

FIFTYFIVE *forward*



Spring, 2017

Fourth Annual Heartland Golden Games Slated For May 20

Senior Services will host the fourth annual Heartland Golden Games on Saturday, May 20.

Friends University will be the site for the track and field events, which were new in 2016 and drew an enthusiastic response. The 2017 competition will include: shot put, discus, weight throw, softball throw, javelin, high jump, pole vault, standing long jump, triple jump and running events.

The ever-popular pickleball tournaments will be at The Family Life Center, 1415 South Topeka.

The event is being sponsored by Kansas Surgery & Recovery Center, Life Care Centers of Andover and Wichita, Prairie Homestead,



Kansas Foot Care, Lou Ann Phelps, KU Audio Reader Network, Sedgwick County Department on Aging, Friends University, Shocker Track Club and Senior Services.

Registration for events begins at 8 a.m. on the 20th. Participation cost is \$35 per person in advance (price includes access to the games, a t-shirt and lunch). Medals will be awarded to the top three finalists in each age division the day of the games.

To pick up a registration form, visit any of the four senior centers. For more information, call (316) 267-0302.



Published Author Shares Tips, Talents with Center Members

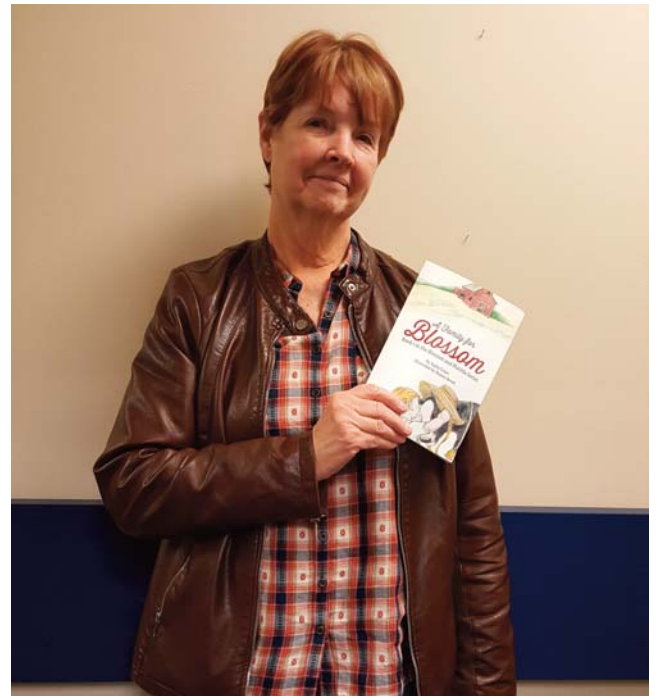
Starla Criser first dreamed of becoming a writer as a child, gazing into the sky and making up stories about the clouds.

“My dad was an avid science fiction and Western reader, so I grew up reading and writing my own stories,” she says.

She made her dream come true after she left college to marry her husband, a CPA. His first job after graduation was in Goodland, and after that position, they moved a total of 32 times, eventually ending up in Wichita. In addition to raising their daughter, Starla started writing romance novels. Her first book was published by iUniverse in 1999 under her pen name, Starla Kaye. To date, she has published 85 romance novels and says she has ideas for 20 more. She also recently moved into the children’s market, where she has now written and published two books, collaborating with friend and illustrator Sharon Revell.

Starla began self-publishing her books when the publishers of her romance books wanted to change her story lines. “I like to get the town involved in my stories, and I wouldn’t compromise on that. They can’t own your pen name like they used to.”

She has been involved in two writing groups, the Wichita Area Romance Writers and



the Kansas Writers Association, and is a 20-year member of Seniors Exploring the Cultural Arts (SECA). She explains the purpose of SECA is two-fold. First, the members wanted to support the various cultural art organizations in Wichita and the surrounding area. Second, the group would provide a safe, friendly way for older adults to attend theatrical events with other people of the same age group. She makes art quilts and shares her talents with others at her frequent presentations. To cap it all off, she started teaching creative writing three years ago at the Downtown Senior Center, adding a second class at Linwood Senior Center two years ago, and has developed a loyal following at both places.

“They love the classes,” Starla says. “People who come here mostly want to write memories, but we also have one lady who likes to write poetry. When we started, the classes were 1 ½ hours. Now they usually stretch into two hours. To me, it is really important.”

She freely shares tips on writing genres, idea development, the writing process, developing characters, editing, publishing and marketing.

“Writers have different ideas, and networking is important,” she explains.



Starla shows the quilt she made featuring characters from her book.

Senior Employment Fair Set For March 21

The Senior Employment Program at Senior Services, Inc. of Wichita has scheduled its semi-annual Senior Employment Fair for 9 to 11 a.m. Tuesday, March 21, at the Downtown Senior Center, 200 S. Walnut.

Twenty-five prospective employers will be on hand for the event. They include: Arby's, Axiom Healthcare, Brighton, Catholic Charities, Cintas, the City of Wichita, Express, First Student, Hamilton Relay, Heartland Research, Heart and Soul Hospice, In Home, Intrust Bank, KDHR, KETCH, Manpower, the Mental Health Association of South Central Kansas, Right At Home, SER, Starkey, USD 259, Veterans Administration, Veterans Up Bound, Sedgwick County Zoo and Workforce.

Job seekers must apply at the Senior Employment Program, 200 S. Walnut, and complete a two-hour orientation prior to the fair. They are taking applicants now through



March 18.

The Senior Employment Program offers help preparing a resume, interview strategies, computer training and quality job leads, in addition to sponsoring the weekly job club and job fair.

For more information, call 267-1771 or visit seniorservicesofwichita.org.

Boots, Buckles And Blazing Saddles Trip!

Have you always dreamed of being a cowboy? Here's your chance to be one for a day and be in a movie, as well.

We will hit the trail bright and early on Thursday, May 4. Please dress in cowboy/cowgirl attire. We will head to Enid, OK to Skeleton Creek Productions and Simpson's Old Time Museum. On the way, we will be learning our lines from the movie script. We will be making a western movie the fun way! Six action-packed Western movies have been filmed inside this real-life movie studio. You'll enjoy your catered lunch inside their movie-set 1890's saloon and have time to enjoy the eclectic collection. Then it's on the trail for a historical tour of Enid. After a little shopping, we will head to the Cherokee Strip Regional Heritage Center.

Cost is \$85 for Senior Center members and \$90 for non-members. The cost includes a DVD of the movie, and a day full of memories and fun! Payments are due on April 3. Refunds will be made only if you can find someone else to take your spot.



Leave A Legacy

A gift given in memory of a loved one is a lasting tribute to the special relationship you shared. Making a contribution to Senior Services is a fitting way of honoring this person and, at the same time, making a difference in the lives of those we serve. Memorial gifts give thanks for the past and help establish a vision for the future.

Gifts to Senior Services are tax deductible to the extent allowed by law.



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A Galaxy Of Stars 2017 To Honor Wink Hartman



Wink Hartman will be the guest of honor at the 10th annual “A Galaxy of Stars Celebrity Roast & Tribute” Saturday, August 19, at the Hyatt Regency Hotel.

Sponsorship opportunities are available for

individuals and corporations. Individual tickets are on sale now and priced at \$125 per ticket while a table of 10 can be purchased for \$1,100. You can become an event sponsor or purchase tickets by contacting Chris Heiman at chrish@seniorservicesofwichita.org, or call 316-267-0302, ext. 216, or visit the website at www.seniorservicesofwichita.org. Look for

“A Galaxy of Stars” under the News & Events tab.

Senior Services is proud to celebrate an icon in the business community. Please join us in “roasting and toasting” Wink Hartman the only way we know how - the Galaxy way - a night filled with laughter and love - all to support a wonderful cause.

This event is intended for adult audiences only.

