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Still Suffering from Knee Pain?

Overland Park Doctor Offers a New Way to Treat Knee Pain Without Drugs or Surgery.

Why Other Treatments for Knee Pain May Have Failed.

Dave Horn - Renuva Staff

Knee pain is a symptom of a medical condition, not a diagnosis. Often, symptoms are treated (or masked) but the biomechanical and physiological conditions causing the pain are not.

This is why many treatments for knee pain fail to provide lasting relief. Supplements, medications, injections and even surgery rarely correct the fundamental degeneration issues. These types of treatments are considered pain management. They have nothing to do with healing the cause of the pain, but only managing the pain by masking it temporarily.

For this reason, Renuva developed KneeCare, a non-surgical and drug-free approach that addresses both the symptoms and the cause of your pain.

KneeCare uses innovative FDA approved technologies to address three areas that are key to achieving lasting pain relief:

1. Treat the source of the pain to achieve relief as fast as possible. Treating the source of pain may involve reducing inflammation and optimizing the body’s natural healing processes, such as ATP production in the cells.

2. Improve structure and strength to fight against and prevent degenerative related conditions that cause pain. This may involve slowing or reversing degeneration by increasing range of motion, strengthening muscles, and improving posture to restore natural biomechanics.

3. Restore function so the body can heal properly and fight against disease related conditions that cause pain which may involve nutrition, removing toxins, and reducing interferences within the nervous system.

If you suffer from knee pain, you owe it to yourself to consider Renuva’s KneeCare treatment protocol. The best way to learn more about Renuva and find out if KneeCare will work for you is to schedule an initial visit and we’re making it easy this month with the offer below! Call by July 31st to get 2 treatments included with your initial visit for only $39.

Dr. Michael Riley, D.C. - Clinic Director

Do you suffer from knee pain due to: arthritis, bone on bone issues, cartilage tears, tendinitis, bursitis, bakers cysts, or knee surgery? If so, you’re not alone.

Hello! I am Dr. Michael Riley, D.C., Medical Director of Renuva Back and Pain Centers in Overland Park.

If you suffer from knee pain for any of these reasons, I want to show you how you can treat knee pain without the use of medications, shots, or surgery.

Knee pain can be difficult and miserable at times. It affects your quality of life, making it difficult to walk, stand, or even get a full night of sleep. It can prevent you from doing the activities you enjoy and living the life you love.

If you’re suffering from knee pain, a new non-surgical and drug-free treatment called KneeCare™ may completely reduce or eliminate your pain and help restore normal function to your knees.

We see hundreds of patients with knee pain each year who have tried medications, joint injections and want to avoid knee surgery. In many cases, these other treatments have not provided lasting relief for patients because the knee pain is the result of another biomechanical or physiological condition.

KneeCare™ addresses the cause of your pain and works to relieve knee pain and promote healing through a 5-phase treatment approach.

During your appointment we will go through a complete case evaluation to understand your knee pain and explain the KneeCare treatment in detail. You will also have time to ask questions about your condition and any concerns you may have.

You owe it to yourself to determine if KneeCare might be the solution you’ve been looking for. Don’t neglect your problem any longer – don’t wait until it’s too late.

Call by July 31st to schedule your appointment. Tell the receptionist you’d like to come in for the $39 KneeCare Evaluation.

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the editor’s view

Life in cancer recovery

By Gerald Hay, editor
The Best Times

Cancer free. Two important words that truly matter following 35 concurrent treatments of weekly chemotherapy and daily radiation.

When I began cancer treatment, I couldn’t wait for the day I’d finish, but it’s a little scary now to leave the protective cocoon of my cancer care team at the hospital, even though they are still close by, if and whenever needed.

There are many types of cancer. Some do not have a great survival rate. Sometimes people give up fighting. Others give up while in recovery. Not me. My battle was won, according to the PET-CT scan, but becoming a survivor does not end the personal war, nagging concerns or lingering fears.

Getting back to normal means picking up the pieces after chemotherapy or radiation wreaked havoc on the body and soul. It’s getting on with your life after cancer, but it takes much longer than one might expect.

With the end of treatment comes an up-welling fear of recurrence, fear that because active treatment has stopped, the cancer will be able to grow again. There is fear surrounding each future scan, each blood draw and each oncology follow-up visit.

Medical experts say this is all normal. It’s an expected part of the recovery process. The fatigue from chemotherapy and radiation will get better over time. The hair will grow back. The weight will return. The fear of recurrence will fade with the passing of the months and hopefully the years ahead, though trepidation may never go away completely.

I wouldn’t wish cancer on anyone, but I believe that surviving it has made me a better person. I realize what is most important in life and do not let the trivial things bother me. I am at peace in a war still with uncertainty.

I recognize all the love and support I have from family, co-workers and friends, and cherish the time, no matter how long or how short, I have been given. I don’t take tomorrow for granted. I remain positive.

Tim McGraw’s song a few years ago said it best: “Live Like You Were Dying,” encouraging us to do exactly what we should be doing (cancer or not) – living our lives to the fullest!

I was happy the treatments were finally over, yet I wondered about what comes next, facing a whole new world – one filled with new questions and concerns to address.

“Facing Forward: Life After Cancer Treatment,” a booklet by the National Cancer Institute, has many of the answers. It also provides a beacon of hope and a lot of helpful information for people who have completed cancer treatment. It’s available online at www.cancer.gov/publications/patient-education/facing-forward.

Recovering from cancer isn’t just about your body — it’s also about healing your mind. It’s about dealing with a roller-coaster of lingering emotions.

It’s about feelings of sadness and anger, moments of fear and depression, bouts of anxiety and stress, and mirror reflections in accessing self-worth, self-image and self-consciousness in coping with physical changes in skin color, weight gain or loss, and the loss of hair, breast(s), a limb or other parts or organs of the body.

The Mayo Clinic advises survivors to focus on the ways cancer has made them a stronger person and realize that they’re more than the scars or physical impacts that cancer has left behind. Medical experts urge cancer survivors to do what they can to reduce future risks of recurrence, acknowledge their fears and take control of them and take steps to influence their future health by trying to:

• Take care of their body. Focus on keeping themselves healthy. Eat a healthy diet, exercise regularly and get enough sleep.

• Go to all of their follow-up medical appointments, even if they’re fearing the worst, and schedule regular scans or blood tests in a follow-up plan to monitor their health.

• Be open about fears and concerns to their doctor, family members, friends or other cancer survivors.

• Keep busy and active in mind and body, taking time to relax, finding more joy to ease times of uneasiness and simply enjoy daily life.

• Remember that they are not alone with many people in their life at home, church and work, before and after cancer, who are ready and willing to help in any way and at any time.

• Finally, consider joining a support group with other cancer survivors, seeking more information from cancer organizations, such as the American Cancer Society and its Cancer Survivors Network.

Recovery, like treatment, also requires hope and faith, knowing that the clock of life is only wound once and only God knows when the hands will stop for each and every one.

I am truly blessed, despite cancer and now beyond cancer. It’s a new normal as a survivor for as long as my time continues to tick.

I am not alone. All cancer survivors of all ages matter.
Johnson County to open new park

By David Markham

A ribbon-cutting ceremony at 9 a.m. Saturday, July 8, will celebrate the official public opening of Lexington Lake Park, 8850 Sunflower Road, in De Soto and north of K-10 Highway.

The new park is owned and operated by the Johnson County Park & Recreation District (JCPRD). Previously known as Rieke Lake, the 465-acre inverted L-shaped property features a 27-acre lake, which was previously a private fishing lake originally constructed in the 1950s.

“The lake will provide a new outstanding fishing opportunity,” Matt Garrett, field biologist for JCPRD, said. “We surveyed it and it’s a high-quality fishery. It’ll be a great crappie fishing lake, and also has largemouth bass.”

Phase I development of the park got under way in August 2016 and includes a boat ramp and courtesy dock to provide access to the lake. Other Phase I amenities include a 1.5-mile paved trail around the lake, a playground, restroom and picnic shelter.

One of the park’s unique natural features is a virgin prairie officials believe has never been plowed on the lake’s west side. The area, which encompasses about nine acres, has been surveyed and 120 prairie species, including the federally-threatened Mead’s milkweed, were found at the site.

In addition to the native prairie, JCPRD has converted an additional 60 acres to tallgrass prairie with plans to expand that acreage in the future.

While visitors will enter the park through a grassy area, more than 300 acres are covered in oak and hickory forest towards the northern side of the property. This area slopes downward toward the Kansas River, which is about a half mile northeast of the park.

“There are remnants of old structures in there and there’s a fairly lengthy section of an old stone wall that was built probably at least 100 years ago,” JCPRD Project Manager Bill Leek said. “There are some remnants of other stone structures back in there.”

To get to Lexington Lake Park, take K-10 west from Interstate 435 toward Lawrence. Exit at Lexington Avenue in De Soto and turn right going south under K-10 to 95th Street. Turn right (west) onto 95th and go approximately one mile to the Sunflower Road intersection. Turn right (north) onto Sunflower Road and go approximately half a mile, passing back under K-10 to the park entrance.

David Markham is communications specialist for the Johnson County Park & Recreation District.

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Policy Position on Proposed Medicare Changes

Johnson County Commission on Aging
April 12, 2017

We are writing as the Commission on Aging, an advocacy organization representing over 107,000 seniors in Johnson County. Medicare was passed by Congress in 1965 to provide health care services to citizens 65 years of age and older and the disabled. This decision by Congress was a proclamation that granted health care as a right for all qualified seniors. We support maintaining Medicare as it is, with policies and oversight provided by the federal government.

We recognize that Medicare has its challenges. Seniors today are living longer than those living in 1965. Boomers have added an unprecedented bubble of persons qualifying for Medicare thru 2030. The Medicare Trust Fund is projected to be unable to fully pay all claims somewhere between 2028 and 2032. The U.S. has the highest per capita cost for health care in the world, yet often ranks much lower than other countries in measurements, such as life expectancy and satisfaction. The health care pricing system is out of control and subject to abuse. There is no ability to compare cost of services on a timely basis of need.

Medicare Part A and B is a single payer system with the largest insured risk pool ever created. From an actuarial viewpoint, putting everyone in a single plan is the surest way to guarantee a balanced risk pool of healthier and sicker people and spread the costs.

As we age, many of us have a harder time with cognitive analysis of complex decision making that requires multiple choices. This will put many seniors in the position of making poor choices and a greater opportunity for scams and aggressive marketing. Insurance policies are complex and difficult to analyze even for prudent buyers. Exposing elders to companies seeking to take advantage of them and this type of stress is unacceptable.

We advocate for keeping the commitment of Medicare as a right for senior health care. Do not exchange that right for access that will be unaffordable or unavailable for low income seniors. Turning Medicare into a voucher based system is not an acceptable solution. Maintain the national risk pool. Aggressively pursue fraud with mandatory prison sentences and seizure of assets. Implement prudent buyer transparency changes in prescription drug management and low cost/high quality outcomes for all covered services.

Executive Committee
Chuck Nigro, chairman; Gene Lipscomb, vice chairman; and Patti Rule, Patricia Burton and Sheryl Spalding

Members
Stephanie Clayton, Charlotte Esau, Katy Hoffman, Paula Hurt, Kim Mann, Clemme Rambo, Carol Sader, Dale Warman and Karen Weber

Have a safe and happy July 4th!

- From the staff of the Johnson County Area Agency on Aging, your local hosts for the Aging & Disability Resource Center
COA Leadership in Aging Award marks 20th anniversary milestone

By Gordon L Davis

2017 marks a very special year for the Johnson County Commission on Aging (COA) Leadership in Aging Award, as this prestigious award is now commemorating a 20th anniversary year!

Since 1997, the COA has recognized and honored the contributions of Johnson County individuals and/or organizations that have enhanced and improved aging services.

In 2016, the award was renamed the Peg Deaton Leadership in Aging Award, in honor of the late, longtime, and beloved COA member.

Nominations sought for 2017 award

The COA is currently seeking candidates for its 2017 award. The recipient will be honored this fall. The coveted award recognizes the outstanding contribution to the quality of life of older adults and their families in Johnson County.

To request a form, call the Area Agency on Aging (AAA) at 913-715-8860. The form is also available online on the Human Services website, www.jocogov.org/dept/human-services/home (see Department News). A list of past award winners is also posted on the site.

Hester Thurston was the first recipient of the Leadership in Aging Award in 1997. Her lifelong career in nursing included work as an administrator and nurse educator, and she was appointed as the first dean of the School of Nursing at the University of Kansas. After a 30-year career at KU, Thurston retired as Professor Emeritus in 1989. She was appointed to the COA in 1996.

Honored for 24 years of community service, 2010 recipient Evelyn VanKemseke. Pictured with presenters Patricia Burton (left) and Peg Deaton (right).

Silver Link, a volunteer outreach program for the frail elderly, was honored in 2012. Pictured are Karla Woodward, program founder, United Methodist Church of the Resurrection, Leawood (left); award presenter Patricia Burton (center); and the Rev. Karen Lampke, executive pastor of the church.

Senior and community advocate Ruth Ann Hackler was honored in 2013. Pictured with presenters Patricia Burton (left) and Peg Deaton (right).

For the first time in 19 years, the COA presented two of its Leadership in Aging Awards in 2015. Honored were Jan Bloomingdale and Gary Swanson. Bloomingdale volunteered in the AARP tax-aide program for more than 30 years. Since 2003, Swanson interviewed 1,007 World War II veterans, and presented each of them with a video interview for their families. Pictured (from left) presenter Patricia Burton; Bloomingdale, Swanson; and presenter Patti Rule.

Carl Jemison was honored in September 2016 as the Peg Deaton Leadership in Aging Award recipient. He has been providing leadership in aging for 30 years in Johnson County, serving older adults, prison parolees, developmentally disabled children and adults, and many other vulnerable groups. A graduate of the University of Alabama, where he was a chemistry major, his professional career focused on work as an expert on munitions. Jemison is pictured with presenter Patricia Burton.

Nominations must be submitted by the close of the business day on Friday, Aug. 4. Mail to Patricia Burton, c/o Johnson County Area Agency on Aging, 11811 S Sunset Drive, Suite 1300, Olathe, KS 66061, or submissions may be emailed to HSA–AAAWeb@jocogov.org.

The COA advises the AAA, advocating for seniors adults in the county. Commission members are appointed by the Board of County Commissioners.

Gordon Davis is an information specialist with the Johnson County Area Agency on Aging and the Aging and Disability Resource Center.
A growing mantra in the gardening world is “Protect our pollinators!”

Led by the work of Monarch Watch, Xerces Society and several other organizations, the message is reaching the masses. That message is we must do more to protect and grow the much needed population of pollinators that fertilize a large number of our food crops and other plants for a healthier environment.

I often get asked, “What I can do to help?” One message that has hit home is plant more milkweed. While that is a nice start there is so much more that can be done with a little or no work. It all starts like most things and that is with a simple change in our behavior. One way to think about it is in terms of the old “just say no” drug campaign.

First, just say no to using pesticides. Insecticides, fungicides and herbicides can all impact the population. Insecticides are the main ones used; they kill insects. But many of all impact the population. Insecticides are the main ones used; they kill insects. But many of our pollinators are insects. Most insecticides on the market are broad spectrum; that means they can control a wide range of pests. They kill both the bad and good insects.

Keep in mind that not only do chemical pesticides kill the beneficial pollinators but organic products do, too. Reducing the use of pesticides means chemicals and organic products. Remember to just say no to spraying any pesticide in the garden unless the plant life is threatened and then making a wisely timed application correctly to protect plants.

Reducing need for pesticides

Another great trick to help the pollinators is to just say no to planting plants that have known issues that may require a pesticide application. The simplest way to reduce the use is by not ever having the need to use them. While there is no perfect plant and every plant has some pest issues there are some that are more damaging than others.

An example would be our current issue with the Emerald Ash Borers (EAB). Granted, ash trees were popular and recommended prior to this exotic insect’s arrival but are the insecticide applications necessary? In some cases, yes, but probably not to the extent that many trees are being treated. The chemicals used to control EAB also kill beneficial insects that feed on the tree.

When selecting plants that have fewer issues, it is important to ask yourself about their value as a host for our wide range of beneficial insects and pollinators. One popular push has been to plant more natives as they tend to be better host plants for local pollinators. While there are many landscape-worthy natives, there are other plants that can help make up a diverse landscape. They can create a habitat for a wider range of insects, as well as help to create a more natural, balanced landscape that has fewer problems requiring pesticide application.

Tolerance is also a good virtue to adopt when striving to help our pollinator population. Accepting the fact that a plant does not have to be perfect gives us the assurance that we don’t always need to spray something on it to make it healthier or more beautiful.

Letting nature runs its course

A few holes, leaf spots or other damage is rarely life threatening to a plant and causes little harm. Just be tolerant and let nature run its course. Most plants are more resilient than we give them credit for. Just as we get a few zits, pimples or blemishes, so do plants, and we all go on to live a good life.

This also means just say no to scheduled preventative pesticide applications. These comments will make a few in the green industry unhappy, but there is no need to have scheduled pesticide treatments that blanket spray all plant materials to help prevent some potential outbreak from happening.

This also includes all preventatives for insects, disease and, yes, even mosquitos. Applications are only effective if the pest is present and the populations are great enough to be life threatening to the plant. Remember, these applications kill the beneficial insects as well as the bad.

These are just a few tips to get you thinking about what you can do in your own backyard to join the growing call to protect the pollinators. They are little steps that require minimal effort. It does cause you to stop and think a little harder about the effect of your choices. But many times the simple answer is to just say no.

Say no to unnecessary applications of pesticides.
Say no to perfection.
Say no to poor plant choices.

Once you do, it will be easy to just say yes to a more diverse insect population, more pollinators and a beautiful and healthy landscape.

Dennis Patton, horticulture agent at Johnson County’s K-State Research and Extension Office, can be reached at 913-715-7000 or dennis.patton@jocogov.org.
Budget hearing set for July 31

By Austin Falley

The Johnson County Board of County Commissioners (BOCC) has authorized the publication of the proposed fiscal year 2018 maximum budget totaling $1.06 billion, composed of $822.8 million in expenditures and $242 million in reserves.

“The FY 2018 proposed budget includes the potential to roll back the mill levy by a quarter mill,” Ed Eilert, chairman of the Board of County Commissioners, said.

With the setting of the maximum budget, FY 2018 budgeted expenditures can be decreased, but not increased.

The total estimated county mill levy is 26.607 mills. That is constant to the FY 2017 mill levy. Total estimated revenue from ad valorem taxes is $250.8 million.

The county commission authorized two changes from the county manager’s FY 2018 proposed budget, allocating $164,000 for advance voting postcards and $380,510 for the gubernatorial election, fully funding the election office’s requests for additional resources.

County gets high marks in survey

By Austin Falley

Johnson County Government’s latest community satisfaction survey shows residents are extremely satisfied with their quality of life in the county.

“Our residents gave Johnson County a 97 percent satisfaction rating as a place to live, a 96 percent satisfaction rating as a place to raise children and a 90 percent satisfaction rating as a place to work,” Ed Eilert, chairman of the Johnson County Board of County Commissioners, said.

“We are pleased to see all of these numbers have gone up from last year’s already high ratings.”

County leaders contracted with ETC Institute to conduct a comprehensive community survey of residents this spring on a range of issues. The survey findings found the county scoring well above national averages and among large communities.

General county perceptions

Surveyed residents were extremely satisfied with a wide range of factors that influence perceptions of living in Johnson County. Specifically, 95 percent of respondents said they were very satisfied or satisfied with the county’s quality of life and the overall image of the county.

Quality of life rated 22 percent above the national average and 24 percent above the large community average. The county’s image rated 31 percent above the national average and 32 percent above the large community average.

Of the survey respondents, 92 percent of respondents were very satisfied or satisfied with public safety in the county — 15 percent above the national average and 25 percent above the large community average.

Seventy-two percent of the respondents rated Johnson County as a good place to retire. That was 14 percent higher than the national average and 28 percent above the large community average.

Satisfaction with county services

Respondents were also asked to rate their satisfaction with 21 county services. The top four services respondents chose were:

- Johnson County Library
- Johnson County Park & Recreation District
- Johnson County Emergency Medical and Ambulance Service
- Johnson County Election Office

The survey was mailed to a random sample of county households in the spring. Of the households that received a survey, 1,644 completed one, resulting in a 95 percent level of confidence for the survey findings.

The full 2017 community satisfaction survey is available online under reports at the BOCC webpage through the county’s main website at jocogov.org. 

“Austin Falley is a senior public information officer in the Johnson County Manager’s Office.

“We encourage residents to review our proposed budget online and to attend our public hearing July 31 to learn more about the specifics of our budget and provide us feedback,” County Manager Hannes Zacharias said.

Next steps

- The FY 2018 proposed budget will be published in The Kansas City Star in July.
- The public hearing on the FY 2018 proposed budget is scheduled for 7 p.m. Monday, July 31, in the BOCC’s hearing room located on the third floor of the Johnson County Administration Building, 111 South Cherry Street, in downtown Olathe.

By state law, the Board must adopt the new budget each year by Aug. 25. Johnson County’s fiscal year begins on Jan. 1.

Details about the FY 2018 Budget and budget process are available online on the the Department of Budget and Financial Planning’s webpage through the county’s main website at jocogov.org.

“Austin Falley is a senior public information officer in the Johnson County Manager’s Office.

The weekly public business sessions of the Johnson County Board of Commissioners begin at 9:30 a.m. on Thursdays in the Johnson County Administration Building, 111 S. Cherry Street, in downtown Olathe.

Live coverage of the meetings is viewable on the Internet through the county’s main website, jocogov.org.
Spots to watch the Great Solar Eclipse

Where are the best places in Johnson County to view the Great Solar Eclipse of 2017 on Monday, Aug. 21?

The Johnson County Park & Recreation District is offering four spots to watch as the moon blocks the sun.

From 11:30 a.m. to 1:30 p.m., residents are invited to bring their blankets or lawn chairs, pack plenty of water, purchase lunch from local food trucks, then settle in to enjoy the celestial event of the century.

The Total Eclipse in the Parks event will take place at:
- Antioch Park, 6501 Antioch Road, Merriam;
- Heritage Park, 16050 Pflumm Road, Olathe; and
- The Theatre in the Park, 7710 Renner Road, Shawnee, in Shawnee Mission Park.

While the solar eclipse will pass through the entire country, the view point in Johnson County will involve a partial eclipse (99.8 percent) with the peak eclipse viewing at 1:08 p.m. The first 200 people at each park will receive a free pair of solar eclipse viewing glasses.

From noon to 1:30 p.m., a Great Solar Eclipse program is planned at the Ernie Miller Nature Center, 909 N. K-7 Highway, Olathe. Participants will experience the partial eclipse and learn why an eclipse happens and what it meant to ancestors from around the world.

In the event of clouds on Aug. 21, the event will be streamed from another location.

Cost, which includes a pair of eclipse viewing glasses, is $8 per person, $9 non-residents and fee is non-refundable. Ages five and under are free.

Reservations are required by going to www.jocprd.com.

Senior Follies planned Aug. 19

Senior Follies, an annual variety show with entertainment for all ages, will take to the stage from 2 to 4 p.m. Aug. 19 at the Johnson County Arts & Heritage Center, 8788 Metcalf Avenue, Overland Park.

Now in its 11th year, the free event generally lasts about two hours.

The variety show traditionally features singing, dancing and comedy performances, including both groups and individuals.

More information is available by calling 913-831-3355.

Do you have a loved one with dementia?
Would you like expert advice on how to care for them?

The KU Alzheimer’s Disease Center is now recruiting participants for a 3-month study designed to help caregivers manage everyday situations with short videos, which they take at home, and then receive expert feedback.

To be eligible for the study:

- The patient must have a diagnosis of dementia (not due to Huntington's disease or alcohol-related dementia),
- The patient cannot have a diagnosis of schizophrenia, manic depressive disorder, deafness or developmental disability.
- The patient must be residing at home.

For more information or to enroll:
Call (913) 588-0555 and ask about the FamTechCare study
Email KUAMP@kumc.edu
Visit www.KUAlzheimer.org

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It's county fair time

By Adele L. Wilcoxen

With a theme of "Barn in the USA," the Johnson County Fair is scheduled from July 31 to Aug. 5 at the county fairgrounds in downtown Gardner.

Admission is free to the fairgrounds, 136 E. Washington St., with free nightly entertainment at the Midway stage.

Admission fees to the Main Event Arena, including amateur flat track races, rodeo and demolition derby, vary. Tickets may be purchased at the Main Event Arena box office.

Fun activities for the whole family include wandering the grounds, dining at food booths and enjoying carnival rides.

Fair goers may also wish to view the exhibits of baked goods, jams and jellies, home grown vegetables and more in the 4-H Green Building where Johnson County 4-H youths’ projects will be on display.

Touring the livestock pens is always interesting and provides a symphonic background to the fair.

Throughout the week, 4-H youth will display their showmanship skills in the livestock barn as they exhibit their cows, sheep, goats, pigs and more. Adults and youth, who are not in the 4-H program, can demonstrate their artistic or culinary skills by participating in the fair’s open class competitions.

No fair is complete without a parade, featuring floats, horseback riders, marching bands, clowns and antique vehicles. The 2017 parade takes place on Aug. 5, starting at 10:30 a.m. in downtown Gardner and ending at the fairgrounds.

Gardner has served as the home for the annual Johnson County Fair since 1940. The first county fair in Kansas (then a territory until statehood in 1861) took place in 1858 at McCamish, a small bygone community once located north of Edgerton.

For a complete listing of events, dates and times visit www.jocokansasfair.com.

Adele L. Wilcoxen is public information coordinator at the Johnson County K-State Research and Extension Office.
SHICK offers Medicare help in Johnson County

How do I enroll in Medicare?

Do I have to enroll in Medicare if I am still working and have group coverage?

What does Medicare cover, what does it cost?

What happens if I don’t get enrolled in Medicare when I turn 65?

Congress created State Health Insurance Assistance Programs (SHIPs) to help provide answers to these questions and many more that beneficiaries have as they age into the Medicare system. SHIP is a state-based program that offers local one-on-one counseling and assistance to people with Medicare to help answer questions regarding Medicare options.

Through the Centers for Medicare and Medicaid Services funded grants directed to states, SHIPs provide free counseling and assistance via telephone and face-to-face sessions, public education presentations and programs and media activities.

The program in Kansas is titled SHICK, Senior Health Insurance Counseling for Kansas. Assistance in Johnson County is provided through the East Central Kansas Area Agency on Aging and Disability Services.

The SHICK program in Johnson County currently partners with the Olathe Public Library; Blue Valley Recreation and The Jewish Community Center, both in Overland Park; and the Sylvester Powell Community Center in Mission for appointments and public education locations.

The coordinator for the Johnson County SHICK program is Martha Maurin. She assists beneficiaries who need to make an appointment with a counselor, provides outreach and education and recruits more counselors to be trained and to work with community agencies with resource information and program information.

To schedule an appointment with a counselor, get schedules for public education meetings, or have a Medicare presentation made to a group or agency, contact Maurin at 913-286-0292.

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As a kid, I remember a song called "Dead Skunk in the Middle of the Road" in late 1972 by Loudon Wainwright III. It was the only song to chart for the folk singer, peaking out at No. 16 on the Billboard Hot 100 chart in early 1973.

Given enough time, we might be singing "Dead Armadillo in the Middle of the Road." That’s because over the last 70-plus years, the number of armadillos has increased in Kansas. Just this spring I saw a dead one on the roadside between Spring Hill and Olathe.

K-State Research and Extension Wildlife Specialist Charlie Lee says armadillos have been in Kansas since 1942 but are increasingly found in the northern extremes of the state. They have even been documented north of Interstate-80 in Nebraska.

When I asked if global warming is the reason we’re seeing more, he indicated this migration has been occurring for a long time since they are South and Central American critters that entered the U.S. in 1860. Lee believes they’re just learning to adapt to colder temperatures and rely on their fat reserves for short periods of time during cold spells. I also asked about the chance of getting rabies from armadillos. He said any mammal can get rabies but it is rare in armadillos.

One of the things armadillos are good at is digging. ‘Dillos are prolific diggers. They dig many burrows as well as dig for food. They can do a lot of damage to a yard, especially well-kept yards, overnight.

The animals are not aggressive, but they survive by using their claws to dig in the ground, using their snouts to find invertebrates like insects and worms in the soil.

The species being spotted in Johnson County is called the nine-banded armadillo. It’s a cat-sized, armored, insect-eating mammal. Similar in form to an anteater, the bony, scaled shell of the armadillo protects it from attacks by predators.

According to the Centers for Disease Control and Prevention, armadillos can be infected with bacteria that cause leprosy. While the risk is low, people should avoid contact. Unfortunately, armadillos often fall victim to automobiles and are frequently found dead on roadsides.

‘Dillos have poor eyesight. They also have a tendency to jump straight up into a car when startled. So you see, that’s what the song is about.

For more information about armadillos or wildlife in general, contact the Johnson County K-State Extension Office at 913-715-7000 or visit www.johnson.k-state.edu.

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

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Volunteering at JCDS offers win-win experience

By Jody Hanson

Larry Miller has some free advice to retirees: “So many retired people have many skills and so much to offer. Don’t sit at home – get out there!”

In retirement, the 67-year-old Olathe man practices what he preaches. He finds at least one thing to do out of the house every day. Miller spends a large part of his week volunteering for Heartland Therapeutic Riding, the Heart of America Humane Society, Meals on Wheels and, most recently, with the Johnson County Developmental Supports (JCDS) Retirement Program.

Miller learned about the retirement program’s new mentorship program in a recent issue of The Best Times. He inquired about it right away and was paired up with Mark, age 59, a JCDS client with an intellectual disability.

“The first time we met we learned we had much in common,” he said. “We are both men of faith, we like to fish and take walks, and we both like horses and dogs.”

Miller and Mark get together once a month. Mark chooses all the activities, which include volunteering at the Mission Southside Food Pantry, eating in restaurants, going fishing and taking walks.

“It gives you a chance to build a friendship with someone different than you. I think that’s awesome,” Miller said.

While Miller is a newer volunteer to JCDS, 89-year-old Evelyn Hurlbert, of Overland Park, has volunteered for the agency since 1993. Her involvement was spurred by her son, Daniel, who was a JCDS client with a job on the work floor for 40 years. He died in June 2016.

Over the past 23 years, Hurlbert has done a little bit of everything. She has filed materials for case managers, volunteered in a reference library, helped plan events and set up art shows for the Emerging Artists program.

These days she comes in one day every other week to volunteer with the JCDS accounting department. She helps process payroll for the approximately 200 clients who either work at the JCDS Elmore Center in Lenexa or at one of the several off-campus work sites.

While she has been a great benefit to JCDS for many years, Hurlbert also says she reaps the benefits of her volunteer work. She enjoys friendships with the JCDS staff, but says it’s more than that.

“Volunteering makes me feel good,” Hurlbert said. “It keeps you active and keeps you connected with people. There’s a great sense of fulfillment and it’s something to do besides be home.”

If you are interested in volunteering with JCDS, please call 913-826-2626.

Jody Hanson is community relations manager at Johnson County Developmental Supports.
Granny flats: Families have their own place on shared property

By Gerald Hay

Virginia “Ginny” Peterson, 82, grandmother to three adult grandchildren with her first great-grandchild on the way, has been an empty nester for quite some time in rural Johnson County.

Her property now has two empty nests – her home and a newly constructed residence for her only son, Joe. Both nests are nestled on 15 acres west of Spring Hill as part of a growing interest in multigenerational housing being built in unincorporated areas of Johnson County.

Commonly known as “Granny Flats” or “in-law quarters,” the housing structures involve an accessory dwelling unit (ADU), allowing two family households to live in a place of their own on the same property, as long as zoning regulations and building standards are met.

Johnson County approved the ADU regulations four years ago for the county’s unincorporated areas. ADUs are allowed in some residential districts in only three cities in Johnson County – Olathe, Gardner and De Soto. Douglas and Miami counties also permit accessory dwelling units, as does Wyandotte County under narrow circumstances.

Karen Miller, planner for the Johnson County Department of Planning, Development and Codes, has seen a steady interest in ADUs as a housing alternative in rural Johnson County. Accessory dwelling units provide a sense of togetherness and independence for senior adults and their adult children or grandchildren.

“More families are assisting their aging parents so that they can age in place,” she said. “People also want to maintain closeness as a family.”

The Peterson families achieved both purposes.

For almost 50 years, Ginny Peterson has called the ranch house at the edge of Clare Road and north of 215th Street, her home. She loves the old house with no plans to move and takes care of herself along with four cats, two dogs and two horses. For the most part, Ginny gets along fine where she is, but also likes having her son, Joe Peterson and his wife, Christi, living within shouting distance.

“She’s active, real active. I would like her to stay that way,” her son said. “I don’t have to go far to help mom.”

The family decision to construct an ADU was a relatively easy one for the Petersons to make.

Ginny has only one child – her son. A year ago, Joe and Christi, were living approximately 20 miles away in Olathe, but were going through their own empty nest situation. The couple’s three children were all young adults. Two had left home; the other at age 19 was well on his way. They wanted to downsize their lifestyle and move into more manageable living quarters.

“I told him that he will eventually inherit this property, so build your house here,” Ginny said. Her son eagerly agreed since he grew up on the property.

“I’ve always wanted a house right here back by the pond and away from the road,” he said outside his new residence near that pond and a few hundred yards from Clare Road. “This is my old stomping grounds as a kid.”

The couple’s new nest, located within a bird’s-eye view west of his mother’s older ranch house, was completed in May. Since the new structure was larger than the existing residence, her son’s home became the primary dwelling on the property. The ranch house was classified as the ADU.

Approval of ADUs

The planning department administratively approves ADUs if they meet an adopted set of performance standards.

“It can be no more difficult than pulling a building permit,” Miller said.

The process becomes more complex for ADUs not meeting these standards. Such ADUs require a public hearing in front of the local zoning board and approval by the Johnson County Commission.

The most important requirement for all ADUs is that the landowner must live on the premises – in either the primary dwelling or the ADU.

Though they will live on the premises, the Petersons’ project did not meet three of the performance standards. The ranch home, now the accessory dwelling unit, totaled more than 900 square feet of space. The son’s residence, now the main dwelling, was built in back of the ADU – the ADU is in the front yard. The ADU is located greater than 200 feet from the main dwelling. The Petersons sought and were given permission to build their project through the public hearing process.

Continued to next page
Families have own place on shared property

Continued from page 16

Johnson County allows two types of ADUs. They can be either attached to the main dwelling or, like the Petersons, detached from the main dwelling on the property.

According to Miller, most of the applications to date in the county have involved construction of detached ADUs.

ADUs in unincorporated Johnson County are allowed in Rural, Planned Rural, Residential and Planned Residential zoning districts on lots where single-family dwellings are permitted and must be constructed in accordance with all county regulations and codes.

Building permits and inspections are required as part of the construction process before occupancy is granted.

Since the creation of the ADU regulations in 2013, a dozen accessory dwelling units have been built in rural Johnson County. Prior to that, the county had no policy to accommodate multigenerational housing.

“We would have to say ‘no’ to these people (wanting to build an ADU for a family member),” Miller said. “Now, with these regulations, we can say ‘yes’ in a way that supports families.”

Momentum for ADUs continues

The county planner anticipates that interest in ADUs will continue to gain momentum as a viable housing option in Johnson County, based on the growth in the aging population and other trends.

Families considering an ADU option need to weigh the pros and cons.

The project involves construction – expansion of an existing home to accommodate an attached ADU or building a detached ADU nearby – costing tens of thousands of dollars, depending on the size and scope of work.

However, economics may also be a motivator in light of the increasing expense of elder care.

According to a Pew Research report, 20 percent of people 65 and older live in a multigenerational household, and the numbers are growing. In the next 20 years, 60 million Americans will be between the ages of 66 and 84. Many will require full- or part-time care but lack the retirement savings necessary to pay for senior care housing.

The cost of senior housing varies, depending upon the level of service. 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. The average cost of nursing home assistance in Kansas for 2016 was $5,627 per month for a private room.

Another consideration is relationships. Some families might find it challenging living under the same roof in an attached ADU or in the same vicinity in a detached unit.

Horse riding for 10,000 miles

Ginny, like many seniors, actively resists leaving her own place to move in with family or into any care-giving situation. She currently pooh-poohs other housing options, such as a retirement complex.

Staying put on the family property also allows her to keep her menagerie of animals, including Silver, a horse she has had for 33 years. That’s roughly 99 years in human age.

“He has carried me for more than 10,000 miles,” she said. “He’s retired; I’m not.”

Note: Ginny did retire years ago from Spring Hill Elementary School where she taught first grade for more than 20 years. That was retirement from a teaching career, not retirement from everyday life.

Although Silver has been put out to pasture, the Peterson matr nhàch is still making hay while the sun shines. Ginny enjoys riding her other much younger horse, named Cherokee and nicknamed “Key” and only about nine years old, with neighbors and friends as often as she can.

Like most, if not all, senior adults, Ginny hopes to remain healthy and active in her newly designated Granny Flat as she ages, but likes having family nearby to help, if and when, she needs it. That’s a comfort for her son and his family as well.

“It gives me peace of mind,” she said. “It’s not that I expect him to take care of me. We take care of each other.”
Classes offer food for thought

John erson County Park & Recreation District is offering three classes at the Roeland Park Community Center, 4850 Rosewood Drive, as possible food for thought this summer.

For residents with a sweet tooth, there’s Cake Decorating 101 from 9 to 11 a.m. Saturday, Aug. 19.

Class participants can discover how easy and fun it is to decorate a cake and learn techniques needed to create cakes for birthdays or any occasion.

Topics include the basics of coloring icing, decorating techniques and using appropriate tools.

All supplies included in the $36 cost for residents for the two-hour class. It is $41 for nonresidents.

Canning classes

There are also two new canning classes: Beginner’s water bath canning and pressure canning.

Water bath canning is designed for beginners looking to learn how to can. Basics and the science of food preservation will be taught in the first part of class. Then it’s time to get hands-on in the kitchen preserving a sample, using the canning technique of water-boiling. Price includes a can to take home.

The 3½ hour class costs $15 for residents and $17 for nonresidents.

Two dates are available: Saturday, July 22, at 9 a.m. or Monday, Aug. 7 at 4 p.m.

A hands-on pressure canning class will take food preservation to the next level by teaching the basics and dispelling a few myths about this somewhat intimidating technique.

The 3½ hour class costs $10 for residents and $12 for non-residents. The class will take place Monday, Aug. 14, at 4 p.m.

Please call 913-831-3359 to register or go online to www.jcprd.com for additional information.

Let’s play pickleball!

The 2017 Mid-West Regional Pickleball Tournament, with a sanctioning by the USA Pickleball Association, will take place Aug. 25-27 at the New Century Fieldhouse, 551 New Century Parkway, near Gardner.

There will be ten courts for play. Player ratings will be used for assigning brackets in both mixed and men’s/women’s doubles.

Friday fun includes dinner, court space to practice, and good company. Tournament play will occur on Saturday and Sunday.

Awards will be presented for each division in mixed, men’s and women’s doubles.

Early deadline cost is $35. Cost increases to $40 after July 26. Registration ends Aug. 17. Call 913-826-3054 to register. Fee includes entry fees, t-shirt, and three meals (Friday dinner and weekend lunch).

More information is available by calling 913-826-3054.
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New signs reflect history of street names

By Christopher Leitch

Johnson County Library has partnered with a newly unveiled project that lets residents exercise body and mind. By taking a hike through history on the Indian Creek Trail’s Interpretive Signage Project, they can learn the history of Johnson County as revealed through its street names.

The library joined county, local city and private sponsors for this first-of-its-kind history project in Johnson County. The effort is spearheaded by Sunflower Republic, a history research consultancy founded by noted local historian Henry Fortunato.

Seven new Indian Creek Trail interpretive signage panels were displayed on June 3 during an opening reception in celebration of National Trails Day. Illustrated with vintage photographs, drawings, maps and other images from more than two dozen archives, the panels feature well-researched original historical narratives about the names of the various streets that cross or intersect with the trail, as well as other points of interest.

The project explores questions that many Johnson countians have posed through the years:
• Why is Quivira Road located nowhere near the supposed kingdom of fabulous New World wealth sought by Francisco Vasquez de Coronado in 1542?
• How did the name of Lamar Avenue come to commemorate a former colonel in the Confederate Army who never even lived in Kansas, yet was regarded so highly by John F. Kennedy that he merited a chapter in Profiles in Courage?
• Why does Marty Street in downtown Overland Park claim to be the first airfield in Kansas?

The scholarly panels also explore local histories such as the story of the Antioch Road elementary school that was successfully desegregated five years before the Brown vs. Board of Education case; the biography of the Native American who successfully represented the Shawnees before the U.S. Supreme Court; and the unlikely affect that Popeye had on turning Lenexa into the Spinach Capital of the World in the 1930s and 1940s.

“The Indian Creek Trail in Overland Park is one step closer to being transformed from a walk through Anywhere, USA into a hike through history,” Fortunato explains.

“Focusing on the history of specific streets – how they got their names, what they looked like before suburbanization, what took place along their routes – offers an ideal spine on which to hang a host of historical vignettes in an accessible format.”

Installation of four of the 40-by-60-inch panels had been completed by National Trails Day along trail intersections at Mission Road, Roe Avenue, College Boulevard and Cross Creek Park near U.S. 69. Seven more will be in place by Labor Day.

The project has been in development for more than two years by Sunflower Republic under the auspices of the Johnson County Museum Foundation.

Installation and site planning services are provided by the Parks Services Department of the city of Overland Park. In-kind assistance with research and image identification is provided by the Johnson County Museum, the Overland Park Historical Society and the Lenexa Historical Society.

A set of 12 collectible bookmarks complete with local history reading lists are available at your favorite branch of the Johnson County Library.

Christopher Leitch is community relations coordinator for Johnson County Library.
Free tax help goes year-round

By Angie Huber

Because of popular demand, Johnson County K-State Research and Extension is partnering with Next Step KC and El Centro to sponsor a monthly Volunteer Income Tax Assistance (VITA) site in the county’s Sunset Drive Office Building, 11811 S. Sunset Dr., Olathe.

The Sunset Drive location will provide safe, accessible assistance to taxpayers regarding their state and federal income tax returns. There is no charge for the service, but an appointment is necessary. The maximum household income for eligibility for the service is $54,000.

“We were getting requests for help after we closed our seasonal VITA site last April,” Denise Dias, Family and Consumer Sciences agent for Johnson County Extension, said.

“We’ve gotten questions from people who requested a tax-filing extension, filed late and calls for guidance in interpreting letters received from the IRS. So we approached our volunteers and they agreed to come in on a monthly basis to help.”

All VITA tax preparers are trained and certified before completing returns. Preparers are volunteers and receive no compensation for their service.

Spanish language assistance is available. Interpreting for the deaf may be available, but arrangements must be made several days in advance.

For a complete list of dates, times or to make an appointment, contact the Johnson County Extension office at 913-715-7000 or visit www.johnson.k-state.edu.

Angie Huber is Family and Consumer Sciences Program coordinator at the Johnson County K-State Research and Extension Office.

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Hotline offers answers to gardening questions

All your gardening questions can be answered this summer with the Johnson County K-State Extension Master Gardener Hotline.

Advice on lawn, flowers, gardening, trees, shrubs and houseplants is available over the phone at 913-715-7050 from 8:30 a.m. to 5 p.m. Monday-Friday, excluding holidays.

When calling the hotline for assistance, be prepared to supply as much information as possible. The more data provided, the easier it is for the Extension Master Gardener volunteer to assist.

You can also bring in insects and plants in person for advice at the Extension Office, 11811 South Sunset Drive, Olathe. Be sure to bring in a large enough sample of the plant in question. A large sample of bugs is not required – only a few.

Residents also can email their questions at garden.help@jocogov.org. When emailing, it is also a good idea to attached low-resolution photos to help see the plant problem.
Theatre performances, outdoor movies, a family campout, even bingo with burgers – there are plenty of opportunities for citizens and families of all ages to have fun in July and August at Johnson County Park & Recreation District facilities.

**Theatre performances!**
The performance of “Camp Rock” takes center stage on July 1-2 and July 5-8 at The Theatre in the Park (TTIP). Other upcoming performances include:

- “Back to the ’80s” (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.).

Show time is 8:30 p.m. at TTIP. Shows last approximately 2 1/2 hours. The box office opens at 6 p.m. and 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 complex is located in Shawnee Mission Park with a separate entrance at 7710 Renner Road, Shawnee. More information is available by visiting its website or by calling 913-826-3012.

**Camping out under the stars!!**
The 10th annual Great American Family Campout, with the opportunity to sleep under the stars in Shawnee Mission Park (SMP) and other outdoor activities, begins at 2 p.m. Saturday, July 1, and runs through about 10 a.m. Sunday, July 2.

The package includes passes for one pedal boat rental and tickets to The Theatre in the Park’s production of “Disney’s Camp Rock.”

Campers will need to bring their own camping equipment (tents, sleeping bags, etc.). Saturday evening dinner is not provided. Bagels, fruit, juice and milk will be provided Sunday morning. Note: SMP Beach is closed this summer.

Cost is $30 for a family of up to four, $10 for individuals and three and under are free. Registration is available at www.jcprd.com.

**Bingo and cookout!!!**
Let’s celebrate the Kansas state flower with 12 games of bingo and lunch in the park!

Sponsored by the Johnson County Park & Recreation District’s 50 Plus Department, a Summer Sunflower Bingo and Cookout is scheduled from 10:30 a.m. to 1 p.m. Aug. 23 at Antioch Park, 6501 Antioch Road, Merriam.

Grilled burgers, chips, juicy watermelon, dessert, and refreshing lemonade will be served. The event will take place at Shelter 4 (on the north side of the lake). Bingo winners will be awarded prizes ranging from gift bags to gift certificates with a special blackout prize.

Cost is $15 per person. Registration is available at www.jcprd.com.
Program lists licensed contractors to help avoid home repair scams

By Gerald Hay

Senior adults are more vulnerable to home repair scams for several reasons. They are more likely to be home during the day when contractors come knocking on doors; old age infirmities may make it harder to do repairs, so it is likely that the house may need work; seniors tend to be more trusting than younger age groups and those who live alone may welcome a friendly face.

Certainly a little help wouldn’t hurt, but homeowners of all ages should be careful whom they hire. Too often, they are left with shoddy home repairs, incomplete work, poor cleanup after the project is done or higher bills for unneeded or more expensive materials.

The Johnson County Contractor Licensing Program of the Department of Planning, Development, and Codes provides up-to-date contractor listings. One of the many reasons for establishment of the program was to protect the public welfare by assuring that those undertaking the construction, alteration, repair or demolition of structures are licensed to perform such services in Johnson County.

Tracking licenses

The program is responsible for issuing and tracking 10 types of construction contractor licenses. In doing so, it establishes and maintains minimum standards for licensing contractors and provides quality continuing education to enhance contractor knowledge of building codes. Local, national and international building codes are taught by the program.

The Contractor Licensing Program offers two ways to check a Johnson County contractor’s license status. One way is by calling 913-715-2233. Although staff cannot recommend contractors, they will be happy to verify the status of any license.

The other is using the Licensed Contractor Search feature on the program’s webpage at jocogov.org/dept/planning-and-codes/cls/home.

Selection of a contractor ultimately remains the responsibility of the property owner. The licensing program does not guarantee workmanship or business practices of a contractor. The principle of caveat emptor (let the buyer beware) comes into play for home projects.

In selecting a contractor, Consumer Reports offers a few tips in getting the right deal regarding home improvements. Homeowners are encouraged to get multiple estimates in projects. If bids vary wildly, find out why. Don’t assume the lowest price is the best deal.

They should also check references, which the contractor should provide.

Written contract: A must

A written contract is a must, noting every detail about the job, including materials, clean-up details, warranties and a payment schedule.

Never pay in cash or pay upfront for work to be done and get a signed receipt.

Don’t make the final payment or sign a final release until you are completely satisfied with the work. Delay the final payment until the building permit has final inspection approval.

Finally, homeowners should know their rights. The Kansas Consumer Protection Act establishes a three-day cooling-off period for canceling some sales that are initiated by door-to-door solicitations, including for home construction and home repair services. The rule requires that specific disclosures must be made at the time of agreement advising residents of their right to cancel.

Any suspicious activity involving possible scams or home repair fraud can be reported to the Johnson County District Attorney’s Consumer Protection Division at 913-715-3003. Valuable information is accessible at da.jocogov.org.
Mah Jongg event set Aug. 4 in O.P.

A Mah Jongg Sizzle ‘N’ Summer Tournament is scheduled from 9 a.m. to 3 p.m. Aug. 4 at the Tomahawk Ridge Community Center, 11902 Lowell, Overland Park.

The event will allow Mah Jongg enthusiasts to have friendly competition, enjoy summer snacks and enter to win door prizes.

Cost is $13 per person.

Registration is encouraged by July 24 by going to www.jcprd.

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Heat stress can take toll on older adults

By Barbara Mitchell

Heat weather is dangerous, and senior adults (ages 65 years and older) are particularly prone to its threat.

There are several reasons for the elderly’s vulnerability to heat stress. An older adult’s ability to notice changes in their body temperature decreases with age. Many seniors also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medications that seniors take can contribute to dehydration.

Fortunately, a few simple precautions are all that’s needed to keep safe.

Here are some tips for keeping safe from heat-related stress in hot weather:

- Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. If you don’t have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off. The 13 libraries in Johnson County are available during operating hours as a cooling center. Specific locations can be found at jocolibrary.org/locations.
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.

If you have older adult relatives or neighbors, you can help protect from heat-related stress:

- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Encourage them to increase their fluid intake by drinking cool, nonalcoholic beverages regardless of their activity level.
- Warning: If their doctor generally limits the amount of fluid they drink or they are on water pills, they will need to ask their doctor how much they should drink while the weather is hot.
- If their environment is not air-conditioned, take them to an air-conditioned location if they have no transportation.
- If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:
  - Get the person to a shady area.
  - Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
  - Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F.
  - If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
  - Do not give the person alcohol to drink.
  - Get medical assistance as soon as possible.

Barbara Mitchell is Community Health Director at the Johnson County Department of Health and Environment.

### Here’s what to look for

#### Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body’s temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes.

Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and symptoms of heat stroke vary, but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

#### Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs and symptoms of heat exhaustion vary, but may include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow
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Field day focuses on gardening trends

While urban gardening continues to rise in popularity, another new hot trend has appeared on the horizon — cultural gardening.

Urban gardening uses containers, patios, balconies and raised beds at smaller city homes or suburban lots to satisfy peoples’ desire for home-grown fresh vegetables. With cultural gardening, many of these same gardeners are embracing their heritage through plants and creating themed gardens around that heritage.

The K-State Research and Extension Horticulture Center’s will feature these two trends along with the newest exciting horticulture introductions at its annual field day from 8 a.m. to 2 p.m. Saturday, July 29.

The research center is located at 35230 W. 135th St., Olathe. The entrance is approximately nine miles west of Kansas Highway 7 on 135th Street.

Admission is $5 per person at the gate, which includes ice cold bottled water, seminars, classes and demonstrations. Lunch will be available for purchase during the event.

The field day is a chance to talk with university experts and learn about the latest varieties and methods for achieving growing success in Kansas City’s challenging growing conditions.

K-State Research and Extension horticulture research develops its list of recommended grasses, flowers and vegetable varieties through university research conducted in Olathe to determine what grows best in Kansas City landscapes.

Free soil tests
Johnson County residents can bring their soil and get one free soil test per Johnson County address, compliments of Johnson County Stormwater Management. A soil test determines the nutrients in the soil for growing healthy plants. At least two cups of dry soil are needed for a proper test.

For information on how to take a soil test, or a list of classes and seminars, call 913-715-7000 or visit www.johnson.k-state.edu.

Seminars — Healthy Eating for Brain Aging

Tuesday, July 18 • 4:30 – 6 p.m.

Join us at Cedar Lake Village as Rachel Sandoval, with the KU Alzheimer’s Disease Center, presents the benefits of following the Mediterranean diet for brain health. Afterwards, enjoy a healthy meal and take a tour of CLV.

To RSVP for this event, please call (913) 780-9916 before Friday, July 14.
Got water? Tips to avoid dehydration

By Crystal Futrell

As the summer heat starts to settle in, hydration becomes an important factor for all citizens, but most, especially for older adults.

As we age, our bodies’ relationship with water changes. We don’t store it as effectively as we once did. Our ability to use the water in our bodies to help cool us down is slower.

And most intriguing of all, our sense of thirst weakens which can set many up for dehydration even when we feel we’ve had plenty to drink.

Unfortunately, some of these factors intensify with the addition of chronic illnesses and certain medications. Plus, some older adults experience bladder control problems, and to compensate, may avoid drinking fluids to prevent embarrassing accidents.

Consequently, dehydration is one of the most frequent causes of hospitalization for older adults. And approximately half of those hospitalized for dehydration die within a year.

So, why is water so important?

- Water is the largest single substance in the human body (from 50 to 75 percent) and we can’t live without it. Every body cell, tissue, organ and nearly every life-sustaining body process requires water.
- Water helps to control body temperature.
- Perspiration keeps us cool in hot weather and protects the body against heat exhaustion.
- Water carries nutrients to body cells and carries away waste.
- Water promotes better digestion and intestinal function.
- Water keeps the mouth, nose, eyes and skin moist.
- Water ensures proper volume of blood.
- Water keeps the urinary tract flushed out. This is important in reducing the risk of urinary tract infections. Urinary tract infections can be quite serious, even fatal, in an aging person.

What are the signs of dehydration?

- The first sign of dehydration is usually thirst, which generally occurs when you have already experienced a one to two percent loss of body water. Many older people, however, have a diminished sense of thirst and may be seriously dehydrated before they experience this warning.

- Another early sign of dehydration is the color of your urine. It should be clear or pale yellow. Darker urine may indicate you are not meeting your fluid needs.
- Dry mouth, dry flushed skin (skin that doesn’t bounce back quickly when lightly pinched and released), headache, fatigue and impaired physical performance.
- Increased body temperature, increased but weak pulse rate and rapid breathing.
- Dizziness, increased weakness and labored breathing.
- Muscle spasms, swollen tongue and delirium.

What can you do?

- Make sure your intake of fluids is 48 to 64 ounces per day. That’s a minimum of six eight-ounce glasses per day.
- In addition to water (which is absorbed faster than any other beverage and is calorie free), consider these other sources of fluids: milk, soup, fruit and vegetable juice, gelatin (Jello) and decaffeinated drinks.
- Because caffeine and alcohol act as diuretics and increase water loss, beverages such as coffee, tea, liquor and some soft drinks will not contribute to your fluid intake. These should be consumed in moderation.
- Have a glass of water or juice when you first rise in the morning.
- Take a bottle of water with you when you travel anywhere; walking, on the bus, in a car or an airplane.
- Drink water before, after and during physical activity.
- Give yourself “water breaks” throughout the day, instead of, or in addition to, coffee breaks.
- Eat at least five servings of fruits and vegetables a day because they contribute to your fluid intake. These should be consumed in moderation.
- Have a glass of water or juice when you first rise in the morning.
- Take a bottle of water with you when you travel anywhere; walking, on the bus, in a car or an airplane.
- Drink water before, after and during physical activity.
- Give yourself “water breaks” throughout the day, instead of, or in addition to, coffee breaks.
- Eat at least five servings of fruits and vegetables a day because they have high water content.
- Be especially careful about maintaining adequate fluid intake in the following situations:
  - With illness involving fever, diarrhea, nausea and/or vomiting.
  - In very hot weather, especially if you have no air conditioning.

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

Class set in July on photobooks

A new class on creating photobooks is being offered by Johnson County Park & Recreation District and taught by a photography instructor at the Roeland Park Community Center, 4850 Rosewood Drive.

Participants will learn the beginning steps of assembling photobooks online with digital photos during the first class from 9 to 11 a.m. on July 21 and then return on July 28 with their project for final editing tips. Please bring devices and chargers to class.

The cost of the photobook is not included. The price is $35 for Johnson County residents and $39 for nonresidents. Call 913-826-3160 for more information and other class times.

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To learn more about our post-acute rehabilitation service in Olathe, visit good-sam.com/hoegerhouse.

All faiths or beliefs are welcome.

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FREE book, Secrets to Downsizing: Discover what you MUST KNOW if you are considering downsizing and selling your house. For your FREE copy and FREE consultation, call toll free 855-291-5005.

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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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PC Partners, Inc. Computer Service is a local, 20-year-old, computer service firm dedicated to providing small businesses and home computer users with dependable on-site computer and Internet solutions. We offer a full-range of hardware, software, peripheral, and network support. 913-484-3275.

CELLO LESSONS. Has it been your dream to learn how to play the cello? Did you play once before life became too busy? All ages, levels, and backgrounds welcome. Contact Rachel Morris via email: morris.rachelelizabeth@gmail.com or by phone: 913-609-3631.

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Turning 65 and still working? We compare your current health insurance to the plans available through MEDICARE. Call for a no cost/no obligation appointment to review your options: Susan Joski, licensed, independent broker at Midwest Marketing Assoc., Inc. for 10 years. 913-402-8181 (no financial sales!).


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your July calendar

All classes and events require registration unless otherwise indicated.


Fridays. Tea Dance. 2-4 p.m. $5 at the door. Johnsons County Arts and Heritage Center. Enjoy a fun-filled afternoon dancing to music from the Big Band Era during weekly tea dances. Individuals and couples welcome.

July 4 Independence Day: 1860s Style. 10 a.m.– 4 p.m. $7/adult, $5/child ages 5+ (Olathe residents receive $2 off admission price). Mahaffie Stagecoach Stop and Farm.

July 6 Home Modifications for Safety. 10 a.m. Lenexa Senior Center.

Senior Cinema. 12:15 p.m. Lenexa Senior Center. “Hidden Figures.” Optional lunch for $3 donation at 11:30 a.m. Call 913-888-6141 between 9-10 a.m. 24 hours in advance for lunch reservations.

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

July 12
Healthy Sleep Seminar. 10 a.m. Lenexa Senior Center.

Gardens: Butterfly Gardens. 1:30 p.m. $7/$8 nonresidents Matt Ross.

Eye Catching Photos. 2-3 p.m. Blue Valley Rec. $3. Local photographer Jim Redina to offer tips and tricks.

July 13
4th of July Bingo. 1:30-3:30 p.m. $3/15 games. Irene B. French.

4th of July Bingo. 1:30 p.m. $5/$6 12 games. Mill Creek.

July 18
Pressure Cooking for Beginners. 6 p.m. $20. Extension Office.

New to Medicare Enrollment and Benefits. 1:30–3:30 p.m. Olathe Downtown Library. Presented by Senior Health Insurance Counseling for Kansas.

Spencer & Rains: Art & Music. 7–8:30 p.m. Indian Creek. In addition to playing and preserving old time fiddle tunes, both are artists. Their art will be display for a month after the performance.

July 19
Baseball Bingo. 1:30 p.m. $5/$6 12 games. Johnson County Sunset Building, 11811 S. Sunset Drive, Olathe.

July 20
New to Medicare Enrollment and Benefits. 1:30–3:30 p.m. Olathe Indian Creek Library. Presented by Senior Health Insurance Counseling for Kansas.

Card Bingo. 12:15 p.m. Lenexa Senior Center.

July 21
Creating Photobooks. 9 -11.a.m. $35/$39. Roeland Park.

July 25
Medicare Ins and Outs. 1:30–3:30 p.m. Olathe Downtown Library Presented by Senior Health Insurance Counseling for Kansas.

July 27
Ice Cream Sundae Bingo. 1:30-3:30 p.m. $5/$6 12 games. Roeland Park.

Jam Session. 1-2 p.m. Alzheimer’s Association Education Center, 3856 W. 75th St., Prairie Village. An informal jam session for musicians with early stage memory loss and musicians who are caregivers. 913-831-3888 to register.

Fish Tales. 2:45-3:45 p.m. Alzheimer’s Association Education Center. A reminiscence-and-discussion group for individuals with earlier stage dementia who enjoy the outdoors and nature. 913-831-3888 to register.

Ice Cream Social and games. 12:15 p.m. Lenexa Senior Center.

July 29
Introduction to FamilySearch. 10–11:30 a.m. Olathe Downtown Library. Featuring genealogist Char Mitts.

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your August calendar

All classes and events require registration unless otherwise indicated.

August

Optional lunch for $3 donation at 11:30 a.m. Lenexa Senior Center. Call 913-888-6141 between 9-10 a.m. 24 hours in advance for lunch reservations.

Fridays. Tea Dance. 2-4 p.m. $5 at the door. Johnsons County Arts and Heritage Center. Enjoy a fun-filled afternoon dancing to live music from the Big Band Era during weekly tea dances. Individuals and couples welcome.

August 2

Harmonic Alternative Folk Flagship Romance. 7–8:30 p.m. Olathe Indian Creek Library. Shawn Fisher and Jordyn Jackson perform “harmonic alternative folk.”

Creating Photobooks. 9-11 a.m. $35/$39. Roeland Park. Class does not include photo book. 913-826-3160 for more information or register.

August 3

Senior Cinema. 12:15 p.m. Lenexa Senior Center. “Fences.” Optional lunch for $3 donation at 11:30 a.m. Call 913-888-6141 between 9-10 a.m. 24 hours in advance for lunch reservations.

August 8

Lawn Care Questions. 7-8 p.m. $3. Blue Valley Rec.

August 10

S’mores Bingo. 1:30-3:30 p.m. $3/15 games. Irene B. French.

August 12

World Elephant Day Screening: Elephants in the Coffee. 10 a.m.–12 p.m. Olathe Indian Creek Library. Bhaskar Krishnamurthy will screen his documentary with discussion to follow.

New Theatre’s “Million Dollar Quartet”. Noon matinee. $41/$46 (with transportation). Transportation departs from the Lenexa Senior Center at 11 a.m. Buffet lunch is included. Deadline to sign up is July 12. To register, call 913-477-7100.

August 17

Card Bingo. 12:15 p.m. Lenexa Senior Center.

August 18

Family History Friday. 9 a.m.–12 p.m. Olathe Downtown Library. Drop-in program for genealogy enthusiasts.

August 21

Spots to view the Great Solar Eclipse of 2017 include: 11:30 a.m. to 1:30 p.m., Total Eclipse in the Parks event at Antioch Park, 6501 Antioch Road, Merriam; Heritage Park, 16050 Pflumm Road, Olathe; and The Theatre in the Park, 7710 Renner Road, Shawnee, in Shawnee Mission Park. From noon to 1:30 p.m., a Great Solar Eclipse program at Ernie Miller Nature Center, 909 N. K-7 Highway, Olathe. $8 per person includes a pair of eclipse viewing glasses. Reservations are required at www.jcprd.com.

August 22

Canning Jams & Jellies. 6 p.m. $25 Kansas State University-Olathe campus.

August 23

Pressure Canning. 6 p.m. $25 Kansas State University-Olathe campus.

Summer Sunflower Bingo. 10:30 a.m.-1 p.m. $15. Antioch Park. Celebrate the Kansas state flower with 12 games of bingo and lunch in the park! Grilled burgers, chips, watermelon, dessert, and lemonade will be served. Event will take place at Shelter 4 (on the north side of the lake).

August 24

Canning Meats. 6 p.m. $25 Kansas State University-Olathe campus.

Jam Session. 1-2 p.m. Alzheimer’s Association Education Center, 3856 W. 75th St., Prairie Village. An informal jam session for musicians with early stage memory loss and musicians who are caregivers. 913-831-3888 to register.

Fish Tales. 2:45–3:45 p.m. Alzheimer’s Association Education Center. A reminiscence-and-discussion group for individuals with earlier stage dementia who enjoy the outdoors and nature.

FACILITY LOCATIONS

BLUE VALLEY REC.: Blue Valley Recreation Center at Hilltop: 7720 W. 143rd St., Overland Park, KS 66223; 913-685-6090; 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.


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.


OLATHE DOWNTOWN LIBRARY: 201 E. Park St., Olathe, KS 66061; 913-971-6850; to register, 913-971-6888.

PRAIRIE VILLAGE: Prairie Village Community Center, 7720 Mission Road, Prairie Village, KS 66208; 913-381-6464.

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.

Waterbath Canning for Beginners. 6 p.m. $25 Kansas State University-Olathe campus, 22201 West Innovation Drive Olathe. 913-715-7000.

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