



## Northeast Senior Center

Hello Everyone...

Happy National Minority Health, Occupational Therapy, and Women's Eye Health and Safety Month!!!

For this month I would like to focus on National Minority Health. This year's theme is Bridging Health Equity Across Communities. Did you know that 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 purpose is to help eliminate health disparities, accelerate health equity, and build a stronger, healthier nation. With that said, please take your health and life seriously by getting regular checkups, staying active and enjoying it to the fullest, after all, someone else fought for you to have it. Source: U. S. Department of Health & Human Services: <https://www.minorityhealth.hhs.gov>.

Be Blessed,  
Carnesha Tucker, Center Director

### 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)

#### Tuesday

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

#### Wednesday

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

#### Thursday

- 9:30 Moving and Grooving with Otis (1st and 3rd)
- 10:30 Jewelry Class
- 11:30 API - Friendship Meals
- 12:00 Bible Study
- 1:00 Card Games (Bid Wiz & Spades)
- 2:00 Drawing 101

#### 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](mailto:CarneshaT@seniorservicesofwichita.org)

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



## Northeast Senior Center

### Monthly Events

**Advisory Council:**  
Monday, April 10th, at 10:30 a.m.

**Special Events Committee:**  
Monday, April 17th, at 10 a.m.

**Blood Pressure Checks:**  
There are no blood pressure checks in April.

### 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






**NESC Presents The Play: "Mad At Jesus"**  
Friday, April 14th, 2017  
Time: 2pm-4pm  
Cost: \$5members/\$7nonmembers

**NESC "Mother's Day Dinner"**  
Friday, May 12th, 2017  
Time: 2pm-4pm  
Cost: \$5members/S

Donations (Monetary, Food, and/or Prizes) to cover events or parties are always appreciated

### Food For Thought:

*Be an encourager.  
The world has plenty of critics  
~ Dave Willis*

	<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><b>When A Nursing Home Isn't the Answer</b> <i>HomeCare You Can Trust And Afford</i></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>
<p><b>HELP PROTECT YOUR FAMILY &amp; HOME</b> CALL NOW! 1-888-891-6806</p>  		<p>➤ Reach the Senior Market <b>ADVERTISE HERE</b></p> <p>CONTACT Contact Erin Hardy to place an ad today! ehardy@4LPi.com or (800) 950-9952 x2598</p>
<p>Protecting <i>Seniors</i> Nationwide</p>  <p>Medical Alert System <b>24 SEVEN</b></p> <p><b>\$29.95/Mo.</b> billed quarterly</p> <ul style="list-style-type: none"> <li>• One Free Month</li> <li>• No Long-Term Contract</li> <li>• Price Guarantee</li> <li>• Easy Self Installation</li> </ul> <p>Call Today! Toll Free 1.877.801.7772</p>		<p><b>WE'RE HIRING AD SALES EXECUTIVES</b></p>  <ul style="list-style-type: none"> <li>• Full Time Position with Benefits</li> <li>• Sales Experience Preferred</li> <li>• Paid Training</li> <li>• Overnight Travel Required</li> <li>• Expense Reimbursement</li> </ul> <p>CONTACT US AT: <a href="mailto:careers@4LPi.com">careers@4LPi.com</a> <a href="http://www.4LPi.com/careers">www.4LPi.com/careers</a></p>



## Easter

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

- |          |            |        |
|----------|------------|--------|
| Easter   | hidden     | lamb   |
| coloring | chocolate  | bonnet |
| eggs     | grass      | family |
| bunny    | springtime | dinner |
| rabbit   | candy      | lily   |
| carrots  | children   | parade |
| basket   | Cadbury    |        |

To find the answer to the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list

**Trivia:** The Monday after Easter is a celebrated holiday in many cities around the world. What is the name of this holiday?

**Answer:** \_\_\_\_\_



## Northeast Senior Center Educational Opportunities

### April

April 6th @ 11:45am  
**“Irritable Bowel Syndrome”**  
Angie King – Mobile Medical

April 7th @ 11:45am  
**“Allergies & Asthma”**  
Angels Care Home Health

April 13th @ 11:45am  
**“Caregiving Burnout and  
Taking Care of Yourself”**  
Mark Pennington – Legacy on College Hill

April 14th @ 11:45am  
**“Occupational Therapy and  
Why It Is Important”**  
Natalie Merten – Life Care Center of Wichita

April 19th @ 11:45am  
**“Helpful Dental Hygiene Tips”**  
WSU Dental Students

April 20th @ 11:45am  
**“Basic Tips For Managing Your Medications”**  
Lamez Greene – Senior Care Pharmacy

April 21st @ 11:45am  
**“Hoarding and Excessive Clutter”**  
Krista Lovette – CPAAA

April 27th @ 11:45am  
**“Healthy Heart”**  
Orchard Gardens

April 28th @ 11:45am  
**“Enjoy Fitness at Any Age”**  
Angels Care Home Health

### 2017 Tax Schedule (by appointment only)

Northeast Senior Center will be doing taxes Tuesdays, Wednesdays, and Thursdays from 9 a.m. – 2:15 p.m. until April 13th (last tax appointment day).

### May

May 4th @ 11:45am  
**“VA Partnership”**  
Eric Mitchell – Heart & Soul Hospice

May 11th @ 11:45am  
**“Diabetes”**  
Lucy Lavelle – Wesley Rehab

May 12th @ 11:45am  
**“Immune System & Aging”**  
Chisholm Place

May 26th @ 11:45am  
**“Eating Right for Healthy Aging”**  
Angels Care Home Health



Members of Northeast Senior Center enjoyed the Valentine's party Feb. 10, complete with beautiful decorations, delicious treats and the dating game!

