



Orchard Park Senior Center

Greetings Everyone!!

March is Caffeine Awareness Month. There are some facts about caffeine that may come as a surprise to you. There are about 60 different plants that have caffeine in them including cocoa, coffee beans, tea leaves, and kola. This means that you may not always know if there is caffeine in a product because, in the United States, the Federal Food and Drug Administration does not require companies to list the amount of caffeine in the nutritional information. So because it is Caffeine Awareness Month, I would like to share the effects of caffeine on seniors. According to the National Coffee Association, seniors drink more coffee than any other age group. Just like overindulging in sweets or alcohol, ignoring the risks associated with caffeine would be irresponsible for the health-conscious senior. Several studies in recent years have addressed coffee's impact on older adults and concluded that drinking caffeine in moderation poses little risk. So what, exactly, is "in moderation"? According to the Mayo Clinic, more than 500 to 600 milligrams (about 5 to 6 cups) of caffeine a day can lead to significant dehydration. Other sources recommend sticking to just 3 cups of coffee daily, as dehydration is not the only risk. As a stimulant, caffeine revs up the nervous system. This can lead to jittery nerves, stomach upset and heartburn. Excessive consumption has also been known to cause:

- Increased blood pressure
- Reduced bone strength

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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
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 (suspended until further notice)
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
12:30 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 – March 7
8:30 – 10:15 a.m., Courtesy of Sandpiper Bay
Healthcare & Rehabilitation

Advisory Council Meeting:

Monday – March 19, 11:15 a.m.

Birthday Celebration:

Friday, March 23, 11:15 a.m.

Lunch Out:

Tuesday, March 13 @ 11:30 a.m.
Copper Oven, 2409 W. 13th Street North

Breakfast Out:

Tuesday, March 27 @ 09:00 a.m.
IHOP, 515 S. Ridge Circle

Foot Care:

Foot care provided by Michelle Steinke on
Wednesday, March 21. Please call 946-0722 for
appointment. Michelle does nail trimming,
corns, calluses and foot massages.

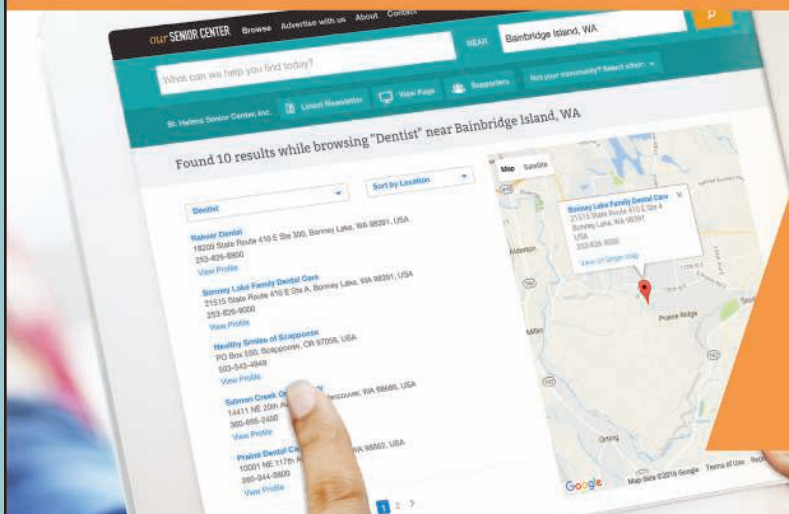
Center Hours

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



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Orchard Park Educational Opportunities

March

March 5 @ 11:15 a.m.

Food, Movement and Mood

Toni Tucker - Humana

March 9 @ 11:15 a.m.

Keeping a Sharp Eye

Jennifer Brantley - Envision

March 12 @ 11:15 a.m.

Reach Your Goals Step by Step

Shirley Lewis - Sedgwick Co. Extension Office

March 26 @ 11:15 a.m.

Keep Your Kidneys Healthy

Angels Care Home Health

April

April 2 @ 11:15 a.m.

Latest Scams And Techniques Scammers Are Using

Denise Groene - Better Business Bureau

April 6 @ 11:15 a.m.

The Pressure To Be Everything To Everyone (Caregiving)

Rhonda Custard - CAAA

April 9 @ 11:15 a.m.

Challenges and Solutions

Shirley Lewis - K-State Extension Office

April 13 @ 11:15 a.m.

Staying Social: How To Do It Right

Toni Tucker - Humana

April 20 @ 11:15 a.m.

What Medical Service Bureau Can Do For You

Aaron Walker - Medical Service Bureau

April 30 @ 11:15 a.m.

Home Health 101

Angels Care Home Health



Members of the morning coed exercise class ready to go out for coffee following class.

Director's Notes

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- Anxiety
- Sleeplessness

In addition to coffee, caffeine is also found in tea, chocolate, soda, and certain medications. As mentioned, caffeine can cause dehydration. Seniors are more sensitive to fluctuations in the amount of fluid in their bodies, so dehydration can cause lightheadedness - even falling. To prevent dehydration, seniors should drink plenty of water throughout the day. In moderation, caffeine is fine for most elderly persons. For seniors with ulcers, diabetes, gastritis or osteoporosis, the effects of caffeine may be more harmful and not worth the risk.

(Article taken from Clearcare Family Caregiving)

-Diane Nutt, Center Director

Drawing Class

Drawing class will be suspended until further notice. Please continue to check the newsletter for updates.

Pickleball

There will be NO pickleball on Monday, March 19. The Monday pickleball will resume on the 26.



Orchard Park Senior Center



Orchard Park members participate in morning coed exercise class. The classes meet at 8 and 9 a.m. on Mondays, Wednesdays and Fridays.

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.

Tax Appointments!!!

We are now taking appointments for tax preparation. Taxes at Orchard will take place Wednesday through Friday, starting February 1st thru April 12th. Please call 942-2293 for your appointment.

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.

Happy Birthday!

Ashbrook, Edmond 3/9
Baker, Earl 3/23
Bean, Frances 3/1
Bloomer, William 1/23
Clark, Verna Rae 3/19
Crane, Sandie 3/29
Danielson, Evelyn 3/3
Ellenz, Velva 3/7
Fretzs, Allan 3/12
Goscha, David 3/9
Hanafin, Larry 3/28
Hinckley, Dean 3/24
Keeney, Terry 3/27
Kendall, Cindy 3/23
Kennedy, Charles 3/31
Knouse, Carol 3/20
Krenning, Bonnie 3/2
Main, Freida 3/29
Mar, Henjung 3/23
Maris, Barbara 3/17
McDonald, Francis 3/9
Mellinger, Mellisa 3/23
Miller, L 3/18
Poell, Norma 3/17
Schlegel, Betty 3/26
Shove, Jeanne 3/20
Skolaut, Don 3/15
Wilson, Madeline 3/9