



## Orchard Park Senior Center

Greetings Everyone!!

May is National Arthritis Awareness Month. Since nearly 53 million adults have doctor-diagnosed arthritis, I thought I would share some information about it. Arthritis is a disease that impacts more than 50 million Americans, making it the number one cause of disability in the country. That means 1 in every 5 adults, 300,000 children and countless families are affected by arthritis. The first steps in conquering arthritis are learning the facts. What is arthritis? Arthritis is an inflammation of the joints. It can affect one joint or multiple joints. There are more than 100 different types of arthritis, with different causes and treatment methods. Two of the most common types are osteoarthritis (OA) and rheumatoid arthritis (RA). Arthritis is most commonly seen in adults over the age of 65, but it can develop in children, teens, and younger adults. What are the symptoms of arthritis? Joint pain, stiffness, and swelling are the most common symptoms of arthritis. Your range of motion may also decrease, and you may experience redness of the skin around the joint. In the case of RA, you may feel tired or experience a loss of appetite due to the inflammation the immune system's activity causes. Severe RA can cause joint deformity if left untreated. What causes arthritis? Cartilage is a firm but flexible connective tissue in your joints. It protects the joints by absorbing the pressure and shock created when you move and put stress on them. A reduction in the normal amount of this cartilage tissue can cause some forms of arthritis. Normal wear and tear causes OA; an infection or injury to the joints can exacerbate this natural breakdown of cartilage tissue. Your risk of developing OA may be higher if you have a family

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### Ongoing Activities

#### **Mondays:**

8 & 9 am Co-ed Low Impact Aerobics  
9:00 am Pickleball (suspended for summer)  
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](mailto: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 – May 2  
8:30 – 10:15 a.m., Courtesy of Sandpiper Bay  
Healthcare & Rehabilitation

### Advisory Council Meeting:

Monday, May 21, 11:15 a.m.

### Birthday Celebration:

Friday, May 25, 11:15 a.m.

### Lunch Out:

Tuesday, May 8, 11:30 a.m.  
Jason's Deli, 7447 W 21st St

### Breakfast Out:

Tuesday, May 22, 8:30 a.m.  
Jimmies Diner, 2121 N Tyler Rd

### Foot Care:

Foot care provided by Michelle Steinke on  
Wednesday, May 16. 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. Not open on weekends and holidays.

### Pickleball

There will be no Monday morning pickleball  
May 28 through September 10, due to the  
summer discovery program for children. Please  
check schedules at other centers for their play  
dates and times.

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## Orchard Park Educational Opportunities

### May

May 4 @ 11:15 a.m.

**Partner With Your Doctor**

Toni Tucker - Humana

May 7 @ 11:15 a.m.

**F.A.S.T CVA (Stroke Awareness)**

Angels Care Home Health

May 14 @ 11:15 a.m.

**Colorful and Classic Favorites**

Shirley Lewis - Sedgwick Co. Extension Office

May 18 @ 11:15 a.m.

**The Links Between Lack Of Exercise  
And Dementia**

Jason - E-Senior Plan

May 21 @ 4:45 p.m.

**Walk with Ease #1**

Orchard Recreation Center

May 30 @ 4:45 p.m.

**Walk with Ease #2**

Orchard Recreation Center

May 31 @ 4:45 p.m.

**Walk with Ease #3**

Orchard Recreation Center

### June

June 4 @ 11:15 a.m.

**Living Healthy to "100"**

Toni Tucker - Humana

June 4 @ 4:45 p.m.

**Walk with Ease #4**

Orchard Recreation Center

June 6 @ 4:45 p.m.

**Walk with Ease #5**

Orchard Recreation Center

June 7 @ 4:45 p.m.

**Walk with Ease #6**

Orchard Recreation Center

June 11 @ 11:15 p.m.

**Eat Smart, Spend Less**

Shirley Lewis - Sedgwick Co. Extension Office

June 11 @ 4:45 p.m.

**Walk with Ease #7**

Orchard Recreation Center

June 13 @ 4:45 p.m.

**Walk with Ease #8**

Orchard Recreation Center

June 14 @ 4:45 p.m.

**Walk with Ease #9**

Orchard Recreation Center

June 18 @ 4:45 p.m.

**Walk with Ease #10**

Orchard Recreation Center

June 20 @ 4:45 p.m.

**Walk with Ease #11**

Orchard Recreation Center

June 21 @ 4:45 p.m.

**Walk with Ease #12**

Orchard Recreation Center

June 25 @ 11:15 a.m.

**Enjoy Fitness at Any Age**

Angels Care Home Health

June 27 @ 4:45 p.m.

**Walk with Ease #13**

Orchard Recreation Center

June 28 @ 4:45 p.m.

**Walk with Ease #14**

Orchard Recreation Center



## Orchard Park Senior Center



**Orchard Park members enjoyed a paint and sip class put on by Oxford Grand.**



## Walk With Ease

The recreation centers will be hosting an Arthritis Foundation Walk with Ease, Evidence-Based class May 21 – June 29 at Linwood and Orchard. It will be free to members of all four senior centers. It will be held on Monday, Tuesday and Friday 9:00 – 10 a.m. at Linwood, and Monday, Wednesday, and Thursday 4:45 – 5:45 p.m. at Orchard.

The Walk with Ease is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with the program. Classes are one hour each and meet three times a week for six weeks. If interested please call the center that you would like to participate at: Linwood (316) 337-9191, and Orchard (316) 337-9244. This is a good way to motivate yourself to get in great shape, walk safely and comfortably, improve your flexibility, strength and stamina, and reduce pain, which will help you to feel great.

## Director's Notes

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history of the disease. RA is an autoimmune disorder. It occurs when your body's immune system attacks the tissues of the body. These attacks affect the synovium, a soft tissue in your joints that produces a fluid that nourishes the cartilage and lubricates the joints. How is arthritis diagnosed? Seeing your primary care physician is a good first step. They will perform a physical exam to check for fluid around the joints, warm or red joints, and limited range of motion in the joints. Doctors commonly use imaging scans to produce an image of your bones and cartilage.

The main goal of treating arthritis is to reduce the amount of pain experienced and prevent additional damage to the joints. Treatment can range from medications, surgery, or physical therapy. Maintaining a healthy weight, eating a healthy diet, and regular exercise will keep joints flexible. Staying active is important, but you should also be sure to rest when you need to, and avoid overexerting yourself.

While there is no cure for arthritis, the right treatment can greatly reduce your symptoms. There are many classes at Orchard that can help you to remain active, and exercise your joints, so don't be shy to take part in activities that you are able to do.

(Information taken from healthline.com)

-Diane Nutt, Center Director

## Happy Birthday!

- |                         |                        |
|-------------------------|------------------------|
| Barnes, Gary 5/2        | McLean, Ivy 5/3        |
| Barnes, Jackie 5/23     | Nila, John 5/10        |
| Barraza, Lucille 5/18   | Parker, Laurie 5/16    |
| Brees, Les 5/1          | Payne, Mary 5/28       |
| Bugni, Donald 5/14      | Piland, Karla 5/30     |
| Cummings, Elizabeth 5/3 | Riemen, Betty 5/26     |
| Dunmire, William 5/5    | Schremmer, Deanna 5/13 |
| George, Carolyn 5/21    | Scoles, Teresa 5/11    |
| Helton, Forrest 5/28    | Van Fleet, Nelson 5/10 |
| Kruse, Elaine 5/23      | Wiersma, Lori 5/14     |
| McGough, Jean 5/23      |                        |