

# FIFTYFIVE *forward*



Winter, 2017

## Senior Services Launches Campaign For Campus Renovation

The Board of Senior Services has a vision for the future - to expand services to help seniors remain independent.

The primary focus of the remodeling project is three-fold: building a new kitchen for Meals on Wheels; expanding space and increasing visibility for the Senior Employment Program; enlarging the space and meeting capabilities for the Downtown Senior Center.

### Meals on Wheels will provide menu choice and serve more people

- More space to prepare fresh and whole foods and to accommodate menu choice for future clients.
- A walk-in freezer and dry goods area with the ability to store a larger variety of food and supplies.
- A volunteer area with its own private entrance and exit for improved traffic flow.

### Downtown Senior Center can hold more events to promote healthy aging

- The Downtown Senior Center will almost double in size.
- Add a cafe where members can enjoy coffee and other beverages, visit between events and/or grab a quick lunch.
- The computer lab will double in size, allowing for more center members and job seekers to take classes.
- Remodel of current bathrooms and new bathrooms will be added, all handicapped accessible.



- Addition of two lecture rooms for health screenings, health checks, classes and lecture series.
- All event rooms of the Downtown Senior Center will be located on the first floor, providing easy access.

### Senior Employment will be more accessible

- Front door presence makes it more accessible for job seekers.
- Job seekers will no longer have to stand in line to visit with a program specialist.
- Larger computer room in Downtown Senior Center will also benefit job seekers who need computer training.
- A private meeting room for interview coaching and resume preparation will be added.
- More space to expand semi-annual job fairs.

## 25-Year Meals on Wheels Volunteers Look Forward to Expansion

Charlie and Gwen Moyer have been volunteering for the Meals on Wheels program for 25 years, and they are excited about the prospects for a new kitchen and volunteer area.

The current pickup area for meals is narrow and congested, and becomes almost impassable when most volunteers are arriving in the mornings.



**The volunteer pickup area for Meals on Wheels is narrow and quickly becomes congested in the mornings.**

“We are anxious for a new center to be built, so we can get in and out quicker and easier and serve more people,” Charlie says.

“After so many years we have become friends with a lot of the other volunteers,” Gwen adds. “It will be great to have space to sit down and visit.”

A larger, more efficient kitchen will allow Meals on Wheels to provide menu choice and increase the number of persons served, with more space to prepare fresh and whole foods



**Charlie and Gwen Moyer deliver meals two days a week.**

and a walk-in freezer and dry goods area with the ability to store a larger variety of food and supplies.

The Moyers are excited about the kitchen expansion.

“It will give people two choices instead of just one,” Gwen says.

Both say they feel they gain as much from their volunteer service as the people they serve are.

“We learned right away we were helping hundreds of people get a meal,” Charlie says. “They look forward to not only getting the meal, but in seeing someone every day.”

“We are helping people stay in their own homes where they want to be,” Gwen says.

Both noted Meals on Wheels volunteers have helped to prevent tragedies when they discover a client with a health issue or who has fallen. Gwen smiles when she recalls one client who wanted her to ride to the hospital in the ambulance with him while his son-in-law followed.

“We are doing something to help, but they are a blessing to us,” the Moyers stress. “This is a tremendous service and we thoroughly enjoy our ministry.”

**Plans for the expanded kitchen and Meals on Wheels area.**

## Expanded Senior Center To Offer Something For Everyone

Karen Dornbush is any senior center director's dream member, volunteering in a number of capacities and serving as a member of the Downtown Senior Center's advisory committee.

She had been coming to the DSC for almost five years before she became a member.

"A nonprofit group that I was a long-time member of had rented an upstairs room for their information center," she explains. "I volunteered there on the first and third Wednesday of every month for years. During that time, I became familiar with the Senior Services staff, the center activities, and usually read the monthly newsletter. Most days, the building seemed very busy with lots of activities happening, and people looked to me like they were enjoying themselves."

When Senior Services announced their remodeling plans, the group moved out and found a new location.

"Before that happened, I had already decided that since my home responsibilities had eased, and I was definitely 'age appropriate,' I was going to join and attend some of the activities," Karen says. "I'm really happy that I did. I think what I enjoy the most are the members and staff I've met. I've found them to be friendly, energetic, and always willing to help and encourage each other. I became one of Carolyn's (the director's) volunteers right away, so I feel that I'm usually in the thick of things that are going on at the center, and I like that. I usually attend at least



**Karen Dao, director of programs, with Karen Dornbush (right) at the Downtown Senior Center advisory committee meeting.**

one activity every week."

Karen and her sister-in-law, Jackie Besser, were two of those responsible for the new health and wellness support group which meets monthly to discuss nutrition, exercise, and other health topics.

"Karen is a retired RN and brings that experience to the table along with a professional insight to discussions," says Carolyn Earnest, center director. "She also, along with Jackie, enjoy being active, working out and eating well, so they look for those opportunities and encourage others."

"I can't wait for the new expanded Downtown Center to be completed," Karen says. "From what I hear it's going to be a wonderful place for all members to come to, enjoy, and to feel very special every time they walk through the doors. It will be a place to come and meet your friends, and to make new friends. Among the many things you will find there: If you like to learn, there will be lifelong learning classes, also a place to exercise or find a new job. Actually, I think it's going to be a very special place for each and every member."



**Floor plans for the remodeled Downtown Senior Center. All activities will be on first floor.**

## Renovated Senior Center To Provide Pickleball Expansion

Pickleball enthusiast Jim Schock says he had no idea what pickleball was until he joined the Downtown Senior Center 10 years ago.

“I was a racquetball player,” he explains. “But as I started getting older I needed something a little less stressful on my joints.”

Not only did he discover a new passion in keeping physically fit, he uncovered a wealth of new friends and activities.

“I have a lot of good things to say about the Downtown Senior Center,” Jim says. “We need to get it expanded. We play competitively several days a week and we need more courts.”

Russ Warnky was teaching computer classes at the Northeast Senior Center when one of his fellow teachers told him about the game. He has now been playing four times a week for three years, and took home two medals from the Kansas Senior Olympics. “Of course, I was the only 81-year-old playing,” he chuckles. “It’s a great way to keep my strength up.”



**Russ Warnky enjoys a game of pickleball.**

Jim, a retired airline employee, also speaks about the congestion in the mornings when Meals on Wheels volunteers are arriving to pick up their deliveries during the same time span as the pickleball players and members attending educational events. At the current time, there is only one entrance into the Downtown Senior Center from the main parking lot. He says that congestion will be



**Jim Schock warms up prior to playing pickleball. The game is the fastest-growing sport in the country.**

eased when the Meals on Wheels program has its own entrance.

Jim also warns about the coming tsunami of Baby Boomers and knows they will overrun the system before long. The current center doesn’t have the room to handle them and their needs, so the expansion of the center is critical to meet the anticipated growth in members.

“We need to get the center open again and bring in people and show them around,” he says.



**Pickleball enthusiasts from the Downtown Senior Center set up some demonstrations on Douglas during the Open Streets ICT event.**

## “Building For The Boomers...And Beyond” Donor List

Senior Services expresses its heartfelt gratitude to those individuals and organizations who have supported the capital campaign through October 31, 2017:

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### Your support is needed

Senior Services is looking to our supporters and the community at large to help us raise the funds needed.

To help, contact Chris Heiman at 316-267-0302, ext. 216. Please see page 7 for ways you can support the campaign.

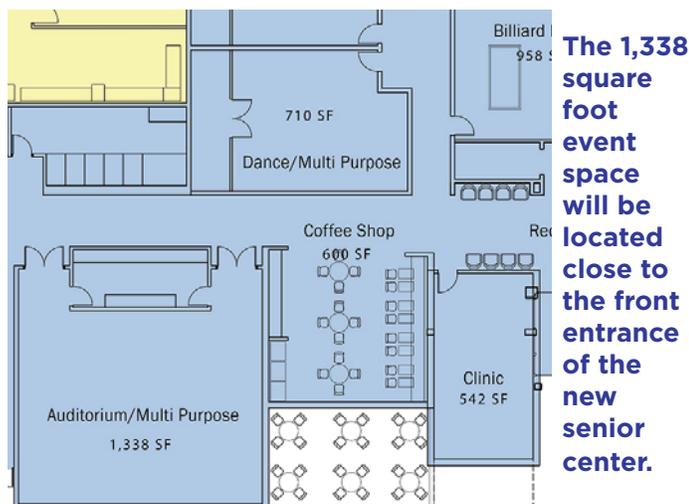
## Cargill Gift Supports Capital Campaign

Cargill presented a check for \$100,000 to Senior Services of Wichita on October 11th, securing the naming rights for the formal events center planned as part of the new building construction. Brian Sikes, president of Cargill Protein, made the presentation.

“Senior Services does outstanding work to ensure that Wichita area seniors have nutritional meals when they otherwise would not,” Sikes said. “Assuring that people have access to nutritious food is a focus for Cargill, and the new Senior Center kitchenette will make that a reality for many seniors. We deeply care about the contribution seniors make to the community and are pleased to be part of this terrific project.”

The 1,338-square-foot auditorium, which will be located north of the main entrance to the Downtown Senior Center, will hold up to 75 people and will be equipped with a small kitchenette. The kitchenette will allow for food preparation for parties, cooking demonstrations and other gatherings. Center members will be able to rent the room to host reunions, receptions and other group events.

“We are grateful to Cargill for their generosity,” says Laurel Alkire, executive director. “The additional event space will enable us to offer more diversity in programming when the Downtown Senior Center renovation is completed, ensuring we are ready to serve the next generation of seniors.”



**The 1,338 square foot event space will be located close to the front entrance of the new senior center.**



**Brian Sikes, president of Cargill Protein, presents Laurel Alkire, executive director, with a check.**

## Capital Campaign Moving Ahead

Recent donations have elevated the total raised to date to over \$3.3 million. An additional \$2.7 million must be secured in order to complete all three phases of the project.

To make your donation, contact Chris Heiman at 316-267-0302, ext. 216, or email [Chrish@seniorservicesofwichita.org](mailto:Chrish@seniorservicesofwichita.org). Gifts such as stock transfers or estates are also accepted. All donations are tax deductible.

Currently construction is underway on Phase 1 of the three-stage project. Phase 1 includes the new Meals on Wheels kitchen, offices, the Senior Employment Program and initial remodeling of existing Downtown Senior Center facilities.

## Charley Stark Life Enrichment Center

Funds are currently being raised to name the Downtown Senior Center the Charley Stark Life Enrichment Center. Lead gifts have been provided by the Stark family, Dawson Grimsley and other Grumpy Old Men. An additional \$800,000 needs to be raised to secure the naming rights. Charley, a leading businessman and philanthropist, founded ComfortCare Homes and Grumpy Old Men, in addition to his numerous other endeavors.

## Building For The Future

With your support, a fruitful capital campaign will set Senior Services, Inc. of Wichita on a path of even greater success.

Our existing programs will be enhanced.

Our community will be better served.

Build for the Boomers and Beyond with us.

This campaign's success will enable us to expand and grow our programs to better serve our community's seniors.

## Gifts That Will Impact Today

### Cash and other outright gifts

A direct gift of cash (or other appreciated securities) will directly benefit the campaign and provide an immediate income-tax deduction to you. Consider your year-end required minimum tax deductions.

### A pledge

Your gift may be given over 3 to 5 years'



## 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.



time. For example, a generous pledge of \$25,000 over five years could be paid at \$5,000 per year.

## Gifts That Will Impact Tomorrow

We will be happy to discuss how you can support the campaign and Senior Services through:

- Personal Property
- Estate Bequests
- Life Insurance
- IRA and Other Qualified Retirement Plans
- Charitable Lead Trusts
- Charitable Remainder Trust
- Retained Life Estates

Please join Senior Services in this transformational campaign - for Senior Services and for the entire community of Wichita.

We look forward to visiting with you. If you have any questions about the campaign, or would like to discuss how you can give us support:

- call 316-267-0302, ext. 216
- visit [www.seniorservicesofwichita.org](http://www.seniorservicesofwichita.org)

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## FIFTYFIVE *forward*

### Westar Donates Additional Van To Roving Pantry

Thanks to a generous donation from Westar Energy, Roving Pantry has an additional van.

Lila Halabi, a member of the Senior Services board, is the business center representative for Westar. She introduced Senior Services staff to Don Sherman, who is in charge of community relations at Westar. They wanted to do something to assist some of the programs operated by Senior Services, so they donated one of their vans for the Roving Pantry program. They also purchased soft shell carriers for Meals on Wheels earlier this year.

“We are very grateful to Westar Energy for their support of Senior Services,” says Laurel Alkire, executive director. “This will give us a second van for our heavy shopping and delivery days. Meals on Wheels certainly benefitted from the new meal carriers as well.”



**Don Sherman and Lila Halabi from Westar Energy present Laurel Alkire, executive director, and Opal Smith, Roving Pantry coordinator, with a van for the mobile grocery shopping and delivery service.**