



# Orchard Park Senior Center

Greetings Everyone!!

The heat is on! Summer is here, and I would like to share some tips to keep you safe during the heat. We all know that hot weather can be dangerous. This is especially true for older adults. Every summer, nearly 200 Americans die of health problems caused by high heat and humidity. Most of these individuals happen to be age 50 or older. Hot weather is more likely to cause health problems for older adults for a variety of reasons. These reasons include aging-related physical changes in the body, chronic health conditions, and side effects of taking some medications. When the temperature climbs above 90 degrees Fahrenheit, older adults need to be proactive and take precautions. When the outside temperature is above 90 degrees, older people should keep the following tips in mind:

- Stay Out of the Sun if possible. Go outside early in the morning, or when the sun starts to set. Adjusting when you go outside could mean a difference of several degrees.
- Stay Hydrated. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you.
- Dress Appropriately. Whenever you can, try wearing loose, light-colored clothes (dark colored clothes absorb heat). Top it off with a lightweight, broad-brimmed hat and you are ready to go. These simple changes will help you stay cool and avoid sunburn.
- Air Conditioning is your friend. Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that does. Read a book at the library, walk around in indoor malls, watch a movie at the theater, or meet your friends at the senior center.



## 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 (Monday Mornings Suspended until September 9)  
 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  
 2:00 pm Drawing Class

### **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](mailto:DianeN@seniorservicesofwichita.org)  
**Registration Required for ALL Center Activities • Membership: \$25 per year**



## Orchard Park Monthly Activities

### Advisory Council Meeting

Monday - August 19, 11:15 a.m.

### Birthday Celebration

Friday, August 30, 11:15 a.m.



### Lunch Out

Tuesday, August 13, 11:30 a.m.  
Jason's Deli - 7447 W 21st St Ste. 141

### Breakfast Out

Tuesday, August 27, 9:00 a.m.  
Village Inn - 7020 W Central Ave.

### Foot Care By Michelle Steinke

On Wednesday, August 21. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

### Blood Pressure Checks

First Wednesday of the month - August 7, 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.

### Pulled Pork Fundraiser

Please join us on Friday, August 16, for a fundraiser for Orchard Park Senior Center. The menu will include pulled pork, sides, and a drink. The cost is \$5. We are selling tickets, or you will be able to pay at the door. You can purchase tickets or RSVP at the office, members of the advisory council will also have tickets to sell.



1605 W. May, Wichita KS 67213  
[prairiehomestead.org](http://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!





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## Orchard Park Senior Center

### Educational Opportunities

#### August

August 2 @ 11:15 a.m.

#### **CBD Oil 101**

Natalie Greenlee -  
The Health Connection

August 5 @ 11:15 a.m.

#### **Recognizing Seniors in Danger**

Celia Easley - CPAAA

August 9 @ 11:15 a.m.

#### **Are You Having Problems Navigating Your Smart Phone?**

Vince Hancock

August 12 @ 11:15 a.m.

#### **Medical Equipment Recycling Program & Other Resources**

Nathan - Independent Living Resource Center

August 16 @ 11:15 a.m.

#### **The Difference between Independent Living, Assisted Living, Memory Care & Long Term Care**

Oxford Grand

August 23 @ 11:15 a.m.

#### **Senior Bullying**

Paulette Johnston - Lakepoint

August 26 @ 11:15 a.m.

#### **Diabetes**

Angel's Care Home Health

#### September

September 6 @ 11:15 a.m.

#### **Weatherization Program - What is it and How Do you Qualify**

Erynne Farney - SCKEDD

September 9 @ 11:15 a.m.

#### **CPAAA and Other Resources in The Community**

Celia Easley - CPAAA

September 13 @ 11:15 a.m.

#### **Ten Mistakes to Avoid in Funeral Planning & A Talk of A Lifetime**

Karen Johnston - Downing & Lahey

September 20 @ 11:15 a.m.

#### **Bone Health**

Sara Keraly - Natural Grocers

September 23 @ 11:15 a.m.

#### **Pharmacy**

#### **How to Manage Your Meds Easily**

Mary Beth Steiner - Golden Plains

September 27 @ 11:15 a.m.

#### **Answering The Call**

Kara Tipton - Home Instead Senior Care

September 30 @ 11:15 a.m.

#### **Alzheimer's & Dementia**

Angels Care Home Health

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### Casino Trip

One of the events for National Senior Center Month will be a four center Casino Trip to Osage Casino in Ponca City, Oklahoma on Friday, September 20th. The cost is \$25 for members and \$30 for non-members. You can sign up and pay at any of the four senior centers. All money will be due by August 23rd. You will receive \$10 free play and a food voucher upon arrival at the casino. The bus will leave from the Walmart parking lot at Kellogg and Dugan Rd. at 9:00 a.m. and depart the casino between 2:00 and 2:30 p.m.



## Orchard Park Senior Center

### Director's Notes (Continued)

- Use broad spectrum sunscreen with SPF of 15 or higher
- Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits and neck.

It's also important to recognize when hot weather is making you sick, and when to get help. Here is a list of health problems caused by too much heat:

- Dehydration- A loss of water in your body. It can be serious if not treated. Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out. What to do? Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, sports drinks such as Gatorade, which contain important salts called electrolytes. Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you are dehydrated.

- Heat Stroke- A very dangerous rise in your body temperature. It can be deadly. Warning signs: A body temperature of 103 degrees Fahrenheit or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out. What to do? Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothing. If possible, wet yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks. (If you are taking care of someone else who has heat stroke, only give them water or drinks if they are awake and can swallow).

- Heat exhaustion - A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke. Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. What to do? Without delay, move to a cool, shady place,

and drink plenty of cool fluids. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

- Heat Syncope - Fainting caused by high temperatures. Warning signs: Dizziness or fainting. What to do? Lie down and put your feet up, and drink plenty of water and other cool fluids.

Information taken from: HealthinAging.org  
Remember to stay cool, and that you can enjoy many activities at your senior center during the heat of the day!!!

Diane Nutt, Center Director



### Happy Birthday!

|                    |      |
|--------------------|------|
| Arnett, Karen      | 8/31 |
| Baird, Pat         | 8/16 |
| Bond, Ruth         | 8/7  |
| Deck, Lyle         | 8/29 |
| Dick, Barry        | 8/4  |
| Dietsch, Garry     | 8/11 |
| Fuller, Patricia   | 8/24 |
| Harris, Joelene    | 8/25 |
| McAllister, Maxine | 8/2  |
| Mellinger, James   | 8/31 |
| Newlin, Audrey     | 8/8  |
| Queen, Paul        | 8/18 |
| Riedell, JoAnn     | 8/19 |
| Samson, Laura      | 8/7  |
| Skolaut, Shirley   | 8/10 |
| Tefft, Ramona      | 8/23 |
| Traudt, Ronald     | 8/9  |
| Walker, Judy       | 8/22 |
| Wiggins, Charles   | 8/13 |
| Woods, Lynda       | 8/14 |

