



Downtown Senior Center

Dear Friends,

July... Oh my, time is flying by! The Centers will be closed on the 4th and may have limited resources and hours on July 3rd. Celebrate safe!

On July 11th, our Celebration of Freedom continues with a presentation by two veteran aviators, Michael Flynn & Charles Chauncey from the Commemorative Air Force, Jayhawk Wing. They will tell stories of their experiences and have displays of items for discussion. How about a tour of the Commemorative Air Force, Jayhawk Wing hangar? Let's see if that is possible...

Construction continues upstairs while the rest of the Center is quiet with all the programs at the West Side Baptist Church across the street. Thank you for all your patience during this time of remodel. I would also like to thank all the volunteers for the help with the Heartland Golden Games, the daily programs, and the pot luck lunches. We would not be able to do as many activities if it was not for your help and input. The programs are continuing at the church with the help of the church staff. Please thank them for their assistance when you get a chance.

Shane Creech, Pastor has added a special Sunday service and lunch for the members of the Downtown Senior Center at 10:45am on Sunday, August 13th. Please RSVP (267-0197) and plan to join me at the service. Thank you Pastor Creech.

(continued on page 6)

Ongoing Activities, West Side Baptist Church, 304 S. Seneca

Monday

Pool/Snooker (Orchard Park/Linwood)
Competitive Pickleball (Orchard Park/Linwood)
9:30 am Senior Employment Orientation
(Parlor Rm 121)
9:30 am Wanda's Exercises (Gym)
10:00 am Prairie Moon Book Club (1st Monday)
(Room 139)
11:00 am Lewis Street Singers (Chapel)
11:00 am WSU Well Rep Exercises (Gym)
1:00 pm Grand Slam Bridge (Bristo/Room112)
4:00 pm Funtastics (1st Monday) (Chapel)
7:00 pm Monday Night Round Dance (out for
summer)

Tuesday

9:00 am Senior Employment Job Club
(Parlor Rm 121)
12:00 pm Dominoes (Room 114)
Prairie Quilt Guild (Scottish Rite)
2:00 p.m. Bible Study (Calvary Bible Church)
Prairie Quilt Guild Bd Mtg (Scottish Rite)

Wednesday

Competitive Pickleball (Orchard Park/Linwood)
Recreational Pickleball

(Orchard Park/Linwood)

9:00 am Advanced Spanish (Room 139)
9:30 am Wanda's Exercises (Gym)
11:00am WSU Well Rep Exercises (Gym)
12:30 pm Beginning Spanish (Room 139)
1:30 pm Senior Legal Advisor (2nd Wednesday)

Thursday

Foot Care (call for apt. 946-0722) (Linwood)
Foster Grandparents (on break for the summer)
10:00 am Advisory Council (1st Thursday)
2:00 pm Senior Financial Advisor (off until Sept.)
2:30 pm Writing Craft (1st Thursday)

Friday

Competitive Pickleball (Orchard Park/Linwood)
9:30 am Wanda's Exercises (Gym)
11:00am WSU Well Rep Exercises (Gym)
1:00 pm Party Bridge (Room 114)
1:00 pm S.E.C.A. (1st Friday)
1:30 pm Hand and Foot Cards (2nd & 4th, Rm 139)

Saturday

Good Time Dancers (For schedule and new
location, call Cynthia at 772-0169)

Downtown Senior Center • 200 S. Walnut, Wichita, KS 67213 • (316) 267-0197

Hours: 8:00 a.m. - 4:30 p.m. • Director: Carolyn Earnest • CarolynE@seniorservicesofwichita.org

Registration Required for ALL Center Activities • Membership: \$25 per year



Downtown Senior Center

Diabetes

Diabetes is a chronic (long term) condition marked by abnormally high levels of sugar (glucose) in the blood. People with diabetes either do not produce enough insulin, a hormone that is needed to convert sugar, starches, and other food into energy needed for daily life, or cannot use the insulin that their bodies produce. As a result, glucose builds up in the bloodstream. If left untreated, diabetes can lead to blindness, kidney disease, nerve disease, heart disease, and stroke.

According to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), diabetes affects 25.8 million Americans.

While an estimated 18.8 million have been diagnosed with diabetes (both type 1 and type

2), unfortunately, 7 million people (or nearly one third) are unaware that they have type 2 diabetes. The Centers for Disease Control and Prevention (CDC) recognize diabetes as the 7th leading cause of death in the U.S.

There are 2 major types of diabetes: Type 1. Also known as juvenile or insulin dependent diabetes, type 1 diabetes occurs when the cells of the pancreas that are responsible for producing insulin are destroyed by the immune system. Type 1 diabetes can be managed, but it cannot be cured. Type 2. This form of the disease makes up 90% of all cases of diabetes. It usually develops in adulthood. It occurs when the pancreas cannot make enough insulin to keep blood glucose levels normal and is made worse by poor food choices, a sedentary lifestyle, and being overweight.


REEDS COVE
 HEALTH & REHABILITATION
 2114 N 127th St E, Wichita, KS 67206
316-500-8800
www.reedscovehealthandrehab.com
 "Improving Lives. Exceeding Expectations!!"



**In Patient • Out Patient
Home Health**

Only Rehab in Kansas with Joint Commission
Certified Stroke and Hip Fracture Programs

We can admit patients directly from home

Call 316-729-9999 for a tour or inquiries

WESLEY
Rehabilitation Hospital
An Affiliate of **HEALTHSOUTH®**

8338 West 13th Street North • Wichita, KS 67212
www.wesleyrehabhospital.com

**FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.**
— 800-950-9952 —

**FREE SHOES
for DIABETICS!**
through Medicare & other insurances
Contact Angel Washington-El
to see if you qualify!
316-281-5331
malicee27@gmail.com
Many colors/styles available!


**WE'RE HIRING
AD SALES EXECUTIVES**



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers

LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*

For advertising info
call: 1-800-950-9952






Downtown Senior Center

Writing Craft

Our Writing Craft group meets Thursday, July 13th @ 2:30 p.m. (change in date for July only). The topic will be characters. Published author Starla Criser leads this group., which is also still working on the Write On project. RSVP by calling 267-0197.

Prairie Moon Book Club

The Prairie Moon Book Club will meet at 1 p.m. July 10th (changed date and time this month only). We will be discussing 'The Nightingale' by Kristin Hannah.

Director's Notes

(continued from page 4)

Upcoming programs/events are the WSU LifeLong Learning events in September and October. Remember space is limited, so plan early registration to save a place.

We are also going to have a 'Delano Antiques Roadshow' in August! The first 50 people signed up can bring one item for a value estimate. First ones on the list are the first in line.... I am searching my home for that special 'old' 'valuable' piece to bring that day.

Have a safe holiday and month of July!

Spirit around you and yours, Carolyn



Meet Carolyn's new assistant, Rhonda J. Wood. Rhonda will be on hand to greet you at the Downtown Senior Center office.

Diabetes Self-Management Program

Do you have diabetes, do you live with someone with diabetes, or are you pre-diabetic?

Please join us for the free series Diabetes Self-Management Program. All classes are from 9 to 11:30 a.m. on Thursdays.
July 20th - Introduction to Self-Management
July 26th - Monitoring & Making an Action Plan
Aug 3rd - Nutrition/Healthy Eating
Aug 10th - Fitness/Exercise
Aug 17th - Relaxation Techniques
Aug 24th - Positive Thinking
Aug 31st - Working with Your Health Care Professional



Dining In Delano

The Downtown Senior Center is launching a new venture, Dining in Delano, in June.

Senior Center members are invited to join fellow members at the new Delano's Diner, 1220 W. Douglas, Tuesday, July 18th at 11:00 a.m.

Community Membership

The board of Senior Services has approved implementing a "community membership" for those younger than 55 who want to come and play pickleball. The cost is \$50 per year or \$4 per day.



Downtown Senior Center

Educational Opportunities:

July

Thursday, July 6th @ 2:00pm
Choosing A Healthier You for Life
Shirley Lewis, K-State Extension
RSVP: 267-0197

Tuesday, July 11th @ 1:00pm
Celebrating Freedom
Michael Flynn & Charles Chauncey
Veteran Pilots
Commemorative Air Force, Jayhawk Wing
RSVP: 267-0197

Thursday, July 13th @ 1:00pm
Cable & Cable Alternatives
Debbie Simpson
Wichita Public Library
RSVP: 267-0197

Friday, July 14th @ 1:00pm
(change in date for July only)
SECA
Starla Criser, Author
RSVP: 267-0197

Monday, July 17th @ 2:00pm
Trip to AgeSafely's Beta Lab/Headquarters
David L. Lewis
RSVP: 267-0197

Tuesday, July 18th @ 11:00am
Dining in Delano Series:
Eat at the Delano's Diner & Learn about their History
RSVP: 267-0197

Friday, July 28th @ 10:00am
Intro to Sketching Your Pet
(Bring pictures of your pet)
Joan Morrison, Artist
RSVP: 267-0197

Thursday, July 20th @ 9:00am
Diabetic Self-Management Program
7 Week Course Begins....
RSVP: 267-0197

August 2017

SECA: No August meeting

Thursday, August 3rd @ 2:00pm
Quick Healthy Meals
Shirley Lewis, K-State Extension
RSVP: 267-0197

Thursday, August 10th @ 1:00pm
Delano Antique 'Roadshow'
(1st 50 members to sign up, can bring one item to appraised)
C. J. Ghan, Antique Gallery of Delano
RSVP: 267-0197

Thursday, August 10th @ 2:30pm
Writer's Craft: Characterization
Starla Criser, Author
RSVP: 267-0197

Sunday, August 13th @ 10:45 am
Downtown Senior Center Appreciation
Sunday Service With Lunch
Shane Creech, Senior Pastor
West Side Baptist Church
304 S. Seneca
RSVP: 267-0197

Tuesday, August 22nd @ 1:00pm
Introduction to Android Phones/Tablets
Cindy Bailey
Wichita Public Library
RSVP: 267-0197

Job Club

The weekly job club meetings are being held in the West Side Baptist Church Parlor Room 121 at 9 a.m. Tuesdays. The SEP office will remain at the Downtown Senior Center.