



Orchard Park Senior Center

Greetings Everyone!! Wow! This year has flown by. Winter is upon us. Since we will be experiencing a change in weather soon, I would like to share some safety tips for seniors.

- **Avoid Slipping on Ice** - While younger people often recover relatively quickly from injuries, older adults face complications. Injuries are the leading cause of death in adults over the age of 65.
- **Dress for Warmth** - Cold temperatures can lead to frostbite and hypothermia, more than half of hypothermia-related deaths were of people over the age of 65, so, don't let indoor temperatures go too low, and dress in layers when going outside. Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees.
- **Fight Wintertime Depression** - Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid this, a short daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where they look in on one another daily.

(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
 10:00 am Grief Support (Every 4th Wednesday, otherwise noted)
 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 Mexican Train Dominoes
 1:00 pm Pickleball
 2:00 pm Drawing Class
 3:30 pm Beginning Spanish Class (additional charge for 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
Registration Required for ALL Center Activities • Membership: \$25 per year



Orchard Park Monthly Activities

Advisory Council Meeting

Monday – November 18, 11:15 a.m.

Birthday Celebration

Friday, November 22, 11:15 a.m.

Blood Pressure Checks There will be no blood pressure checks in November.

Grief Support: Note Date Change

Facilitated by Harry Hynes Hospice, usually every 4th Wednesday at 10:00 a.m., will change days during the Holiday Season. November will take place on Tuesday, November 26, at 10:00 a.m.

Foot Care By Michelle Steinke

On Wednesday, November 20. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

No Breakfast Out & No Lunch Out

Please Note Center Hours & Closings

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.

The Orchard Park Senior Center will be **closed on Monday, November 11**, in observance of Veterans Day.

The Orchard Park Senior Center will **close at 3:00 p.m. on Wednesday, November 27.**

The Orchard Park Senior Center will be **closed Thursday, November 28, and Friday, November 29** in observance of the Thanksgiving Holiday.



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

November

November 1 @ 11:15 a.m.

Brain - Health: Feed your Brain

Aubrey Vereecke - Natural Grocers

November 4 @ 11:15 a.m.

Skin Care

Bohemia Healing Spa

November 8 @ 11:15 a.m.

House Plants

Karen Sanders-West - Master Gardner

November 15 @ 11:15 a.m.

Bone Health #2 (Reschedule)

Sara Keraly - Natural Grocers

November 25 @ 11:15 a.m.

Is Your Heart Healthy?

Angels Care Home Health

December

December 6 @ 11:15 a.m.

Weatherization Program #2- What it is, and How do you Qualify (Reschedule)

Erynne Farney - SCKEDD

December 13 @ 11:15 a.m.

Sharpeye

Envision

Medicare Counseling

October 15 through December 7.
Please call for appointment.

Holiday Meal

The date for the Holiday Meal has been set, but the location and time have not. The date will be Friday, December 6. Please reserve this date on your calendars. There will be postings by the end of November that will include the place, time and menu for this year. We will also do our volunteer appreciation at this event.

Special Events

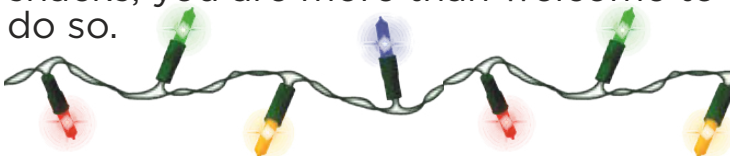
Blanket Collection

The four senior centers will be collecting blankets starting December 2 through December 13. The blankets will need to be new (twin sized to oversized), they will go to Via Christi's Forensic Nursing department, to be used for victims of Sexual Abuse, Domestic Violence, Human Trafficking, Child Abuse, Elder Abuse, and any other violence-related victims. The blankets are used to give the victims a sense of comfort during examinations. The blankets will be delivered before the Christmas Holiday.



Holiday Lights Tour

We will be taking a Holiday Lights Tour on Friday, December 13, starting at 5:30, and ending at 7:30 p.m. The Party Express Buses will load in the back parking lot of Senior Services, 200 S Walnut. The cost of the tour will be \$10 per person, and money will need to be paid by Wednesday, December 4. Please sign up at any of the four senior centers. The buses are not handicap accessible. You must be able to walk up the steps to board the bus. (There will also be a box for the blanket collection if you have not had time to drop them off). We will provide bottled water, and light snacks, if you wish to bring hot drinks, or your own snacks, you are more than welcome to do so.





Orchard Park Senior Center Director's Notes Continued

• **Check the Car** - Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits, checking things like the oil, tires, battery and wipers.

• **Prepare for Power Outages** - winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer, so keep a supply of non-perishable foods that can be eaten cold, on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

• **Eat a Varied Diet** - Because people spend more time indoors and may eat a smaller variety of foods, nutritional defects can be a problem. It is recommended that you consume foods that are fortified with Vitamin D, grains, and seafood.

• **Prevent Carbon Monoxide Poisoning** - Using a fireplace, gas heater, or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Don't be afraid to reach out for help. Wintertime

certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon. Information taken from: Care.com

Diane Nutt, Center Director



Albanese, Marilyn 10/28

Alvarez, Ramona 11/21

Baker, Sheryl 11/24

Davison, Ben 11/9

De Beverly, Calvin 11/10

De Luca, Loreto (Larry) 11/7

Gordy, Robert 11/11

Haase, Barbara 11/21

Henning, Walt 11/21

Huschka, Kathy 11/15

Irvin, Julie 11/8

Letterman, Mike 11/28

Luttrell, Nancy 11/29

McJunkin, Karen 11/3

Martin, Marietta 11/27

Moore, Suzette 11/10

Payne, David 11/8

Peppard, Pamela 11/6

Price, Everett 11/8

Rice, Mary 11/1

Roth, Brenda 11/25

Simpson, Shirley 11/8

Smith, Gloria 11/5

Totten, Patricia 11/15

Walker, Charles 11/8

Warden, Donna 11/17

Williams, Richard 11/22