Surviving polio, facing pandemic
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Many heroes in a pandemic

We often know heroes in our lives in our families and communities. Too often, other heroes go unnoticed until there are times of peril in our families and communities. They help to fulfill, at least in part, some of our basic human needs, our health, our safety. That’s occurring in the COVID-19 pandemic. Our lives have been disrupted, and no one knows when life will return to normal or what the new normal might be.

Sixty-five years ago, polio was one of the most feared childhood diseases in the U.S. Science, indeed, beat polio after eight years developed the Salk vaccine. That same triumphant moment may well come for the scientists who find a vaccine for COVID-19, hopefully in far, far less time.

Polio’s conquest represented a milestone for voluntaryism, with almost 2 million people, mostly kids with parental approval, participating in massive clinical trials of the vaccine, and public-spiritedness. There was no grandstanding, no attempt to share or take credit. Salk refused to patent his vaccine, asking: “Could you patent the sun?” The victory belonged to science and to the people, especially the children, now aging adults in our midst on all fronts, fighting the coronavirus.

They are not alone. First-responders in law enforcement, fire departments and emergency medical services are keeping us safe and responding to emergencies. Many heroes in a pandemic.

Doctors, nurses, respiratory therapists, medical technicians and health care specialists are treating the sick, often working long hours and facing the risk of becoming infected with the virus. Certainly, they deserve praise and recognition because without them we could not deal with a pandemic. That moment has no timetable, the victory against the coronavirus will come, nonetheless.

Until that time, there are numerable unsung heroes in our midst on all fronts, fighting the coronavirus.

To the people, especially the children, now aging adults in our midst on all fronts, fighting the coronavirus. They include grocery and pharmacy employees, long-haul truckers and local delivery drivers who deliver necessary supplies, restaurant takeout cooks and workers, and many others on whose efforts we depend.

With our schools being closed, many teachers have reached out to their students to say they are missed, not forgotten, and eagerly await the start of a new school year. Each of these is important in maintaining an orderly society, even in the face of a pandemic, and we should honor them for the part they play in holding our system and our community together.

Johnson County Government policy makers, leadership and employees, too, are doing their part in operating county government and serving our 600,00 residents. While working remotely from their homes, important decisions are being made by county leadership through online conferences, up-to-date information about the coronavirus is being shared with residents and essential public services are being provided locally.

I applaud the steps and actions by the departments of health in Kansas and Johnson County to keep our residents and Kansans as informed and as safe as possible. I am thankful for supplies, equipment and assistance from the federal government and the donations of thousands of handmade masks and other medical materials by residents, county departments and community organizations.

COVID-19 at hand has been met by a community response of many hands, many hearts with passion and compassion, willing to serve and to help others. These people, who provide encouragement in a time of upheaval and uncertainty, are the heroes of the moment and in our time of need. We need them now more than ever in our resolve.

The sobering reality of the coronavirus has mustered all hands being on deck. We have all been required to batten down the hatches, staying at home, maintaining safe distancing, avoiding crowds and practicing other self-help recommendations.

Let’s praise our local unsung heroes for their dedication and hard work until this health crisis passes. Let’s also remember after every storm comes a rainbow.

Until that time, we’re all in this together as a community, uniting, connecting and becoming a rainbow.

We are Johnson County strong! 
On April 15, Governor Laura Kelly extended her statewide stay-at-home order through midnight on May 3. Johnson County Department of Health and Environment reminds residents to keep their distance from one another. The number of cases of COVID-19 can go down if residents stay apart. This includes staying home and avoiding all non-essential activities and contact with others. Non-essential activities mean not hosting or attending gatherings (play dates, dinners or other social activities) and non-travel in groups and non-essential travel. Physical distancing is the key.

“We know it’s tempting to get outside with neighbors and friends when the weather is nice, but don’t assume that because you are outside, you can’t transmit the virus to others or become infected yourself,” Dr. Sammi Areola, director of the Johnson County Department of Health and Environment, said. “The virus is transmitted through respiratory droplets when you cough or sneeze. People gathering together, even in groups of less than 10, must stay at least 6 feet apart.”

The physical distancing rules apply both indoors and outdoors, says Areola. Besides physical distancing and staying home, all metro health departments recommend frequent handwashing, avoiding touching your face and staying away from ill people. While the Centers for Disease Control and Prevention now recommends using a homemade cloth mask or face covering when leaving home for essential activities, using a mask does not replace the need to follow these important precautions to prevent illness.

“This is a critical time in our community. We need everyone’s help to ‘flatten the curve’ so our first responders and local hospitals do not become overwhelmed with COVID-19 patients,” Areola said. “If everyone abides by the stay home orders we will not only reduce infection rates and the number of deaths in the community, but we will be closer to getting back to life as we know it.”

Health department offers COVID-19 Data Dashboard

The Johnson County Department of Health and Environment has launched an updated COVID-19 Data Dashboard that provides the latest status of the department’s testing and disease containment efforts. The dashboard can be accessed at jocovirus.org/coronavirus at the link at the top of the webpage. The dashboard will be updated daily by 10 a.m. New data added to the data dashboard include:

- COVID-19 Cases by Zip Code
- COVID-19 Dashboard that provides the latest status of the department’s testing and disease containment efforts

The first round of testing was completed with 374 randomly selected residents. Of these, 369 tests were processed with 14 positive tests (3.8% of the total number of processed tests) and 360 negative tests. Five tests were damaged. JCDHE’s data gathering and testing strategy include COVID-19 testing of symptomatic and asymptomatic people randomly selected from the general population as well as from other groups including essential workers, first responders and long-term care facilities.

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The Centers for Disease Control and Prevention now recommends using a homemade cloth mask or face covering when leaving home for essential activities, using a mask does not replace the need to follow these important precautions to prevent illness.

“Someone who came in contact with you tested positive for COVID-19 or has shown symptoms for COVID-19 & recommends you self-isolate/get tested.”

The text then contains a link to a website for more information. Consumers are advised to not respond to the message, nor click on the bogus website link.

“ThedepartmentofHealthandEnvironmenthasthe responsibility to keep you informed,” Areola said. “We are in an effort to mitigate and stop the spread. People gathering together, even in groups of less than 10, must stay at least 6 feet apart.”

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“The situation surrounding the COVID-19 outbreak has created a new avenue for scammers to take advantage of the public’s apprehension and uncertainty,” Schmidt said. Other coronavirus scams reported to his office include sales of products specifically designed to cover COVID-19-related scams and price gouging in connection with non-essential activities and contact with others.

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“The good news is that our early data shows that Johnson Countians are doing their part to bend the curve. Dr. Areola said. “We are continuing to ask our residents to keep doing the things they’re doing. Stay home, wash your hands as often as you can for at least 20 seconds, practice physical distancing, and use hand sanitizer if you are unable to wash your hands.”

Health director: Help to ‘flatten the curve’

Kansas Attorney General Derek Schmidt is urging Kansans to use caution against a new text message scam targeted specifically at COVID-19.

The text message scam, as reported to the attorney general’s office, reads:

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Any Kansan who has been contacted by a COVID-19 scammer should file a complaint with the attorney general’s Consumer Protection Division online on a form specifically designed to cover COVID-19-related scams and price gouging.

Consumers may also contact the office by phone at (800) 432-2310 to request a paper complaint form be sent by mail.

State issues guidelines for masks

New evidence indicates that some people with coronavirus do not have symptoms of disease and can transmit the virus before getting sick.

That means, the virus can spread to others nearby and from products speaking, coughing or sneezing. To slow the spread of COVID-19, the Kansas Department of Health and Environment recommends individuals use cloth face coverings when going out in public. Learn more about the use of homemade cloth masks at kdheks.gov/coronavirus-virus/toolkit/Kansas_Home-made_Mask_Guidance.pdf.

Tips on using a mask:

- Treat the mask as if it always has the virus. Never touch the front of the mask and then touch your face. If you do touch the front of the mask, clean your hands immediately with soap and water or alcohol-based hand sanitizer (with at least 60% alcohol content).
- Do not wear if the mask is damp or wet with spit or mucus.
- Dispose of the mask or wash after every use. Wash the mask daily at a minimum.

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Employees continue delivery of Home-Delivered Meals

Employees at the Area Agency on Aging of the Department of Human Services continued to ensure delivery of meals to homebound aging adults during the statewide stay-at-home order while it’s established. Now on a weekly schedule instead of daily, deliveries to 575 aging adults are taking place on Monday mornings by Home-Delivered Meals program volunteers with the support of several office and distribution center employees with AAA and Human Services. They are being assisted by employees from other county departments who don’t typically do that type of work.

The deliveries include the opportunity for a friendly visit and a check in on the well-being of Home-Delivered Meals recipients. That’s more important than ever in light of the coronavirus outbreak and its impact on aging adults. Area Agency on Aging staff are also reaching out by phone to participants the weekly deliveries to provide additional support. The Home-Delivered Meals program provided more than 192,000 meals in 2019.

Area Agency on Aging Eligibility & Options Specialists

Area Agency on Aging eligibility and options specialists are doing a lot of their work from home during the Covid-19 shelter-at-home order. They are ensuring AAA clients can remain eligible for services and provide assessments for new clients by determining their eligibility for services. During normal times, assessments are done in homes and throughout Johnson County. Pictured above are Brigitte McIntire, Leah Schroer, Lindsey Wurtz, Linda Heisse, Jalic Uzynski and Bev Thompson.

Good question, good answer

Q uestion: In January you shared the result of the 2019 Aging Services Study. Can you tell us what the Commission on Aging’s recommendations and conclusions are as a result of the County Aging Services Study?

A nswer: The Johnson County Board of County Commissioners hosted a County Aging Services Study session on Feb. 20. At the study session, the Commission on Aging shared the following recommendations based on the findings of the 2019 Aging Services Forum.

1) Expand Senior Care Act Program. For the county to provide an additional $400,000 for a County Senior Care Act program. This would allow the Area Agency on Aging to serve an additional 167 clients and provide a chore coordination service.

2) Build A New Kitchen for the Nutrition Program. Provide a one-time cost of $2.5 million to build a new kitchen to accommodate the county’s Home Delivered Meal program as well as other nutrition services and programming. The current kitchen is targeted for teardown in 2023 or 2024.

3) Expand In-Home Mental Health Counseling. Provide $8,500 in matching funds for in-home mental health counseling to double the existing Older American Act funding in order to increase the reach of this service.

4) Coordinated Transportation Service. Provide $112,000 in additional funding to initiate and launch a coordinated transportation service specifically geared to aging adults and provide a transportation service coordinator.

5) Increase Community Awareness Regarding Area Agency on Aging Services. Making information more accessible on the county’s website, continue The Best Times publication, actively pursue opportunities to discuss aging services and fund the programs needed to expand AAA services within the county.

In conclusion, the Commission on Aging shared that now is the time to recognize the imminent increase in demand for services to older adults.

The county’s current older adult population is predicted to swell from 120,000 in 2020 to 170,000 in 2030. People are living longer which translates to more people eventually needing some form of public assistance. The Commission on Aging further shared with the BOCC that it is incumbent upon county leaders and fellow county residents to help take care of local most vulnerable populations.

For more information about the COA, please call 913-715-8860.

Upcoming COA meetings

The Johnson County Commission on Aging will meet at 9 a.m. Wednesday, May 13 in the Debb Sullivan Room of the Health Services Building, 11075 South Sunset Drive, Olathe. The meeting is subject to change/cancellation because of the current virus situation. There will be no meeting in June for the summer hiatus. For more information, call 913-715-8860 or 800-766-3777 TDD or visit jocogov.org/coa or facebook.com/jocaging.
Still time to participate in the census

For those who have not participated in the 2020 Census yet, you still have plenty of time and several ways to take part and be counted.

In March, you should have received several pieces of mail from the U.S. Census Bureau with instructions and a 12-digit Census ID for your household to use so you can be counted. The Census can also take your information over the phone or mail you a paper questionnaire. If you do not use those options, you can expect a census worker to come to your door later this year.

Due to COVID-19, some census milestones have been extended:
- Originally people had until July 31 to participate online, by phone or by mail. The deadline has been extended to Oct. 31.
- Census takers were scheduled to start visiting households in person who hadn’t responded online by mail or by phone on May 13. That has been delayed to Aug. 11.

What hasn’t changed are the reasons why it is important to be counted in the census. Census data ensures we are represented fairly in the U.S. House of Representatives and is also used to redraw the boundaries of our state legislative districts to account for population shifts. Data collected brings millions of federal dollars to Johnson County each year for our healthcare systems, roads schools and social service programs. Johnson County will only get its correct share of $675 billion in federal funds if everyone is counted, once and in the right place.

According to the GW Institute of Public Policy “Counting for Dollars 2020” report, Kansas receives more than $6 billion each year based on data received from the 2010 Census.

Examples of that funding directed to Kansas from which seniors benefit include:
- More than $1.9 billion for Medicaid.
- Nearly $6 million for Medicare Supplemental Medical Insurance (Part B).
- More than $6 million for Special Programs for the Aging for nutrition services.

When you are ready to get started, or need more information, visit my2020census.gov.

Food calls increase at pantries

With school closures, job disruptions and health risks during the COVID-19 pandemic, hundreds of Johnson County residents are turning to food pantries for support.

Johnson County Human Services operates three food pantries through its multi-service centers located in Gardner, Lenexa and Mission. Calls about food have increased significantly over the past several weeks. Because one agency cannot handle all of the need right now, Human Services has created a food pantry resource list at jocogov.org/dept/human-services/outreach/food-pantries.

There are more than 45 food pantries in Johnson County. Currently half of those pantries are open and serving the public.

Community food pantries have adjusted their hours and some agencies have moved to appointment only.

Residents in need of food should call agencies in their area for specific information as each agency has different guidelines and eligibility requirements.

Donations are needed as well to continue to serve the community. Considering the current stay-at-home order and social distancing, however, Human Services is not actively accepting donations of food. As soon as it is safe to accept donations from the public, it will host food drives and set up collection sites for food. In the meantime, cash gifts are the best way to offer support.

Food calls increase at pantries
Container gardens add decor

By Dennis Patton

ecent events in the world have kept us at home with plenty of time on our hands. Some of us are using this time to work on home projects, sprucing up our surroundings. One way to bring life to our homes in the summer is adding a container garden to the entry or patio.

Containers are a mainstay in summer décor by bringing colors and textures together on the front porch. Maintaining containers are simple, just provide the basics of water and fertilizer.

Finding the right combination of plants for the container can be challenging. If you are someone who says, “I am not very creative, don’t know what to plant,” there are sources available to help. One source is the internet, full of beautiful photos. While these combinations may not thrive in our area, focus on a mixture of texture, form and color for ideas. Another source is to look for inspiration from pre-planted containers at the store or sitting on your neighbor’s front porch.

In the last few years, I embraced the idea of adding fewer flowering plants to my containers. Instead of a large mass of flowers when designing my pots, I make foliage the star of the show. The pots may be bursting with color and the next day will have none. I have found concentrating on selecting foliage with different textures, shapes, forms and variations on shades of green and other colors allows the pot to shine all season long.

Creating a foliage container follows a basic design recipe. First, look for a thrill. This would be a tall, intriguing plant for the height. The thrill is usually located in the back or center of the container. Second, look for the fill. These plants create the mass around or in front of the thrill, giving the pot an overflowing appearance. This can be all one plant species or can be a variety of plants for more interest.

Lastly, find your spill. Spilling over the edge of the pot completes the look. These plants have a vining or trailing habit. Using this formula leads to success in creating the arrangement.

Before I start my trip to the garden center, I assess the location and pot size. How much sun or shade is in the setting? How much space do I have in the container?

I am frequently asked about how big of a container is needed. My take is to be big on the home. Personally, I don’t use containers holding less than 5 to 10 gallons of potting mix. When there is more soil mass, the less I am a slave to watering it. A bigger root mass makes happier plants and a larger pot means more plants to create a pleasing display. Plants with prized foliage are becoming more popular. Plant breeders learned bright foliage lasts longer than any flowers. The foliage, for example, is a container mainstay. When I studied horticulture at Kansas State University, coleus was a wimpy plant for the shade. Now there are sun-loving varieties in an array of colors available on the market.

Silky shades of purple and chartreuse foliage add contrast to the arrangement. Silver and yellow pop when paired with many colors. Examples include; Dichondra, Plectranthus, Canna, Elephant Ears, Caladium, Papyrus, ornamental peppers and grasses, as well as herbs, like basil. Sweet potato vine is a foliage staple in many containers. Another secret is to expand where you shop for the plants. Outside of the annual section in the garden center, look for common houseplants that work great in a container soaking up the summer sun. I have used Sansevieria, Pothos, Airplane Plant, Croton, Peace Lily (Spathiphyllum), ferns and many other staples we think about growing only inside our homes.

The secret to container gardening is imagination. We all have creativity to use to create the perfect setting. Water is the best way to let it all hang out by sprinkling outside the box. Remember, flowers come and go but foliage remains.

Dennis Patton is a horticulturist at the Johnson County K-State Research and Extension Office.

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BOCC approves funds for COVID-19 testing

The Johnson County Board of Commissioners has authorized a program for additional COVID-19 testing in an amount not to exceed $400,000.

The funding will come from the county’s general fund reserves to be reimbursed by the Federal Emergency Management Agency, if allowable.

The program enhances efforts by data-gathering efforts by Johnson County Department of Health and Environment (JCDOH) to better estimate case counts, understand the impacts of COVID-19 on subpopulations, including children and their role in transmission, the role of pre- and asymptomatic transmission and the case fatality rate. This will guide mitigation strategies and ensure that the best use of health care resources and critical care infrastructure are made in the days ahead.

Board buys PPE supplies

The Johnson County Board of Commissioners has awarded a contract for the purchase of emergency personal protective equipment (PPE), in an amount not to exceed $285,000; and will seek reimbursement by the Federal Emergency Management Agency, if allowable.

While the county recently received a shipment from the nation’s Strategic National Stockpile (SNS) and this PPE has been distributed to those in need, a significant gap in supplies continues to exist. These supplies will support public safety and healthcare service providers (emergency medical services, fire, law enforcement, hospitals, etc.) in providing direct patient care and administering to individuals being tested. With the funding authorization, Johnson County will contract with laboratories to provide testing materials, receive samples, analyze specimens and report the results.

Board uses Zoom to meet

The Johnson County Board of Commissioners is practicing social distancing at weekly Thursday business meetings and additional meetings to reduce the spread of COVID-19.

With the public closing of the Johnson County Administration Building, where the board normally meets, commissioners are not physically in the board’s hearing room, but are using Zoom, an online meeting tool, to meet as a board and to conduct county business. In addition to its regular weekly business meeting, the board has also decided to meet more frequently in order to receive updates on the ever-changing climate of COVID-19.

Access to the board’s weekly agenda and Zoom meeting is available at: https:// Protecting Your Retirement Team are the experts in helping you Navigate a Successful Retirement Journey. Over 40 years experience in helping clients secure safe, guaranteed lifetime income with absolutely no stock market risk. We don’t charge fees or commissions and all of the strategies we recommend are approved by large insurance companies with “A” or higher ratings. We are rated A+ with BBB. In person, phone or virtual appointments available. Call us at (913) 648-2700 or visit our website at protectingsyretirement.com

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Access to the board’s weekly agenda and Zoom meeting is available at: https://protectingsyretirement.com or on Facebook Live for a live feed or later when the video is posted.
Medical Examiner’s Office opens in June

The Johnson County Medical Examiner’s Office will officially open in June as the newest addition at the County Government Complex at 119th Street and Ridgeway Road in Olathe. It is the county’s first-ever medical examiner’s office. Dr. Diane Peterson is the county’s first chief medical examiner.

A ribbon cutting ceremony has been planned for June 4 at the Medical Examiner’s Office and a public open house set on Saturday, June 6. The dates are subject to change due to ongoing precautions related to the coronavirus. More details will be provided on the county’s main website at jocogov.org prior to the scheduled events.

“The building is absolutely beautiful with all of the glass and exposed beams. It is spacious, providing room for growth and the ability to serve the people of Johnson County for many years,” Dr. Peterson said.

The Medical Examiner’s Office investigates deaths that occur in the county, including deaths due to violent means, are unattended or suspicious, in-custody deaths and deaths where identity is an issue. Investigations may include a medical records review, external examinations, radiology, full body x-rays and CT scans, toxicology and/or autopsy.

The facility has an observation deck housed above the autopsy suites that allows law enforcement and medical students to watch and ask questions using a two-way microphone.

The autopsy suite is equipped with an air-handling system and HEPA filter for infectious disease and decomposed bodies, and a cooler large enough to handle a mass fatality event. The in-house toxicology services are available in partnership with the Johnson County Sheriff’s Office.

Johnson County broke ground on the project in December 2018. It’s funded by a ½-cent, 10-year public safety sales tax approved by voters in November 2016.

Library offers updates on services

I hope this finds you in good spirits during a challenging time. Johnson County Library staff and I look forward to welcoming our community back into our branches. Until then, I wanted to provide you with a status update on library services.

At this writing, we don’t know how long we are asked to serve the public without our key assets: our buildings, and our collections. Our book returns are closed for now, and until we can guarantee the safety of our patrons, volunteers and staff we won’t be hosting visitors or circulating physical materials.

This has unfortunately led to the furlough of a number of county employees, including library staff whose primary jobs could not be done remotely. While a difficult decision, furlough status allows staff to collect unemployment while remaining employed by the county, and keep their benefits if applicable. We are eager to recall these valued staff to the branches when we can confidently announce re-opening for public service.

Most of our staff who remain on-duty are safely working from home to ensure the best-possible continuation of services, but with some notable exceptions! Several of our courier drivers have been delivering for Johnson County’s Meals on Wheels program.

And, a few of the Makers in the Black & Veatch MakerSpace have joined forces with Johnson County Community College to open a new kind of print shop, where 3D printers run day and night making components for healthcare face shields.

Some of our staff have joined the efforts for neighborhood libraries in our county. Several of our clerks are working in neighborhood libraries in the South Valley. Our answering service has been growing in recent weeks.

We’ve listed contact questions or circulating physical materials.

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For Johnson County Library cardholders, we have a Pre Plan for just $16.00 a month*! Based on a policy of 50 year old, no money down 10 year payments.

*Based on a policy of 50 year old, no money down 10 year payments.

Library conference meetings help workers stay connected. Shown here, the Library’s Development Department, Clockwise from upper left: Christopher Leitch, Amber Bourke, Slater, Steph Neu, Stephanie Stollsteimer, Teresa Simpson and Shanta Dickerson.

By Christopher Leitch

p.m. and Sunday 1 - 5 p.m.
We’ve listed COVID-19 information resources on our website so patrons can stay up to date.

Internally

• Our IT team worked around-the-clock to deploy laptops and iPads so staff can work remotely.
• Our leadership has formed a special team to guide our re-opening efforts, both short-term and looking ahead to the remainder of 2020. Getting back to full services is a complex task, as it is for many of our public and private colleagues in the community, so we anticipate the library will take a phased approach.

Visit our website to see all the ways we continue to realize our vision to create an environment for people to learn, to explore, to enjoy, to create, to connect.

I continue to wish you all the best, and am eager to see you once again at Johnson County Library.
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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-2188 (TTY: 711).

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GCHKS5LEN

Senior-Focused Health Care
Now Matters More

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Our centers remain open to continue caring for current and new patients. We have extended care into the home by using video visits that allow you and your doctor to video chat through a computer or mobile device without leaving the comfort or safety of your home.

We believe our community can be close even through social distancing. Our website and Facebook pages feature new content every day; fitness classes, cooking classes & recipes, answers to your COVID-19 questions and much more.

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The popular outdoor theater program is celebrating its 51st season in 2020.

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2. Who is guaranteeing your funeral plan? Only the funeral home offering the pre plan can give a guarantee of their services and we don’t charge for our guarantee!

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Lenexa (913) 438-6444 | Kansas City (913) 621-6400

www.PorterFuneralHome.com

There are two important questions to ask when pre planning your funeral.

Theatre in the Park has cancelled the first four shows of the outdoor summer season including Cinderella, All Shook Up, Big River, and Newsies. There are plans to hold the final production, Mama Mia (July 31-Aug 8), subject to additional orders or recommendations. This does not affect indoor theater productions at The Black Box Theatre in the Johnson County Arts & Heritage Center, Overland Park, scheduled for the fall.

The TIP complex is located in Shawnee Mission Park. The theater facility has its own entrance at 7710 Renner Rd., Shawnee.

Show time at TIP is 8:30 p.m. Performances last approximately two hours with a 20-minute intermission. The box office opens at 6:30 p.m. followed by the gates to the seating bowl at 7 p.m.

Ticket prices are adult admission $10, youth $6, plus tax, 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 through its website, including additional details about TIP.

The popular outdoor theater program is celebrating its 51st season in 2020.
Swimming pools were closed during the former polio epidemic amid pandemic. Polio survivors recall epidemic amid pandemic.

T

he year is 1952, not 2020. The disease is polio, not COVID-19. Similar calls to action were recommended to help stop the spread of either virus-related disease. Staying home and social distancing were in. Popular spots where crowds gathered were out. Both diseases target specific, if dramatically different, age groups: COVID-19 for aging adults, especially those with severe underlying medical conditions; polio for the young, most were under age 5.

Phyllis Gilmore of Olathie and Mike Noel, Overland Park survived the polio epidemic as children. Both are among the at-risk older population in the current pandemic. Both are experiencing the at-risk older population in the current pandemic.

Now 75, Gilmore was a baby when she was hospitalized for polio in her hometown of St. Louis. I had whooping cough and chicken pox during my sixth month of age and was already seeing the doctor. When I became ill again during my seventh month with another high fever, my parents took me to the family doctor and he hospitalized me. I was diagnosed with polio in the hospital,” she said.

Now 67, Noel was a 3-year-old boy living in his hometown of Coffeyville when he was diagnosed with polio and treated at a hospital in Tulsa, Oklahoma.

Illness came in year of cure

“I came down with polio the year they came out with the vaccine. That shows you how my luck was running at the time,” Noel said.

The year was 1955 when Jonas Salk’s injective vaccine, requiring eight years of research, development and testing, was implemented. The vaccine was implemented three years after the first outbreak of the disease with 132 cases in 1894. The vaccine was implemented three years after the first outbreak of the disease with 132 cases in 1894.

“Tories resembled the flu. The virus, however, infiltrated the nervous system and attacked the spinal column causing paralysis, now the March of Dimes, that focused on polio. Roosevelt founded the National Foundation for Infantile Paralysis, now the March of Dimes, that focused on polio. Roosevelt founded the National Foundation for Infantile Paralysis, now the March of Dimes, that focused on polio.

Paralysis, now the March of Dimes, that focused on polio in 1921 at age 39, also lived the second half of his life with a disability, which in turn, spearheaded the quest for a polio cure.

March of Dimes seeks change

In 1938, five years after being elected president, Roosevelt founded the National Foundation for Infantile Paralysis, now the March of Dimes, that focused on polio research and implored Americans to donate their spare change to volunteers going door-to-door to collect dimes and quarters in tin cans and mason jars.

“My parents became active in the March of Dimes. I remember all of us collected money in the cans that were in stores during those days,” Gilmore said. In 1946, a year after his death and because FDR created the foundation of the March of Dimes, the Roosevelt dime was issued on what would have been the former president’s 64th birthday.

Much research has been completed about polio since the first outbreak of the disease with 132 cases in 1894. The first major polio epidemic, with approximately 27,000 cases and 6,000 deaths, occurred in 1916.

According to a 2009 PBS documentary, polio was an American's second-greatest fear after nuclear war.

In addition to two epidemics, polio outbreaks struck repeatedly during the first half of the 20th century, arriving in the weather forecast each year in the spring. Late summer was dubbed “polio season” until the health threat disappeared with the cooling weather of fall. No vaccine, no cure

Early on, doctors knew polio was a virus contracted orally from contaminated saliva, food or water. Confirmation of polio required a painful spinal tap. The disease was highly contagious. There was no vaccine and no cure for polio.

The poliovirus, like the coronavirus, relied on “silent carriers”—those showing no immediate symptoms—to spread the disease, causing a lot of uncertainty and fears. The misdiagnosis of the disease was common: first symptoms resembled the flu. The virus, however, infiltrated the nervous system and attacked the spinal column causing rapid paralysis and muscle weakness.

The hallmarks of the Polio Era were the children in braces, on crutches or in iron lungs that helped patients breathe and kept them alive. Swimming pools were closed during the hot months of summer. Theaters warned moviegoers to not sit too close together to avoid spreading the disease. Homes were quarantined or shunned.

Continued to page 18
Survivors remember polio epidemic

Continued from page 17

“My brother was asked not to attend school for a while when I first got polio and people crossed the street when they went by our house,” Gilmore said.

As a toddler, Noel does not recall many details about the final polio epidemic or how long he was hospitalized in his treatment for the disease. He remembers laying on the kitchen counter at home with parents exercising his legs. The exercises helped to strengthen his weakened leg muscles.

For six years, he wore high-top shoes bolted to metal braces from the knee to the ankle on both legs. Noel had to walk stiff legged. At age 9 and in the second grade, he had successful surgery on both legs. Braces were no longer needed after he recovered and learned to walk without orthotics.

A Forrest Gump moment

“It was like Forrest Gump, but I wasn’t being chased or running,” Noel said with a smile.

He knew only one other boy, who lived in his neighbor-
hood, who was a year older and had a more serious impact from polio.

“He had a tough time trying to walk,” Noel said.

The tide against polio began to turn with the Salk vac-
cine. Albert Sabin developed another polio vaccine in the
early 1960s. His oral vaccine was easier to use, requiring just
a few drops in a child’s mouth or on a sugar cube for children
to digest. Both vaccines were used to eradicate polio in the
U.S. by 1979.

“When they got the polio vaccines, people stopped being
afraid of it,” Noel said.

U.S. by 1979.

to digest. Both vaccines were used to eradicate polio in the
Continued from page 17

Survivors remember polio epidemic

...
It's time to recreate, connect at home

By Michelle Alexander

There are only so many hours a day we can tune into the 24/7 news cycle and maintain our sanity while staying “checked in” to reality. But where do you find other outlets and activities? Never fear, Johnson County Park and Recreation District’s 50 Plus Program is here.

We are working hard during the coronavirus crisis to continue to reach out to aging adults and offer ideas you can quickly connect to in order to pass time in a meaningful and fun way.

Join us on our Facebook page by searching JCPRD50Plus and ask to become part of the group. Don’t have a Facebook account or have the first clue about the social media site? Check out techboomers.com/p/facebook for multiple video tutorials that explain what Facebook is and teach you how to create an account, share information, chat with friends, join an event and more.

We post every day on a variety of topics designed to connect aging adults to online resources and recreation opportunities. Participants can also have the fun delivered directly to their inbox with the 50 Plus weekly e-newsletter, chock full of information and inspiring options for entertainment.

To sign up to receive the 50 Plus e-newsletter, as well as any of our other options, visit jcprd.com/enewsletters.

Of course, not everyone is or wants to be digitally connected. Here are some suggestions for staying engaged everyday while at home.

• Turn on the tunes. Music is a well-documented mood booster. Try listening to one full song on a new station or of a new genre, such as classical, country or maybe even punk rock.
• Call a friend, neighbor or family member and schedule a lunch or coffee date and visit over the phone. Continue the conversation and schedule the next one before the call ends.
• Daydream. Studies suggest that daydreaming is the sign of a healthy and efficient brain. So, go ahead, zone out and reminisce about past travels or travels yet to come.
• Journaling is another great way to be more purposeful. Try pulling out an old photo and writing the story that goes with it. Bring back the art of being a pen pal by writing a letter to the friends and family you can’t be with right now.
• Read, go for a walk, watch the trees sway in the wind, practice drawing the trees, play solitaire or practice deep intentional breathing. Whatever it is you choose to do, try blocking out and scheduling your day with specific tasks and projects. Revisit your schedule daily and do your best to stick to it. Adjust what doesn’t work and swap things out to keep it fresh.

Every day we are given is a gift. Whatever it is you choose to do, try to stick to it. Adjust what doesn’t work and swap things out to keep it fresh.

To sign up to receive the 50 Plus e-newsletter, as well as any of our other options, visit jcprd.com/enewsletters.

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Every day we are given is a gift. Whatever it is you choose to do, try to stick to it. Adjust what doesn’t work and swap things out to keep it fresh.
Overnight fishing set at four county parks

The first overnight fishing opportunity will take place May 9 at Shawnee Mission Park Lake. Fishing will be allowed from the bank or from watercraft. Anglers age 16 and older will need to have a valid Kansas fishing license, a JCPRD fishing permit and all appropriate boat tags, if applicable. All persons must also possess a JCPRD trout permit if fishing for trout.

Note: This information is subject to change based on recommendations from the Kansas Department of Health and Environment and the current statewide stay-at-home order.

Other Overnight Fishing Saturdays at Shawnee Mission Park are planned for June 20, July 25 and Aug. 15. This summer’s overnight fishing events are also planned at Heritage Park, June 6 and July 18; Kill Creek Park, June 13 and Aug. 8; and Lexington Lake, July 11 and Sept. 12.

Lake locations:
- Shawnee Mission Park, 7900 Renner Road, Shawnee and Lenexa;
- Heritage Park, 16050 Plumm Road, Olathe;
- Kill Creek Park, 11670 Homestead Lane, Olathe; and
- Lexington Lake Park, 8850 Sunflower Road, DeSoto.

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

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People of all ages can be infected by the new coronavirus (nCoV-19).
Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

#Coronavirus

Does the new coronavirus affect older people, or are younger people also susceptible?

A crisis may need mental health care

By Keith Davenport

When the state first started preparing for COVID-19, the focus was on how to distance everyone from the virus to protect their physical health. No one initially anticipated how much this distancing might affect one’s mental health.

The social distancing and requirement to stay at home can undoubtedly lead to feelings of isolation. With more time on their hands, people might find themselves watching or reading more news or scrolling through Facebook feeds, which can turn into increased anxiety.

Having to cancel family gatherings, not seeing grand-children or not being able to go about or normal routines can also be disorienting.

Everyone is experiencing these same feelings together. It’s called collective trauma.

It comes as one considers potential losses or the threat of losses in everyday life: connection, job, income, routine, health, etc. Trauma affects everyone differently.

Physically, people may experience fatigue or insomnia, inactivity or overactivity, or an increase or decrease in their appetite.

Cognitive (mental) functions might be affected, too. Short-term and long-term memory could be disrupted.

People might find themselves walking into a room to get something, then forgetting what they came to get.

Individuals may experience difficulty with concentration, solving problems or making decisions.

Emotional reactions are also possible, if not inevitable. Individuals may experience any or all of these feelings: fear, guilt, emotional numbing, anxiety, depression, over-sensitivity or anger.

A person may experience any of these symptoms or none and the experience may be mild or severe. While these reactions may be painful or frustrating, they’re also a normal part of how people process events like this.

As individuals continue to work through this difficult time together, there are coping mechanisms to handle these emotions.

First, give permission to feel down about these days. It’s okay not to feel okay. Structuring each day and week may provide some increased feelings of stability. Make sure to eat, drink and sleep in healthy patterns, which are all key to coping with stress.

Physical exercise is also a good coping mechanism. Reach out to others by phone, video platforms or even with a handwritten letter or postcard. Through all of this distancing, people might form closer relationships because of the innovation required to communicate and reach out.

Those who are, or if someone close to them is experiencing a mental health crisis, please call the 24/7 crisis line at 913-268-0156.

Those who are not in crisis, but are in need of mental health services, please call 913-826-4200. There are additional resources, as well as a place to sign-up for a weekly Mental Health Moment email, on the webpage
Families invited to campout at SM Park

The Great American Family Campout is scheduled June 6, beginning at 2 p.m. at Shawnee Mission Park, 7900 Renner Road, Shawnee.

The family-friendly event is for experienced campers or just individuals looking for an activity to share with their family, with the opportunity to sleep under the stars in the safety of the largest park in Johnson County. The package includes passes for one pedal boat rental, admission to the beach and tickets to the Theatre in the Park’s production of “Cinderella.”

Step into Wellness set in May

Johnson County residents are invited to Step into Wellness on Wednesday, May 27, at the Meadowbrook Park Clubhouse, 9101 Nall Ave., Prairie Village. The event, starting at 9 a.m. and ending at 1 p.m., features two different walking options, lunch, demonstrations, fun activities, business vendors and Fox 4 Anchor John Holt as the keynote speaker.

Cost, including lunch, is $5 per person for Johnson County residents, $6 for nonresidents. Sponsored by the 50 Plus Department of the Johnson County Park and Recreation District, more information about the Step into Wellness is available by calling 913-438-7275 or visiting/registering at JCPRD’s website, jcprd.com. Note: For the latest information about this event for possible changes or cancellations, please check the website. 

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Note: For the latest information about this event for possible changes or cancellations, please check the website.

Park openness requires social distancing

The JCPRD Administration Building in Shawnee Mission Park and the Registration Office in Antioch Park are currently closed, but district permits for fishing, archery and boating can be purchased over the phone with a credit card by calling 913-438-7275. A receipt will be emailed to serve as a temporary permit and purchasers will receive their physical permit by mail.

All 21 playgrounds and two fitness areas containing outdoor exercise equipment in county-operated parks are closed to public use while stay-at-orders remain in effect.

Outdoor sports courts, including pickleball courts in Meadowbrook Park, Prairie Village, and basketball and tennis courts on the south side of Antioch Park, Merriam, have also been closed. Closure signs have been posted.

Johnson County residents are urged to take every step they can to stay calm, safe and healthy during the current unprecedented and unsettling time.

Note: For the latest information about the status of facilities, event, class, program for possible reopenings, changes or cancellations, please check jcprd.com.

David Markham is a communications specialist for the Johnson County Parks and Recreation District.
New tax deadline: What to do?

By Denise Dias

Good news for all tax filing procrastinators! The Internal Revenue Service (IRS) has extended both the filing date and the payment deadline to July 15 due to the coronavirus. This means no penalties or interest will be charged until after the new filing deadline.

Face-to-face tax preparation at the Johnson County VITA tax site has been suspended. We are unable to make appointments at this time. Anyone who wishes to complete their taxes by mail are asked to go to the johnson.k-state.edu website for instructions on this method.

The VITA site has come up with a way of having taxpayers gather their tax documents and send them to a special mailbox for our volunteers to prepare and e-file their taxes. The volunteers can even help fill taxes for 2017 and 2018. If taxpayers are due a refund, they can still claim it without any penalties. The VITA volunteers recently helped a young woman claim a $5,000 refund from a couple of years ago! That will go a long way in helping her to get through this COVID-19 crisis.

Other notes about filing income taxes this year. The July 15 filing extension also applies to any contributions that are made to a 2019 IRA or Roth IRA. If an extension is filed, the taxpayer will still need to completed everything by Oct. 15. That deadline has not changed. If the taxpayer owes the IRS money for penalties, then those payments will need to be paid by July 15.

If taxpayers have set up auto pay with the IRS, with the July 15 filing deadline to July 15 due to the coronavirus. This means no penalties or interest will be charged until after the new filing deadline. Late payments will affect the taxpayer’s credit score. Credit card companies and lenders may be able to offer some options to help bill payers. This could include waiving certain fees, like ATM, overpayments and late fees, as well as allowing the delaying, adjusting or skipping some payments.

They also need to watch out for scams! Scammers look for opportunities to take advantage of people especially older adults. Be extra cautious of emails, social media posts and selling fake coronavirus test kits and products. The CDC and the Food and Drug Administration have cautioned consumers to be on the lookout for sellers of unapproved or misbranded products. Especially if they say it prevents or treats the coronavirus.

Social isolation is already an issue for the older population and can lead to other issues, including an increased likelihood of falling for scams due to a need to connect to others. This issue could grow in response to virus prevention tactics like social distancing and self-quarantines.

Phone calls and video chats can help aging adults and their families connect during this period where health officials encourage limiting contact.

Aging adults, as well as their family members should be aware of common types of scams as well as how to prevent and report them. Scammers are starting to pop up especially some target mon types of scams as well as how to prevent and report them.

For more information, visit benefits Maxwell, KS.

Golf courses feature 'touchless' play

By David Markham

In addressing concerns about the COVID-19 outbreak, the Johnson County Park and Recreation District has initiated a “touchless golf experience” at two golf courses.

The new safety measures were taken at the Heritage Park Golf Course, 16447 Constance, Olathe, and the Tomahawk Hills Golf Course, 17501 Midland Drive, Shawnee. Both have daily tee times between 8 a.m. and 4:20 p.m.

“We have received reports from the CDC involving social distancing so we were able to identify a number of specific instances where the typical game could be modified to reduce personal contact and embrace social distancing,” Devin Wetzel, assistant superintendent of parks and golf courses, said.

“Simple things such as removing bunker rakes and ball washers, reducing tee times, and using individual golf carts provide a way to get outside and move without the need to have close contact with people.”

The new measures have been reviewed and approved by both the county health officer and the director of the Johnson County Health and Environment.

In addition to requiring social distancing of at least six feet and only one player per cart with the carts being sanitized after each use, the new measures call for online payments, no indoor or outdoor seating at the courses and a 50% reduction in tee times to increase distancing.

The holes on the golf courses, practice greens and chipping areas also utilize the “touch and in” method, eliminating the need to remove golf balls from the hole. Bunkers are played as “ground under repair” and rakes have been removed. Both pro shops are closed until further notice. Amenity desks, including ball washers, water coolers, benches, scorecards and pencils, and bag stands, will not be available. Leagues and instructional lessons are not being offered until further notice.

Typical tee times of eight to nine minutes have been increased to 16 to 20 minutes to put more distance between players and to lessen the chances of golfers meeting during their round. Players starting after 7 p.m. will be leased to nine holes. Driving ranges are also open and follow the same online payment process as tee times. Golf balls and baskets will be sanitized after each use.

All receipts are being provided via e-mail. Golfers can book a tee time for either course online at JCPRD.com or by calling 913-829-4655 or Heritage, or 913-631-8000 for Tomahawk Hills. Regular in-season rates apply.

“Upon arrival, golfers will be directed to the outdoor staging area where they will be able to check in with a 6 ft person while at a safe distance,” Wetzel said.

“Staff will reference the tee sheets showing the names and times of the golfers checking in. Anybody who is attempting to walk in and pay will be greeted with signage instructing them to call or pay online.”

Note: For the latest information about the status of reopening of golf facilities, operations and possible changes, please check jcprd.com.
Classified ads are not accepted after the third day of the month prior to publication. For more information on the classified ad or business card ad process, contact Tim Phenicie.

Email: tim.phenicie@jocogov.org
Call: 913-715-8920

May-June classifieds


MG Home Repair and Improvement. All around the home repairs. Carpentry, plumbing, concrete repairs, deck and fence repair, power washing, staining and sealing, drywall installation & finishing, interior and exterior painting. Experienced, quality workmanship; senior discounts; free estimates; insured. Call Michael in Lenexa. 913-486-9040.

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How do I get rid of all these machines & tools? If you have a basement or garage full of woodworking tools, why not let me price and sell them while freeing up some space and putting cash in your hands. With over 24 years experience in appraising and selling woodworking machinery & tools, I can make life easier. Call or email Mike at 913-375-5750, mcbob65@gmail.com.
Due to the COVID-19 and preventative actions, please check websites or call ahead of time for the latest information about program/class/events cancellations and/or facility closures.

May-June classifieds


FOR SALE


Johnson County Memorial Gardens - Garden of Devotion. 2 Side by side Premier Lots. $2200 OBO. (current cost $3995.) Terry 913-221-1292 703kleaf@gmail.com.

Publishing of classified advertising does not constitute endorsement or endorsement by this magazine or Johnson County Government.

May-June calendar

Due to the COVID-19 and preventative actions, please check websites or call ahead of time for the latest information about program/class/events cancellations and/or facility closures.

May

May Monday Movies. 12:15 p.m. Lenexa Senior Center. 5/4—“Where the Money Is;” 5/11—“The World We Make;” 5/18—“The Natural.” Lunch at 11:30 a.m. for a $3 donation. Call 913-888-6141 between 9-10 a.m. 24 hours in advance for lunch reservations. Free popcorn & beverage served.

May 5


May 12


May 13

Birthday Entertainment. 12:15 p.m. Lenexa Senior Center. 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.

May 20

Cooking: Instant Pot. $36/$41. 1-4 p.m. Roeland Park.

May 21

Ten Warning Signs of Alzheimer’s. 10 a.m. Lenexa Senior Center. Register by calling 913-477-7100.

AARP Safe Driving Course. 9 a.m.-1:30 p.m. $20 (AARP members receive $5 off when they call to register). Blue Valley Rec.

Savvy Social Security Planning. 6:30-7:30 p.m. $3. Blue Valley Rec.

Cleaning Healthy, Cleaning Green. $3/$4. 5:30-6:30 p.m. Roeland Park.

May 26


May 27

AARP Driver Safety Course. Lenexa Senior Center. For more information call 913-477-7100.

Solving the Medicare Puzzle. 6:30 p.m. Lenexa Senior Center. Call 913-477-7100 to reserve a spot.

June

June 9

Day Trip: Springfield, Mo. — Walk and Ride on the Wild Side. $95 (includes lunch.) 6:30 a.m. Departs from Antioch Park. Come face-to-face with animals in open-window bus safari and then travel through Fantastic Caverns. 913-826-2975.

June 10

Birthday Entertainment. 12:15 p.m. Lenexa Senior Center. 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.

June 11

BBQ Bingo. Noon-3 p.m. 4. We provide hamburgers, hot dogs & beverages. You contribute side dishes (potato salad, baked beans, chips, veggies & dip etc.) Pre-registration required by June 9. 913-322-5550.

Right sizing your life. $8/$7. 9:30-11 a.m. Meadowbrook Park Clubhouse.

June 17

Solving the Medicare Puzzle. 6:30 p.m. Lenexa Senior Center. Call 913-477-7100 to reserve a spot.

June 21

June Monday Movies. 12:15 p.m. Lenexa Senior Center. 6/1—‘The Tourist;” 6/8—“Catch Me If You Can;” 6/15—“Rock My Heart;” 6/22—“Nights in Rodanthe;” 6/29—“The Sea of Trees. Lunch at 11:30 a.m. for a $3 donation. Call 913-888-6141 between 9-10 a.m. 24 hours in advance for lunch reservations. Free popcorn & beverage served.

June 22

Tennis: Adult Tennis Lessons for Beginners. 84/$94. 7:30-8:20 p.m. Roeland Park.

June 29

How to Maximize Your Social Security. 6:30 p.m. Lenexa Senior Center. Register by calling 913-477-7100.

FACILITY LOCATIONS

BLUE VALLEY REC: Blue Valley Recreation Activity Center, 6455 W 131st St., Overland Park; 913-685-6090; bluevalleyrec.org.

CENTRAL RESOURCE LIBRARY: 9895 W. 87th St., Overland Park; 913-846-4600 and Press 3 for all Johnson County Library reservations.

EXTENSION: Johnson County K-State Research and Extension, 11811 S. Sunset Drive, Olathe; 913-715-7000; jocoAHC.com.

ARTS & HERITAGE: Arts & Heritage Center, 8788 Metcalf Ave., Overland Park; 913-827-2877; pcoAHC.com.

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

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

MAHAFIE STAGECOACH STOP AND FARM: 13427 Walnut St., Lenexa; 913-971-3111.

MAGNIFICENT STAGECOACH STOP AND FARM: 1200 Kansas City Road, Olathe; 913-715-3111.

MATTHEW ROSS: Matt Ross Community Center, 801 Marty St., Overland Park; 913-826-2830.

MEADOWBROOK PARK CLUBHOUSE, 901 Nall Ave., Prairie Village; 913-826-2975.

PIONEER DAYS: Village of Westbury, 3120 SW 151st St., Shawnee; 913-631-5200.

PRAGUE VILLAGE: Prague Village Community Center, 7720 Mission Road, Prairie Village; 913-431-6444.

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

SHAWNEE CIVIC CENTER: 13857 Johnson Drive, Shawnee; 913-631-5200.

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

SYLVESTER POWELL: Sylvestor Powell Community Center, 6200 Martway St., Mission; 913-722-8200.

TOMAHAWK RIDGE: Tomahawk Ridge Community Center, 11902 Lowell Ave., Overland Park; 913-327-6645.
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- Avoid Probate and Court Interference with your Affairs
- Minimize Family Infighting
- Protect Heirs from Wasting Inheritances
- Keep Assets in Your Bloodline
- Preserve and Protect IRAs and Retirement Accounts

- Family Estate Planning
- Powers of Attorney
- Business Succession Planning
- Probate & Trust Administration
- Trusts
- Wills
- Asset Protection Planning
- Special Needs Planning

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The choice of an attorney is an important decision and should not be based solely upon advertisement.