



Orchard Park Senior Center

Greetings Everyone!!

Happy Happy New Year!! I am so glad to be back amongst friends. The last part of the year was a journey for me, and I want to say thank you to all for helping Karen and Rita to keep the center thriving. Now that I am back, we are approaching the coldest part of the year. I would like to share some cold weather safety tips for older adults.

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick. Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what is happening. Doctors call this serious problem hypothermia.

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature colder than 95 degrees can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse. Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia. Here are some tips for keeping warm while you're inside:

- Set your heat at 68 degrees or higher. To save on heating bills, close off rooms you are

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Ongoing Activities

Mondays:

8 & 9 am Co-ed Low Impact Aerobics
9:00 am Pickleball
9:15 am T.O.P.S. (Taking Off Pounds Sensibly)
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 Moving and Grooving with Otis
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

12:00 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 Moving and Grooving Senior Aerobics
10:00 am Drawing Class
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
1:00 pm Painting Class

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 – January 3
8:30 – 10:15 a.m., Courtesy of Sandpiper Bay
Healthcare & Rehabilitation

Advisory Council Meeting:

Monday – January 8, 11:15 a.m.

Birthday Celebration:

Friday, January 26, 11:15 a.m.

Lunch Out:

Tuesday, January 9 @ 11:30 a.m.
Neighbor’s Bar & Grill, 2315 W 21st St. N

Breakfast Out:

Tuesday, January 23, 09:00 a.m.
Jimmie’s Diner, 2121 N Tyler Rd. #144

Foot Care:

Foot care provided by Michelle Steinke on
Wednesday, January 17. Please call
946-0722 for appointment. Michelle does nail
trimming, corns, calluses and foot massages.

Center Hours

Please note that the Senior Center is open
Monday thru Friday 8:00 a.m. until 4:30 p.m.
We are not open on weekends and holidays.

Holiday Closings

Center will be closed Monday, January 1 in
observation of New Year’s Day, and Monday,
January 15 in observation of Martin Luther
King Day.

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Orchard Park Educational Opportunities

January 2018

January 12 @ 11:15 a.m.
Tax Tips and Updates
IRS Tax Payer Advocate

January 22 @ 11:15 a.m.
Helping Your Family Connect to Senior Living
David Northcutt - A Place for Mom

Taxes

We will start taking appointments for taxes on Tuesday, January 16, 2018. Please do not call before this date. We will not be able to make appointments before the stated date.

What you should bring for taxes:

- Social Security Cards (or ITIN document) for all people that you are filing on your taxes
- Picture ID for yourself (and spouse if filing jointly), such as valid driver's license or other government issued ID
- Both spouses should be present if filing jointly
- Copy of previous year's tax returns
- All W-2's, 1099 forms, or other tax related forms
- If expecting a refund and you want it to be direct deposited, please bring a check, or debit card direct deposit form with issuer printed routing and account numbers (not hand written).

AARP Tax-Aide volunteers can not prepare:

- Schedule E - Rental Property
- Form 2106 - Employee Business Expenses
- Form 3903 - Moving Expenses
- or Schedule C - Business with an Operating Loss or Expenses over \$10,000

Thank You in advance for being prepared to help as much as possible to make your tax appointment run smoothly.

February 2018

February 26 @ 11:15 a.m.
Paint & Sip
Oxford Grand
(Please RSVP for this event, Space limited)

Director's Notes

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not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of doors to keep out drafts.

- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers.
- Make sure you eat enough food to keep up your weight. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family or friends to check on you during cold weather.

You may be tempted to warm your room with a space heater, but, some space heaters are fire hazards, and others can cause carbon monoxide poisoning.

Bundle up on windy, cold days.

- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy. (Article taken from National Institute on Aging)

Stay Warm,

Diane Nutt, Center Director



Orchard Park Senior Center



Orchard Park members enjoyed their annual Christmas dinner Dec. 8.



Special Occasion & Memorial Tributes

Gifts given in honor, memory, or appreciation of someone special are a wonderful way to express admiration and esteem. When you give a tribute gift to Orchard Park Senior Center, a card is sent to the person you are recognizing or the family of someone being remembered. The amount is not mentioned. Donations in any amount are appreciated.

Happy Birthday!

Andersen, Sherrie 1/24
Barnes, Sonja 5/4
Barnhart, Tracy 1/19
Bernhart, Lorraine 1/31
Cooper, Kitty 1/31
Dubois, Richard 1/13
Eck, Lori 1/7
Gandy, Gwendolyn 1/31
Hammes, Rita 1/21
Howard, Barbara 1/31
Jensen, Trudy 1/11
Kahler, Otto 1/5
Keiter, Joann 1/13
Lawrence, Beatrix 1/4
Mourning, Joshua 1/19
Myer, Cheryl 1/8
Pauler, Charles 1/19
Sanchez, M Ann 1/25
Swayze, Joanne 1/26
Welborn, Rockne 1/8
Welty, Janis 01/13

