



Northeast Senior Center

Hello Everyone...Happy American Pharmacists Month!

October is American Pharmacists Month...if you did not know; now you do. This month is an opportunity to take a moment to honor our pharmacists. It is always good to let people know they are appreciated. Sometimes we get so busy in life we forget to appreciate the little things. Some little things you may not have noticed...Pharmacists do more than just filling prescriptions for medications. They speak with all kinds of healthcare providers to provide both guidance and information on health conditions and medications. Pharmacists explain dosages and also potential side effects. They make sure your prescriptions won't negatively interact with any other medications you are taking or any health problems you currently have. Pharmacists complete insurance forms and work with insurance companies to ensure that you have access to the medications you need. They recommend ways to safely take your medicines (using a pillbox, taking with or without food, waiting for a specified time before eating, etc.). Pharmacists also administer vaccinations, as well as offer advice on general health topics such as healthy diet, regular exercise, reducing stress, and showing you how to properly use medical equipment so you don't get injured. These are just some of the little extra things that you may not have known that Pharmacists do. Hopefully, everyone knows what it means to "appreciate the little things in life"... if not, it means focusing our attention on what is pleasurable, nurturing, and sustaining in our lives and not on those events that are annoying, frustrating, or hurtful. It also means practicing gratitude for those everyday things that are easy to take for granted or miss altogether...like our pharmacists. So if you have any medications to pick up this month, don't forget to let your pharmacists know how much you appreciate what they do.

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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)

Friday

9:30 WSU Exercise
11:30 API - Friendship Meals
1:00 Bridge

Advisory Council is every 2nd Monday each month @10:30 a.m.

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, October 8th at 10:30 a.m.

Blood Pressure Checks:

Second Monday of each month at 11:15 a.m.,
Courtesy of HealthBack Home Health.

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).



Upcoming Events

NESC - "Cowboys & Cowgirls Fall Festival"


Friday, October 26th, 2 p.m. - 4 p.m.

Cost: \$5 members/\$7 nonmembers

*Donations (monetary, food, and/or prizes) to cover events or parties are always appreciated

Food For Thought

*I've seen better days, but I've also seen worse.
I don't have everything that I want,
but I do have all I need.
I woke up with some aches and pains,
but I woke up.
My life may not be perfect, but I am Blessed.*

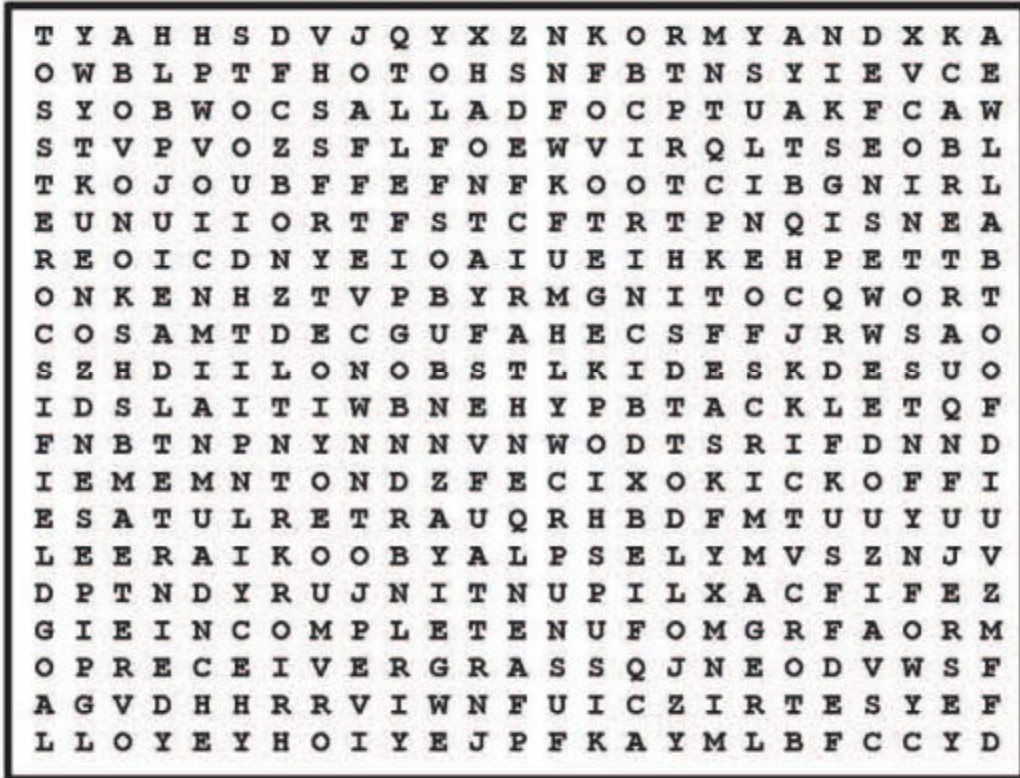
<p>LET US <i>carry</i> YOUR MESSAGE TO <i>Senior</i> THE <i>Community</i></p> <p>For advertising info call: 1-800-950-9952</p> 	<p>GO</p>	<p>with HOME BUDDY's ANYWHERE HELP now you can!</p> <p>Call us today to find out more. 316-262-8339 Homebuddy.org</p> 
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 <p><i>Huntington</i> PARK</p>	<ul style="list-style-type: none"> • Gated Community • Clubhouse • Garage(s) & Storage Space(s) • 24 Hour Fitness Center • Washer/Dryer Connections • Handicapped Accessible • Business Center • Book Exchange • Basketball Court • Package Receiving • Outdoor Fireplace & Grill • Swimming Pool & Hot Tub • Pet Playground • Pond • On-site Laundry
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American Football



- | | | | |
|------------|----------------|--------------|------------|
| ASTRO TURF | HELMET | PENALTY | TACKLE |
| BLITZ | INCOMPLETE | PIGSKIN | TEAM |
| COIN TOSS | INJURY | PLAYBOOK | THROW |
| DEFENSE | INTERCEPTION | PLAYOFFS | TIGHT END |
| END ZONE | JERSEY | PUNT | TIMEOUT |
| FIELD GOAL | KICK | QUARTER | TOSS |
| FIRST DOWN | KICKOFF | QUARTER BACK | TOUCHDOWN |
| FOOTBALL | LINE OF | RECEIVER | TWO-POINT |
| GRASS | SCRIMMAGE | RUNNING BACK | CONVERSION |
| GRIDIRON | OFFENSE | SAFETY | UNIFORM |
| HALF-TIME | OFFENSIVE LINE | SCORE | YARDS |
| HANDOFF | PADS | SUPER BOWL | |

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: What team has been to the (USA) Super Bowl more than any other?

Answer: _____ (two words)



Northeast Senior Center Educational Opportunities

October

Thursday, October 4th @ 11:45 a.m.

“Health & Safety”

Dignity Memorial

Friday, October 5th @ 11:45 a.m.

“Protection Against Breast Cancer”

Angels Care Home Health

Thursday, October 11th @ 11:45 a.m.

“Turning 65”

Are you turning 65 and trying to figure out the in's and out's concerning Medicare?

Please join us as we help you understand how Medicare works...feel free to bring your questions and concerns.

Futurity First

Friday, October 12th @ 11:45 a.m.

“Talking With Your Doctor”

Join us for tips on how to make the most of your medical appointments and interactions with medical professionals.

Celia Easley - CPAAA

Thursday, October 18th @ 11:45 a.m.

“Senior Bullying”

Learn about who bullies, who gets bullied

Paulette Johnston - Lakepoint

November

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

“Care Connections and Pre-Palliative Care: What is it?”

Angels Care Home Health

Flu Shot Clinic

Northeast Senior Center will have flu/pneumonia shots available again this year courtesy of Hart Pharmacy. This will take place Friday, October 5th from 10:30 - 11:15 a.m. To sign up, please stop by the center or call 269-4444. Please make sure you bring your photo ID and Medicare card.

Director's Notes

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As always, if you have questions, comments or concerns, feel free to stop by the office or call. Remember this is your center and we are here to help you enjoy life to the fullest...Be Blessed!

(Resource websites: [www.https://caringpeopleinc.com/blog/american-pharmacists-months/](https://caringpeopleinc.com/blog/american-pharmacists-months/); [www.http://www.youngdiggers.com.au/appreciate-little-things-life.](http://www.youngdiggers.com.au/appreciate-little-things-life))

-Carnesha Tucker, Center Director

Medicare Open Enrollment

Just a friendly reminder that Medicare Open Enrollment starts October 15th and ends December 7th. Open Enrollment is when all people with Medicare can change their Medicare health plan and/or Part D prescription drug plans. It is not required that you change anything. However, this would be an opportunity to check for ways of saving money, as well as making sure your plan is the best available for you. If you are interested in looking at your coverage plan and available options, please stop by the center or call (316) 269-4444 to schedule your appointment. As your center director, I am SHICK (Senior Health Insurance Counseling for Kansas) trained and available by appointment to help you with the basics of Medicare Part D.

Four Center Fundraiser

Our “Building Momentum Fundraiser” is still going on until Oct. 31st. Please pick up a mason jar with instructions and help us raise money for our center. The jars will be used to collect and save change, cash, and checks. The funds collected will remain at our senior center to help with center needs. As always, if you have questions, comments, or concerns feel free to call the center at 269-4444.