



Orchard Park Senior Center

Greetings Everyone!!

February is American Heart Month. Since Heart disease is the leading cause of death for men and women in the United States, I would like to spend some time talking about it. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart Disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Women do not experience heart attacks like their male counterparts. Women may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue. Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure. The signs of a woman's heart attack may be subtle. Although heart disease is the No 1 killer of women in the U.S., women may attribute their symptoms to acid reflux, the flu, or normal aging. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

(continued on page 19)



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)
 10:00 am Wii Bowling
 10:30 am WSU Well Rep Exercise Class
 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
 10:00 am Wii Bowling
 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
 1:00 pm Pickleball

Fridays:

8 & 9 am Co-ed Low Impact Aerobics
 10:00 am Wii Bowling
 10:30 am WSU Well Rep Exercise Class
 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 - February 4, 11:15 a.m.

Birthday Celebration:
Friday, February 22, 11:15 a.m.



Lunch Out:
Tuesday, February 12, 11:30 a.m.
Cracker Barrel, 619 Ridge Rd

Breakfast Out:
Tuesday, February 26, 9:00 a.m.
Copper Oven, 2409 West 13th St N

Blood Pressure Checks:
First Wednesday of the month - February
6 8:30 - 10:15 a.m. Courtesy of Sandpiper
Bay Healthcare & Rehabilitation

Foot Care:
Foot care provided by Michelle Steinke on
Wednesday, February 20. Please call 946-
0722 for appointment. Michelle does nail
trimming, corns, calluses and foot
massages. Please make note that the
Senior Center is open Monday thru Friday
8:00 a.m. until 4:30 p.m. We are not open
on weekends and holidays.

Center Hours

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

Holiday Closings

**The senior center will be closed on
Monday, February 18, in observance of
President's Day Holiday.**



PH PRAIRIE HOMESTEAD
SENIOR LIVING

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

February

February 1 @ 11:15 a.m.
Super Foods for Seniors
Oxford Villa

February 11 @ 11:15 a.m.
Fix It Safe
Shirley Lewis -
K-State Research & Extension

Friday, February 22 @ 11:15 a.m.
The History of KMH
Hervey Wright - Kansas Masonic Home
(KMH)

February 25 @ 11:15 a.m.
A Healthy Heart for Life
Angels Care Home Health

March

March 11 @ 11:15 a.m.
Choosing More Fruits & Vegetables
Shirley - K-State Research & Extension

March 25 @ 11:15 a.m.
Exercise Your Brain
Angels Care Home Health

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.

Taxes

Don't forget to call (316) 942-2293 to make your tax appointment. Slots fill up quickly. Below, you will find a list of items that you will need to bring to your appointment:

- Social Security Cards (or ITIN document) for you, and all dependents
- Picture ID for you (and spouse if married)

Taxes (Continued)

- Picture ID for you (and spouse if married)
- If filing a joint return, both spouses should be present
- Copy of previous year's tax returns
- All W-2 forms received
- All 1099 forms received (1099-INT, 1099-DIV, 1099-R, 1099-B, 1099-misc, SSA-1099, RRB-1099, CSA-Form 1099-R, etc.)
- All forms indicating federal income tax paid
- Unemployment compensation statements
- Dependent care provider information (name, employer ID, social security number)
- Details of real estate tax bills for claiming Kansas Homestead or Safe Senior Property Tax refunds
- If itemizing Deductions - Summary list of amounts for deductible items
- If expecting a refund and want it to be direct deposited into your bank account, please bring a check, or debit card deposit form with issuer printed (not hand written) routing and account numbers.

Bank account deposit slips may not be used to verify routing and account numbers.

AARP Tax-Aide Volunteers Can Not Prepare:

- Schedule E - Rental Property
- Form 2106 - Employee Business Expenses
- Form 3903 - Moving Expenses
- Schedule C - Business with an Operating Loss or Expenses over \$10,000
- Check with District Coordinator for more information about Out of Scope Returns

Email Tax Questions to the District Coordinator - kstaxhelp@gmail.com



Orchard Park Senior Center

Director's Notes (Continued)

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:

- Live smoke-free. If you smoke, quit.
- Monitor your blood pressure. Keep numbers below 140/90 mm Hg.
- Maintain a healthy weight. Target a body mass index (BMI) of less than 25.
- Watch your cholesterol. Strive for a total cholesterol less than 200 mg/dL.
- Control your blood sugar. Aim for a fasting blood glucose less than 100mg/dL.
- Get active. Log 150 minutes of moderate intensity activity per week.
- Eat a heart-healthy diet. Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, & added sugar.

But in the event of a heart attack, you need help right away. If you or someone you love experiences any of the following symptoms, dial 911 or go to the nearest hospital emergency room immediately:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts for more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat, nausea or lightheadedness.

So, be safe and continue to get some type of exercise in.

Diane Nutt, Center Director

Happy Birthday!

Adamson, Cheryl 2/5
Barnes, Cindy 2/20
Dickson, Bruce 2/20
Fletcher, Lee 2/4
Hayes, Walter 2/13
Jones, Linda 2/28
Kimball, Maureen 2/3
Koon, Edwin 2/27
Lofton, Lois 2/10
Marker, Mike 2/7
Martin, Judith 2/17
Matheny, Judith 2/10
Maxey, Ginger 2/25
Mertes, Judy 2/22
Norfleet, Rhonda 2/12
Olmsted, Cindy 2/21
Orchard, Cathie 2/25
Pankratz, Dolores 2/1
Paugh, Marvin 2/28
Ramos, Felisa 2/21
Smith, Betty 2/6
Spiker, Margaret 2/4
Spriggs, Betty 2/6
Stalker, Jane 2/24
Trask, Steve 2/5
Widener, David 2/18
Wolfe, Vernon 2/27

