



Orchard Park Senior Center

Greetings Everyone!!

April is National Stress Awareness Month. Stress happens. Sometimes it is unavoidable, at times it is unbearable. That's why taking time for yourself is invaluable. It's healthy to relax, renew, and rejuvenate. Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses—from headaches to stomach disorders to depression—and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

The sympathetic stress response is a survival mechanism that is hardwired into our nervous systems. This automatic response is necessary for mobilizing quick reflexes when there is imminent danger, such as swerving to avoid a car crash. When you perceive a threat, stress hormones rush into your bloodstream—increasing heart rate, blood pressure, and glucose levels. Other hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness. Danger triggers the stress response. Unfortunately, so can work conflicts, concerns over debt, bad memories, or anxiety in general. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk of disease.

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your
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Ongoing Activities

Mondays:

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

Tuesdays:

8:15 am Ease into Fitness
9:00 am Moving and Grooving with Otis
9:45 am Tai Chi (video)
12:00 pm Open Pool Tables
12:00 pm Duplicate Bridge

Wednesdays:

8 & 9 am Co-ed Low Impact Aerobics
10:30 am Bingo for Groceries

10:30 am Computer Lab

11:00 am Spades

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
10:30 am Stretch & Tone Chair Exercises
12:00 pm Open Pool Tables
12:00 pm Social Coloring (note new time)

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



Orchard Park Monthly Activities

Blood Pressure Checks:

First Wednesday of the month – April 5th
8:30 – 10:15 a.m., Courtesy of Sandpiper Bay
Healthcare & Rehabilitation

Advisory Council Meeting:

Monday – April 10, 11:30 a.m.

Birthday Celebration:

Friday, April 28, 11:15 a.m.

Lunch Out:

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

Breakfast Out:

Tuesday, April 25, 09:00 a.m.
IHOP, 515 S Ridge Circle

Foot Care:

Foot care provided by Michelle Steinke on
Wednesday, April 19th. Please call
946-0722 for appointment. Michelle does nail
trimming, corns, calluses and foot massages.

Center Hours

The Senior Center is open Monday through
Friday 8:00 a.m. until 4:30 p.m.

Oasis Lounge Fundraising Event

Oasis Lounge, 4121 W Maple, will be hosting
a fundraising event for Senior Services on
Friday, April 28, 9:00 a.m. until 11:30 p.m.
Please see details on page 1 of this issue of
Compass.

our SENIOR CENTER

A convenient source for local services

Found 10 results while browsing "Dentist" near Bainbridge Island, WA

- Reveler Dental**
1825W State Route 410 E Ste 305, Borney Lake, WA 98291, USA
253-874-8600
View Profile
- Smiling Lake Family Dental Care**
21515 State Route 410 E Ste A, Borney Lake, WA 98291, USA
253-874-9330
View Profile
- Healthy Smiles of Skippoose**
170 Dixie Blvd, Skippoose, OH 93754, USA
603-543-0449
View Profile
- Summit Creek Or**
14411 NE 20th Pl, Vancouver, WA 98686, USA
360-495-2400
View Profile
- Phantom Dental Ca**
12001 NE 117th Pl, WA 98262, USA
206-944-2800
View Profile

Winking Lake Family Dental Care
21515 State Route 410 E Ste A
Borney Lake, WA 98291
USA
253-874-9330
View on Google Map

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SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!

Sign up to have our newsletter emailed to you! ourseniorcenter.com



Orchard Park Educational Opportunities

April

April 3 @ 11:15 a.m.

Scam Update

Denise – Better Business Bureau

April 7 @ 11:15 a.m.

How To Promote Your Own Mental Health

Mary Corrigan – Central Plains Area Agency on Aging

April 14 @ 11:15 a.m.

Maintaining a Healthy Mouth

Wichita State University Dental Students

April 17 @ 11:15 a.m.

Cooking and Metabolism

Shirley Lewis – Sedgwick Co. Extension Office

April 21 @ 11:15 a.m.

Fall Prevention

Lucy Lavelle – Wesley Rehab

April 24 @ 11:15 a.m.

Enjoy Fitness At Any Age

Angels Care Home Health

May

May 1 @ 11:15 a.m.

Consumer Tips

Denise – Better Business Bureau

May 5 @ 11:15 a.m.

Emergency Devices for the Home

Marsha Hills – Home Technology Solutions

May 8 @ 11:15 a.m.

Overview of Power of Attorney, Wills, Transfer on Death Deeds, and Legal Questions

Danielle – Kansas Legal Services

May 15 @ 11:15 a.m.

Paperwork Review of Power of Attorney, Wills, Transfer on Death Deeds

Danielle – Kansas Legal Services

May 19 @ 11:15 a.m.

Execution of Legal Documents

Danielle – Kansas Legal Services

May 22 @ 11:15 a.m.

Eat Right for Healthy Aging

Angels Care Home Health

Pulled Pork and Coleslaw Luncheon

We will have a pulled pork sandwich and coleslaw luncheon on Friday, May 12th, 11:00 a.m. until 2:00 p.m. We will be selling tickets starting Monday, April 3rd.

The price is \$5, so don't miss out on this Friday before Mother's Day event. We will have containers to take lunch with you if you would like to take lunch to deserving mothers or other loved ones.

Director's Notes

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response to stressors. Recognize when you don't have control, and let it go. Take control of your own reactions and focus your mind on something that makes you feel calm and in control. Develop a vision for healthy living, wellness, and personal growth.

Be sure to carve out some time to relax and take care of yourself each day—even just 10 to 15 minutes per day can improve your ability to handle life's stressors. Also remember that exercise is an excellent stress reliever.

Everyone has different ways to relax and unwind. Here are a few ideas to get you started: take a walk; read a book; have a cup of tea; spend time with a friend or loved one; enjoy some of the relaxing activities at Orchard Park.

While you can't avoid stress, you can minimize it by changing how you respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

(Federal Occupational Health on Stress Awareness)

-Diane Nutt, Center Director



Orchard Park Senior Center



Orchard Park members enjoyed the Valentine's Day celebration Feb. 10, featuring Garten's Music and lunch courtesy of Rivercross Hospice.



Kansas Legal Services

Do you need to get your legal matters in order? Danielle from Kansas Legal Services will be here in the month of May to help you get things in order. She will be here on Monday, May 8th, to get things started, and Monday, May 15th, to make sure that you have everything you need, and again on Friday, May 19th, for execution of your documents. You may need a Will, Power of Attorney, or Death on Deed transfer, and Danielle can help you get these done. Don't miss out on this chance to get your legal matters in order.

Happy Birthday!

Bayer, Kay 4/5
Boothe, Susan 4/4
Carlton, June 4/20
Cassity, Peggy 4/18
Cloud, Winnie 4/20
Epperson, Carolyn 4/17
Fretzs, Patricia 4/23
Heyen, Sherry 4/14
Hushka, Joan 4/24
Jones, Richard 4/3
Kemp, Delores
McQueary, Diana 4/19
Parsons, Linda 4/26
Phares, Loretta 4/10
Scheffer, Margaret 4/27
Tribelhorn, Betty 4/24
Van Fleet, Fran 4/11

