



Orchard Park Senior Center

Greetings Everyone!!

Christmas is knocking at our door. Saying this, I would like to share some information for overcoming seasonal stress (Holiday Depression). Sometimes as we age, the holidays no longer seem very jolly, and we don't feel like celebrating much anymore. What used to be a joyous occasion can change and take on new meanings as life throws us curve balls. We think we're supposed to be exceptionally happy this time of year, but the expectation alone can cause people of all ages to become sad or depressed. While the holidays may not be the same as they were in the past, there can still be plenty of reasons to celebrate. One of the most important things to remember is that it's okay to enjoy the holidays as they are now. Old memories hold a special place in your heart, but there is always enough room to add new ones. Knowing what exactly is triggering these gloomy feelings during the winter season can help you find ways to cope and feel better.

- **Dealing with Death During Holidays**

One of the biggest challenges for families is losing a loved one. Whether the loss is recent or it occurred a decade ago, this time of year often highlights absences and brings intense feelings of grief. These feelings are normal, but to help you get through these tough times, talk about how you would like to handle the situation with someone you trust. That person can then communicate your wishes to others. Remember that not everyone grieves in the same way. There is no accepted norm. You may cry at the drop of a hat, while someone else is more stoic. Some people may grieve for weeks, and others mourn for years.

- **Stress Over too Much to Do**

Another thing that can cause stress is pressure from family and friends to continue holiday celebrations the same way they have been done in the past. Nothing can ruin a holiday faster than having too much on your plate.

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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 WSU Well Rep 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 Duplicate Bridge
12:00 pm Open Pool Tables

Wednesdays:

8 & 9 am Co-ed Low Impact Aerobics
10:30 am Bingo for Groceries
10:30 am Computer Lab

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 Sr. Aerobics
11:00 am Spades
12:00 pm Open Pool Tables
12:30 pm Mexican Train Dominoes
12:30 pm Spades #2
1:00 pm Pickleball

Fridays:

8 & 9 am Co-ed Low Impact Aerobics
10:30 am WSU Well Rep Exercise
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

Advisory Council Meeting:

Monday - December 10, 11:15 a.m.

Birthday Celebration:

Friday - December 21, 11:15 a.m.

Lunch Out:

No Lunch Out in December

Breakfast Out:

No Breakfast Out in December

Foot Care:

Foot care provided by Michelle Steinke on Wednesday, December 19. Please call 946-0722 for an appointment. Michelle does nail trimming, calluses and foot massages.

Blood Pressure Checks:

First Wednesday of the month - December 5 8:30 - 10:15 a.m. Courtesy of Sandpiper Healthcare & Rehabilitation.

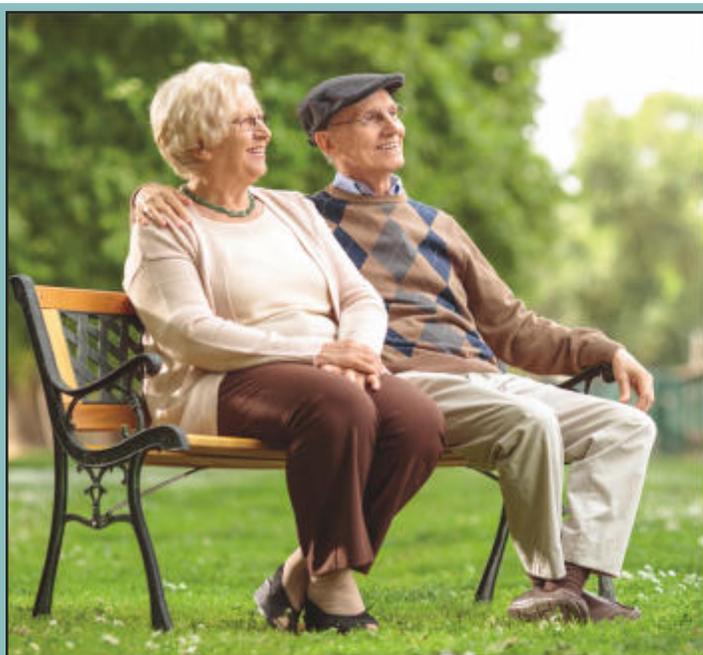
Center Hours

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.



Holiday Closings

There will be no pickleball on Thursday December 14, due to Golden Age Christmas Party. We will be closed on December 24 and 25 for the Christmas Holiday.



1605 W. May, Wichita KS 67213
prairiehomestead.org
316-263-8264

WELCOME HOME TO A COMMUNITY OF FRIENDS, FAMILY, AND FAITH

Prairie Homestead Senior Living is a local, not-for-profit, faith-based community of neighbors that has served Wichita for over 50 years, offering independent living, assisted living, and respite care.

We offer a variety of living options from which you can choose. From two or three bedroom twin homes with attached garages to one or two bedroom apartments with carports or our assisted living facility... a warm and friendly setting awaits you.

CALL TODAY TO SCHEDULE A TOUR!





Orchard Park Educational Opportunities

December

Monday, December 17 @ 11:15 a.m.

Holiday Stressors
“Depression and Anxiety”

Angels Care Home Health

January

Friday, January 11 @ 11:15 a.m.

Exploring the Levels of Rehab

Tisha - Wesley Rehab



Wichita State University students have been teaching our seniors some ‘Well Rep’ to boost healthy living.

Holiday Meal

Please don't forget to RSVP (316) 942-2293 for the December 7 Annual Holiday Meal. The event will start at 12:30 p.m. in the Recreation Center lounge. All food will be provided, and donations will be accepted.



Volunteer Appreciation

This year we will be celebrating our volunteers along with the Annual Holiday Meal. I feel that it is important for others to know the volunteers, and also thank them for all that they do.

Thank You



Canasta Anyone?

If you would be interested in playing Canasta at Orchard Park Senior Center on Thursday mornings at 10:00 a.m. please contact the senior center at 942-2293. We would love to get a game started.



WSU Well Rep classes are offered at all four centers and the Wichita State Students are the teachers for these class.

Christmas Family Adoption

We will be adopting a family from the Salvation Army for Christmas this year. They are requiring us to provide a grocery gift card, 2 gifts for each child valuing \$25 each, a household gift for the family valuing \$25-\$50, and wrapping paper and tape for the family to wrap the gifts. Cash donations would be the most appreciated, and the advisory council will shop for the items. Thank you for helping the center make a difference in someone's life. Donations are needed by Monday, December 3.





Orchard Park Senior Center

Director's Notes

By default, caregivers are already busier than the average person, and adding decorations, holiday meals, and shopping to the mix is enough to undermine anyone's holiday spirit. To keep from feeling overwhelmed and out of control, focus on what you and your loved one need instead of what others expect of you. Be realistic, accept help when others offer it and ask for help when you need it. Prioritize and downsize holiday tasks, and make lists. It often helps to see what exactly needs to be done, and it gives you a sense of accomplishment when you cross off completed tasks.

• **Financial Pressure During Holidays**
Finances are another notorious source of stress during the holidays. Money is often already tight for seniors and caregivers alike. Spending also tends to increase this time of year on things like gifts, holiday meals, and heating. Set a budget. This is important for managing your finances year-round, but it can be very helpful to take a closer look at your income and expenses before planning celebrations and purchasing gifts. Making a budget may seem like a bummer, but it's far better than realizing after the holidays that you spent far more than you could afford. Remind your loved ones that less expensive gifts can be just as thoughtful and useful as more expensive ones. Make baked goods or create handcrafted gifts for family and friends. Have your family members draw one or two names for gifts, instead of having everyone buy presents for each person. This may help other family members save money as well. Don't wait until the last minute to mail cards or buy presents. Take care of a few items each day to complete tasks with minimal stress and expense.

• **Avoiding Holiday Depression**
There is no reason to wait until depression happens to act on it, because there are approaches that can help prevent and minimize the symptoms. Generally, what can help is not being too hard on yourself. Try to keep a regular schedule and build in breaks. Adequate rest is crucial, especially during the hectic holiday season. Avoid feeling guilty for picking and choosing which holiday gatherings you can attend. Make sure that you get regular exercise.

Unfortunately, it's typical for people to stop doing the healthy things they usually do because of holiday activities and the inclement weather. Make exercise a top priority, even if it's only twenty minutes each day. Remember that the real meaning of the holidays is to be thankful for what you have, what you have now and what the future will bring. Information taken from: www.aging-care.com

Happy Holidays!
Diane Nutt, Center Director

Happy Birthday!

- Adair, Jan 12/23
- Applegate, Sandra 12/30
- Beard, Ruth Ann 12/16
- Brown, Rudy 12/7
- Clevenger, Sharon 12/9
- Cottrell, Les 12/29
- Didier, John 12/22
- Die, Sharon 12/5
- Dreiling, Lee Ann 12/11
- Fenske, MaryAnn 12/18
- Finney, Betty 12/23
- French, Naomi 12/15
- Harrington, Patricia 12/18
- Hollowell, Jack 12/27
- Krack, Janet 12/6
- Kysar, Vern 12/15
- Ladwig, Betty 12/13
- Law, Henry 12/11
- Maik, Russell 12/23
- McKay, Dennis 12/7
- McCurry, Sharon 12/20
- McLean, Angela 12/12
- Monroe, James 12/13
- Palmer, Mary 12/28
- Phares, Alan 12/26
- Phipps, Judith 12/14
- Reed, Val 12/5
- Reinert, Carol 12/25
- Riffel, Ed 12/7
- Shell, Eunice 12/19
- Skolaut, Sheila 12/4
- Stroud, Patsy 12/3
- Toth, Robert 12/28
- Turner, Barbara 12/25
- Wallis, Jimmy 12/22
- Zabel, Michael 12/23

