



Orchard Park Senior Center

Greetings Everyone!!

June is Cataract Awareness Month—Cataracts are the leading cause of vision loss in the United States, and it is the leading cause of blindness in the world. There are 24 million Americans over the age of 40 who are affected by cataracts, so it seems fitting to talk about cataracts this month.

What is a cataract? A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. The lens helps to focus images onto the retina - which transmits the images to the brain. Your vision may become blurry or dim because the cataract stops light from properly passing through to your retina. Most often, a cataract is part of getting older. Listed below are several possible risk factors for cataracts:

- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases

(continued on page 19)

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



Orchard Park Monthly Activities

Blood Pressure Checks:

First Wednesday of the month – June 6
8:30 – 10:15 a.m., Courtesy of Sandpiper Bay
Healthcare & Rehabilitation

Advisory Council Meeting:

Monday, June 18, 11:30 a.m.

Birthday Celebration:

Friday, June 29, 11:15 a.m.

Lunch Out:

Tuesday, June 12, 11:30 a.m.
Neighbor's Bar & Grill, 2315 W 21st St N

Breakfast Out:


Tuesday, June 26, 08:30 a.m.
Town & Country, 4702 W Kellogg Dr.

Foot Care:

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

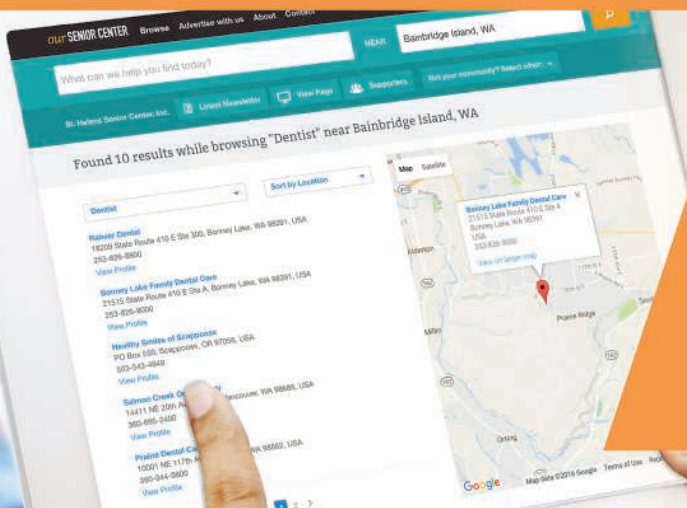
Center Hours

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

OUR SENIOR CENTER

A convenient source for local services



FIND AN ADVERTISER NEAR YOU

SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!

Sign up to have our newsletter emailed to you! ourseniorcenter.com



Orchard Park Educational Opportunities

June

June 1 @ 11:15 a.m.
Fire & Tornado Safety
Paulette - Lakepoint

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 @ 11:15 a.m.
Adult Day Care, What Is It?
Catholic Charities

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 22 @ 11:15 a.m.
The Pressure to be Everything to Everyone
Rhonda Custer - CPAAA

June 25 @ 11:15 a.m.
F.A.S.T. CVA Stroke Awareness
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

Happy Birthday!

Abraham, Phyllis 6/26
Blackwill, Ernest 6/24
Brooks, Lois 6/19
Brumit, Rosie 6/1
Burch, Carol 6/8
Byram, Georgene 1/26
Campbell, Ruby 6/6
Clayton, Deanna 6/29
Cloud, Christina 6/3
Cullum, Patricia 6/22
Davis, Fred 6/26
Dietrich, Mary 6/2
Edmundson, John 6/30
Ericksten, Connie 6/6
Gilchrist, Karen 6/30
Goering, Marlo 6/5
Gordon, David 6/22
Green, Michelle 6/7
Hamilton, Sheldon 6/25
Hutchinson, Nola 6/30
Johnson, Paul 6/9

Jones, Patricia 6/13
Kent, Joyce 6/25
Lewis, Robert 6/6
Mesnier, Barbara 6/10
Minter, Geneva 6/22
Nash, Jen 6/19
Prenedes, Patricia 6/20
Rankin, Elsie 6/26
Rose, Anne 6/16
Sims, Gracene 6/23
Smith, Connie 6/29
Stephen, Brad 6/3
Webb, Shirley 6/29
Weisshaar, Ed 6/6





Orchard Park Senior Center

Director's Notes

(continued from page 16)

What are the symptoms of a cataract?

- You have blurred vision, double vision, ghost images, or the sense of a “film” over your eyes.
- Lights seem too dim for reading or close-up work, or you are “dazzled” by strong light.
- You change eyeglass prescriptions often and the change does not seem to help your vision.

Why do cataracts form?

Throughout our lives, our bodies replace old cells with new ones. As we grow older, the old cells in our eye’s lens build up and block light as it tries to pass through. The end result is cloudy vision. Besides getting older, other factors may cause cataracts to form (see list on page 16).

What are the types of cataracts?

- Age-related – 95% of cataracts are age-related, usually after age 40
- Congenital – These are present at birth, usually caused by infection or inflammation during pregnancy, possibly inherited.
- Traumatic – Lens damage from a hard blow, cut, puncture, intense heat or chemical burn may cause cataracts
- Secondary – Some medicines, eye disease, eye infection, or diseases such as diabetes cause these cataracts.

Cataracts usually form in both eyes, but not at the same rate. They can develop slowly or quickly, or progress to a certain point, then not get any worse. As a result, you may not notice large changes in your sight right away.

If you notice any of these changes, make an appointment to see your eye doctor. Orchard Park Senior Center has great partnerships with Envision and Grene Vision Group for needs in vision care.

(Information taken from <http://yoursightmatters.co>)

- Diane Nutt, Center Director



Many thanks to our AARP volunteer tax preparers.

