

## Heartland Gold Games Set For May 7

Senior Services, Inc. of Wichita will host the third annual Heartland Golden Games on Saturday, May 7.

Events will include Pickleball, Ball Throw, Horseshoes, Hoop Shoot, Wii Bowling, Bridge, Pitch, 1-Mile Walk, Billiards, and a Bake Off. Medals will go to the top three winners in each game in each age bracket. The event will be

## Heartland Golden Games



Play On, Play Through, Play Forever

held at Linwood Park/Recreation Center and Senior Center, Edgemoor Park and Recreation Center and the Downtown Senior Center.

The event is being sponsored by the City of Wichita, Sedgwick County Department on Aging and Senior Services.

Registration cost is \$25 per person in advance or \$30 on event day (price includes access to any of the games, a t-shirt and lunch).

To pick up a registration form, visit the locations listed above or, for more information, call (316) 267-0302.



Department on Aging

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## Wearin' of the Green In Delano

Center participants and staff from Senior Services, Inc., were among the 2,500 participants in the 10th annual St. Patrick's Day parade March 12 in historic Delano.



Nancy Lawrence, parade organizer and president of Historic Delano Inc., said the parade's 2016 version attracted between 10,000 and 12,000 people, numbers she said represented one of the biggest parades in the event's history.

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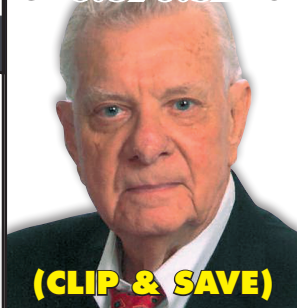
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## Downtown Senior Center

Greetings from the Downtown Senior Center.

We have a lot of interesting events coming up in April, and I hope you can find something of interest. In addition to our “Eat Smart – Live Strong” series which concludes on April 7th, we will host another installment of our “Aging Gracefully” series on April 21st. Please don’t forget about our Senior Financial Expo on April 20th.

We have a lot of things coming up this spring and summer, and I hope to see you here at DSC.

Gerald McCoy  
Downtown Senior Center Director

### Ongoing Activities

#### Monday

8:00 am Competitive Pickleball  
9:30 am Wanda’s Exercises  
10:00 am Prairie Moon Book Club (1st Monday)  
11:00 am Lewis Street Singers  
11:00 am Well Rep Exercises  
12:30 pm AARP Smart Driver Course (2nd Mon)  
1:00 pm Grand Slam Bridge  
5:00 pm Funtastics (1st Monday)  
6:30 pm Clown Alley (3rd Monday)  
7:00 pm Round Dance  
7:00 pm Recovery

#### Tuesday

10:30 am Single Seniors  
12:30 pm AARP Smart Driver Course (2nd Tues.)  
1:00 pm Dominoes  
1:00 pm Pool Tournament  
1:00 pm Prairie Quilt Guild (2nd Tuesday)  
1:00 pm Bingo (except 2nd Tuesday)  
2:00 pm Bible Study  
7:00 pm Prairie Quilt Guild (2nd Tuesday)  
7:00 pm MOPAR (3rd Tuesday)  
7:00 pm Sunflower Woodworkers (4th Tuesday)  
7:00 pm Prairie Quilt Guild Board Meeting (1st Tuesday)

#### Wednesday

8:00 am Competitive Pickleball  
9:00 am Advanced Spanish

9:30 am Wanda’s Exercises  
11:00 am Well Rep Exercises  
1:00 pm Basic Computer Class (1st and 2nd Wed)  
1:00 pm Recreational Pickleball (Except for the 2nd Wednesday)  
1:30 pm Senior Legal Advisor (2nd Wednesday)  
3:30 pm Recreational Pickleball (2nd Wed.)

#### Thursday

9:00 am Foster Grandparents (Last Thursday)  
9:00 am Porcelain Painters  
9:30 am Foot Care  
9:30 am Fun with Scrapbooks (3rd Thursday)  
9:30 am Gentle Fitness (Except last Thursday)  
10:00 am Quilters’ Treasures  
10:00 am Beginning Drawing (Except 1st Thurs.)  
1:00 pm Pool Tournament  
2:00 pm Senior Financial Advisor (3rd Thursday)  
5:30 pm Writing Craft (1st Thursday)

#### Friday

8:00 am Competitive Pickleball  
9:30 am Wanda’s Exercises  
11:00 am Well Rep Exercises  
1:00 pm Party Bridge  
1:00 pm SECA (1st Friday)  
1:30 pm Hand and Foot Cards

#### Saturday

6:00 pm Good Time Dancers (as scheduled)

Downtown Senior Center • 200 S. Walnut, Wichita, KS 67213 • (316) 267-0197  
Hours: 8:00 a.m. - 4:30 p.m. • Director: Gerald McCoy • [GeraldM@seniorservicesofwichita.org](mailto:GeraldM@seniorservicesofwichita.org)  
**Registration Required for ALL Center Activities**





## Downtown Senior Center

### Blood Pressure Checks

On the first Wednesday of each month, you can get a free blood pressure check at the Downtown Senior Center. Amy will be here to provide this service on April 6th from 10:30 to 11:30. You are encouraged to take advantage of this opportunity.

### Drawing Class

The Drawing Class meets on the 2nd, 3rd, and 4th Thursdays of each month at 10:00, and after a brief winter break, they have resumed activities. April meetings will take place on the 14th, 21st, and the 28th. You can call Sharon Revel at 316-264-8621 or Joan Morrison at 316-518-5106 for more information.

### Fun with Scrapbooks

You are invited to join the Scrapbooking Group on the third Thursday of each month. Their next meeting will be on April 21st at 9:30 am. Group leader Natalie Eaton has over twelve years as a Creative Memories advisor. Creative Memories products will be available for purchase or to order but are not required. For questions or to RSVP contact Natalie at njbyrnes@hotmail.com

### Calling All Pool Players

In addition to daily recreational play, there are tournaments at 1:00 each Tuesday and Thursday afternoon. The pool room is open during DSC hours, and you are welcome to check it out at any time.



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## Downtown Senior Center



The Downtown Senior Center was pleased to host the WSU Lifelong Learning Program course, "World Music."

## Prairie Moon Book Club

The Prairie Moon Book Club will meet on Monday, April 4th at 10:00 am. April's featured book is "Clee's Odyssey" by local writer Carl Fox. "Clee's Odyssey" is the true story of Clee DeVoss, whose life adventures took her from a small Kansas town to the streets of Iran. Upon returning home to the U.S., she finished college and earned a degree in education. At the end of her life, she became a prolific writer and put the stories of her life on paper.

New members are always welcome, and ideas for books that would be an interesting read can be submitted at any time. If you would like to join this group, please feel free to attend the meeting.

## Porcelain Painters

On the first Thursday of each month, Nancy Fricker leads a group that explores the art of applying paint to pottery. This month, they plan to meet on April 7th at 9:00 am. If you would like to know more about this art form, you can call Nancy at 650-6385.

## Writing Craft

Our Writing Group meets on the first Thursday of each month from 2:30 to 4:00. This month's session takes place on April 7th and continues the Basics of Writing discussion. Covered topics include showing emotion, using body language, understanding Point of View, and understanding Goal-Motivation-Conflict. Published author Starla Criser leads this group, and aspiring authors are invited to attend.

## Basic Computer Class

Jim and Betty Jones teach Basic Computer on the first and second Wednesdays of each month. Keyboarding skills are needed to get the full benefit of the class. The cost of the class is only \$10.00, and it does fill quickly. Our next openings are in May, and we'd love to have you enroll with us. The class fills very quickly, so reservations are required. You can register by calling 267-0197.

## 4th Annual Senior Financial Expo

Sponsored by Stan T. Webb of Dream Catcher Wealth Management and The Minerva Foundation for Financial Literacy

Wednesday, April 20 • Starts promptly at 12:30pm - 5pm

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A Wichita Money Smart Week program planned specifically for seniors

April is Financial Literacy Month

Don't leave your financial independence to chance - learn ways to take control of your financial future at this FREE educational event.

### Seminar topics include

- Will I run out of money?
- The basics of Powers of Attorneys
- Elder abuse – Common Scams and Frauds
- Life Care Decisions and Transitions
- How to select Life Care Facilities
- Identity Theft
- Reverse Mortgage
- Money Savings Tips



**Info/Reservations: 267-0197**

Stan Webb offers securities through Concorde Investment Services LLC (CIS), Member FINRA/SIPC. Advisory Services offered through Concorde Asset Management, LLC (CAM). DreamCatcher Financial, LLC is independent of CIS and CAM.





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## **Downtown Senior Center**

### **April Events**

**April 7th at 2:00**

#### **Eat Smart – Live Strong**

The Sedgwick County Extension Office concludes its program on healthy eating and healthy living this month. The session is scheduled for 2:00 on April 7th, and is entitled “Sweeteners.” In this class you will learn ways to sweeten without table sugar and how to substitute artificial sweeteners for sugar.

**April 19th at 6:00**

#### **Senior Center Benefit Dance**

There will be a Senior Center Benefit Dance to benefit Senior Services of Wichita. Frank Morrell of our Round Dance Group will serve as host of the event on Tuesday, April 19th, at 6:00. There will be lots of music and lots of fun, with the proceeds going to your Senior Centers. If you have questions, you can call Frank at 262-7830.

**April 20th at 12:30**

#### **Senior Financial Expo**

Our Senior Financial Advisor Stan Webb is here to discuss important financial issues of the day. This month, instead of his usual presentation on the third Thursday, Stan will be hosting our annual Senior Financial Expo. In addition to money management, topics to be discussed include elder abuse, identity theft, and the powers of attorneys. The event is scheduled from 12:30 until 5:00 on Wednesday, April 20th.

The event is free, but reservations are suggested. You can R.S.V.P. at 267-0197.

**April 21st at 12:00**

#### **Aging Gracefully**

Don’t forget about our Aging Gracefully event on Thursday, April 21st at noon. Dr. Eli Brumfield will lead a team of medical personnel as they discuss the topic “How to Come Back from a Health Setback.” Call 267-0302 (ext. 200) to R.S.V.P.

### **May Events**

**May 7th**

#### **Heartland Games**

Join us for a day of fun and friendly competition, and it all benefits Senior Services of Wichita.

**May 11th at 1:30**

#### **Senior Legal Advisor**

Jennifer Stultz, who is our Senior Legal Advisor, comes to our center on the second Wednesday of each month. This month’s presentation on May 11th at 1:30. Each month’s talk is informative and timely. Call us here at the D.S.C. to reserve space.

Watch for details of these and other events as the weeks go by.

### **AARP Safe Drivers**

Kansas insurance companies will give discounts to drivers who satisfactorily complete the Smart Drivers Class. On the second Monday and Tuesday of each month, the A.A.R.P offers the class from 12:30 to 4:30.

The April class is already full and seating is limited, so call 267-0197 to reserve your chair for the next available opening.

### **Massage Sessions**

Each Wednesday afternoon at 1:00 Ruth Lundstedt will be here to provide massages. It will be a great opportunity to do something nice for yourself. You can call Ruth at 648-2210 to get details and make an appointment.

### **Foot Care by Michelle**

Join us for “Foot Care by Michelle” each Thursday from 9:00 until 3:00. The cost is \$25.00 for DSC members, and \$30.00 for non-members. Call Michelle at 946-0722 to



## Linwood Senior Center

“Man cannot discover many oceans unless he has the COURAGE to lose sight of the shore”  
-Andre Glide

Hi Friends,

Happy April to you! What a great time of year to celebrate the beauty of our world. I hope you get a chance to get outside and have a little fun.

I want to also thank all of you faithful members for all the support and donations you continually provide for one another at the Linwood Senior Center. We have been getting yarn, DVDs, bread, utensils, soap, cookie, coffee and donut donations, and magazine and calendar and even monetary donations! I cannot thank you enough for your GIVING!! We certainly want to thank those of you who give your TIME and ENERGY: the advisory council members, the decorators, the crafters, the organizers, and the hostesses, the food preparers, the pianists, the joke tellers, the table movers, and the class/card coordinators and teachers! Whew—what a blessing you are!

Please check out all the fun events we have planned! The Heartland Golden Games Tournament, a caregiving class and some outstanding seminars and programs. Mark your calendars and plan on visiting YOUR Linwood Senior Center!

Hugs, Cherise and the Linwood Team

### Ongoing Activities

#### Monday

9:00 Stretching  
9:30 Dynabands  
10:00 Bible Study  
(first Monday)  
10:00 Early AM Bookclub  
(second Monday)  
11:30 GNNP Lunch

#### Tuesday

9am–3pm Michelle's Foot Care  
9:00 Brain Games  
9–11 Pickleball  
9:30 Fit & Balance  
10:30 BINGO  
11:30 GNNP Lunch  
12:15 WSU Well-Rep  
1:30 Dime Bingo!

2:30 Writing Craft (1st Tues)

#### Wednesday

9:00 Arthritis Exercise  
11:30 GNNP Lunch  
1:00 Pinochle with Henry

#### Thursday

9–11 Pickleball  
9–9:45 Beginning Line Dance  
10:00 Line Dance  
11:30 GNNP Lunch  
12:15 WSU Well-Rep  
1:00 Pinochle w/Henry  
2:00 Games of Fame  
(4th Thursday)

#### Friday

9:00 Stronger Seniors

10:15 Presentations

10:30 (1st Friday) Ancaire Blood  
Pressure check

11:30 GNNP Lunch  
12:00 Tournament 13 pt Pitch

#### Daily/Anytime

Walking  
GNNP Lunch (for reservations  
call 219-4020)  
10 pt Pitch 12:30

#### Monthly

10:00 Advisory Council the last  
Wednesday of the month  
10:30 Birthday Party the third  
Wednesday of the month

Linwood Senior Center • 1901 S. Kansas, Wichita, KS 67211 • (316) 263-3703

Hours: 8:00 a.m. - 4:30 p.m. • Director: Cherise Langenberg • CheriseL@seniorservicesofwichita.org

**Registration Required for ALL Center Activities**





## Linwood Senior Center

### "Movie Wednesdays" the 1st and 3rd Wednesdays of the Month

April 6, 2016 at 1pm - "Coal Miner's Daughter"  
April 20, 2016 at 1pm - "Remember the Titans"

Join us for some classic movies popcorn  
and fun! \* If DVD's are not available, a  
substitution may have to be made!

### Writing Craft

Join us Tuesday, April 5, from 2:30-4pm  
for "More Writing Basics"-word counts and  
pages, formatting, the importance of titles,  
understanding scenes, sequels and chapters.  
Please call Starla Criser, instructor, 393-8195 if  
you need more information.

### Let's Get Cooking!

Shirley Lewis from Sedgwick County  
Extension Office will share a "healthy" topic to  
encourage us to EAT Well and LIVE Well.  
Shirley even comes and prepares a recipe for  
us to use in our daily menu planning. Tasters  
are welcome! JOIN us on Monday, April 4, 2016  
from 1:30-2:30pm. Please RSVP 263-3703.  
This month's topic is "Eating WELL & Cooking  
Less."

### Caregiving Seminar

We are planning a Care Giving 101 Seminar  
with Jennifer Campbell of Via Christi HOPE,  
scheduled for Monday, April 18 from 1-3. Come  
and find out about resources, tips and  
techniques for caregivers. RSVP to 263-3703.

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## Linwood Senior Center Educational Programs

### April

All classes are on Fridays at 10:15 am unless otherwise noted

April 1, 2016

#### **"The Roving Pantry - Do You Need Us?"**

Opal Smith, Director, Roving Pantry,  
Senior Services, Inc.

April 6, 2016

#### **"New Therapy Technique for Neuropathy - PEMF"**

Dr. Eck, Chiropractor of Eck Chiropractic

April 8, 2016

#### **"Name that Tune - Brain Quiz"**

Pianist: Wanda Warren

\*\*\*\*MONDAY, April 11, 2016 at 1:30pm

#### **LEGAL CORNER:**

##### **"Bankruptcy & Creditor Rights"**

Christy Campbell, KS Legal Services

\*\*Appointments available after her  
program—please call to RSVP!

April 13, 2016

#### **"X-TRA INCOME - Come and Find Out About Participating in Research Studies"**

Presenter: Kim Talbot, PRN of Kansas

April 15, 2016

#### **"Food Assistance and Adult Protective Services - Public Benefits that May Work for You!"**

Dawn Ho, Supervisor, KS Dept for  
Children and Family Services,  
and Kimberly Trupia, LBSW, KS Adult  
Protective Services

April 22, 2016

#### **"Springtime Wellness and Homeopathics, Learn How To Support Your Immune System"**

Kristy Schrag, DHM

April 29, 2016

#### **"ATTENTION FOOTCARE CUSTOMERS!"**

Remember all the stories & and fun  
conversation with semi-retired Nurse Brenda  
Ingram? She is coming to chat! Join Us!!

#### **"Stories & Fun with Brenda Ingram"**

Brenda Ingram

### How To Manage Chronic Diseases

\*All classes are Fridays at 10:15 unless  
otherwise noted.

Kansans Optimizing Health Program  
Six-week Course

#### **"How to Manage Chronic Diseases Successfully"**

If you have been diagnosed with a chronic  
disease, such as diabetes, hypertension,  
arthritis, or any life changing disease, we  
want you to join us to learn how to manage  
your illness. Denise Dias of Sedgwick County  
Extension, and Victoria Audley, VA Hospital,  
will present.

Wednesday, April 6, 2016

#### **"Mind Body Connection & Removin DistractionAction Planning"**

Wednesday April 13, 2016

#### **Feedback & Problem Solving, Dealing With Difficult Emotions, Exercise & Improving Balance**

Wednesday, April 20, 2016

#### **Better Breathing - Decision Making, Pain & Fatigue, Endurance Exercise & Relaxation**

Wednesday, April 27, 2016

#### **Better Breathing, Healthy Eating & Communication Skills**

Wednesday, May 4, 2016

#### **Healthy Food choices, Medication Usage, Making Informed Treatment Decisions, Dealing with Depression, Positive**

Wednesday, May 11, 2016

#### **Working with your Healthcare Professional, Weight Management & Planning for the Future**





## Linwood Senior Center

### Support Group

Living Well Support Group is meeting the last Monday of the Month on April 25. Please come and find support in friends with like challenges. Call 263-3703 for more information.

### Craft Time With Barbara

We will be making sun catchers! Cost is \$5. Call to RSVP 263-3703.



### Book Club

Early Bird Book Club is April 11, at 10am. We will be discussing the book, "Summer of the Monkeys" by Wilson Rawls.

### Heartland Golden Games

The Heartland Golden Games will be held on May 7. We will have events in the following categories: baking, Wii bowling, one-mile walk, ball throw, beanbag toss, hoop shoot, pickleball, Pitch/Card, and horseshoe tournaments.

Cost is \$25 in advance (or \$30 the day of the event) for a day of friendly competition, which includes, lunch, T-shirt and other freebies. It is a great value!!!!!!

### Happy Birthday

JoAnn Brown	4/26
Gladys Barnett	4/7
George Buckley	4/7
Kay Case	4/16
Rosie Carter	4/30
Carl Canning	4/8
Lucille Daley	4/24
Connie Ferland	4/23
Helen Ford	4/5
Nancy Fredrickson	4/13
Lorene Guoladdle	4/22
Marjorie Hale	4/26
Belva Harris	4/27
Galen Harris	4/9
Dan Hinderliter	4/22
Eugene Hirsch	4/20
Richard Holtsclaw	4/9
Emily Kelly	4/28
Sosan Lazarus	4/23
Pat Mc Kissick	4/14
Jack Parry	4/10
Amy Rich	4/10
Nina Sanchez	4/26
Marilyn Ward	4/8
Helen Zordel	4/26



### Mother's Day Brunch

Plan on having tea and breakfast with us!  
Thursday, May 5, 2016  
from 9-10:30am  
Special Music & Wonderful Fellowship

RSVP to 263-3703



## Northeast Senior Center

Hello Everyone!!!

Happy National Minority Month!!! If you are not aware, April is National Minority Health Month. National Minority Health Month began 100 years ago as National Negro Health Week. In April 1915, Dr. Booker T. Washington dispatched a letter to the leading African American newspapers, proposing the observance of "National Negro Health Week." Health was the key to progress and equity in all other things, he argued: "Without health and long life, all else fails." He called on local health departments, schools, churches, businesses, professional associations, and the most influential organizations in the African-American community to "pull together" and "unite...in one great National Health Movement." That observance grew into what is today a month-long initiative to advance health equity across the country, on behalf of all racial and ethnic minorities - National Minority Health Month. The theme for 2016 is "Accelerating Health Equity for the Nation." (www.minorityhealth.hhs.gov)

Carnesha Tucker, Center Director

### Food For Thought:

You hear, but are you listening?  
You exist, but are you living?  
You look, but do you see?

### Ongoing Activities

#### Monday

9:30 WSU Exercise  
10:30 Advisory Council  
11:30 API - Friendship Meals  
12:30 T.O.P.S. (Taking Off Pounds Sensibly)  
1:30 Sing-Along

#### Tuesday

9:30 Keep It Moving (Exercise)  
10:30 Bingo  
11:30 API - Friendship Meals  
1:00 Spanish Class

#### Wednesday

9:30 WSU Exercise  
10:00 Special Events Committee  
11:30 API - Friendship Meals  
1:00 Line Dance (2nd and 4th Wednesday)  
2:30 Drawing 101

#### Thursday

9:30 Cross-Stitching  
10:30 Jewelry Class  
11:30 API - Friendship Meals  
12:00 Women's Bible Study  
1:00 Spanish Class  
1:30 Plastic Canvassing Class

#### Friday

9:30 WSU Exercise  
10:00 Crochet Class  
11:30 API - Friendship Meals  
1:00 Bridge

Special Events Committee has moved to the 3rd Monday each month @ 10am  
Advisory Council is every 2nd Monday each month @10:30am

Northeast Senior Center • 2121 E. 21st, Wichita, KS 67214 • (316) 269-4444

Hours: 8:00 a.m. - 4:30 p.m. • Director: Carnesha Tucker • CarneshaT@seniorservicesofwichita.org

**Registration Required for ALL Center Activities**





## Northeast Senior Center Educational Opportunities

### April

April 1st @ 11:45am

**Thriving Through Tough Times Part 2**

Mark Pennington - The Legacy on College Hill

April 7 @ 11:45am

**"Oral Health & Caregiving"**

Caregiving Step by Step #10

April 13 @ 11:45am

**"Oral Hygiene Education"**

WSU - Dental Students

April 14th @ 11:45am

**"Pass It On: Frauds and Scams"**

Teresa Hatfield -

Sedgwick County Extension Office

April 28th @ 11:45am

**"Keys to Embracing Aging: Things you can do to stay healthy as you age"**

Teresa Hatfield -

Sedgwick County Extension Office

### Tax Service

Northeast will be providing tax services again, courtesy of AARP. Call (316) 269-4444 to schedule. Taxes will be prepared on Tuesdays, Wednesdays, and Thursdays from 9 a.m. to 2:15 p.m. through April 14.



**Northeast participants enjoyed the Valentine's party Feb.12. In addition to great food and fellowship, the event featured a fashion show with models showing off their red attire.**





## Predicting the Weather

Y W C T R A D A R H R X K O O L T U O H O T  
T A I O H C Q E Y A R E A A K S A L A C O L  
I R T D N E T G I D R A Z Z I L B S T O R M  
D N I A L E R N Y W O N S G T O M O R R O W  
I I E Y M O E M M T E I O R E D N U H T D Q  
M N S O M R C T O T I L R E T E M O M E N A  
U G R E N E G P A M O L D O P P L E R W C T  
H A T P W M N M P R E C I P I T A T I O N E  
B E H R A I I I O J U T K B P T H Y M L M L  
R T I E T L N E H P L C E X I A O P N O I E  
T E S S C D T D A S A I C R W S U R D N D V  
C E W S H E H M C D N A C A Z T I E N R U I  
I L E U M G G D T H O U I Y E X L V Y A H S  
D S E R Q W I N D Y I I S R C L O U D Y D I  
E C K E R Z L H U H T L T S A C E R O F O O  
R H E A T I N D E X A A L M O I S T U R E N  
P B G N I Z E E R F N W Z S L I P P E R Y M

ACCURATE  
ANEMOMETER  
AREA

HEAT INDEX  
HIGH  
HOT

NATIONAL  
OUTLOOK  
PRECIPITATION

THERMOMETER  
THIS WEEK  
THUNDER

BAROMETER

HUMIDITY

PREDICT

TODAY

BLIZZARD

HYGROMETER

PRESSURE

TOMORROW

CITIES

ICY

RADAR

TORNADO

CLIMATE

LIGHTNING

RAIN

VISIBILITY

CLOUDY

LOCAL

SLEET

WARNING

COLD

LOW

SLEPPERY

WATCH

COMPUTER

MAP

SNOW

WINDCHILL

DOPPLER

METEOROLOGIST

STORM

WINDY

DRY

MILD

SUNNY

FORECAST

MODEL

SUNSHINE

FREEZING

MOISTURE

TELEVISION

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, or in the word list.

**Trivia:** What are the only two states in the USA that have never reached 100 degrees Fahrenheit (37.8 degrees Celsius)?

**Answers:** \_\_\_\_\_ and \_\_\_\_\_



## Northeast Senior Center

### Monthly Events

**Advisory Council:**  
Monday, April 11th, at 10:30am

**Special Events Committee:**  
Monday, April 18th, at 10am

**Blood Pressure Checks:**  
First Tuesday of each month, at 11am  
Courtesy of HealthBack Home Health

### Foot Care by Michelle Steinke

First Wednesday of each month by appointment. Michelle does nail trimming, corns, calluses, and foot massages. Please call 946-0722 (leave a message).

### Upcoming Events

#### "MOTOWN MADNESS"

Friday, April 15th

Time: 2pm-4pm

Cost: \$5 members/\$7 nonmembers

\*If you are interested in being a participant in MOTOWN MADNESS, please call (316) 269-4444 to sign up.



#### "Mother's Day Dinner"

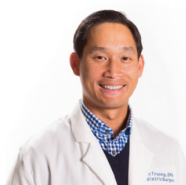
Friday, May 6th

Time: 2pm-4pm

Cost: \$5 members/\$7 nonmembers

## Foot Pain?

### Call The Foot Doctors!



**Thomas Truong, DPM**  
Diplomate of the American Board  
of Podiatric Surgery  
Board Certified in Foot Surgery



#### Some services

- Athletes Foot
- Bunions & Hammertoes
- Custom & over the counter braces/ orthotics
- Diabetic Foot Care
- Fungal Nail Treatment
- Heel Pain
- Ingrown Nail
- Onsite Foot Spa
- Wound Care



**Todd G. Lewis, DPM**  
Podiatric Foot Surgeon /  
Wound Care Specialist

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### LTCareSolutions

*Your guiding light for long term care planning*

- Would you like an independent broker, not a captive agent, to intelligently explain your Medicare options?
- Would you be interested in learning at an enlightening workshop rather than having a captive agent come to your home?
- Are you concerned other agents are not providing adequate information for you to make your own informed decisions?

If you would like assistance in navigating the Medicare maze then we encourage you to attend one of our monthly Medicare Workshops hosted by LT Care Solutions.

RSVP at [www.LTCareSolutions.com](http://www.LTCareSolutions.com) or call 316-733-1820



**Mark Landwehr**  
Medicare and Long term care planning

**316-214-1864**

[MLandwehr@LTCareSolutions.com](mailto:MLandwehr@LTCareSolutions.com)

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West of Maize Road.*





## Orchard Park Senior Center

Greetings Everyone!!

April is National Stress Awareness Month.

Stress is difficult to define or measure. Some people strive on a busy lifestyle and are able to cope well with daily stresses. Other people feel tensed or stressed by the slightest change from their set daily routine. Most people fall somewhere in between, but many have periods when levels of stress increase telltale signs of stress building up include:

- Not being able to sleep properly with worries going through your mind
- Being impatient or irritable at minor problems
- Not being able to concentrate due to many things going through your mind
- Being unable to make decisions
- Drinking or smoking more
- Not enjoying food so much
- Being unable to relax, and always feeling that something needs to be done
- Feeling tense. Sometimes 'fight or flight' hormones are released causing physical symptoms. These include: feeling sick (nauseated), A knot in the stomach, feeling sweaty with a dry mouth, or a thumping heart.

*(continued on page 19)*

### Ongoing Activities

#### **Mondays:**

8 & 9 am Co-ed Low Impact Aerobics  
9:00 am Wii Bowling  
9:15 am T.O.P.S. (Taking Off Pounds Sensibly)  
9:30 am Pickleball  
10:30 am Stretch & Tone Chair Exercise  
12:00 pm Open Pool Tables  
12:30 pm Mexican Train Dominoes

#### **Tuesdays:**

8:15 am Ease into Fitness  
9:00 am Restorative Dance  
12:00 pm Pool Tournaments: 8 ball (2nd & 4th Tuesdays) 9 ball (1st, 3rd & 5th Tuesdays)  
12:15 pm Duplicate Bridge

#### **Wednesdays:**

8 & 9 am Co-ed Low Impact Aerobics  
9:45 am Wii Bowling

10:30 am Bingo for Groceries  
10:30 am Computer Lab  
11:00 am Spades  
12:00 pm Open Pool Tables  
12:30 pm Party Contract Bridge

#### **Thursdays:**

8:15 am Ease into Fitness  
9:00 am Crocheting with June  
9:00 am Movin and Groovin Senior Aerobics  
12:00 pm Open Pool Tables  
12:30 pm Mexican Train Dominoes  
1:00 pm Pickleball

#### **Fridays:**

8 & 9 am Co-ed Low Impact Aerobics  
9:00 am Wii Bowling  
10:30 am Stretch & Tone Chair Exercises  
12:00 pm Open Pool Tables

Orchard Park Senior Center • 4808 W. 9th, Wichita, KS 67212 • (316) 942-2293  
Hours: 8:00 a.m. - 4:30 p.m. • Director: Diane Nutt • [DianeN@seniorservicesofwichita.org](mailto:DianeN@seniorservicesofwichita.org)

**Registration Required for ALL Center Activities**



## Orchard Park Monthly Activities

### Blood Pressure Checks:

First Wednesday of the month, April 6  
8:30 – 10:15 a.m., Courtesy of Sandpiper Bay  
Healthcare & Rehabilitation

### Advisory Council Meeting:

Monday, April 11, 11:30 a.m.

### Birthday Celebration:

The monthly birthday celebration will be  
Friday, April 15 at 11:15 a.m.

### Lunch Out:

Tuesday, April 12, 11:30 a.m.  
Wichita Fish Co, 1601 W Douglas

### Breakfast Out:

Tuesday, April 26, 8:30 a.m.  
Egg Crate, 8606 W 13th St N

### Foot Care:

Foot Care provided by Michelle Steinke on  
Wednesday, April 20. Please call 946-0722 for  
an appointment. Michelle does nail trimming,  
corns, calluses and foot massages.

## Tax Appointments

We are taking appointments for taxes.  
Taxes will be done on Wednesdays, Thursdays,  
and Fridays through April 14th.

## Driver Safety Classes

AARP Driver's Safety Classes will be held  
on April 21st and 22nd at 12:30 p.m. Please call  
942-2293 for reservations for this class

<p><b>SPECIAL EVENT</b> DAILY</p> <p>LISTENING FOR LIFE... A PRACTICE FOR ALL AGES</p> <p>theCenter for Better Hearing</p> <p>Listening for Life</p>		<p><b>GO</b></p>	<p>with HOME BUDDY's ANYWHERE HELP now you can!</p> <p>Call us today to find out more. 316-262-8339 Homebuddy.org</p> <p>Home Buddy</p>	
<p>Come experience 360 full circle of care where "Every Day... The Patient is The Special Event"</p> <p>Providing continuity of care at <b>The Center for Better Hearing,</b> Heartspring Hearing Center and Institute of Logopedics.</p> <p>Linda Parmiter-Jacobs, M.A. CCC, Audiologist and Carol Jared-Brown, M.S. CCC, Audiologist</p> <p>Phone: <b>316-858-3334</b> www.thecenterforbetterhearing.com</p> <p>3500 North Rock Road, Bld 1200 Wichita, Kansas 67226</p>	<p><b>Your Ad Here</b></p> <p><b>SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING</b></p> <p>Contact Alex Nicholas to place an ad today! ANicholas@4LPi.com or (800) 950-9952 x2538</p>	<p><b>When A Nursing Home Isn't the Answer</b> <b>HomeCare You Can Trust And Afford</b></p> <p><b>Right at Home</b> In Home Care &amp; Assistance</p> <p>24 HOURS A DAY, 7 DAYS A WEEK Call for a FREE Information Packet <b>316-721-6001</b> 7348 W 21st St N., Suite 101 • Wichita, KS</p>		
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## Orchard Park Educational Opportunities

### April

April 1st @ 1:30 p.m.

#### **Introduction to Diabetes Self-Management**

Carolyn Earnest/Lisa Hott

April 4th @ 11:15 a.m.

#### **Attitude of Gratitude**

Laura Voegeli – Motivating Mondays

April 8th @ 11:15 a.m.

#### **Various Senior Dental Presentations**

WSU Dental Students

April 8th @ 1:30 p.m.

#### **Problem Solving & Plan Development**

Carolyn Earnest/Lisa Hott

April 11th @ 11:15 a.m.

#### **Attitude of Gratitude Part II**

Laura Voegeli – Motivating Mondays

April 15th @ 1:30 p.m.

#### **Healthy Eating & Low Blood Sugar Prevention**

Carolyn Earnest/Lisa Hott

April 18th @ 11:15 a.m.

#### **Eating Well but Cooking Less**

Shirley Lewis – Sedgwick Co. Extension Office

April 22nd @ 1:30 p.m.

#### **Fitness/Exercise Techniques with Complication Prevention**

Carolyn Earnest/Lisa Hott

April 25th @ 11:15 a.m.

#### **“Hope or Optimism of Life” How important is this?**

Mark Pennington – The Legacy on College Hill

April 29th @ 1:30 p.m.

#### **Relaxation Techniques: Stress Management**

Carolyn Earnest/Lisa Hott

### May

May 2nd @ 11:15 a.m.

#### **Lunch & Learn PEMF Therapy for Neuropathy Pain Workshop**

Dr Todd Eck DC – Eck Chiropractic

May 6th @ 1:30 p.m.

#### **Positive Thinking, Communication, & Medications**

Carolyn Earnest/Lisa Hott

May 9th @ 11:15 a.m.

#### **Role Models...People that accomplished amazing things in their older adult years**

Mary Corrigan- Sedgwick Co. Dept. on Aging

May 13th @ 1:30 p.m.

#### **Working with Your Health Care Provider & Health Care System**

Carolyn Earnest/Lisa Hott

May 16th @ 11:15 a.m.

#### **Enjoy Healthy Food that Taste Great**

Shirley Lewis – Sedgwick Co. Extension Office

May 20th @ 11:15 a.m.

#### **How To Promote Your Own Positive Mental Health**

Mary Corrigan – Sedgwick Co. Dept. on Aging

May 26th @ 11:15 a.m.

#### **“Pass It On” - Dealing With Imposter Scams, Charity Scams, & Identity Theft**

Teresa Hatfield – Sedgwick Co. Extension Office





## Orchard Park Senior Center



**Participants enjoyed the Valentine exchange at Orchard Park.**

### Director's Note

*(continued from page 16)*

- Headaches and muscle tension in the neck and shoulders
- Sometimes stress builds up quickly, for example, the unexpected traffic jam. Sometimes it is ongoing – for example, with a difficult job. Ongoing stress is thought to be bad for health. Here is a list of suggestions that may be useful to try to combat stress:
- Try simple relaxation techniques – deep breathing and muscular tensing and stretching
  - Positive relaxation – Set specific times to relax positively- A long bath, a quiet stroll, sitting and just listening to a piece of music, etc.
  - Time out – try to allow several times a day to 'stop' and take some time out. For example, getting up 15-20 minutes earlier to take time and plan your day, take a regular and proper lunch break. Once or twice a week, try to plan some time just to be alone and unobtainable.
  - Exercise – If you have difficulty sleeping this may improve if you exercise regularly
  - Hobbies – Many people find that a hobby which has no deadlines, no pressures, and which can be picked up or left easily, takes the mind off stresses.
  - Treatment – Some people find that they have times in their life when stress or anxiety becomes severe or difficult to cope with. See a doctor if stress or anxiety becomes worse.
- [www.patient.co.uk](http://www.patient.co.uk) Participating in activities in the Senior Center can help us all reduce stress!



### Happy Birthday!

Ball, Carol 4/18  
Bayer, Kay 4/5  
Boothe, Susan 4/4  
Burroughs, B 4/2  
Carlton, June 4/20  
Carnes, Harold 4/11  
Cassity, Peggy 4/18  
Cloud, Winnie 4/20  
Colver, Bruce 4/27  
Echols, Evelyn 4/15  
Fair, Carolyn 4/27  
Fetherston, Mary 4/20  
Heyen, Sherry 4/14  
Jones, Richard 4/3  
Layton, Sue 4/28  
Little, K. Jane 4/5  
McCullough, Joseph 4/17  
McQueary, Diana 4/19  
Meyer, Shirley 4/30  
Miller, Hugh 4/8  
Orr, Carol 4/11  
Parsons, Linda 4/26  
Peters, John 4/7  
Quinias, Web 4/7  
Sailor, Delores 4/22  
Seiwert, Linda 4/20  
Stanley, Kathy 4/26  
Tribelhorn, Betty 4/24  
Van Fleet, Fran 4/11  
Wright, Jean 4/5



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Wichita, KS 67213-4777

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## EDUCATIONAL EVENT

# AGING GRACEFULLY

## How to Come Back from a Health Setback



**Thursday, April 21, noon**

**Location: Downtown Center, 200 South Walnut**

Join Dr. Eli Brumfield and his team of nurses and physical, occupational and speech therapists for a discussion about returning health and function to the individual by rehabilitation. A Q&A session will follow the presentation.

**Admission: Senior Services, Inc. members - \$5**

**Non-members - \$7 | Member + Non-member - \$10**

*Lunch is included with admission. Registration is limited.*

*RSVP required. Call Anna at 316.267.0302, ext. 200, by Friday, April 15.*

**316.686.5100**

622 N. Edgemoor St.

Wichita, KS 67208

LifeCareCenterOfWichita.com

