



Orchard Park Senior Center

Greetings Everyone!!

Winter is finally over. Since it is June, the weather is getting nicer, and I want to share some of the reasons that getting outside is very beneficial for seniors. An important University of Minnesota study from 2015 revealed that spending time in green spaces - and in "blue spaces," such as rivers, oceans or ponds - is very important for the health and well-being of older adults. They discovered how a relatively mundane experience, such as hearing the sound of water or a bee buzzing among flowers, can have a tremendous impact on overall health. Few pastimes restore the body and soul like spending time in nature. Seniors who spend time outdoors may experience less depression and anxiety. Individuals who run, bike or walk in natural settings have a reduced risk of mental health problems compared to people who do their exercise inside. Participating in nature walks with others is linked to more positive feelings and better mental health, along with lower levels of depression and stress. Seniors who are unable to exercise can benefit from getting outdoors by enjoying the change of scenery, smelling freshly cut grass and seeing beautiful, natural vistas. The relaxation that nature provides can improve mood and increase overall feelings of happiness. *(Continued on page 19)*



Ongoing Activities

Mondays:

8 & 9am Co-ed Low Impact Aerobics
9:15am T.O.P.S.
(Taking Off Pounds Sensibly)
9:00 am Pickleball (Suspended until
September 9)
10:00am Wii Bowling
10:30am WSU Well Rep Exercise Class
12:00pm Open Pool Tables
12:30pm Mexican Train Dominoes

Tuesdays:

8:15am Ease into Fitness
9:00am Moving and Grooving
10:00am Wii Bowling
12:00pm Duplicate Bridge
12:00pm Open Pool Tables

Wednesdays:

8 & 9am Co-ed Low Impact Aerobics
10:30am Computer Lab
10:30am Bingo for Groceries (10:15 start
time May 29-July 31)

12:00pm Open Pool Tables
12:30pm Party Contract Bridge

Thursdays:

8:15am Ease into Fitness
9:00am Crocheting with June
9:00am Moving and Grooving Senior
Aerobics
10:00am Canasta
11:00am Spades
12:00pm Open Pool Tables
12:30pm Spades 2
12:30pm Mexican Train Dominoes
1:00pm Pickleball

Fridays:

8 & 9am Co-ed Low Impact Aerobics
10:00am Wii Bowling
10:30am WSU Well Rep Exercise Class
12:00pm Open Pool Tables
12:30pm 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 – June 17, 11:15 a.m.

Birthday Celebration

Friday, June 28, 11:15 a.m.



Lunch Out

Tuesday, June, 11:30 a.m.
Cheddar's Scratch Kitchen
535 S Ridge Rd

Breakfast Out

Tuesday, June 25, 9:00 a.m.
IHOP, 515 S Ridge Rd

Foot Care By Michelle Steinke

On Wednesday, June 19. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

Blood Pressure Checks

First Wednesday of the month – June 5
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.

Pickleball

There will be no Monday morning pickleball starting Monday, May 27. Monday morning pickleball will resume on Monday, September 9.

Bingo

Will start 15 minutes early (10:15), starting on Wednesday, May 29. Regular time (10:30) will resume on Wednesday, August 7.



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

June

June 3 @ 11:15 a.m.

Cardiac Issues

Amedisys Hospice

June 7 @ 11:15 a.m.

Downsizing – Clean out your Personal Space

Kirsten Awe – Right Size Moving Solutions

June 10 @ 11:15 a.m.

Shop for Value, Check the Facts

Shirley Lewis – K State Research



June 14 @ 11:15 a.m.

Heart Health

Sara Keraly National Health Coach, Natural Grocers

June 24 @ 11:15 a.m.

Take a Breath – COPD

Angels Care Home Health

July

July 8 @ 11:15 a.m.

Choosing to Move More Throughout the Day

Shirley Lewis – K State Research

July 29 @ 11:15 a.m.

Dehydration

Angels Care Home Health

Special Event: Grief Support

We will be starting a grief support group at Orchard Park. The group will be led by a counselor from Harry Hynes Hospice. It will take place on the last Wednesday of the month at 10:00 a.m., unless there is a holiday close to that day. In the event that there is, the date change will be noted in the newsletter. Since we feel that there is a need for this at Orchard, I would like to share some grief information.

Grief is a normal response to the death of someone important to you. It can be both powerful and painful – physically, emotionally, socially and spiritually. But when we understand this natural process, take care of ourselves, and seek support, grief can lead to healing and personal growth. A variety of factors, including your personality, your support system, and your natural coping mechanisms will determine how loss will affect you. Some people feel better after a few weeks or months, and for others it may take years. The grief process is non-linear; in the midst of recovery there may be setbacks. For that reason, it's essential to treat yourself and others with patience, kindness and compassion as you allow the process to unfold. Not only do we all experience grief differently, but we also express grief in our own unique way. While some people's loneliness or sadness may appear to be more pronounced, others may keep their feelings of grief to themselves. Throughout the healing process, grief's manifestations may vary in amount and intensity. Take time to listen, experience and understand them. Please feel free to join the group!



Orchard Park Senior Center

Director's Notes (Continued)

Being outside in nature makes you feel more alive and provides a greater sense of energy and vitality, which can help make you more resilient to illness.

Spending time outdoors may boost your memory. One study found a 20 percent improvement in attention span and memory after spending just one hour in a natural environment. More time spent outdoors resulted in even greater gains in memory, and it may improve creativity as well. Being outside can help increase levels of Vitamin D, which often is low among seniors. Low levels of this important nutrient are linked to pain in muscles and bones, inflammation, higher risk of Type 1 diabetes and several types of cancer. Getting sufficient Vitamin D can help reduce your risk of a number of physical ailments, including rheumatoid arthritis, multiple sclerosis and heart attack. By spending just 15 minutes outside in the sunshine each day, you help your body receive the recommended dose of Vitamin D. Being outside may also improve your overall immunity by boosting your count of white blood cells, and the improvements may last for a week or more. In addition, time in nature may help you recover more quickly from an injury or illness.

(Information taken from eldercarealliance.org and aginginstride.eneewsworks.com)

So, with knowing that getting outdoors is healthy, get out there & enjoy!

Diane Nutt, Center Director



Pictured above from A Matter of Balance Class: Kathy Jackson, Irene Leiker, Patricia Jones, & Jen Nash

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
- Dick, Donna 6/27
- Edgington, Reda 6/1
- Edmundson, John 6/30
- Ericksten, Connie 6/6
- Gilchrist, Karen 6/30
- Goering, Marlo 6/5
- Gordon, David 6/22
- Green, Michelle 6/7
- Hutchinson, Nola 6/30
- Johnson, Paul 6/9
- Jones, Patricia 6/13
- Mesnier, Barbara 6/10
- Minter, Geneva 6/22
- Nash, Jen 6/19
- Oliphant, Sandie 6/14
- Prendes, Patricia 6/20
- Quillin, Gayle 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

