

FIFTYFIVE *forward*


Senior Services
OF WICHITA

Summer, 2019

Heartland Games Pickleball Tournament: It Was A Big Dill!

This edition of the 55 Forward spotlights the talents and abilities of older athletes who compete in The Heartland Games. The Heartland Games are a series of competitions for older athletes and serve as a major fundraising event for the programs of Senior Services. The goal is to promote healthy and active lifestyles and to break the stigma that seniors only play bingo or sit at home and watch TV. There are some amazing seniors within our Wichita community who are strong, athletic and highly competitive.

Society often stereotypes older adults as sick or vulnerable or small and “cute”. The athletes who compete in the Heartland Games prove their strength and perseverance. They compete in 3 major events: sanctioned Track & Field meet and Pickleball tournament and a certified 5K Run.

The track and field events were held on Saturday, May 4th at Friends University. On Saturday, June 1st the Pickleball Tournament was held at the exciting new venue Chicken N’ Pickle.

Pickleball players came prepared, gearing up and practicing in the outdoor and indoor courts at Chicken N’ Pickle. From slamming down a shot to defending their courts, these players were ready to win. Take a look at these amazing athletes in scenes from the 2019 Heartland Games.



Heartland Games Track & Field: Breaking ‘Senior’ Labels

Athletes, ages 50 and better, gathered on Saturday, May 4th at Friends University to compete in the first of three major events that make up the Heartland Games. Participants competed in shot put, discus and hammer throws, javelin, pole vault, high jump and numerous running events. Medals were awarded based on age and ability. People came from all over Wichita, as well as other parts of Kansas and Oklahoma, to compete and support the 4 senior centers operated by Senior Services.

Now on its sixth year, The Heartland Games is a major fundraising and awareness campaign that promotes active, healthy aging. “The track meet is always a fun event” says Laurel Alkire, Executive Director of Senior Services, “the athletes are always so friendly and it’s amazing to see how fit and strong our seniors are.” One participant, Donald Mead, exemplified the spirit of the games. At age 83 Donald read about the track meet in Active Age and decided to participate. A high school track star, Donald hadn’t participated in any race or relay since the 1950s but he explained, “I decided a long time ago to do one thing each day that I’ve never done before. I saw the article on the meet and thought I can do that, so I signed up.” Donald was pleased to mark another accomplishment off his “bucket list” and medaled in all his competitions.



Pictured Upper Left: Donald Mead and his medals. Upper Right: A performance on the pole vault. Bottom: A high jump performance.

**“Labels are for filing.
Labels are for clothes.
Labels are not for
people.”**

- Martina Navratilova

Leave A Legacy - Planned Gifts For Senior Services

Often it is a challenge to donate to your favorite charity on a regular basis. The desire is there but financial responsibilities like home and health care demand priority. If you wish to make a financial difference but are unable to do so on a regular basis, then a legacy or estate gift may be the right choice for you. Gifts can include estates and wills, cash and securities, along with IRAs and other qualified retirement plans. For more information on legacy giving please contact Chris Heiman at 316-267-0302 ext. 216 or email chrish@seniorservicesofwichita.org

Meals On Wheels Volunteer Spotlights

Each weekday Meals on Wheels relies on volunteers to deliver 900 hot meals to homebound and isolated seniors. Since the beginning of the year a number of companies and individuals have stepped up to the plate to help prepare emergency and holiday meals in mass production. A big THANK YOU to those people in our volunteer spotlight!



Above: Westar employees delivering meals.



Upper Right: Delivering meals with kids during the summer is a great way to bond!

Bottom right and middle: The Fargon Group assembling holiday meals!



Board member Lila Halabi of Westar Energy presents Laurel Alkire a check for \$5,000 from the Westar Foundation.





Nonprofit
Organization
U.S. Postage
PAID
Permit #542
Wichita, KS

200 S. Walnut
Wichita, KS 67213-4777

Return Service Requested

FIFTYFIVE
forward

Heartland 5K - A First For Senior Services' Heartland Games

A new event was added to The Heartland Games and will take place on Sunday, September 8, 2019. The Heartland 5K Walk/Run will bring older adults and younger generations together to start a new tradition on Grandparent's Day.

The Heartland 5K is open to all ages and abilities. The certified course starts at our Downtown Senior Center, located at 200 S. Walnut, and travels through the Historic Delano area.

Those not able or interested in running the full 5K route can take part in the 1 mile, family fun walk. The walk begins at 8:30am, followed by the 5K at 9:00am. Once the walk & run routes are completed participants are encouraged to return to Senior Services for a pancake feed provided by Chris Cakes.

Food will be served from 8:30am - 11:30am inside the Downtown Senior Center. Breakfast is included in paid registrations. Family and spectators can eat for \$6. Medal ceremony will begin at 10:00am.

Sign up now and start a new tradition with your friends, children, and grandchildren! Bring the family out for some exercise and bonding time to celebrate Grandparents Day. Sign-up now at: runsignup.com/Race/KS/Wichita/Heartland5K or call **Karen Dao at 316-267-0302 ext. 223**

