



Orchard Park Senior Center

Greetings Everyone!!

As you may know, May is Older Americans Month. The theme for 2019 is Connect, Create, Contribute, all of these things can be accomplished by staying active in our senior centers. One of the things that really stands out for me is Connect. One of the biggest problems among seniors is isolation. As we age, circumstances in our lives often change. We retire from a job, friends move away or health issues convince us to eliminate or restrict driving. When changes like these occur, we may not fully realize how they will affect your ability to stay connected and engaged and how much they can impact our overall health and well-being. We need social connection to thrive, no matter our age, but recent research shows that the negative health consequences of chronic isolation and loneliness may be especially harmful for older adults. The good news is that with greater awareness, we can take steps to maintain and strengthen our ties to family and friends, expand our social circles and become more involved in the community around us. Having a social network that meets our needs means different things to each of us. Hopefully after reading this, you will evaluate your situation and, if needed, take action to strengthen the relationships that matter the most to you. And don't forget, when you open up your world to new people, sharing your time, talents and wisdom, it's a win-win for you and your entire community.

(continued on page 19)



Ongoing Activities

Mondays:

8 & 9 am Co-ed Low Impact Aerobics
9:15 am T.O.P.S.
(Taking Off Pounds Sensibly)

9:00 am Pickleball
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 Computer Lab
10:30 am Bingo for Groceries

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 & Grooving
Senior Aerobics
10:00 am Canasta
11:00 am Spades
12:00 pm Open Pool Tables
12:30 pm Spades 2
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 – May 20, 11:45 a.m. (Note time change)

Birthday Celebration

Friday, May 31, 11:15 a.m.



Lunch Out

Tuesday, May 14, 11:30 a.m.
Hog Wild, 8821 W 21st St N

Breakfast Out

Tuesday, May 28, 09:00 a.m.
Huddle House, 1735 W 21st St N

Foot Care By Michelle Steinke

On Wednesday, May 15. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

Blood Pressure Checks

First Wednesday of the month – May 1 8:30 – 10:15 a.m. Courtesy of Sandpiper Bay Healthcare & Rehabilitation

Please Note Center Hours

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.

Mother's Day Tea

Friday, May 10, 11:30 a.m. More information on page 18.

Holiday Closing

Orchard Park will be closed on Monday, May 27th in observance for Memorial Day.



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 Senior Center Educational Opportunities

May

May 3 @ 11:15 a.m.

How to Choose the Correct Light Bulbs

Kimberly Bailey: Westar Energy

May 6 @ 11:15 a.m.

Senior Programs in the County

Sedgwick County Sheriff's Office

May 13 @ 11:15 a.m.

Shop: Get Best for Less

Shirley Lewis: K-State Research and
Extension



May 20 @ 11:15 a.m.

Prevent Falls

Angels Care Home Health

May 24 @ 11:15 a.m.

Normal Aging Process

Paulette Johnston: Lakepoint

June

June 3 @ 11:15 a.m.

Cardiac Presentation

Amedisys Hospice

June 10 @ 11:15 a.m.

Shop for Value, Check the Facts

Shirley Lewis: K State Research

June 24 @ 11:15 a.m.

Strong Bones and Muscles for Health Aging

Angels Care Home Health

Special Events

Mother's Day Tea

Please join us on Friday, May 10, for some socialization, tea, and finger foods, in honor of all of the mother's that have been, or, are still in our lives. The event will start at 11:30 and will be held in the recreation center lounge.

You may bring poems or readings that you have wrote, or kept safe, to share with others in remembrance, or, for mothers. Please call to RSVP 942-2293, so that we will know how many settings that we will need for this event.



Heartland Games

Don't forget to check out our senior athletes on Saturday, May 4th, at the Track and Field event (Friends University Track). Spectators are welcome. The events start at 8:00 a.m. and will last throughout the day. (The events include Meter Runs/Walks, Hurdles Shot Put, Discus, Javelin, and Hammer Throws, Long Jump and Pole Vaulting)





Orchard Park Senior Center

Director's Notes (Continued)

How widespread is the problem of social isolation?

- An estimated one in five adults over age 50 – at least 8 million – are affected by isolation
- Prolonged isolation can be as bad for your health as smoking 15 cigarettes/day

What are the factors that put you at greater risk?

- Living alone
- Mobility or sensory impairment
- Major life transitions or losses
- Low income or limited financial resources
- Being a caregiver for someone with a serious condition
- Psychological or cognitive challenges
- Inadequate social support
- Rural, unsafe and/or inaccessible neighborhood
- Transportation access challenges
- Language barriers
- Age, racial, ethnic, sexual orientation and/or gender identity barriers

Negative health effects of isolation and loneliness

- Chronic health conditions including heart disease
- Weakened immune system
- Depression and anxiety
- Dementia including Alzheimer's
- Admission to nursing homes, or use of emergency services
- Death

Last of all, ways to stay connected

- Nurture and strengthen existing relationships; invite people over for coffee or call them to suggest a trip like visiting a museum, or a move.
- Schedule a time each day to call a friend or visit someone
- Meet your neighbors-young and old (this may help with someone else that is isolated)

- Don't let being a non-driver stop you from staying active. Find out about other transportation options
- Use social media like Facebook to stay in touch with long-distance friends or write an old fashioned letter
- Stay physically active and include group exercise in the mix, like joining a walking club
- Take a class to learn something new and, at the same time, expand your circle of friends
- Revisit an old hobby you've set aside
- Volunteer to deepen your sense of purpose and help others
- And last but not least, don't be afraid to ask for help, or express your concerns to others.

Older adults who describe themselves as lonely have a 59% greater risk of functional decline and a 45% greater risk of death. *Information taken from: ACL (Administration for Community Living)*

So Please, Please... stay connected,
Diane Nutt, Center Director

Happy Birthday!

Barraza, Lucille 5/18
Brees, Les 5/1
Bugni, Donald 5/14
Carr, Tim 5/4
Cummings, Elizabeth 5/3
Helton, Forrest 5/28
Ivie, Arletta 5/25
Kruse, Elaine 5/23
McGough, Jean 5/23
Nila, John 5/10
Parker, Laurie 5/16
Payne, Mary 5/28
Riemen, Betty 5/26
Schremmer, Deanna 5/13
Scoles, Teresa 5/11
Van Fleet, Nelson 5/10
Whitworth, Carlos 5/12

