Let’s celebrate:
Out with the old, in with the new on June 10

Pages 16-18

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Do You Suffer from Neuropathy?

If you suffer from any of these tortuous symptoms - numbness, tingling, or sharp nerve pain - then the facts below may be the most important you have ever read.

By Dr. Michael Riley, D.C.
Renuva Back & Pain Centers

Neuropathy affects every part of your life - walking, sitting, and even sleeping. Maybe you’ve had multiple tests, only to find out no one has any idea what you have. Maybe you’ve been put on a drug with no one has any idea what you have. Maybe you’ve been put on a drug with high side effects.

Hi, I am Dr. Michael Riley, D.C., Founder and Clinic Director at Renuva Back & Pain Centers in Overland Park. I’ve been helping people with neuropathy and nerve problems for several years now.

More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs.

This painful condition interferes with your body’s ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

What is the Single Most Important Solution to Your Neuropathy?

By using gentle techniques in our unique CoreCare™ treatment program, we’re able to release the pressure on the nerve. This allows the nerve to heal and the symptoms to go away. Numerous studies have proven the therapies we use can be effective in helping nerve conditions.

Our unique CoreCare treatments, which include Class IV Deep Tissue Laser Therapy, work to restore the body’s natural ability without painful shots, drugs or surgery.

Before the FDA would clear the Deep Tissue Laser Therapy for human use, they had to see proof that it worked. This lead to two landmark studies. The first study showed that patients who had laser therapy had 53% better improvement than those who had a placebo.

The second study showed patients who used the laser therapy had less pain and more range of motion days after treatment.

Will This Treatment Work For You?

It’s time for you to find out if this treatment will be your neuropathy solution. For a few days only $39 will get you all the services I normally charge new patients $257 for!

What does this offer include?

* An in-depth consultation about your neuropathy and health where I will listen - really listen - to the details of your case.
* A complete neuromuscular examination.
* A full set of digital x-rays (if needed) to determine if a spinal problem is contributing to your pain or symptoms.
* A thorough analysis of your exam findings so we can start mapping out your plan to being pain free. If you’re not a candidate for CoreCare,

Renuva offers a specialized treatment program called CoreCare™ for patients who suffer from neuropathy.

Here is what one of our patients had to say:

“I’ve fought neuropathy for 10-12 years and it’s physically painful. After two weeks of CoreCare treatments I felt a subtle improvement and now most of the pain, if not all, has gone away. Renuva has been a wonderful experience. The staff are great and I’m always well-tended to - it’s really an amazing program.”

- Bob W

I promise to tell you.

* Plus, two treatments so you can experience this amazing treatment and learn if this could be your pain solution like it has been for so many other patients.

Call by May 31st and you can get everything I’ve listed here for only $39. The normal price for this type of evaluation, including digital x-rays is $257, so you’re saving over $200.

Don’t let your neuropathy get worse. Call by May 31st.

913-828-0149

Our address is:
10787 Nall Ave.
Suite 110
Overland Park, KS 66211

Our office is located on the northeast corner of I-435 and Nall in the Corporate Medical Plaza. Right across 107th from the new Top Golf facility.

I look forward to helping.

Sincerely,

Dr. Michael Riley, D.C.

P.S. Don’t suffer with years of misery when there could be an easy solution to your problem. Don’t live in pain when we may have the solution you’ve been looking for all along.

“ I fought neuropathy for years and was skeptical whether new technology would be able to help me. Now, I have relief from the pain and the before and after x-rays as proof of the change that was achieved. Thank you to Renuva and the wonderful staff from a very grateful heart.”

- Dave Donohoe

98% of patients say they would recommend Renuva to their family and friends.

2 Treatments Included with Exam

Call By May 31st

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Exam Includes: Consultation, Digital X-Rays (if needed) & Two Treatments
National Cancer Survivors Day will be observed on Sunday, June 4. Marking its 30th annual observance, the event – locally, nationally and globally – allows participants along with their families and friends to celebrate life after cancer, pay tribute to cancer survivors, and bring attention to the ongoing challenges they still face.

The single greatest risk factor for developing cancer is aging. According to the Centers for Disease Control and Prevention (CDC), more than 60 percent of cancers in the United States occur in people age 65 and older. That now includes me. Sixty percent of cancer survivors are 65 and older. That hopefully includes me as 2017 continues to unfold.

The bad news is cancer is the second leading cause of death among people over age 65 behind heart disease.

The good news is if caught early through screenings, such as mammograms, colonoscopies, and skin checks, many types of cancer are treatable. And though you’re not always able to prevent cancer, you can improve your quality of life, joining thousands of others who are fighting and living with cancer.

When I was told I had oral cancer, you could have knocked me over with a feather.

I never smoked or used tobacco products. I exercised regularly, and had regular dental check-ups and an annual physical. In 2016, I completed 18 5Ks, one four-mile run, and one 10K by the first week of December. For several months, however, I noticed a lingering pain in my jaw along with trouble swallowing and eating.

A PET-CT scan revealed oropharyngeal cancer, involving a nickel-sized tumor on the base of my tongue and on two nearby lymph nodes, but found no cancer elsewhere in the body.

It’s frightening, petrifying when a doctor tells you that you have cancer, but finding it early was a positive step in treatment and expected outcome.

My six weeks of weekly chemotherapy and daily radiation treatments occurred during the holiday season and ended shortly after the start of the New Year. The treatments took their toll as I dropped 30 pounds, lost three inches of waistline, and saw the beard that I have had for more than 25 years “nuked away” by radiation.

The weeks in treatment were an emotional roller-coaster. Changes in my body image affected my self-esteem and confidence. Depression, anxiety, pain, nausea and extreme tiredness were frequent occurrences. A fear of cancer recurrence or death and thoughts about prolonged suffering are among the unknown things that lie ahead.

Without the support of my co-workers, friends and family, I don’t know how I could have coped while trying to remain as upbeat and as strong as I possibly could.

My biggest weapons were trying to maintain a positive attitude and stubbornness. I was going to win this battle or at least give cancer one heck of a fight in this personal war. I remain optimistic since fewer people are dying from cancer today compared with 20 years ago.

The American Cancer Society reports more than 15.5 million children and adults with a history of cancer were alive on Jan. 1, 2016, in the nation. The majority of cancer survivors (67 percent) were diagnosed five or more years ago, and 17 percent were diagnosed 20 or more years ago.

Each type of cancer has different warning signs, but general symptoms of possible cancer include:

- A thickening or lump in or on the body (such as a lump in the breast)
- Unexpected weight gain or loss
- Feeling weak or fatigue
- Unusual bleeding or discharge
- Pain that doesn’t go away, such as a headache or backache
- Skin problems, such as a sore that doesn’t heal or a mole that has changed shape
- Hoarseness or a chronic cough that does not go away
- Difficulty swallowing
- Changes in bathroom habits, such as constipation, bloody stool, or frequent urination
- Discomfort after eating

Screening tests for the disease are partly the reason for the growth in survivorship. Screening tests may help find cancer early when it’s easier to treat, but doctors don’t have a screening test for all cancers. So it’s still important to know the potential red flags.

Continued to next page
Masters 5K seeks 50-plus participants

A 5K Masters category returns on Saturday, May 13, as part of the Johnson County Park and Recreation District’s HP3 at Heritage Park, 16050 Pflumm Road, Olathe.

Participation in the 5K, covering 3.1 miles, is open to all individuals and teams in the 50-plus generation.

The HP3 (Heritage Park 3) features a 5K for youth (15 and younger), a 5K adult for ages 16-49 along with the 5K Masters, and a 10K or 15K for ages 16 and older.

All competition starts at 7:30 a.m. near the marina at Heritage Park. All races are chip-timed. All participants, regardless of age, will be awarded a participation medal. Participants can walk/jog/run in the HP3.

As we approach the competition, we are expecting an outstanding crowd, including 50-plus generation.

Participants must register by May 2 to guarantee a t-shirt. The fee is $35 until race day. Fees for other participants vary, depending on the competition being entered and age of participants.

More information is available by calling 913-826-2964. [7]

Get Your Kicks on Route 66! on June 22

Johnson County residents are invited to discover the history, heritage, myths, and legends of America’s Main Street, Route 66 at 6 p.m. Thursday, June 22 at the newly-opened Johnson County Arts & Heritage Center, 8788 Metcalf Avenue, Overland Park.

Featured speaker will be Ken Busby, executive director and CEO of the Route 66 Alliance in Oklahoma. Participants will also have the opportunity to explore the Johnson County Museum’s main exhibit, “Becoming Johnson County,” and visit the photography exhibit, “Mother Road Revisited: Route Sixty-Six Then and Now.”

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www.jocogov.org/thebesttimes • 5 • May-June 2017
Each May, the Administration for Community Living (ACL) leads our nation’s celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, Age Out Loud, to give aging a new voice—one that reflects what today’s older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They’re taking charge, striving for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. The annual observance offers a special opportunity to learn about, support and recognize our nation’s older citizens. This year’s theme, “Age Out Loud,” emphasizes the ways older adults are living their lives with boldness, confidence and passion while serving as an inspiration to people of all ages.

The Johnson County Area Agency on Aging (AAA) will use OAM 2017 to focus on how older adults in the our community are redefining aging—through work or family interests, by taking charge of their health and staying as independent as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community’s older members.

Join the AAA and the ACL as we speak up to celebrate this milestone month, and Age Out Loud this May! 

Survey assists AAA with pinpointing needs of seniors

The Johnson County Area Agency on Aging (AAA) is asking Best Times readers to take a few moments to complete our needs survey.

By taking part in the survey, you will inform us about your needs in such areas as transportation, housing, information, health care, life skills, legal aid and activities.

The AAA can best serve clients and potential clients, and advocate for those who are aging, when its staff better understand individual situations and challenges.

Access to the online survey is available at www.jocogov.org/hsd. The survey can be easily located under the “Departmental News” heading on the AAA webpage (the survey is accessed via a direct link).

If you need access to a paper copy of the survey via mail, simply contact 913-715-8860. You may also pick up a copy at the AAA office in Olathe, 11811 S. Sunset Drive, Suite 1300.

It is important that all survey responses be received at the AAA offices by Friday, June 30, 2017.

Jay Leak is the deputy director of the Johnson County AAA.

March for Meals

The Johnson County Meals on Wheels program, part of the Nutrition Program of the Johnson County Area Agency on Aging, Human Services, participated in a national campaign called March for Meals this spring. Local Johnson County community leaders joined volunteers in delivering meals to homebound seniors to help raise awareness of this critically important program. Among those participating in this special observance were (from left) District 4 Commissioner Jason Osterhaus of the Board of County Commissioners; volunteers Dick and Mary Luman; and their great nephew, Jake Morris. The group delivered meals to a Prairie Village route distributed through the Overland Park Neighborhood Center at the Matt Ross Community Center.

Helping older adults to live in the community with independence and dignity.

Information & Referral
913-715-8861

Senior Health Insurance Counseling for Kansas (SHICK)
1-800-860-5260

Volunteer Services line
913-715-8859

The Commission on Aging (COA) will meet from 9-10 a.m. on Wednesday, May 10, in Room 1070/1075, Sunset Drive Office Building, 11811 S. Sunset Drive, Olathe. The COA will not meet in June, but will resume meeting in July. For more information, call 913-715-8860 or 800-766-3777 TDD.

AAA programs are funded by the Older Americans Act and state funds through the Kansas Department for Aging and Disability Services, Johnson County government, agency matching funds, and individual participant donations. Johnson County government does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in employment or the provision of services.
Due to state funding shortages in the Kansas Senior Care Act (SCA) program, a waiting list continues to remain in place for persons 60+ in Kansas (including Johnson County) that are in need of supportive services to remain in the home.

Currently 308 persons locally are on a waiting list with the Johnson County Area Agency on Aging (AAA) to receive services through the program. Service options include such supportive care as homemaker, attendant care, medication management, emergency response systems, chore services and respite care.

Local and statewide advocacy efforts are in “full force” to elicit full funding restoration for this valued “safety net” for seniors through the SCA. The SCA program, established by the Kansas Legislature, provides in-home services to persons 60+ who contribute to the cost of services based on their ability to pay.

Because of a decision made last May, funding was reduced by 30 percent to most AAAs in Kansas. In many cases, this is resulting in a premature institutionalization of seniors and an erosion of many community-based services.

Persons receiving SCA services must meet income eligibility guidelines and meet a functional threshold score based on an assessment. Income guidelines are adjusted annually in July.

For more information on SCA services and waiting lists in Johnson County, call an information specialist with the AAA at 913-715-8861.

Gordon Davis is an information specialist with the Johnson County Area Agency on Aging and the Aging and Disability Resource Center.
Roses have long been a standard in the landscape. As kids, we can probably remember planting the hybrid tea roses. Grandma’s garden was loaded with this long stem, large and colorful rose. The ones we think about when we hear the word “rose” usually are Peace, Mister Lincoln, Olympiad and Midas Touch, to name a few.

Times changed and breeders went to work creating roses that provided the nostalgia of the garden rose but with less care and fuss. The result was a newer class of roses that goes by many names such as shrub roses, easy-care or simply by the name that revolutionized the group, Knock Out. No variety changed the rose landscape more than this easy-care shrub that delights with flowers from spring through fall. It provides color, but unfortunately falls short of the ideal stunning rose bloom of the wonderful hybrid tea.

These shrub roses, even though they have thorns and rose-like blooms, should really be treated more like shrubs than the old hybrid tea rose bush. These plants grow large, are drought tolerant and seldom prone to disease, the downfall of the old hybrid tea roses. Just when we thought we had the perfect plant that provided season-long color another cloud moved in that once again changed the rose landscape.

Epidemic proportions

The too-good-to-be-true dream was burst with the discovery of the viral disease rose rosette that moved from the wild into our landscapes. Rose rosette has reached epidemic proportions in the Kansas City area. This disease is easily transmitted by a windblown mite. Once the mite by random chance lands on any species or variety of roses in the landscape, the disease symptoms are sure to follow.

Rose rosette has classic symptoms that are somewhat easy to identify. Symptoms include dark, red or purplish-red growth. The infected growth is very succulent, vigorous and oftentimes creates a witches-broom effect. A witches-broom growth is simply a number of small stems or branches all erupting from a single point. Eventually the flower becomes misshapen and the infected growth declines as the disease progresses.

Since rose rosette is a virus there are simply no control measures. Another way to say this is that there are no chemical controls, no way to prevent or eradicate the disease once the plant comes down with the virus.

The only control measure is to remove the plant from the landscape to help reduce the spread to other roses in the area. Removing means to dig up the plant and throw it away. Pruning, spraying or praying will not bring the rose back from this disease.

Once the rose is removed it is a good news/bad news scenario. The good news is that another free-flowering colorful easy-care rose can be planted back into the original location. The bad news is that the newly-planted rose is also susceptible to rose rosette and is at risk of attack.

The question is what can be done to prevent or reduce the risk of rose rosette hitting your planting? The simple answer is not much. It is the luck of the draw as these mites move through the air.

Best defense

The best defense is one of two approaches. One is to spread the roses further apart and randomly through the landscape. The common mass planting of easy care roses makes the spread easier. Unfortunately these roses look best in mass but instead of three or five in a planting maybe just one would be safer.

The second approach is to reduce the number of roses in the landscape. This is a nice way of saying don’t plant them, or only in highly visual areas. The issue then becomes if you have to give up the easy-care, long season flowering of the rose what do you replace it with? Here again there is a good news/bad news scenario.

The bad news is there is no other easy-care landscape plant that will provide the months of color as the rose does. The nonstop blooming is a habit that is difficult to recreate in another plant.

The good news is there are a number of plants that will provide nice summer color but for a shorter period of time. So there are options to add beauty to the summer landscape. These options are also disease free and fairly low maintenance.

Here are a few suggestions for replacement when removing rose rosette infected plants from the landscape. One option is the Butterfly bush which has also been reinvented over the past few years. The plants are much smaller, better shaped and bloom for a longer period of time.

Crepe myrtles are another option and are becoming more at home in our climate with our warmer winters. They come in a variety of colors, many are bright red and pink putting on a nice show in the landscape.

Lastly, the panicle hydrangea works great in former rose plantings. This easy-care shrub will require a little more water and flowers in white but it is a nice cheery face for summer.

Disease doesn’t go away

As you get out this spring and stroll through the roses be on the lookout for rose rosette. We need everyone to do their part and get these disease-ridden plants out of the landscape. I have found people tend to overlook this nasty disease thinking it will just go away. It won’t. Leaving infected plants just encourages the spread to healthy roses.

And remember, cutting out just the oddly shaped, irregular branches does not remove the disease. The old proverb says “take time to smell the roses.” But also look and take action to help save this American classic.
Proposed budget creates potential to reduce taxes

By Austin Falley

In late April, Johnson County Manager Hannes Zacharias proposed a budget for next year with potential to roll back the mill levy by a quarter mill.

“Current revenue projections support a strong county budget,” Zacharias said. “Our proposal meets the needs of a growing community and adequately compensates staff. The budget adheres to the board’s direction to maintain a constant mill levy and creates a potential opportunity to return resources back to Johnson County taxpayers.”

Johnson County’s proposed FY 2018 budget totals $1.06 billion, composed of $820.1 million in expenditures and $243 million in reserves. The proposed budget maintains existing services and general fund reserves, funds health care increases and meets growing service demands.

The county manager noted in his budget message that if the local economy and revenue projections hold steady, and the state budget is finalized without significant negative impact to the county, the FY 2018 budget would provide sufficient funding to allow county leadership to roll the mill levy back by a quarter mill and therefore reduce the county’s taxing level.

The budget proposal holds the county’s current taxing levy (still the lowest mill levy in Kansas) steady at 26.607 mills. The proposed budget limits mill levy increases to a quarter mill and therefore reduce the amount of budgeted expenditures, but can decrease the amount of the operating budget or taxing level with final board approval.

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The board is scheduled to set the FY 2018 maximum expenditure budget on June 15 for newspaper publication. Following legal publication, the county cannot, by law, increase the amount of budgeted expenditures, but can decrease the amount of the operating budget or taxing level with final board approval.

The public hearing for the FY 2018 proposed budget is scheduled for 7 p.m. July 31.

The board is scheduled to adopt the 2018 budget resolution during its business session on Aug. 10. According to state statute, the county’s new budget must be approved and filed with the county clerk by Aug. 25.

Austin Falley is a senior communications specialist at the Johnson County Manager’s Office.
The performance of “Spamalot” takes center stage in the 2017 outdoor summer musical season at The Theatre in the Park (TTIP).

The production will take place June 2-4 and June 7-10.

Other upcoming presentations include:
• “Crazy for You” (June 16-18 and June 21-24);
• “Camp Rock” (June 30 and July 1-2, 5-8);
• “Back to the 1980s” (July 14-16, July 19-22); and,
• “Beauty and the Beast” (TTIP dates: July 28-30, Aug. 2-5; White Theatre dates at the Jewish Community Center, Overland Park: July 8, 13, 15, 20 & 22 at 7:30 p.m. and July 9, 16 & 23 at 2 p.m.).

TTIP will also launch its inaugural indoor season from June 9-25 with the hit movie musical “Grease” at the new Johnson County Arts & Heritage Center, Overland Park. (See details on page 16).

Show time for all outdoor TTIP productions at Shawnee Mission Park is 8:30 p.m. Shows last approximately 2 1/2 hours. The box office opens at 6 p.m. The gates to the seating bowl open at 6:30 p.m.

Ticket prices are adult admission $8, youth $6, and children three and under free (but require a ticket for entrance).

Tickets may be purchased at the box office the nights of performance or online at www.theatreinthepark.org.

The Theatre in the Park is celebrating its 48th anniversary in 2017. The complex is located in Shawnee Mission Park with a separate entrance at 7710 Renner Road, Shawnee.

More information about The Theatre in the Park and its upcoming indoor and outdoor productions is available by visiting its website or by calling 913-826-3012.

Movies in Park start in June

Johnson County Park and Recreation District’s Movies in the Park program for all ages begins in June, featuring popular films on a 40-foot screen on the stage of The Theatre in the Park.

Showings include “Moana” on June 6; “Sing,” June 20; “Pitch Perfect,” July 18; and “Finding Dory,” Aug. 1.

Films are shown on select nights when musical productions are not scheduled.

Movies begin between 8:30 and 8:45 p.m., depending on sunset. Gates open at 7:30 p.m.

The cost is only $1 per person.

The entrance to The Theatre in the Park complex is located at 7710 Renner Road, Shawnee.

Seminar Series: Preparing your home to sell

Tuesday, May 23 • 4:30 – 6 p.m.
Cedar Lake Village

A realtor specializing in working with senior homeowners will provide tips and tricks on how to prepare your home to sell. Join us after the seminar for a light supper and tours of Cedar Lake Village.

To RSVP for this event, please call (913) 780-9916 before Thursday, May 18.
Website focuses on diabetes prevention

By Abby Crow and Megan Foreman

The Johnson County Department of Health and Environment’s (DHE) LiveWell initiative recently partnered with the Community Health Council of Wyandotte County to launch preventdiabeteskc.com, a one-stop-shop for the bi-county area’s Diabetes Prevention Programs (DPP).

The DPP is a year-long lifestyle change program designed to prevent type 2 diabetes in pre-diabetic adults. Groups of 8-14 go through the Centers for Disease Control and Prevention-approved curriculum as a group and focus on nutrition, physical activity, stress management and problem solving. A trained lifestyle coach facilitates the course.

One in three U.S. adults has prediabetes, which means that their blood sugar is high, but not high enough for a type 2 diabetes diagnosis — yet. Without lifestyle changes, 15-30 percent of people with prediabetes will develop type 2 diabetes within five years.

Risk factors include being overweight, family history of diabetes and getting little or no physical activity. Age and minority status also play a role.

The website is the public face of an effort by DHE’s LiveWell and their partner organizations to build up DPP programs.

Users will find programs at churches, libraries and grocery stores around town, each with unique offerings that appeal to individual needs.

For instance, the YMCA’s DPP includes a six-month family gym membership to help participants reach their goals; Juntos and the YMCA offer classes in Spanish; and the Balls Foods class is facilitated by nutrition experts and pharmacists. More programs will come online in the spring.

Organizations such as churches and businesses may offer DPP to their groups through free lifestyle coach training, data management tools and ongoing technical assistance available from the Department of Health and Environment. Diversifying program delivery will ensure that all county residents can find a program that works for them.

Knowing the risk factors for diabetes is the first step in prevention. About 90 percent of people with prediabetes don’t know they have it.

Find out what your risk factors are: click on preventdiabeteskc.com and take the two-minute risk assessment. If you’re in the danger zone, talk to your medical provider and check out the list of Diabetes Prevention Programs to find a class that works for you. 🗣

Abby Crow is health educator and Megan Foreman is Community Health Program manager at the Johnson County Department of Health and Environment.

---

The pieces come together at Mission Square to create a beautiful, enriching retirement lifestyle!

Mission Square’s residents are hosting a quilt show to share their own distinctive works of art — one-of-a-kind handmade quilts. While you’re here, enjoy tasty treats prepared by Mission Square’s fabulous chefs and take a tour of our beautiful, thoughtfully designed community.

Mission Square Quilt Show
Tuesday, May 2 • 1:00 p.m.
Please call 913-403-8200 to RSVP.

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East Central Kansas
Area Agency on Aging
117 S. Main – Ottawa, KS 66067
Seniors take to social media: Should you ‘like’ it too?

By Amanda Keller

Did you realize the fastest-growing subset of the U.S. population using social media is older adults? While social media use is still highest among young adults, its use among people age 65 and older grew from just 2 percent in 2005 all the way to 35 percent in 2015, according to Pew Research Center.

For non-users, social media can be an enigma. But don’t be intimidated by it. While social media isn’t for everyone, if you want to give it a try, you should feel empowered to do so.

Although there are more social media networks in existence today than ever before, Facebook remains the most popular social media platform by far. According to a November 2016 Pew Research Center report, 68 percent of American adults use Facebook, while only 28 percent use Instagram, 26 percent use Pinterest, 25 percent use LinkedIn and just 21 percent use Twitter.

As a newcomer to the social space, Facebook is likely the best social network to start with for two reasons. First, it’s so widely adopted, there’s a good chance you know many people already using the platform. And second, it is easy to set up a profile and get started. If you try it and decide it’s not your cup of tea, you can easily delete your profile.

Strengthen connections

One of the primary reasons some older adults find social media beneficial is it helps them stay better connected with their friends and relatives, which can curtail loneliness. Social media allows seniors to see photos and videos of kids, grandchildren, extended family members and friends that they may not otherwise have an opportunity to see. Staying digitally connected can be especially beneficial when family members don’t live nearby — seeing daily or weekly updates and photos from relatives can make geographic distance less burdensome.

Social media can also be a great place to reconnect with friends and acquaintances from years gone by. All it takes is a quick search to find out if people from the past are on the same social network. Being better connected with others, even digitally, can help reduce feelings of social isolation, especially for individuals who are homebound.

Stay informed

According to Pew Research Center, the majority of Americans now report getting news via social media. Staying in the know about current events is another way older adults can feel more connected to their community and the world around them. While it’s important to consider the source of any news found on the internet, on social media you can choose to follow the specific news outlets that you know and trust.

Proceed with caution

Regarding the impact social media has on a person’s emotional health, the experts haven’t come to a unified conclusion just yet. Some studies purport to show that using social media may help improve older adults’ cognitive capacity, sense of self-sufficiency and overall health, while others find that social media can cause people to become envious of others’ fun experiences and suffer from “Fear of Missing Out,” or “FOMO” for short.

When joining any social media website, be careful to review all privacy settings when creating an account. It might be helpful to have a friend or relative who is familiar with the site assist in setting it up.

Amanda Keller is a communications specialist for the Johnson County Manager’s Office.

Opportunities to Learn More

Visit aarp.org and search “social media” to find online courses you can take on a variety of social media topics, including sharing photos and videos online, Facebook privacy and security, Twitter basics — what’s a tweet, and more.

Both Johnson County Library and Olathe Public Library offer opportunities for patrons to stop in and ask their technology questions, including help using social media websites.

• Johnson County Library’s “Tech Thursdays” take place every Thursday from 2 to 3:30 p.m. at Antioch Library, 8700 Shawnee Mission Parkway, Merriam.
• Olathe Public Library offers “Computer Help Lab” some Tuesdays from 9:30 to 11:30 a.m. at the Downtown Library, 201 East Park, and some Thursdays from 1 to 3 p.m. at the Indian Creek Library, 13511 South Mur-Len Road, (check www.olathelibrary.org for dates).
Senior adults: Let’s get physical!

By Barbara Mitchell

As a senior adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Not doing any physical activity can be bad for you, no matter your age or health condition. Doing some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

If you’re 65 years of age or older, are generally fit, and have no limiting health conditions you can follow the guidelines listed below. These are minimum guidelines from the Centers for Disease Control and Prevention, you can always do more for greater health benefits.

- two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

- one hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

- An equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Aerobic activity or “cardio” gets you breathing harder and your heart beating faster. From walking, pushing a lawn mower, to taking a dance class, – all types of activities count. As long as you’re doing them at a moderate or vigorous intensity for at least 10 minutes at a time. Intensity is how hard your body is working during aerobic activity.

Moderate or vigorous aerobic activity – On a 10-point scale, where sitting is 0 and working as hard as you can is 10, moderate-intensity aerobic activity is a five or six. It will make you breathe harder and your heart beat faster. You’ll also notice that you’ll be able to talk, but not sing the words to your favorite song.

Vigorous activity is a seven or eight on this scale. Your heart rate will increase quite a bit and you’ll be breathing hard enough so that you won’t be able to say more than a few words without stopping to catch your breath.

You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two each week. A rule of thumb is that one minute of vigorous-intensity activity is about the same as two minutes of moderate-intensity activity.

Besides aerobic activity, you need to do things to make your muscles stronger. These types of activities will help keep you from losing muscle as you get older.

To gain health benefits, muscle-strengthening activities need to be done to the point where it’s hard for you to do another repetition without help. A repetition is one complete movement of an activity, like lifting a weight or doing one sit-up. Try to do eight-12 repetitions per activity that count as one set. Try to do at least one set of muscle-strengthening activities, but to gain even more benefits, do two or three sets.

The activities you choose should work all the major muscle groups of your body. You may want to try:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (push ups, sit ups)
- Yoga

Everyone’s fitness level is different. This means that walking may feel like a moderately intense activity to you, but for others, it may feel vigorous. It all depends on you – the shape you’re in, what you feel comfortable doing, and your health condition. What’s important is that you do physical activities that are right for you and your abilities.

Barbara Mitchell is Community Health Division director at the Johnson County Department of Health and Environment.
Tick-tock: Tick season has arrived!

By Rick Miller

As soon as I thought about this topic, an old county music song by Brad Paisley called “Ticks” came to mind.

There’s a line in the song that says, “I wanna check you for ticks.” That should probably be our motto for the year as we approach the time when ticks will be emerging from their winter hiding places — and especially since I’ve already found one crawling on me this spring.

Because ticks develop in four stages — egg, larva, nymph and adult — they can be difficult to detect sometimes. We’re most familiar with the adult versions of our three common tick species, the Lone star tick, the American dog tick, and the Brown dog tick.

Ticks typically feed on native wildlife or domestic livestock to meet their need for a blood host. Once they have fed, they drop to the ground and molt into the next stage. They repeat the process three times as they move from the larva to the nymph to the adult stage. Each time they feed, they look for a mouse, small rodent, a bird, or a deer to complete the process. Unfortunately, if a dog or cat is close by, or even a human, a tick will try to latch on and feed. That’s when ticks cause us problems because of the possibility they are carrying diseases like Rocky Mountain Spotted Fever and Lyme disease.

The best defense against ticks is prevention. Stay out of tall-grass and wooded areas that tend to be their best habitat. When you do go into those areas, wear light clothing so you can spot them easier, and when you get back home check for ticks.

Here are a few tick facts to keep in mind:

- Ticks do not jump or drop from trees. Ticks crawl onto blades of grass, weeds, or low bushes and wait for a host to brush against the vegetation. The tick immediately releases from the vegetation and crawls onto the host.
- While it’s best to avoid going into tall grass, weeds, and brushy areas, DEET-based repellents, picaridan, and permethrin work well to keep ticks away.
- To control ticks on pets, use flea and tick collars, sprays, dips, or drops specifically labeled for your dog or cat.
- If you do find a tick attached to your skin, it can be removed by grasping as close to the skin as possible with fine tweezers. Pull slowly straight away from the skin, using slow, steady pressure. Ticks removed within 24 to 48 hours are much less likely to transmit any diseases.

More detailed information about ticks in Kansas can be read at our Extension website located at johnson.k-state.edu/natural-resources/home-insect-control/index.html.

Rick Miller is the agriculture and natural resources agent at the Johnson County K-State Research and Extension Office.

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Four county lakes lure local anglers

Nine overnight fishing opportunities at four Johnson County Park and Recreation District (JCPRD) lakes are being planned in 2017, beginning in mid-May and ending in mid-September.

The first opportunity will take place on May 13 at Shawnee Mission Park Lake, 7900 Renner Road, Shawnee and Lenexa, when the park will be open strictly for fishing only after 11 p.m. All park gates will be open, but access within the park will be limited.

Fishing will be allowed from the bank or from watercraft.

Before fishing, area anglers will need to have a Kansas state fishing license; a JCPRD fishing permit; trout permit, if fishing for trout; and all appropriate boat tags, if applicable.

Other overnight fishing opportunities at Shawnee Mission Park are planned for June 24, July 22, and Aug. 19.

Overnight fishing opportunities are also being offered at:
- Heritage Park, 16050 Pflumm Road, Olathe, June 3 and July 15;
- Kill Creek Park, 11670 Homestead Lane, Olathe, June 10 and Aug. 13; and,
- Lexington Park, north of Kansas Highway 10 and west of De Soto, Sept. 16

For more information about the overnight fishing program, call 913-888-4713.

Festival includes Artisan’s Expo

The Artisan’s Expo, a vendor marketplace featuring local, professional artists and makers eager to share their work, is scheduled on Saturday, May 20, beginning at 9 a.m.

The expo, which is in conjunction with the city of Merriam’s 32nd Annual Turkey Creek Festival, will take place at Johnson County Park and Recreation District’s Antioch Park, 6501 Antioch Road, Merriam.

Activities include making book page crowns with the Johnson County Library, pedal boat rides, pony rides, a petting zoo, trackless train rides, inflatables, a pancake breakfast from 7:30 to 11:30 a.m. and a 5K Run/Walk & Youth Sprint from 8 to 10 a.m. at the Irene B. French Community Center, 5701 Merriam Dr.

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A grand opening celebration set June 10

The Arts & Heritage Center opens its doors, most exciting building to explore. We want people to say: ‘Let’s go see what they’ve done to King Louie’,” Mary Tearney, a member of the Museum Foundation, said. “They remember old King Louie and are excited about it coming back to life.”

The building was purchased by Johnson County six years ago to meet the needs of several county-funded operations, including the new location of the Johnson County Museum along with programs by the Johnson County Park and Recreation District.

The Johnson County Museum, which is celebrating its 50th anniversary in 2017, merged with the Park and Recreation District last year. The Arts & Heritage Center is operated and managed by the district.

The Arts & Heritage Center was designed to provide many benefits to the Johnson County community, including more space for the Johnson County Museum, enhanced awareness of growing interest in the arts, and a centralized location with accessibility and visibility from Metcalf Avenue.

“King Louie always stood as a comforting visual anchor for Johnson County,” said Doug Allen, a member of the Parks and Recreation Foundation. The foundation, which has been around for 40 years, was established to support parks and recreation opportunities. It also actively campaigns for additional park lands and recreation facilities in Johnson County.

Nancy Wallerstein wears several hats in support of local arts, parks and recreation efforts. She serves as vice chairman of the Park and Recreation District’s Board of Commissioners, chairman of the museum’s advisory board, and a member of both the Museum and Parks and Recreation Foundations.

‘Huge step’ for the arts

“The transformation of King Louie into the Arts & Heritage Center was a dream come true for the arts in Johnson County,” Wallerstein said. “The arts are the first things cut when in a budget crisis, not only in the schools but in the community.

Mary Tearney, left; Larry Meeker, in driver’s seat; and Nancy Wallerstein check out the 1955 Chevrolet in front of the 1950s All-Electric House.

Doug Allen

By Gerald Hay

After several years of planning and renovating, the former King Louie West building in Overland Park will soon begin a new life as the Johnson County Arts & Heritage Center.

A grand opening is scheduled from 9 a.m. to 5 p.m. Saturday, June 10, at the Arts & Heritage Center, 8788 Metcalf Avenue. The celebration caps more than 18 months of renovations. The iconic 56-year-old building in the heart of Johnson County is transformed into a new multifunctional facility designed to live up to its name by housing, preserving and promoting the fine arts and grand heritage of the county.

Members of both the Johnson County Museum Foundation and the Parks and Recreation Foundation of Johnson County are glad the King Louie building was spared the wrecking ball and are excited about what’s in store when the Arts & Heritage Center opens its doors.

“This is going to be the newest and most exciting building to explore. We want people to say: ‘Let’s go see what they’ve done to King Louie’,” Mary Tearney, a member of the Museum Foundation, said. “They remember old King Louie and are excited about it coming back to life.”

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Continued to next page

Grand opening celebration set June 10

A public celebration is scheduled from 9 a.m. to 5 p.m. Saturday, June 10, in celebration of the grand opening of the Johnson County Arts & Heritage Center, 8788 Metcalf Avenue, Overland Park.

The event will feature a free day of activities; tours of the venue; museum exhibits and experiences including KidScape at the Johnson County Museum; dance and art classes; entertainment; and more.

The main entrance to the center is located on the south side of the building along with public parking.

As part of the community celebration, The Theatre in the Park will present “Grease” on the indoor stage at the Arts & Heritage Center at 7:30 p.m. Friday, June 9, with additional performances through June 25.

The “Grease” schedule includes both evening and afternoon options. Most performances take place Friday through Sunday with two productions occurring on Thursday evenings.

Ticket prices are adult admission $20, seniors (60-plus) $18, and youth $15.

Tickets may be purchased at the Arts & Heritage Center prior to a performance or online at www.theatreinthepark.org.

The regular operating hours of the Arts & Heritage Center are Monday – Friday 9 a.m. to 9 p.m. and Saturday 9 a.m. to 5 p.m. The facility will host summer camps, dance, music, voice and art classes, as well as space for the community to rent for special events.

The Johnson County Museum is open Monday – Saturday 10 a.m. to 4:30 p.m. Admission for adults is $5, seniors $4, and children $3. Museum memberships provide free general admission for the year and are available for purchase at the center or online.

For more information, please visit jocoha.org.

www.jocogov.org/thebesttimes • 16 • May-June 2017
This is a huge step to bring arts to the community – by the community.”

Larry Meeker, chairman of the Museum Foundation, sees other community benefits from the project.

“The creation of the Arts & Heritage Center re-inforces the history of Johnson County investing in quality of life amenities that make the county a place of choice for both people and businesses,” he said. “Making such an investment in an older part of the county, seeking revitalization, is an important statement in itself.”

The King Louie building officially opened as King Louie West Lanes in 1959 with 32 bowling lanes. The bowling center was built by the Ler-ner Brothers (Victor “Vic” and Morris). They ran a company called King Louie, Inc., that manufactured sports clothing, including bowling apparel.

A new Ice Chateau, including an ice rink and a billiards room, was completed in 1966, doubling the size of King Louie West. The addition featured a design utilizing the “Googie” form of modern architecture. It’s described as a subdivision of futurist architecture influenced by car culture, jets, the Space Age and the Atomic Age.

The complex became a mecca for families and couples wanting to have fun together, children’s birthday parties and other gatherings, and a meeting spot for teens to hang out or go on dates.

Tearney said King Louie offered “whole-some entertainment” with her son being a frequent patron.

Wallerstein agreed, saying she, too, has fond memories of King Louie, including her high school graduation party in 1971.

“Am I dating myself,” she quipped.

Meeker thinks the Arts & Heritage Center, like King Louie once did, will become a popular attraction and gathering place for all ages.

“The Arts & Heritage Center builds on the history of King Louie as a social hub,” he added.

The bowling alley and ice skating rink enjoyed its heydays during the next three decades before losing patrons as Johnson County development spread further south. The Ice Chateau closed in 2007. The closing of King Louie West followed two years later.

Looking to repurpose the landmark, Johnson County acquired the vacant building in 2011.

‘Perfect building in a perfect place’

“It was the perfect building in a perfect place,” Meeker said.

Redesign of the building was led by SFS Architecture Inc. McCownGordon was construction manager.

The project involved keeping a little old, incorporating many elements of the King Louie building’s Googie architecture. The triangular roof and its support structures and rectangular signs on Metcalf Lane, which runs parallel to Metcalf Avenue, were preserved in the redesign along with the metal and stone spire that has stood for decades.

Workers move the “cannonball” safe into the Arts & Heritage Center. The 4,500-pound safe was once used by the Lenexa State Bank and was advertised as fire proof and burglar proof. The museum exhibit features the White Haven Motor Lodge sign. The popular Overland Park motor lodge opened in 1957 and closed in 2010.

While key exterior elements of the building remain unchanged, the interior elements offer a lot of new changes. These include a large cultural commons area, bold colors, interesting features and a wide assortment of programs and activities, including fine arts classes for youths in acting, dance, voice and music. The facility will also offer event space rentals with a large catering kitchen.

The site is the new location for the Johnson County Museum and a permanent exhibit called “Becoming Johnson County.” It will highlight the history of Johnson County with more than 400 objects and 500 photographs, featuring the 1950s All-Electric House as its centerpiece.

“The history of Johnson County is the history of many of our older adults. Many grew up in the county and will find countless memories of their own lives reflected in the collection and exhibits,” Allen said.

Wallerstein said county staff, museum supporters, and foundation members had been involved in strategic planning and searching for a new home for the Johnson County Museum for 10 years.

“Other venues had been explored, but the location, visibility and the potential for saving an iconic building with mid-century modern Googie architecture was a perfect fit for the museum’s new home, and a place to preserve the All-Electric House indoors,” she said.

The Museum Foundation, which is celebrating its 30th anniversary, supports and promotes museum activities, including raising funds for exhibitions. The foundation has spearheaded

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Continued from page 17

a capital campaign to raise more than $2 million for funding the main “Becoming Johnson County” exhibit along with a secondary changing exhibition gallery and occasional traveling exhibits.

The museum also has expanded the popular “KidScape” experience for children to imagine, explore and enjoy creative play in three unique communities.

**Year-round entertainment**

The Theatre in the Park program now will have an indoor “black box” theater with up to 330 seats to supplement its outdoor summer productions and to provide year-round programming and performances.

The theater is highly flexible. It has moveable partitions providing the ability to arrange the space/stage/seating in a variety of configurations to accommodate a diverse range of productions and performances. The theater also has rehearsal space and group dressing rooms for performers.

“By moving such key icons as the museum and Theatre in the Park to the center of the county, more residents will be able to experience these key attributes that make Johnson County so special,” Allen said. “As an active, constantly changing space, the center will educate, surprise and delight residents on an on-going basis.” The 50-Plus Department of the Park and Recreation District plans to offer a variety of programs.

“The Arts & Heritage Center will be a much-needed gathering spot for older adults to learn new skills, connect with like-minded individuals and make new friends. They can enjoy plays and musicals by not only The Theatre in the Park, but other organizations renting the theater space for their performances,” Wallerstein said.

The new county facility, then in the midst of renovations late last year, also served as one of six Advance Voting Places in the 2016 General Elections in August and November where 31,355 residents took advantage of early voting. It tied for the second most popular Advance Voting Site in both elections. The site was not used on Election Day.

**Voting location in future elections**

“The Election process in Johnson County was wonderfully enhanced by the addition of the Arts & Heritage Center. We received exceptionally positive feedback from voters regarding their voting experience – even though the building was unfinished. When the public sees the beautifully finished building, the ratings are sure to soar even higher,” Johnson County Election Commissioner Ronnie Metsker said.

“The Election Office team is grateful to Johnson County leadership, Park and Rec District leadership and the taxpayers who made it possible to add this facility to our polling locations for years into the future. In addition, we significantly reduced expenses of advance voting by adding this location.”

The Arts & Heritage will be home to the Arts Council of Johnson County and Johnson County Developmental Supports’ Emerging Artists Program. The Overland Park Historical Society will also have a room and exhibits in the facility.

The main entrance to the center is located on the south side of the building along with public parking and the lofty King Louie spire. Visitors will be met by “Assemblage,” an outdoor five-piece stone sculpture of a mid-20th-century living room, by sculptor Brad Goldberg.

The sculpture is the county’s fourth public art project since the formation of the Johnson County Public Art program in 2006. The program commits one percent of the building cost of newly constructed county buildings to public art.

“I believe the Arts & Heritage Center itself will be viewed as Johnson County’s living room,” Meeker said. “From history to theater and arts classes to early voting, it is a place people of all ages will visit often. When you’ve visited the place once, you will want to come back.”

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Becoming a Friend to the Library
By Shanta Dickerson

The library is our community’s center where people gather to explore ideas, to grow knowledge and skills and to have new experiences.

Since it was founded in 1952, Johnson County Library has relied on community support of volunteers to achieve these goals. The Friends of Johnson County sustain our libraries with gifts of time, treasure and talent – and lots of used books.

The Friends group is a separately-incorporated 501c3 that supports Johnson County Library with advocacy, fundraising and volunteerism. The Friends are advocates to elected officials on matters of library importance to citizens of our county. This harkens to their previous incarnation, from 1950-1956, as the Citizens Library Committee which lobbied to establish the Johnson County library system.

The Friends raise funds for the library by selling used books: online, in seasonal sales and in three branch bookstores. Some of their inventory are library “weeds” purchased by the Friends. The vast majority comprises donations from our community received at branches and at the Friends HQ in Pine Ridge Business Park. Volunteers annually sort approximately 240 tons of books at Pine Ridge.

Friends are also dedicated volunteers in every library program and workspace. You’ll find them shelving books, working at events and sales, and staffing the Friends bookstores. Their 700 members make Johnson County Library one of the best libraries in the country.

Friends support is felt in 6 by 6 Early Literacy, library staff professional development and outreach librarian efforts, among others. In 2016, more than 3,100 items were provided for services at the Johnson County Corrections Department, Growing Futures (formerly Head Start) offices, Johnson County Department of Health and Environment waiting rooms, reading groups and numerous other points-of-service.

The Friends are proud to support Johnson County Library and our community. You can learn more about the Friends with a visit tojocolibrary.org/support.

Shanta Dickerson is Friends Manager at Johnson County Library.

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Sharing a passion for gardening
By Adele Wilcoxen

If you enjoy gardening, working with others and having fun while sharing your passion then the Extension Master Gardener (EMG) program may be just the opportunity for you.

Applications are now being accepted for the Johnson County K-State Research and Extension Master Gardener 2018 training program. Application deadline is July 14.

An informational meeting is scheduled from 1 to 3 p.m. Wednesday, June 28, in room 1060 at the Extension Office, 11811 S. Sunset Drive, Olathe. Projects and program guidelines will be outlined. You are encouraged to attend this meeting if you have questions about the EMG program or would like more information prior to completing your application. Only 30 applicants are accepted into the program.

The EMG program, sponsored by K-State Research and Extension, is designed to teach area gardeners about horticulture and give them the opportunity to share their knowledge through various gardening-related volunteer projects. Applicants selected will receive intensive horticulture-related training from university experts. In return, newly-trained recruits will be required to volunteer a minimum of time each year.

EMG volunteers are involved in a variety of projects including maintaining demonstration gardens, staffing a gardening hotline and giving presentations through the speakers’ bureau. Youth programs are also another avenue for volunteer participation.

Training sessions are from 9 a.m. to 4 p.m. Tuesdays, Sept. 12 through Oct. 31, at the Extension Office. There is a $125 administration fee for those accepted into the class. Class members must be Johnson County residents.

If you are interested in applying for the program, or would like more information, please contact Johnson County Extension at 913-715-7000 or visit johnson.k-state.edu and click on the Master Gardener link for details.

Adele Wilcoxen is public information coordinator for Johnson County K-State Research and Extension.
HomeConnect brings library to you

By Kinsley Riggs

The library realizes that circumstances can sometimes limit your ability to get out into the community. Johnson County Library offers services to community members who are permanently or temporarily homebound. It’s called HomeConnect! If you are unable to come to the Library due to a visual impairment, physical disability, lack of transportation or another reason, this service can provide library materials to you through the mail.

Residents of Johnson County are eligible for this service and can easily register with or without an existing library card. We mail to individual residences, senior living sites or nursing centers. To find more information or print an application form, visit jocolibrary.org/using-the-library/homeconnect or call 913-826-4600. The Library now has 425 registered HomeConnect patrons. In 2016, at least 10,000 items were circulated.

Once enrolled in our HomeConnect program, you can request almost any material from the library. You tell us what you want; a specific author, the latest Academy Award winning best picture, or just a new mystery book. You can also browse our entire collection online and place holds on items you would like.

We are able to mail you books, DVDs, books on CD, and music CDs. Our electronic resources are also available to cardholders in good standing, any hour of the day. We offer e-books, e-audiobooks, magazines and newspapers, as well as a wide range of classes. Visit jocolibrary.org/elibrary.

Residents of Olathe interested in having materials delivered to their home should contact the Olathe Public Library’s Library to You program at 913-971-6879.

Kinsley Riggs is Information Services Manager at Johnson County Library.

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- Great location
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Quality housing that meets your budget.

The choice of a lawyer is an important decision and should not be based solely upon advertisements. Please call for an appointment.

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Scammers do not take time off

By Gerald Hay

Scammers never go away.

Scams come in many forms throughout the year in Johnson County. They have one thing in common — the demand for money. It is the job of the Johnson County Sheriff’s Office and the District Attorney’s Office to help protect older adults, and their assets, who appear as easy marks for a variety of illegal schemes.

Common “senior scams” include winning a lottery or sweepstakes and investment and work-at-home schemes to supplement fixed incomes.

Detective Judd Brungardt of the Investigations Division at the Sheriff’s Office says scammers read the obituaries and call relatives of the deceased in what he calls “obituary scams.” These cases involve bereavement claims that the death of a family member or spouse left outstanding debts or ordered something that needs to be paid by check or credit card.

His solution: Call police immediately, especially if the scammer is on your property or at your door.

If you suspect someone might be running a scam, immediately call local law enforcement and report the suspicious activity. If possible, residents should obtain as much information they can, such as vehicle descriptions, license tag information, photographs of the people, business cards, etc., without risking personal safety, when dealing with unknown businesses or individuals.

Another popular scam involves claims of pending arrest warrants of a family member for failure to appear for jury duty or in court. The bogus callers may say they are from the Sheriff’s Office, District Attorney’s Office or District Courts.

Brungardt refers to these cases as “I have an emergency and need money” scam. “The scammer calls the unsuspecting party (victim) claiming to be family or close association. Scammer preys on the victims’ emotion/vulnerability to get them to send money,” he said.

His solution: Call the family member or another family member and verbally confirm. Always call the police to make a report.

As the weather turns warmer, both offices routinely see an increase in scam artists and opportunity seekers attempting to take advantage of local residents.

Learn What Planning a Funeral is All About!

Join Us for Lunch & Learn

Choose from one of the following dates
May 10th, May 25th or June 14th
11:30am

Porter Funeral Homes and Crematory
8535 Monrovia, Lenexa, KS 66215

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Reservations are limited and are on a first call basis so call today to reserve you spot.

Phone: 913-438-6444

Location:
11931 W 87th St Pkwy

Topical of Discussion:

- Burial and Cremation Options
- Veteran Benefits, What the Government Does and Does Not Provide
- Financial and Emotional Benefits of Preplanning
Scammers do not take time off

Continued from page 22

Home repair scams increase during the summer months, particularly regarding tree trimming, driveway paving and roofing jobs.

Residents are advised to be cautious about individuals who come to their door offering services, particularly when those services are being offered at some discount or special rate.

Residents are encouraged to look for suspicious behavior, such as contractors who:

- Show up at your door if you haven’t made an appointment.
- Require all of the funds or a sizeable amount of the project cost in advance.
- Want checks made directly to them vs. their business name.
- Use high pressure to get your money.

The Johnson County Contractor Licensing Department at 913-715-2233 is a resource regarding questions about a particular individual or company.

Bogus door-to-door solicitations for the sale of items, such as magazines and cleaning products or for charitable donations, also should raise red flags of caution. Residents are encouraged to place “no soliciting” signs at their residences.

Any suspicious door-to-door sales activity should be reported to the District Attorney’s Consumer Protection Division at 913-715-3003.

In addition, residents can obtain valuable information from:

- Johnson County District Attorney’s Office, Consumer Protection Unit, at da.jocogov.org.
- Better Business Bureau of Kansas City, at bbb.org/kansas-city/.
- Consumer Protection Division of the Kansas Attorney General’s Office, at InYourCornerKansas.org or by calling its consumer protection hotline at 800-432-2310.

According to Kansas Attorney General Derek Schmidt, the federal government now prohibits legitimate telemarketers from asking for wire transfers. That means if anyone on the phone asks you to wire money, you know right away they are breaking the law and should hang up immediately.

“Over the past several years, we have warned consumers repeatedly about not wiring money to someone who asks for it over the phone. This had been scammers’ preferred method for collecting their bounty because of its ease in quickly getting money into untraceable, often offshore, accounts,” he said, regarding scams in Kansas.

His advice: Don’t do it.

Just a few weeks ago, the District Attorney’s Office issued an alert that the main phone line for Johnson County Court Services had been spoofed and was being used to threaten Johnson County residents that they must pay money to the county. The caller threatened action by the Sheriff’s Office for non-payment.

According to District Attorney Steve Howe, these are fraudulent scam phone calls despite the appearance that they originate from a local phone number.

“Residents are urged to ignore any such phone calls. The District Attorney’s Office reminds residents that legitimate government entities will not call or email asking for your personal information, nor will they contact you via social media,” Howe noted in his scam alert.

“Fraudsters can make legitimate numbers appear on your Caller ID and use phishing emails to trick you into thinking legitimate agencies are contacting you when they are not. Johnson County Court Services does not call residents regarding payments.”

Pickleball Pals set on June 16

With the growing popularity of pickleball, a sport for participants of all ages, a special event, Pickleball Pals, is being offered at 9 a.m. Friday, June 16, at the New Century Fieldhouse, 551 New Century Parkway, New Century, located on the northern edge of Gardner.

Senior participants are invited to bring their grandchildren to the special event that includes a pickleball lesson and time for lots of real game play.

Cost is $9 for individuals or $16 for grandparent and child. Advance registration is requested by calling 913-826-3054.

The next generation of senior living is coming to Overland Park.

Village Shalom has begun pre-sales for a major campus expansion to include:

New Retirement Living Residences
Multiple Dining Venues
a Pub, Theater, Day Spa and Much More!

Independent living apartments are going fast. Visit www.VillageShalom.org/Future or call 913-266-8300 to schedule a visit.
When is it time to move?

By Alexandra R. English

I frequently meet with seniors and their families who are contemplating moving out of their homes. I spend time discussing both pros and cons of seniors staying in their homes. Here are a few considerations:

- **Cost** – Most homes are either paid for or have low monthly mortgage payments. If it is more affordable to stay in your own home than paying for assisted living or nursing home care, this is a big plus.

- **Emotional attachment** – Most individuals want to stay in their homes. People with Alzheimer’s or dementia sometimes rapidly decline when you take them out of their home environment. That being said, sometimes those people improve in a new environment, but this is something that may not be able to be predicted in advance.

- **Ability to care for your home** – At some point, owning a home and maintaining it becomes burdensome. If you cannot afford to hire a lawn service, replace the roof or air conditioner, hire a maintenance person to fix the deck, etc., and you do not have family who can assist you with this, then it may be time to think about other housing options.

- **Ability to care for yourself** – Can you make it up and down the stairs? Do you have a risk of falling? Are you preparing your own meals and doing your own laundry? Are you taking your medications as directed? If none of these is an issue for you, then maybe you can continue to stay in your home. But if you or your family worry about your ability to care for yourself, then it may be time to consider other housing options.

First, let me make it clear that there is no shame in admitting that your living situation isn’t working. There are many different options that, with a little research, you will find the best solution for you.

The first option, Home and Community Based Services (HCBS) allows you to stay at home and receive extra assistance, which you cannot otherwise afford. HCBS is a division of Medicaid that helps fund home health care workers. The benefit of HCBS to the state is that the state is paying less for home health care than it would if you were in long-term care. The benefit to you is that you can stay in your home longer. To qualify for HCBS you must complete an application with the Department of Children and Families (DCF).

**Living with family**

Another option for adults who need extra assistance is for them to live with family. Many of my clients live with their adult children when they start to need extra assistance. This option will not work in all, or even most, circumstances. The benefit is that this allows the senior to stay out of a facility for a longer period of time. In addition, if the degree of assistance required is high enough, in some circumstances family members can be paid for caring for you with those same HCBS services described above.

But this option does not go without negatives. Families are complicated. Feelings and emotions run deep. Living in close proximity to your adult children may drive you nuts, may drive them nuts, and may cause resentment. Furthermore, taking care of aging parents is a huge commitment. Staying in the same

**Continued to next page**
When is it time to move out of the home?

Continued from page 24

home with relatives could lead to cases of neglect or may cause the senior to be a greater target for physical or financial abuse.

Assisted living

The next option is assisted living. The benefit of assisted living is that you maintain some independence because you still have your own small apartment. The facility has health care attendants who will assist with monitoring your health and can assist you with some Activities of Daily Living (ADLs) if necessary.

ADLs include eating, bathing, dressing, toileting, transferring (walking) and continence. That being said, if you need skilled nursing assistance 24 hours per day, your needs are greater than assisted living can provide to you and you will most likely need to enter a long-term care facility. Before entering an assisted living facility, a functional assessment screening must be performed by a social worker, nurse, or administrator. Reassessments in assisted living facilities should occur yearly, or as needed.

According to the 2016 Genworth Financial cost of care survey, the average cost of an assisted living facility in Kansas is $3,863 per month. In addition, most people do not realize that you cannot use traditional Medicaid assistance to help pay for assisted living. You can, however, obtain HCBS assistance which will bring down costs.

The requirements for HCBS assistance are the same as if it were in your own home, so you must need some nursing assistance. You can also pay for assisted living with many long-term care insurance policies. You will need to reread your policy and see what it covers. Unless you are able to private pay for assisted living or use a long-term insurance policy, entering an assisted living facility may not be the best option for you.

Nursing home

If you need a significant amount of skilled nursing assistance, it is probably time to think about moving into a nursing home. The average cost of nursing home assistance in Kansas for 2016 was $5,627 per month for a private room. As you can see, the cost of this option far exceeds the others. The qualification for that, however, is that if you have a low enough amount of assets, you can qualify for Medicaid assistance. Be sure to confirm that the facility you have chosen accepts Medicaid. You may be able to private pay for a while, but if you ever run out of funds, you will want to be sure the nursing home will allow you to stay once you go on Medicaid.

The first step in being admitted into a nursing home is getting a CARE Nursing Home Pre-admission Screening. CARE stands for Client Assessment, Referral and Evaluation.

Every individual moving into a nursing home facility must be assessed by the CARE program. The assessment is free, and you should contact your local Area Agency on Aging to make arrangements for the screening. If, during the screening, it is determined that you are not medically needy enough (i.e. you can perform most of your ADLs on your own), then moving to a nursing home will not be an option.

The options listed above are just a few of the options available to seniors wondering if it’s time to start receiving a greater level of care. There are many variables, and each individual’s situation is different. I am by no means a social worker, but there are social workers and Area Agency on Aging workers who have far more information about this subject than I.

I do, however, have an extensive knowledge of Medicaid eligibility requirements. If you have more questions about Medicaid, please feel free to apply for our services by calling 1-800-723-6953. [27]

Alexandra R. English is an elder law attorney with Kansas Legal Services, Inc.

Lake marinas open in May

The Shawnee Mission Park Marina, 7900 Renner Road, Shawnee and Lenexa, is scheduled to operate on the weekends of May 6 and 7, May 13 and 14, and May 20 and 21, prior to opening daily for the summer season beginning May 27. The marina’s weekend hours will be from 10 a.m. to 7 p.m. Saturday and Sunday.

The marina at Kill Creek Park, 11670 Homestead Lane, Olathe, will operate from May 27 through Aug. 6 from 1 to 5 p.m. on Saturdays and Sundays.

For more information, call 913-432-1377. [27]
Are you suffering from memory loss? or Do you have trouble thinking? or Have you been diagnosed with Alzheimer’s Disease?

You may be eligible to participate in a Research Study for a New Investigational medication if:
* You are between the ages of 50-85
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If you are interested in participating or would like more information about this exciting trial please contact:
Shannon Cone or Leah Kemble @ 913-749-0052

In Step and In Shape Walk includes picnic

Johnson County residents are invited to celebrate summer on Wednesday, May 24, at the “22nd Annual In Step and In Shape Walk” and picnic.

The event, starting at 9 a.m. and ending at 1 p.m., includes a morning of walking, trying new forms of fitness, visiting vendors, musical entertainment and fun activities at Antioch Park, 6501 Antioch Road, Merriam.

Cost is $9 per person, including the picnic with cheeseburgers, watermelon, baked potato salad and more. Featured speaker will be Jill Geller, Johnson County Park and Recreation District’s executive director.

Walk participants are asked to check in at the Antioch Park’s shelter No. 3 at 9 a.m.

Sponsored by the 50 Plus Department of the Park and Recreation District, more information about the In Step and In Shape Walk is available by calling 913-826-3030.
The farmers’ markets and fresh produce sections at the grocery store are finally in full seasonal swing in Johnson County!

I’m not sure about you, but I’m starting to get a little tired of bananas, apples and oranges. And it’s my hope that you relish and enjoy all the beauty and delicious nutrition that fresh produce has to offer. But keep in mind that fresh produce was once part of a living organism, and living organisms tend to attract and be surrounded by other living organisms, and not all living organisms are friendly to our health.

Thankfully, there are some strategies we can employ that will help keep our experience of enjoying fresh produce a healthy one. When shopping at stores or farmers’ markets, remember to:

• Keep raw meat separate from other foods. Sometimes packages will leak (especially if your 9-year old likes to pretend he’s Shaquille O’Neal and throws packages into the grocery cart and ends up damaging/breaking seals in the process) and the meat juices may cross contaminate ready-to-eat items like fresh produce. Also, make your meat and dairy selections last, if possible. While not conducive to most store layouts, I gather my unperishable items (canned goods, cereals, nuts, anything in a box in the middle of the store) first, then produce, then meat, then dairy, and save frozen items for last and always make sure they’re sitting close to my dairy products as an extra cushion of coldness.

• Make the store/market your last stop. Don’t stock up on groceries then run errands afterwards. There’s a chance your food could spoil (especially in hot weather) or lessen in quality.

• If your drive home from the store/market takes longer than an hour, use a cooler/insulated-bags to keep the food fresh and safe.

• Before consuming ANY produce, it’s important to thoroughly wash the items under hot running water even if you are not eating the peel as dirt can transfer from the outside to inside. So yes, this means I’m recommending you wash your onions! It’s not necessary to wash with soap or special commercial produce washes; clean running water is enough. Clean scrub brushes are helpful when washing tough or dimpled skinned produce like potatoes and melons.

• When you get home from the grocery/market, make sure to store your produce properly to maintain its quality and safety.

When possible, make an effort to shop at farmers’ markets as they are an excellent opportunity to visit with local farmers and learn more about your food. Plus, it’s more fun than shopping at the grocery store. But do be aware that farmers’ markets should be displaying good food safety practices to ensure that the products’ quality and safeness are maintained.

Also, only purchase what you’ll consume in between shopping trips. This can be tricky if you have a small or single household. According to the USDA, 31 percent or 133 billion pounds of food in the United States ends up in the landfill.

Charts on storage guides and what to look for buying and storing fresh produce are accessible online by visiting: johnson.k-state.edu/health-nutrition/agents-articles/buying-storing-fresh-produce.html.

If you worry about buying too much and hate throwing away good food each week but aren’t quite sure how to make smaller portions so you’re not eating leftovers for days, then consider enrolling in our Johnson County Extension Master Food Volunteer class “Cooking for 1 or 2.” The class is scheduled from 6 to 8 p.m. Tuesday, June 20, at the Johnson County Extension Office in Olathe. To register, please call 913-715-7000 or visit johnson.k-state.edu.

Crystal Futrell, Johnson County Extension agent in Family and Consumer Sciences, can be reached at 913-715-7000 or crystal.futrell@jocogov.org.
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helpfromafriend.com 913-980-8686

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Classified ads must be submitted in writing by the eighth day of the month prior to the next issue. The rate is $45 for up to 20 words and $.60 per additional word. (Minimum, $45). Rates are subject to change without notice.

To have your business card included in this advertising section, business cards must be submitted by the eighth day of the month prior to the next issue. To either place a classified ad or insertion of your business card:

Email: TheBestTimes@jocogov.org
Visit: www.jocogov.org/thebesttimes
Call: 913-715-8920

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Senior Care & Helper. I am a Registered Nurse with a Masters Degree in Nursing and a Masters Degree in Business Administration. I obtained my education from the University of Virginia and the University of Mary. I am a husband and a father of two young children. I enjoy working with, learning from and exchanging stories with the senior population and America’s Greatest Generation. This may include but not be limited to nursing care, grocery shopping, yard work, medical appointments, companionship, and help around the home. Call Matt at 913-721-6543 to set up a no obligation meeting to see “if we’re a good fit for one another.”


Enjoy a creative weekly oil painting environment. Classes are small and designed to increase confidence, knowledge and painting skills. Contact Carole @ 913-825-1307. Web site: Caroleabla.com.

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Another Hand is a staff of present or former teachers, that can do work around the house from general house maintenance, painting, delivery and pick-up, to lawn care. If there is something you need, just ask! Ask about exclusive Concierge Services for rate discounts. Contact us today 913-782-5326 or check us out on the web at www.anotherhandcompany.com.

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DOG CARE: Overland Park area. Dog lover will take care of your dog in my home. Retired, $25 a day, locked fence in yard, and references. 913-642-5055.

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**your May-June classifieds**


**RESIDENTIAL LIFTS.** New & Recycled - Stair lifts, porch lifts, ceiling lifts, elevators. **KC Lift & Elevator at 913-327-5557** (formerly Silver Cross-KC).

**Complete Residential Services.** Electrical, plumbing repairs, interior and exterior painting, driveway sealing and repair, expert textured ceiling or wall repair. Free estimates and references available. Call Rich at 913-522-8325.

**Yard Cleanup.** Spring Cleanup, Leaf Cleanup, Bed Cleanup, Shrub Removal, Small Tree Removal, Brush Cleanup, Storm Cleanup, Fall Cleanup. BBB Accredited Business. A+ Rating. **HelpFromAFriend.com 913-980-8686.**

**Home Health Aid** needed for a 67 YO male with muscular dystrophy. Needs help with all daily living activities. Lives E. Olathe. Needs morning (9-12:30) &/or evening (7:30-9:30) help. Electric hoyer lift used. Contact for more information. **Steve 913-782-9781 or email steve73787@yahoo.com.**

**FOR SALE**

**ACORN STAIRLIFT:** like new, used 6 months, excellent condition. $2,000 (firm). Call Dorothy 913-888-2003.

**Cemetery lots for sale.** Johnson County Memorial Gardens, Garden of Apostles, side by side, prime location, 2 lots for $4,900. 913-269-4935.

**Cemetery Lots at the Lake at Mount Moriah, 105th & Holmes.** Two lots, both for $3,950. 913-648-2384.

**Johnson County Memorial Gardens, Old Rugged Cross,** 3 pairs/one triple. $2,000 each/3,800 pair. Call 913-709-2791.

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**your May-June calendar**


**Every Wednesday**

**Silver Screen Matinee’ Senior Movies.** 1 p.m. Irene B. French. Last Wednesday of month free popcorn.

**May 1**

**Beginning Jazz.** 3 p.m. 8–50 minute sessions $57/$63 nonresident. Matt Ross.

**May 2**

**Cinco De Mayo Fiesta!!!.** 11:45 a.m. Lunch; 11:30 a.m. Mariachi Band. Lenexa Senior Center. $3 for 2 tacos & $1 per additional taco. Pre-registration is required. 913-477-7100.

**New Horizons Band Concert.** 7 p.m. St. Thomas Moore School, 11800 Holmes Rd, Kansas City, Mo.

**Tuesday Tunes with Betse Ellis.** 6:30–8:30 p.m. Olathe Downtown Library.

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**May Celebrate Older Americans Month.** Historical Reenactment of Octave Chanute. 1:30 p.m. Irene B. French.

**May 3**

**No More Nuggets: Family-Friendly Healthy Meal Ideas.** 9-10:30 a.m. Olathe Indian Creek Library.

**May 4**

**Memory Master.** 1 p.m. Six-week workshop for improving memory and health. $10. Extension Office.

**May 5**

**History of the Big House Day Trip** featuring tour of Missouri State Penitentiary. 7:30 a.m. Antioch Park. $89. Includes lunch, a guided tour of the “Puppies on Parole” program and an ice cream stop. Call 913-831-3359 to register.

**May 9**

**50 & Beyond Matinee:** “Hidden Figures.” 12:30 p.m. Sylvester Powell. $1 SPJCC members/$2 non-members. Free popcorn, coffee and water are provided during the movie.

**May 10**

**Adventure Walk-Katy Trail.** $27/$30. 8 a.m.–5 p.m. Departure from Antioch Park. Lunch costs on your own.

**May 13**

**Scan Your Historical Photos.** 1:30 – 4:30 p.m. Olathe Downtown Library.

**May 15**

**Job Help with the Workforce Partnership Mobile Unit.** 9-11 a.m. and 11:30 a.m. - 1:30 p.m. Olathe Downtown Library.

**May 16**

**Rolling Hills Day Trip featuring tour of 60-acre zoo in Salina.** 7:30 a.m. Antioch Park. $79. Includes lunch and tour of museum with animatronic human robots. Call 913-831-3359 to register.

**May 18**

**Senior Cinema. “Mother’s Day.”** 12:15 p.m. Lenexa Senior Center. Advanced reservations requested, 913-477-7100.

**May 19**

**Family History Friday.** 9 a.m.–noon. Olathe Downtown Library.

**May 23**

**50 & Beyond Matinee:** “Jackie.” 12:30 p.m. Sylvester Powell. $1 SPJCC members/$2 non-members. Free popcorn, coffee and water are provided during the movie.
**May 25**  
**Jam Session.** 1–2 p.m. Alzheimer’s Association Education Center, 3856 W. 75th St., Prairie Village. An informal jam session for caregivers with early stage memory loss and musicians who are caregivers.

**Fish Tales.** 2:45–4 p.m. Alzheimer’s Association Education Center. A reminiscence-and-discussion group for individuals with dementia who enjoy the outdoors and nature-related hobbies and experiences.

**Chilegumbo Music: A Spicy Blend of Tunes From Louisiana to New Mexico.** 7–8:30 p.m. Olathe Indian Creek Library.

**June**  

**Every Wednesday**  
**Silver Screen Matinee’ Senior Movies.** 1 p.m. Irene B. French. Last Wednesday of month free popcorn.

**June 6**  
**Keys to Embracing Aging.** 2 p.m. Four week interactive program—June 6, 13, 20, 27. Bloom Living, 14001 W. 133rd St. Olathe, 66062. Register: Extension Office.

**June 10**  
**Grand Opening Celebration** is scheduled from 9 a.m. to 5 p.m. at the Johnson County Arts & Heritage Center, 8788 Metcalf Avenue, Overland Park. The event will feature a free day of activities; the new location/exhibits/KidScape of Johnson County Museum; dance and art classes; entertainment; and more. More information is available at www.jocohc.com.


**June 11**  
**Coleman Theatre Day Trip to Miami, Oklahoma.** Antioch Park. 8 a.m. $79. Includes lunch and tour of the vaudeville-style Coleman Theatre and movie house that opened in 1929. After lunch, enjoy “Livin’ A Ragtime Life,” featuring Dennis James, master of the pipe organ, and legendary Broadway vocalist, Ron Young. Performance features authentic ragtime-era music and two silent films.

**June 13**  
**50 & Beyond Matinee: “A Dog’s Purpose.”** 12:30 p.m. Sylvester Powell. $1 SPJCC members/$2 non-members. Free popcorn, coffee and water are provided during the movie.

**June 15**  
**The Training Room.** 8 a.m.–4 p.m. Matt Ross. $3 per station. Call 913-831-3888 to register. Event designed for those who care for others with Alzheimer’s disease. Training stations will provide information on a number of topics that address care issues.

**Margarita Party & Bingo.** $15. 5-7:30 p.m. Roeland Park. $15. Please register in advance by calling 913-831-3359 for the Bingo Margarita Party, barcode: 39066.

**June 16**  
**Pickleball Pals.** $9 individual/$16 for child & grandparent. 10 a.m.-noon. New Century Fieldhouse. Call 913-826-3054 to register.

**June 20**  
**Cooking for I or 2.** 6 p.m. Learn how to budget, meal plan, shop, store and cook meals that are suitable for single/couple servings. $20. Extension Office.

**June 21**  
**Hand and Foot Tournament.** $7/$8. 1–4 p.m. New Century Fieldhouse. Call 913-831-3359 to register.

**June 22**  
**Senior Cinema.** “Fences.” 12:15 p.m. Lenexa Senior Center. Advanced reservations requested 913-477-7100.

**June 25**  
**50 & Beyond Matinee: “Lion.”** 12:30 p.m. Sylvester Powell. $1 SPJCC members/$2 non-members. Free popcorn, coffee and water are provided during the movie.

**June 29**  
**Art Expose.** 2-4:30 p.m. The Atriums 7300 West 107th Street, Overland Park. RSVP to 913-642-6410 by June 22.

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**FACILITY LOCATIONS**

**BLUE VALLEY REC.:** Blue Valley Recreation Activity Center: 6545 W. 151st St., Overland Park, KS 66223; 913-685-6000; www.bluevalleyrec.org.

**CENTRAL RESOURCE LIBRARY: 9875 W. 87th St., Overland Park, KS 66212; 913-826-4600 and Press 3 for all Johnson County Library reservations.**

**EXTENSION: Johnson County K-State Research and Extension, 11811 S. Sunset Drive, Olathe, KS 66061; 913-715-7000; www.johnson.ksu.edu/classes.**

**INDIAN CREEK: Indian Creek Branch Library, 13511 S. Mur-Len Rd., Olathe, KS 66062; 913-971-6835.**

**IRENE B. FRENCH: Irene B. French Community Center, 5701 Merriam Drive, Merriam, KS 66203; 913-322-5550.**

**LENEXA SENIOR CENTER: 13425 Walnut St., Lenexa, KS 66215; 913-477-7100.**

**MAHAFFIE STAGECOACH STOP AND FARM: 1200 Kansas City Road, Olathe, KS 66061; 913-971-5111.**

**MATT ROSS: Matt Ross Community Center, 8101 Marty St., Overland Park, KS 66212; 913-642-6410.**

**MILL CREEK: Mill Creek Activity Center, 6518 Vista, Shawnee, KS 66218; 913-826-2950.**

**NEW CENTURY: New Century Fieldhouse, 551 New Century Parkway, New Century, KS 66031; 913-826-2860.**

**OLATHE DOWNTOWN LIBRARY: 201 E. Park St., Olathe, KS 66061; 913-971-6880; to register, 913-971-6888.**

**PRAIRIE VILLAGE: Prairie Village Community Center, 7720 Mission Road, Prairie Village, KS 66208.**

**ROELAND PARK: Roeland Park Community Center, 4850 Rosewood Drive, Roeland Park, KS 66205; 913-826-3160.**

**SHAWNEE CIVIC CENTRE: 13817 Johnson Drive, Shawnee, KS 66216; 913-631-5200.**

**SHAWNEE SAFETY CENTER: SenCom computer lab, lower level, 6535 Quivira Road, Shawnee, KS 66203; 913-631-5200.**

**SYLVESTER POWELL: Sylvester Powell Community Center, 6200 Martway St., Mission, KS 66202; 913-722-8200.**

**TOMAHAWK RIDGE:** Tomahawk Ridge Community Center, 11902 Lowell Ave., Overland Park, KS 66213; 913-327-6645.

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Here's to dancing the night away. 
Or at least the afternoon.

While a lot of things change over the years, some things don’t. And getting older doesn’t mean you have to stop doing what you love. So we encourage our residents to keep on doing their thing while we take care of the rest.

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