



Northeast Senior Center

Hello Everyone...March is National Kidney Month

Since it is National Kidney Month let's talk kidneys...Did you know that our kidneys play a big factor in our health? Our kidneys have a major role to play in making sure our bodies work and function properly. Here are the top 5 jobs healthy kidneys perform:

1. Remove wastes and extra fluid – your kidneys act like a filter to remove waste and extra fluid from your body.
2. Control blood pressure – your kidneys need pressure to work properly. Kidneys can ask for higher pressure if it seems too low, or try to lower pressure if it seems too high by controlling fluid levels and making the hormone that causes blood vessels to constrict.
3. Make red blood cells – red blood cells give you the energy you need for daily activities.
4. Keep bones healthy – the kidneys make an active form of vitamin D. You need vitamin D to absorb calcium and phosphorus. Calcium and phosphorus are important minerals for making bones strong.
5. Control pH Levels – pH is a measure of acid and base. Your kidneys maintain a healthy balance of the chemicals that control acid levels. Your kidneys balance the pH of your body by either removing or adjusting the right amounts of acid and buffering agents.

Signs and symptoms of kidney disease are often nonspecific, meaning they can also be caused by other illnesses. Because your kidneys are highly adaptable and able to compensate for lost function, signs and symptoms may not appear until irreversible damage has occurred. Some may have risk factors and not be aware. Risk factors are something that increases a person's chances
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Ongoing Activities

Monday

- 9:30 WSU Exercise
- 10:30 Advisory Council
- 11:30 API - Friendship Meals
- 2:30 Computer Class

Tuesday

- 9:30 Keep It Moving (Exercise)
- 10:30 Bingo
- 11:30 API - Friendship Meals
- 12:00 Conversation Spanish

Wednesday

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

Thursday

- 10:00 Quilters' Treasures
- 10:30 Jewelry Class
- 11:30 API - Friendship Meals
- 12:00 Bible Study
- 1:00 Card Games (Bid Whist & Spades)
- 2:00 Drawing 101

Friday

- 9:30 WSU Exercise
- 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

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



Northeast Senior Center

Monthly Events

Advisory Council:
Monday, March 12, at 10:30 a.m.

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).

Food For Thought:

"What consumes your mind, controls your life."

Upcoming Events

Friday, March 23rd, 2018
"The Green Thang"
Cost: \$5 members/\$7 nonmembers
Time: 2 p.m. - 4 p.m.

Friday, March 30th, 2018
"January - March Birthday Celebration"
We will celebrate birthdays from January to March - all members are welcome.

Friday, April 20th, 2018
"Northeast Spring Fling"
Cost: \$5 members/ \$7 nonmembers
Time: 2 p.m. - 4 p.m.

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

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Saint Patrick's Day

March 17



BLARNEY
 CHARM
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 EMERALD

GOLD
 GREEN
 IRELAND
 ISLE
 LEPRECHAUN
 LIMERICK

LUCK
 MARCH
 PARADE
 RAINBOW
 SHAMROCK





Northeast Senior Center Educational Opportunities

March

Thursday, March 1st @ 11:45 a.m.

“Keeping Your Home Safe”

The Regent

Friday, March 2nd @ 11:45 a.m.

“Keep Your Kidneys Healthy”

(Blood Pressure Checks before class)

Angels Care Home Health

Friday, March 9th @ 11:45 a.m.

“What Does ‘Honest’ Caregiving Look Like For You?”

Rhonda Custard – Sedgwick County
Department on Aging

Wednesday, March 14th @ 11:45 a.m.

“Oral Hygiene Tips”

WSU – Dental Hygiene Students

Friday, March 16th @ 11:45 a.m.

“Keeping A Sharp Eye”

Envision

Friday, March 30th @ 11:45 a.m.

“Aromatherapy: Seasonal Discomforts”

Young Living

Director’s Note

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of developing a disease. Here are some risk factors: diabetes, high blood pressure, heart and blood vessel disease, smoking, obesity, being African-American, Native American or Asian American, family history of kidney disease, abnormal kidney structure, and older age. To reduce your risk: follow instructions on over-the-counter medications; maintain a healthy weight; don’t smoke; manage your health conditions with your doctor’s help.

(www.kidney.org; www.mayoclinic.org.)

-Carnesha Tucker, Director

April

Thursday, April 5th @ 11:45am

“Helpful Resources For Those In Need”

Medical Service Bureau

Friday, April 6th @ 11:45am

“Home Health 101”

(Blood Pressure Checks before class)

Angels Care Home Health

Tax Appointments!!!

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)
- Both spouses should be present if filing jointly
- Copy of previous year’s tax returns
- W-2’s, 1099 forms, or other tax 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.

AARP Tax-Aide volunteers cannot 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



Members of Northeast Senior Center enjoyed their annual Valentine’s party on Friday, February 9.