noon—1 p.m.
Senior Resource Center, 745 Vermont St., Lawrence

This supportive and experienced group meets once a week to work on leadership, motivation, planning, and persuasion through the skill of public speaking.

NEW River Bottoms Spring Fling Craft Show

Saturday, Apr. 6, 10 a.m.—4 p.m.
Shirk's Historical Barn, 1359 N. 1900 Rd., Lawrence

It's the Shirk's Historical Barn 3rd Annual Craft Show! Located just outside of north Lawrence in the river bottoms. Come shop a wide variety of artisans, crafters and homemade goods. This is a rain or shine event and admission is free.

NEW Beginning and Remedial Golf

Are you struggling with your golf game, or would you like to start learning the basics? We have a local senior who is interested in sharing his 75 years of golfing experience along with tips to remove problem areas. Contact Kim at 785-856-0203 or kluce@YourSRC.org if you are interested.

NEW Be Well Capstone Event

Saturdays, Apr. 6, 9 a.m.—1 p.m.
Collins Gym, 524 6th St., Baldwin City

The Be Well Baldwin City campaign is raising awareness and participation for the Baldwin City community to Be Well. The gym will be full of vendors and resources for guidance on how to Be Well. Come for your chance to win one of many prizes and the chance to visit the Douglas County Mobile Clinic.

Diabetes Education Group

Wednesday, Apr. 10, 6—7 p.m.
LMH Conference Room D North, 330 Arkansas, Lawrence

The LMH Health Diabetes Education Center provides this free monthly program for those with diabetes and their support persons, on the 2nd Wednesday of each month. No sign-up is required for these free meetings. You can attend in-person at LMH, or if you would prefer to join via Zoom, email James.Florez@lmh.org.

Community Village Lawrence Coffee Social **Second Thursdays, 9:30—11 a.m.**

Johnny's Tavern, 401 N. 2nd St., Lawrence
Community Village Lawrence is a local, volunteer-based non-profit dedicated to supporting affordable in-home aging for adults. Join them for coffee, pastries and conversation at Johnny's North on the 2nd Thursday of each month. All are welcome to attend.

NEW CHAMPSS Orientation

Thursday, Apr. 11, 1—2 p.m.
Lawrence Public Library, 707 Vermont St., Lawrence

Jayhawk Area Agency on Aging presents CHAMPSS (Choosing Healthy Appetizing Meal Plan Solutions for Seniors), a nutrition program for older adults age 60+. Join the ever-growing number of older adults who enjoy the flexibility of dining options that accommodate their active lifestyles. There are no income guidelines.

Downtown Lawrence Farmers' Market **Saturdays, Starting Apr. 13, 7:30—11:30 a.m.**

824 New Hampshire St., Lawrence
Lawrence Farmers' Market is the perfect spot to grab a locally roasted coffee and a hot sandwich while you shop for your weekly groceries and other local products. With musicians, local organizations, and special events, it's the perfect place to spend time with friends, family, and the community!

NEW 35th Annual KU Powwow

Saturday, Apr. 13, 10:30 a.m.—8 p.m.
Lied Center, 1600 Stewart Dr., Lawrence

Attendance is free at the KU First Nations Student Association Powwow! This day-long event welcomes the community to learn about the traditions, culture, history, and topics relating to the Indigenous People of North America. Lawn chairs are recommended to sit comfortably around the parking lot arena and dance floor.

*(continued on
page 18)*

The Impact of Douglas County's Senior Volunteers

(continued from page 1)

work," with a group of people following the instructions of a volunteer coordinator. But for those in our community who want to take on responsibility and a leadership role, you could consider committing to a Board of Directors position with any area nonprofit.

Lastly, a few things you may not know.

- Be prepared for special training. Some organizations' needs require extensive training, and sometimes even testing, such as joining the AARP Tax-Aide team.
- Don't be surprised if you are required to do a background check. For any organization where volunteers are helping vulnerable populations, this is normal and appropriate.
- Be ready to agree to a Code of Conduct or volunteer expectations or sign a job description. You may even be asked to interview first. Volunteers can make a huge impact on the quality of service an organization provides the community. This can be critical to ensure your gift of service is a win-win-win: for you, the organization, and the mission they serve.
- Try visiting the Roger Hill Volunteer Center's website for ideas. Many nonprofits post positions for volunteers here, and you can check out the wide variety of possibilities throughout Douglas County!

www.uwkawvalley.org/roger-hill-volunteer-center

In the end, no matter your volunteer role, the most rewarding part of volunteering is when you connect with the right volunteer activity, and you find it changes your life as you help change the lives of others.

COMMUNITY EVENTS

(continued from page 17)

***NEW* LAPA Senior Resource Fair**

Wednesday, Apr. 17, 10 a.m.—1 p.m.

Sports Pavilion Lawrence, 6100 Rock Chalk Dr., Lawrence

The Lawrence Area Partners in Aging present the 18th annual Senior Resource Fair for older adults in Douglas County. This event will feature exhibits and information from organizations and businesses that specifically serve the senior population. Visit all the booths to enter a drawing for a gift card!

Small Town Saturday Night

Saturdays, Starting Apr. 20, 5—8 p.m.

Empty Nester's Winery, 338 Elmore St., Lecompton

Visit Empty Nester's Winery in Lecompton for an unforgettable experience! Indulge in delicious food, groove to live music, and immerse yourself in the vibrant atmosphere of Historic Downtown Lecompton. Whether you're a local or just passing through, come be a part of Kansas Summer evenings filled with food, music, and fun!

***NEW* Lawrence Earth Day Fair**

Saturday, Apr. 20, 1—4 p.m.

South Park, 1141 Massachusetts St., Lawrence

The City of Lawrence and the Watkins Museum invite you to the annual Lawrence Earth Day Fair! This free event will happen in South Park and feature crafts, activities, and information about our planet's amazing natural resources and how we can protect them. The "price of admission" is one used can for Cans for the Community or an item of clothing for the Ballard Center.

***NEW* Sunrise Project Spring Plant Sales**

Apr. 20, 21, 24, 27 & 28, hours vary

Sunrise Project, 1501 Learnard Ave., Lawrence

Purchase organic vegetable transplants, annual flowers and native flowers to support Sunrise programs! Every dollar you spend supports their porch pantry, free community meals, orchard and garden. All of Sunrise Project programs and activities are free and open to all! \$5/plant; buy 10 plants, get one free.

***NEW* Wakarusa Wetlands Celebration**

Sunday, Apr. 21, 9—11 a.m.

Haskell Indian Nations University, 155 E. Indian Ave., Lawrence

Meet local authors & artists as they share their creative work, connections to the wetlands and more of the outside world—enhancing our connections to nature, a sense of place and community.

Yoga at the Library

Sunday, Apr. 21, 11 a.m.—12:00 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

Join LPL for an hour of yoga with a local yoga instructor. Beginners are definitely welcome! Bring your own mat if you have one. No registration needed. Questions? Email Theresa at tbird@lplks.org.

***NEW* JAAA Caregiver Conference**

Thursday, Apr. 25, 9 a.m.—3 p.m.

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

Save the date for the 2nd Annual Lawrence Caregivers Conference, brought to you by the Jayhawk Area Agency on Aging. This conference is entitled "Self-Care—Learning to Reclaim You." Contact Michele Dillon at 785-235-1367 or mdillon@jhawkaaa.org for more information or to register.

***NEW* K-State Research and Extension Kitchen Sale**

Saturday, Apr. 27, 10 a.m.—2 p.m.

Douglas County Fairgrounds, 2120 Harper St., Lawrence

Want to find useful kitchen tools and books? Shop the sale on April 27! Downsizing? Donations for the sale are being accepted through April 25 at the Extension Office, 2110 Harper Street, Monday through Friday from 9-4. Drop-Offs should be lightly used kitchenware. For more information, call 785-843-7058.

Need Help Paying For Medicare?

If you have limited income and resources, you may qualify for assistance.

785-727-7872
www.YourSRC.org
Medicare@YourSRC.org
 Schedule a free consultation

Funded in part by a grant from the Medicare Improvements for Patients and Providers Act. (MIPPA)



Studios starting at \$1,700 per month

Meals, utilities, housekeeping, and scheduled transportation included.



Squash, Spinach & Apple Salad

1 small (1½ pounds) butternut squash, peeled and cut into 1/2-inch dice (can also be found frozen)
 2 cloves garlic, minced
 1 Tbs. olive oil
 ¼ tsp. salt
 ¼ tsp. ground pepper
 8 cups spinach, roughly chopped
 1 Honeycrisp apple, diced
 ½ cup diced sharp Cheddar cheese
 ½ cup toasted chopped pecans

Preheat oven to 400°F. Stir squash, garlic, oil, salt and pepper together in a large bowl. Spread on a baking sheet and roast, stirring once, until tender, about 20 minutes. Cool. Mix with spinach, apple, cheese and pecans.

Your Life ~ Your Style ~ Your Home

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DONATE TODAY to Support Local Seniors

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

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

DONOR INFORMATION

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone (____) _____
 Email _____

Donation Amount \$ _____

Donate online at www.YourSRC.org, or pay by check to Senior Resource Center for Douglas County.

Mail donations to: 745 Vermont, Lawrence, KS 66044

All donations are tax deductible.

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



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 Print Version: \$29.00 per year

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