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

Thoughts for an Age-Friendly Future

By SRC Staff Writers

This past May, a handful of Senior Resource Center staff members attended the annual Age Positive Conference hosted by the Mid-American Regional Council. This Kansas City based council works to strengthen our region on a wide variety of social issues through leadership, planning, and action. This specific conference was tagged as *Ideas for an Age-Friendly Future*.

As you may imagine, the attendees came from across both sides of the Kansas City state line and represented a variety of programs and organizations whose missions are to help older adults live their best possible quality of life. The breakout sessions included a wide swath of topics, from senior living facility activities ideas to community outreach programs to the use of AI for senior service professionals. The opening speakers included experts providing updates on state and federal policies. Their comments this year attempted to address a lot of big questions that have come about due to the unusual number and speed of possible policy changes at the federal level.

One of these speakers was Kathy Greenlee. Kathy is the Senior Director for Elder Justice Initiatives for ADvancing States, the national membership organization of state agencies on aging, disability, and Medicaid home and community-based services. Among other interesting stops in her career, Kathy was the Kansas Secretary for Aging and the Kansas State Long-Term Care Ombudsman, as well as a graduate of the University of Kansas for both Business Administration and the School of Law.

Kathy's decades of hard work in the fields of safety net services for older adults and people with disabilities qualifies her well-educated, highly-experienced opinion. She shared advice for everyone in the room as we navigate a rapidly-changing landscape, summarized here for you.

- Please don't quit; don't give up. The harder the work, the more skilled people are needed for the task. It's terrible when there are cuts to programs people rely upon, but we just can't quit.
- Look at what's coming square-on. Even when we don't want to look at policy changes and cuts in budget projections that impact programs that are loved, needed, and fought for, we need to pay attention.
- But also, look to the sides, because it's not just programs for seniors. It's also the programs that are adjacent. This includes programs for children and families, like Head Start, the Department of Justice's community services employment programs, and more. Changes to these will impact all of us, regardless of age.
- Identify priorities to advocate for. There are a lot of important policies to choose from, and no one can advocate for all of them at the same time. Look for ones which have the most opportunity for engagement with those who have direct impact.
- Seek real information before deciding to act. Do not be spooked by a budget document that is not actually in appropriation. Don't act based on what you see in the media because the nuanced differences between (continued on page 18)

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

Early Launch of SRC's New Website

By Megan Poindexter, SRC Executive Director



Sometimes it seems like the universe makes decisions for you, and later you realize how glad you are that it did! Such is the case for SRC's website.

As regular readers know, SRC is in the process of becoming a department of Douglas County. We have planned an incremental approach with an end date of October 1. SRC's computer-based technology is a huge portion of our to-do list toward this goal. One piece of this to-do list was SRC's website.

For historical context, SRC had a website that was built (thanks to a grant) almost 15 years ago. With the updates and advancements in the digital world, this old site began to struggle to function. We have been doing the website equivalent of duct-tape-and-bailing-wire for a few years now. But, if an organization does not have a person on staff who can build a site, hiring a web designer can cost a lot of money. Therefore, due to our limited budget, SRC has not prioritized a new website.

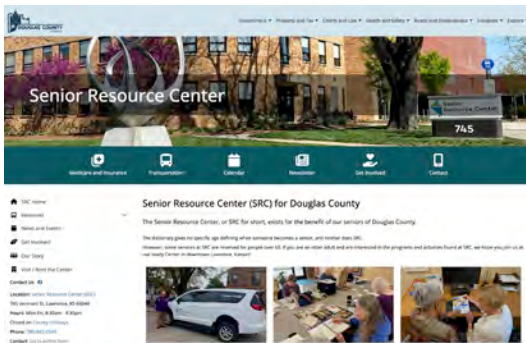
discussions had barely begun with the County's skilled IT team.

Until ... late one afternoon in mid-May, I got a message that our website had reached the end of its life—very suddenly and dramatically. Oh no! What to do? Should we quickly make a super-simple site to get us through the next few months? Or should we double-down with the County's IT department and launch the County version of our site early? (Remembering that it was not ready; not even close!)


Long story short, the hero of this drama is a man named Ron Raney who works in the County's IT department. Within a matter of days, Ron worked furiously and skillfully to build a fresh, new website for SRC under the County's site. He asked thoughtful, insightful questions about SRC's website needs for the long-term. He used modern and well-functioning web design tools to enhance SRC's web experience. He was determined to make the site very user friendly as well as visually pleasing. And within an amazing three business days, SRC's new site was live!

I'm sure there are still a few things we will tweak and enhance over the coming months. But in general, not only is SRC's new website done, but it is fantastic!

If you are an on-line person, I hope you visit our new-and-improved site. You can still find it at www.YourSRC.org (because of internet re-direction magic). Or you can go straight to <https://www.dgcoks.gov/senior-resource-center>. I am so thankful the universe decided SRC couldn't wait any longer for our new website, and I am thankful for the expert team who made it happen!







Since we knew the site was on its last leg, we knew a new website under the County's web umbrella would be a welcome improvement. Initial

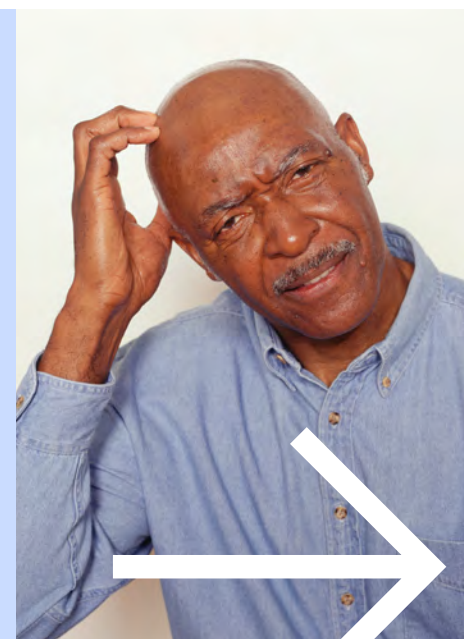
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Travel Plans?

By Lori Phillips, SRC Health Resources Coordinator



If you are like me, you have a love/hate relationship with traveling. I love going to new destinations and experiencing other cities, cultures, and foods. But I hate all the logistics and complications! You can try to choose flight and lodging options with easy cancellation and full refund options, but what happens if you get sick or injured during your trip?

You might not think you need it, but travel insurance can be a great option for domestic and foreign travel. Policies typically cover various situations, including trip cancellations, delays, interruptions, lost or delayed baggage, medical emergencies, and emergency evacuations.

If you have Original Medicare and a Medigap supplement, you can get medical care from any facility or provider that accepts Medicare. If you have a Medicare Advantage plan, you can get emergency care from specific providers approved by your plan.

Medicare only works in the fifty states plus US territories. If you are traveling outside of the United States, Medicare will NOT pay for any medical care. Nor will Medicare pay for medical care on a cruise ship, even if you departed from a port in the United States. Medicare will NOT pay for foreign service claims, even if the attending doctor provides billing information.

Sure, medical care in most countries is incredibly cheap compared to the United States, but if you must be brought back to the United States immediately, you will owe thousands of dollars to the medevac service. If your body needs to be repatriated, that is another huge expense. Travel insurance can help with any of those scenarios.

If you are traveling within the United States or abroad make sure you carry the following items with you:

1. Your health insurance cards; including your Medicare, Part D (drug plan), Medigap/Medicare supplement, Medicare Advantage plan cards and any travel insurance documentation. Make sure they are your most recent versions.
2. Pack your prescription drugs and necessary supplements, preferably organized in a pill box in your carry-on bags. If you are going to be gone for an extended period, bring paper copies of your prescriptions from your healthcare provider.
3. Your "in case of emergency" contact information; names, phone numbers, relationships, as well as your primary care provider's name and phone number.

Hurricanes and mishaps don't care if you are paying \$200 or \$20,000 on your flight, lodging, or activities. There are too many ways to lose money, so make travel insurance an important part of your planning.

Have questions about Medicare? Give us a call at: 785-727-7872 or make an appointment on the Medicare page of our website, www.YourSRC.org. We're happy to help!

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Pre-heat skillet on med-high heat. Salt and pepper chicken on both sides and place in skillet for at least 4 minutes per side. While in skillet, drizzle with balsamic, top with mozzarella and tomato. Turn off the heat and let the cheese melt. Top with basil.

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Solvency of Social Security

By Molly Wood



Q: Social Security is in the news again, and I'm worried that means benefit cuts for me. And, I worry if there will be benefits for my children and grandchildren when they are my age.

A: I can understand why you are worried. Social Security has helped keep senior Americans secure for decades and could continue to protect your children and grandchildren **if we pay attention to the facts**. Here are a few:

There is no Social Security crisis that would involve immediate benefit cuts. The Social Security trust fund reserve is projected to pay full benefit through at least the next 10 years with no changes. However, ensuring Social Security's solvency beyond 10 years will require some changes, but it's not impossible. Serious legislators and policymakers could implement modest changes. For example, in the 1980s the Social Security Administration implemented changes to meet the needs of the upcoming Baby Boomers by gradually increasing "full retirement age" to 67. We should be talking about ways to strengthen the program for your grandchildren.

While raising the retirement age again seems fair at first glance, for workers who have strenuous or stressful jobs, that approach amounts to a harmful benefit cut. A couple more years on the job for a lawyer or a Wall Street broker isn't too much of a strain. But if your work is physically taxing, including work in construction, the medical field, automotives, factory work, and so forth, pushing your retirement date isn't fair or reasonable. Raising the retirement age again would clearly have both positive and negative implications, as it is both a tax increase and a benefit cut. More years of paying in and fewer years receiving benefits also hits lower-income earners harder than higher income earners.

Right now, high earners only pay Social Security taxes on the first \$176,100 of their income (not to be confused with Medicare, which is based on your entire income). Removing the cap on payments into Social Security by high income earners would go a long way toward addressing our long-term Social Security financing concerns. In addition, raising

or eliminating the cap on countable earnings for Social Security is appropriate, because almost all the earnings growth (and the growth in life expectancy) in recent years has benefited the top income earners.

Changing the way cost-of-living adjustments are made to Social Security benefits could slow down increases to beneficiaries. Adjusting the way benefits are calculated so income for lower earners is weighted more heavily than higher earners would protect those who are not able to benefit from Individual Retirement Accounts or other tax-favored savings. Very few workers have pensions, primarily only state, federal, and military workers.

THE DAILY TIMES

CHANGES TO SOCIAL SECURITY

Proposed reforms include raising retirement age

Legislation aimed at altering the national Social Security system has been introduced starkly my-such as raising the retirement age, and other reform ideas, and addressed concerns snas from advocacy groups and citizens regarding the impact on vulnerable populations, particularly low-income individuals ad those unable to work longer.



If we are unable to save for retirement otherwise, Social Security is critically important to our financial security. Even though we're living longer on average than Americans did when Social Security was created, one reason for the increase in life expectancy is that fewer children die before age 20 than they did 80 years ago. Workers are experiencing both longer working lives and longer retirements. Therefore, what is really important to Social Security solvency and an individual's financial security in retirement is the relationship between how long they work and how long they live past retirement.

Another important fact: Social Security can't add one penny to the deficit. The Social Security Trust Fund is not full of IOUs. It's full of U.S. Treasury Bonds, which is why Social Security is not subject to stock market fluctuations. Finally, the money in the Social Security Trust Fund is separated from the federal budget by law and must pay its own way. Let's get focused

on Social Security solvency to protect our children and grandchildren!

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.

A Natural Final Resting Place

By SRC Staff Writers



When a person begins to solidify their own end-of-life plans, there are many choices to make. It can feel overwhelming. Providing guidance to our family and friends for our body's final resting place is just one of many!

Most of us are familiar with today's conventional funeral arrangements' procedures, cemeteries, and traditions. A professional funeral home guides the deceased's loved ones through the steps. Maybe the deceased has already made specific plans, such as a choice of coffin, purchase of a burial plot, or even the service they want. Then the staff of a funeral home helps carry out these wishes.

But for thousands of years, burials were conducted very differently than today's norm—yet these natural burials, also known as green burials, are becoming more common again!

Sarah Crews is the managing director for Heart Land Prairie Cemetery near Salina, Kansas. Sarah has a background in hospice, and through her work, became interested in burial options for those who prefer a natural burial. We spoke with Sarah to learn more.

Natural burial has a very simple definition: an un-embalmed body in a biodegradable container or shroud. Sarah shared that she has met many people who want their body's final home to be in sync with the environment, using a natural, simple procedure.

Many cemeteries throughout the United States offer a section for natural burials, including Oak Hill Cemetery in Lawrence. Although, each cemetery will have its own policies and procedures to ask about.

Heart Land Prairie Cemetery has their own procedures. Bodies are to be contained in natural materials, including but not limited to a box made of untreated wood, wicker, or even only wrapped in natural fabric on a burial board. The deceased's loved ones must also prepare to help lower the body into the grave. They are even allowed to dig the site or cover the body themselves (but are not required to). A flat, metal marker is placed at the site, and the earth is returned to prairie grasses. Loved ones are provided GPS coordinates to relocate the marker later. Cremated bodies may also be buried at Heart Land, following the same procedures as described.

It might be surprising to learn that nearly all funeral homes can prepare a body for natural burial as an option, as opposed to embalming, using refrigeration to naturally slow decomposition. A person would only need to request that option when choosing a funeral home. What's more, funeral homes are obligated to use whatever container the deceased's loved ones provide for the body to be placed into. Funeral homes are also able to transport the body to the requested burial location, even if it is not a conventional

cemetery. Crossing state lines includes a few specific considerations but is also an option.

There are some who wish to take burial practices one step further into long-standing tradition and conduct a home funeral, even preparing a body and transporting it to the final site. This practice does require some special steps, and Sarah offered herself as a resource for anyone interested in learning more.

Especially here in the rural mid-west, some people are interested in a family cemetery, on their farmland, for instance. This option is also available by contacting the zoning department in the county. The family plot then goes with the deed to the land. Because this is not as common, zoning department staff may not be personally familiar (yet). But it is a pretty simple process.

If you are interested in learning more, you can start by visiting www.heartlandprairiecemetery.org, where you can see photos, view a list of suggested books, and even link to Sarah's personal podcast called A Path Home. Sarah is also available to answer questions by calling 785-829-7609 or emailing heartlandprairiecemetery@gmail.com.



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New Horizons Band's Big Adventure

By SRC Staff Writers



As we get older, it can be a joy to think back on activities that were once put aside to make room for work, family, or other time-consuming requirements. But at some point, many people begin to think about returning to those personal passions. Maybe that includes playing a musical instrument. Or maybe they never stopped playing, and they want more musical outlets in their life. This is where New Horizons Band can come in!

The New Horizons International Music Association (NHIMA) is committed to music making opportunities for adults. These New Horizons music groups can include bands, orchestras, choirs, and more. They can be found across the U.S. and throughout Canada, and that includes here in Douglas County. You may have read about our local New Horizons Band in our newsletter before. Or, you may have enjoyed their beautiful music at one of their free, local concerts at a senior living facility or community-based location! These dedicated musicians practice weekly and perform year-round, taking off a few months in the summer.

The New Horizons Band of Lawrence is led by local retired music teacher Johannah Cox. In early 2025, Johannah and her band of merry music makers had a very special opportunity to take their tunes on the road, thanks to a once in a lifetime occasion.

Each February, KMEA (Kansas Music Educators Association) hosts an In-Service Workshop in Wichita. At this significant annual event, speakers, performers, and vendors gather to represent the best of music education throughout the state. This year, the Lawrence New Horizons Band auditioned and was subsequently chosen to perform!

Johannah described it by saying, "This was a very special and unique experience. It may be that the Lawrence band was the first New Horizons group in the state of Kansas to

receive this honor. It set a pretty high standard for our performance."

In preparation for this exciting experience, Johannah and the band members identified the pieces they would like to play and began to practice. "We had multiple very high intensity rehearsals in order to prepare." For this concert, extra arrangements were necessary for hotels and travel. They were scheduled to perform first-thing in the morning, so almost everyone in the band had to travel to Wichita the day before. And since February's weather in Kansas is always unpredictable, multiple back-up plans were discussed. "Thank heavens the weather was mild, and everyone was able to travel safely."

On March 1, forty-three New Horizons musicians assembled at the Century II Performing Arts Center to perform a selection of five pieces, two of which were written especially for the Lawrence band. Johannah summarized the experience by saying, "Music is a lifetime discipline and is an artform that often goes beyond mere words. To be chosen for this event was an honor."

Congrats to our friends in New Horizons Band for a wonderful performance at this very special event! We are so fortunate to have such talented musicians in our community. If you are interested in learning more about New Horizons Band, you can email Johannah at johannahcx@gmail.com.

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THIS MONTH IN HISTORY

JULY

2015

10 Years Ago

US President Barack Obama made an historic visit to Kenya in Africa. Not only was it the first visit for any sitting US President but it was his first time as well!

2005

20 Years Ago

Over 1,000 Musicians took part in Ten Live 8 concerts held around the world to celebrate the 20th Anniversary of the original Live 8, and bring attention to the battle against poverty.

1995

30 Years Ago

Forbes Magazine announced Bill Gates, a businessman, as the richest man in the world with his net worth being \$12.9 billion dollars.

1985

40 Years Ago

Former Hollywood star, Rock Hudson, issued a press release confirming his AIDS diagnosis as he sought treatment in France.

1975

50 Years Ago

US President Gerald Ford made a historic visit to the Nazi concentration camp Auschwitz. Not only was it the first visit for any sitting US President but it was his first time as well.

SRC Staff Highlight

WILLIAM “BILL” DULIN

Join us in recognizing Bill Dulin!

This past March marked Bill's 15th work anniversary as a Driver for Senior Wheels! This man of faith is a military veteran and Senior Wheels' longest serving driver.

Thank you, Bill, for your service to our country, to our organization, and to our community!

A circular portrait of Bill Dulin, an older man with glasses, wearing a light blue striped shirt and dark suspenders. He is standing in what appears to be a well-lit indoor space, possibly a community center or office, with framed pictures on the wall behind him.

BILL DULIN

SENIOR WHEELS DRIVER

SENIOR RESOURCE CENTER ACTIVITIES

If you would like a weekly email containing a schedule of the SRC's events or need more information about any SRC 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 low impact aerobic dance class. The playlist changes periodically and features classic tunes from the 50s and beyond—with a strong beat!

Mindful Monday Chair Yoga

Mondays, 3—4 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This senior yoga class, taught by Kim McDanel, 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 \$30 for an 8-week session, and you provide your own yoga mat. To register, contact Kim Luce at kluce@yoursrc.org.

Death Café

Second Monday, July 14, 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. Co-sponsored by SRC and Visiting Nurses Association.

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 sharing your techniques and creations with fellow artisans while you work on your own current projects. For information, call 785-842-0543.

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Tuesdays & Thursdays, 9—10 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

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 who is comfortable practicing the discipline without live instruction. Contact Kim at kluce@YourSRC.org with questions.

KLWN Radio for Grownups with SRC

Every other Tuesday, July 1, 15 & 29, 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.

V.I.P. Coffee

Third Tuesday, July 15, 9—10:30 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

This morning coffee group is just for VIPs—Visually Impaired Persons! Join Fran Hopkins, a local yoga instructor who is also legally blind, to discuss navigating the world with the help of assistive technology. This supportive group will be a place to exchange ideas and share discoveries about using technology to help accomplish tasks and stay active in the community. Because loss of vision doesn't mean loss of social life! Contact Kim at 785-856-0203 for more information.

Summer Sing-Along with Evan

Tuesdays, July 1, 15 & 29, 11:30 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Keep the IG Choir singing—all summer long! While the KU students are on break, the Intergenerational Choir will still be making beautiful music with long-time member Evan Jorn. They'll focus on songs from the 60s and 70s, but suggestions from any era will be welcome. And it's singing just for fun—no rehearsals and no performances! The choir will also meet on August 12.

Scrabble Club

Tuesdays & Fridays, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

Tech Help Tuesday

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.

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.

SENIOR RESOURCE CENTER ACTIVITIES

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!

SRC Bridge Club

Wednesdays, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Enjoy a weekly game of bridge with the SRC Bridge Club! Novice and experienced players are welcome. This game won't be nearly as competitive as duplicate bridge, and you don't need to bring a partner to play. Email Kim at kluce@yoursrc.org for more information.

***NEW TIME* Mid-Month Musical**

Second Wednesdays, July 9, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Grab some popcorn and join the musical fun! Each month we'll show a classic movie musical that you can watch along with other passionate musical lovers. Shows will include popular hits from the 30s, 40s, 50s and 60s. July's movie will be *South Pacific*. Popcorn is provided and audience participation is encouraged! Contact Kim at kluce@YourSRC.org or 785-856-0203 with questions.

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 led by Qi Gong practitioner David Hann. Contact Kim at kluce@YourSRC.org with questions.

Fiber Friends

Second & Fourth Thursdays, July 10 & 24, 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 785-856-0203.

Welcome to Medicare

Thursday, July 10, 12—1 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. For more information or to arrange a one-on-one appointment to discuss Medicare enrollment or other Medicare issues, call 785-727-7872.

Musicians' Acoustic Jam

Thursdays, 1—3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Are you a musician who wants to practice and play with other musicians? Come join this new jam just for you and your musical instrument! Bring your guitar, bass, banjo, fiddle, ukulele, keyboard, or other instrument and enjoy making music with musicians of all abilities. For more information, contact Kim at kluce@YourSRC.org.

Train Dominoes

Thursdays, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Come join this weekly match of dominoes in the SRC game room! Players of all skill levels will enjoy this fast-paced and interactive game. Contact Kim at 785-856-0203 or kluce@YourSRC.org with questions!

Games Theory

Thursday, July 17, 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. A little competition is good for us as we age! Games Theory is a joint venture between the Endacott Society and the SRC.

The Write Time

Second & Fourth Thursdays, July 10 & 24, 2—3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This writing group is facilitated by Iris Craver, a certified journaling and poetry therapist, who has led expressive writing groups in the community for years. She believes that the more we write, 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 writers. Contact Kim at kluce@YourSRC.org with questions.

Fundamentals of Estate Planning

Thursday, July 24, 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.

SRC ACTIVITIES & SUPPORT GROUPS

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!

Sing Your Heart Out Jam

Fridays, 10:30 a.m.—12:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Join local musician Linda Clark for this inclusive singing circle! The group takes turns picking popular folk songs from the *Rise Up Singing* songbooks, welcoming anyone to come play, sing, dance or listen. Come with your instrument or just your voice and be in harmony with one another! For more information, contact Kim at 785-856-0203.

Yoga for Every Body

Fridays, 1:30—2:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Instructor Kim McDanel will use yoga poses and stretching to help you gain strength and joint mobility. Improve balance and bring awareness back into the body using movement along with meditation. This class will use a chair for support and can be modified to accommodate various fitness levels and abilities. The 8-week session is \$30, and you provide your own yoga mat. To register, contact Kim at kluce@YourSRC.org.

New Horizons Band

Calling all musicians! Lawrence's New Horizons Band welcomes more musicians to build their harmony. Contact Johannah Cox at johannahcx@gmail.com or 785-979-2225 for more info.

CARE FOR ALL

RESPITE FOR CAREGIVERS
A PROGRAM OF THE
JAYHAWK AREA AGENCY ON AGING

Early to moderate stage dementia friends gather
for activities and lunch from 10 a.m. to 2 p.m.
with caring volunteers and professionals.

LAWRENCE: TUESDAYS AND FRIDAYS
TOPEKA: MONDAYS AND THURSDAYS

\$40 PER SESSION

FOR QUALIFICATIONS AND LOCATION CONTACT:

MICHELE DILLON AT JAAA
785-235-1367
MDILLON@JHAWKAAA.ORG

WWW.JHAWKAAA.ORG/SERVICES/CAREGIVING/CARE-4-ALL

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 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

This support group for individuals with Parkinson's Disease and their care partners meets monthly to provide education and support to enhance quality of life. They will share experiences, host guest speakers and discuss 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.

Living with Loss

Thursdays, 3:30—5 p.m.

Visiting Nurses Association, 200 Maine, 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.

Grief & Loss Support Group

Second & Fourth Thursday, 3 p.m.

LMH Conference Room D, 330 Arkansas, Lawrence

This support group provides a place for those grieving a death or significant loss of any kind. The group will share memories, explore ways to cope, and provide community as you journey through your unique grief. For more information or to sign up, contact Chaplain Stephanie Petersen at stephanie.petersen@lmh.org or 785-505-3140.

BALDWIN CITY RECREATION

Baldwin City Recreation Commission's Active Adults Program offers a fun array of activities. For more information or to register email Shaunacee at shaunacee@baldwinrec.org, call 785-594-3670 or visit the office at 712 Chapel Street, Baldwin City.

Pickleball

Mon/Thurs, 6:30—8:30 p.m.

Baldwin Primary Center, 500 Lawrence St., Baldwin City

Tuesday/Friday, 11 a.m.—1 p.m.

BC Community Center, 712 Chapel St., Baldwin City

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

***NEW* Water Aerobics**

Monday—Thursdays, 6:30—7:15 p.m.

Join BCRC for a refreshing, no-impact workout for all levels of fitness. This 45-minute class combines water walking, running, and toning exercises using flotation belts, water weights, and other equipment to build strength, improve flexibility, and boost cardiovascular fitness. A water aerobics pass is \$130 for the summer, \$85 for 20 classes, or the drop-in fee is \$7.

Everyday Strong (Formerly Fit Over 50)

Tuesday/Thursday, 9:30—10:15 a.m.

BC Community Center, 712 Chapel St., Baldwin City

45-minute classes designed to stimulate your body and mind. The instructor will motivate and guide you through low-impact exercises designed to improve strength, flexibility, mobility, fitness, and balance. Bring your own mat, weights and towel. \$40 per month or \$7 drop-in fee.

Cards

Tuesday/Thursdays, 1 p.m.

BC Community Center, 712 Chapel St., Baldwin City

***NEW* New Theatre & Restaurant**

Wednesday, July 2, 10 a.m.

Meet at BC Community Center, 712 Chapel St., Baldwin

Join the Active Adults for a production of the comedy smash hit *Clue: On Stage*, based on the board game and movie. Tickets are \$45 and include transportation and lunch!

***NEW* Lunch Bunch**

Wednesday, July 16, 11 a.m.

Meet at BC Community Center, 712 Chapel St., Baldwin

Join the Active Adults for a relaxed lunch outing for seafood at Hook & Reel in Overland Park. Choose your own meal, pay your own way and leave the driving to BCRC!

Pitch and Snacks

1st and 3rd Fridays, 6 p.m.

Baldwin City Library, 800 7th St., Baldwin City

Coffee and Donuts

Third Friday each month, 9—10 a.m.

BC Community Center, 712 Chapel St., Baldwin City

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.

Pickleball

Monday/Wednesday/Friday, 9—11 a.m.

Wednesdays/Thursdays, 5—8 p.m.

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

Missfits

Monday/Wednesday/Friday, 11 a.m.—12 p.m.

Engage in low-impact exercises to improve strength, flexibility and balance in this self-run women's fitness class for ladies 50 and up. The routines are adaptable to various fitness levels and may include walking, stretching, or light resistance training. A fitness center membership is required.

***NEW* Water Aerobics**

Monday/Wednesday, 11 a.m.—12 p.m.

Expert-led water aerobics sessions are designed to cater to all fitness levels. These classes are designed to give relief from arthritis pain and build strength in a low-impact environment. Take the plunge towards improved health today! Included with a pool pass or membership, or \$5 drop-in fee.

Cards with Friends

Monday/Thursday, 1—3 p.m.

Enjoy your favorite games and learn new ones.

Fit & Strong

Tuesday/Thursday, 11 a.m.—12:30 p.m.

Embrace a healthier lifestyle with this specially tailored course for adults seeking physical activity despite mobility challenges. 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* Nashville Show Trip**

Monday—Saturday, Sept. 15—20

Eudora Parks and Recreation presents a Nashville Show Trip this fall with Diamond Tours. Enjoy 6 days and 5 nights of music, shows, museums, food and other entertainment. For more information, contact Jimmy Kegin at 785-542-3434.



LAWRENCE PUBLIC LIBRARY RETROACTIVE

RetroActive

Lawrence Public Library is thrilled to be able to continue their 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 Lorel Lewis at retirement@LPLKS.org or call 785-843-3833, ext.131.

Stitch & B*tch

Monday, July 21, 2–3 p.m.

Calling all knitters, crocheters, hand sewers, cross-stitchers, and needle pointers. Gather in a meeting room on the lower level of 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, July 15, 4–5 p.m.

Learn about what to expect as you age in this popular series with LMH Health. Each month a chosen specialist from LMH will present on a new subject.

Dessert and A Movie—on Zoom

Thursday, July 17, 7–8 p.m.

Whip up your favorite dessert and join RetroActive members to discuss a film watched in advance on Kanopy, a free service accessible online through the Lawrence Library. July's movie is called *Loving Vincent*.

Coffee Break—on Zoom

Fridays, July 11, 18 & 25, 10 a.m.

Brew up a cup o' joe and hang out in the 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

Friday, July 25, 6:30–8:30 p.m.

It's the LPL Fun and Games session, but this time after hours AND with ice cream! Join LPL for board games, camaraderie, and making friends. Please bring a topping and ice cream will be provided!

Pop Up Programs!

Dates and Times TBA

Join RetroActive for spur-of-the-moment outings, bingo sessions and other fun stuff! It's a great way to experience Lawrence and make new friends. Contact Lorel for details: retirement@LPLKS.org.

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

The Killing Fields of East New York
 by Stacy Horn

White-collar crime's impact on East New York, from prosperity to ruin: fraud, community collapse, and justice pursued.



NONFICTION

No More Tears
 by Gardiner Harris

An exposé revealing Johnson & Johnson's dark side: decades of deceit, drugs, cover-ups, shattering their trusted "baby company" image.



FICTION / HISTORICAL

Maria
 by Michelle Moran
 A novel revealing the real Maria von Trapp beyond *The Sound of Music*. It's an exploration of her life, challenging the sanitized Broadway version.



FICTION / GENERAL

Pearl
 by Sian Hughes
 A girl, Marianne, grapples with the disappearance of her mother, finding solace in a medieval poem. Grief and secrets lead her to self-destruction.

COMMUNITY EVENTS

Veteran Morning Coffee Group

Tuesday & Thursday, 9 a.m.—12 p.m.

Lawrence American Legion, 3408 W. 6th St., Lawrence

Join other veterans at the Lawrence American Legion for free coffee and community. This great opportunity to meet with fellow Lawrence Veterans and enjoy good conversation happens every Tuesday morning. Membership is not required but encouraged.

Eudora Farmers Market

Tuesdays, July 1, 15, 22 & 29, 5:30—8:00 p.m.

Eudora Village Green, 1500 Elm St., Eudora

Check out locally grown produce, meats, eggs, and more... plus enjoy lawn games, live music, and food trucks. The Eudora Farmers Market will also run three Tuesday evenings in August, and four evenings in September.

Sunrise Project Community Meals

1st & 3rd Wednesdays, 5—7 p.m.

Sunrise Project, 245 N. 4th St., Lawrence

Free community meals offer the opportunity to connect with others and nourish your body and soul with a home-cooked meal. Everyone is welcome! Stay and dine-in or take your meals to-go. Donations accepted, but never required. Need a delivery? Please email melissa@sunriseprojects.org or text/call 785-865-1618, at least 24 hours in advance.

Game Time at BCL

Thursdays, 11 a.m.—2 p.m.

Baldwin City Library, 800 7th St., Baldwin City

Play Bridge at the Baldwin City Public Library! Don't know how to play? They'd love to teach you! Come and learn in a fun, stress-free environment.

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* Summerfest**

Thursday, July 3, 4—10 p.m.

Douglas County Fairgrounds, 2120 Harper St., Lawrence

Celebrate Independence Day at Summerfest! While enjoying live music, food trucks, and an epic drone show, don't miss the chance to explore handmade goods from talented local artisans! From jewelry and pottery to textiles, paintings, home décor, and more, there's something special for everyone.

***NEW* Eudora Star-Spangled Celebration**

Friday, July 4, 6—9 p.m.

Eudora High School, 2203 W. Church St., Eudora

Bring the whole family for an evening of live music, food trucks, yard games, kid-friendly activities, and patriotic fun leading up to the big fireworks display! FREE admission! Just bring your lawn chairs, blankets, and patriotic spirit!

Downtown Lawrence Farmers' Market

Saturdays, 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!

Saturday Morning Farmers Market

Saturdays, 8—11 a.m.

Sullivan Square, 710 High St., Baldwin City

Stop downtown every Saturday morning from 8—11 a.m., rain or shine, to peruse homemade and homegrown goods from local vendors!

***NEW* Baldwin City's Independence Day Celebration**

Saturday, July 5, 4:30—10:30 p.m.

Baldwin City Golf Course, 1102 Main St., Baldwin City

Baldwin City is excited to announce SAWYER BROWN as the headliner for this year's celebration. Joining them will be Kass Ashton and Big Time Grain Co. In addition to the incredible musical acts, there will be tasty food and drink vendors lined up as well as a FREE Kid's Zone complete with face painting. It's an all-day celebration!

Small Town Saturday Nights

Saturdays, 5—7 p.m.

Empty Nester's Winery, 338 Elmore, Lecompton

Visit Empty Nester's Winery every Saturday night for an unforgettable experience! Indulge in local wine, 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 wine, music, and fun!

***NEW* Preserving Your Family's History**

Thursday, July 10, 6—7 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

Do you have old photographs, books, letters, or other materials and you aren't sure how best to take care of them? Join Whitney Baker, Head of Conservation Services for the University of Kansas Libraries, to learn about strategies for preserving your family's history for the future.

Float Local Friday

Friday, July 11, 5—9 p.m.

Clinton Lake Marina, 1329 E. 800 Rd., Lawrence

Head on out to the lake for Float Local Friday at Clinton Marina! Revel in live music from bands Page 7 and Betsy O & the Hollaback Boys. Food and drink trucks will be available. Bring lawn chairs, sunscreen, and all your friends! Besides the \$5 daily park fee at the park entrance, entry to the event is completely free!

*(continued on
page 18)*

Thoughts for an Age-Friendly Future

(continued from page 1)

what is in the media and what is in the actual budget can cause an advocate to make a mistake.

- Call your legislators, call your congresspeople, but also, take care of yourself. Advocacy is hard.

You can learn more about this conference, read more, see photos, and learn about future MARC conferences by visiting www.marc.org/news/aging/age-positive-2025-attracts-aging-service-providers-across-region.

COMMUNITY EVENTS

(continued from page 17)

Sundays at Six Summer Concert

Sunday, July 13, 6 p.m.

Sullivan Square, 710 High St., Baldwin City

Relax and unwind with Sundays at Six! Bring a chair, pack a picnic, and enjoy 90 minutes of live music in the heart of Sullivan Square. A perfect, lowkey way to wrap up your weekend: good tunes, good company, and a great community vibe! July's band will be Off The Record from Kansas City.

Main Street Market

Thursday, July 10, 5:30—8:00 p.m.

CPA Park, 9th & Main St., Eudora

Visit the heart of Eudora for the Main Street Market, where the community comes together for an evening of fun! Enjoy live music, delicious bites from food trucks, and a variety of local vendors offering unique goods. With activities for all ages, it's the perfect way to shop, eat, and experience the best of Eudora.

Computer Basics Classes

Fridays, July 11 & 18, 10:30 a.m.—12:30 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

The internet is a wonderful place, but it can be difficult to know where to start and what to trust. In the first class, you'll learn how to find what you are looking for online while ensuring that your search results are trustworthy. In the second, you'll learn how to protect yourself from harmful content online like malicious software, phishing emails, and other scams. These are lecture style classes, so there is no need to bring a computer. To register, please call the library Tech Desk at 785-843-3833 x139, or the Senior Resource Center at 785-856-0203.

NEW Electrifying History: Explore the Electric Car

Friday, July 11, 6—7:30 p.m.

Watkins Museum, 1047 Massachusetts St., Lawrence

A Watkins Museum prize artifact, the Milburn Light Electric Brougham, has fascinated visitors for 50 years. Now you can get an exclusive look at this revolutionary automobile. On July 11, meet members of the Antique Auto Club, learn how they painstakingly restored the Milburn in the 1970s, and pose for photos inside the car! Tickets are \$15 – \$20.

Happy Time Squares

Second Friday, July 11, 7—9:30 p.m.

First United Methodist Church, 867 Hwy 40, Lawrence

Join the Happy Times Squares for food, fun, fellowship, and square dancing! July will feature the Red, White and Blue Dance and dress will be casual. Contact Mary Bahnmaier at mkfpage@hotmail.com for more information.

Stargazing with AAL

Friday, July 11, 9—10:30 p.m.

KU Field Station, 350 Wild Horse Rd., Lawrence

Head out to the KU Field Station for this special public observing session with the Astronomy Associates of Lawrence. Please RSVP to wendyholman@ku.edu before attending.

NEW Know Your Rights: Evictions and Displacements

Saturday, July 12, 1—2:30 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

From decoding different types of notices to preparing yourself for court, understanding and responding to an eviction can be challenging. In this training, Kansas Legal Services will walk through the eviction process and ways to avoid displacement. Questions? Ask Gabby at gboyle@lplks.org or 785-843-3833 x 136.

NEW 2025 Farm Bureau Family Fun Night

Saturday, July 12, 5—9 p.m.

Vinland Fairgrounds, 1736 N. 700 Rd., Vinland

Douglas County Farm Bureau is a grassroots service organization seeking to promote responsible and productive agriculture. Join them at the Vinland Fairgrounds for live music by The BoDells, food trucks (1 free meal per attendee), homemade ice cream, and fun and games. The event is free, but you can bring your cans for a food drive!

Lawrence Barn Dance Association Contra Dance

Saturday, July 12, 7—10 p.m.

Woodlawn Elementary School, 508 Elm St., Lawrence

Contra dance is beginner-friendly, and dancers of all ages and all abilities are welcome. Contra dancing is easy to learn because a caller tells dancers exactly what to do. Beginners' lessons are offered before each monthly dance, and the caller will walk dancers through every step. Beginner walkthrough starts at 7:00 and dancing starts at 7:30. Music by The Land Band" with calling by Jill Allen. Pay what you can: \$8—\$15.

NEW Third Friday Market

Friday, July 18, 6—9 p.m.

Downtown Baldwin, 719 High St., Baldwin City

Join the community in downtown Baldwin City for a vibrant summer evening of local farmers, makers, storefronts, music, art, and hands-on kids activities both educational and fun!

NEW Bingo Game Night

Tuesday, July 22, 5—8 p.m.

Freddy's Frozen Custard, 2030 W. 23rd St., Lawrence

Bring the whole family for a night of fun and a chance to win a great prize! Bingo will be played every 30 minutes, every fourth Tuesday of the month, at the Lawrence location only.

Grandparent Class

Tuesday, July 22, 6—8 p.m.

LMH Health Auditorium, 325 Maine St., Lawrence

A class for new Grandparents looking to increase their knowledge of home safety, car seats and infant CPR. Designed specifically for new Grandparents, this class does not come with a certification card, but it does prepare participants with the latest information regarding injury prevention. Registration is \$35 for up to two participants.

Senior Sessions at the Spencer

Thursday, July 24, 10:15—11 a.m.

Spencer Museum of Art, 1301 Mississippi St., Lawrence

Join Education Intern Marley Kendall to take a closer look at Elizabeth Murray's sculptural canvas "Chaotic Lip" (1986). This talk will focus on Murray's ability to capture the tension of two- and three-dimensional representations of space. Senior Sessions are designed with accommodations for older adults and open to all.

NEW Baseball, Anyone?

Did you play the games All-Star Baseball or Strat-O-Matic Baseball when you were a kid? If you played these games and would like to try again, contact Walter at 785-764-0427 or walter@olker.net so you can set up a time and place to play!

NEW Disability Pride, Empowerment, and Equality Event

Saturday, July 26, 2—5 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence


This date commemorates the 35th anniversary of the Americans with Disabilities Act being signed into law. Alongside celebrating this historic moment in United States civil rights history, LPL will be lifting up the voices of disability advocates and activists in Kansas and inviting community members to learn about how to support their disabled friends, neighbors, and loved ones. Questions? Ask Gabby: gboyle@lplks.org.

NEW Douglas County Free Fair

Monday, July 28—Saturday, Aug. 2

Douglas County Fairgrounds, 2110 Harper, Lawrence

See it all at the Douglas County Free Fair where everyone comes for good old-fashioned fun! It's a chance to celebrate the local community and experience all that Douglas County has to offer. From live music and carnival rides to educational exhibits and competitive events, there's something for everyone at the fair. For more information, visit www.dgcountyfair.com.



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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.

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