



Orchard Park Senior Center

Greetings Everyone!!! It's already December. My how time has flown. Please don't forget to join us on Friday, December 6, for the annual Holiday Meal. We will also be giving thanks to our lovely volunteers that help to keep us going. Also, remember to give back this year, and donate a blanket for the Ascension Via Christi Forensic Nurses, in order to help their victims.

Well, my last information for the year has to do with Older Driver Safety Awareness. December 2-6 is Older Driver Safety Awareness Week. Driving helps older adults stay mobile and independent. However, as we age, declines in vision and cognition (ability to reason and remember), and physical changes might affect driving. Certain medical problems such as heart disease, dementia, sleep disorders, and limited hearing and vision place older adults at an increased risk of car crashes. Additionally, medicines, both prescription and over the counter, such as those used for sleep, mood, pain, and/or allergies among others might affect driving safety. Older drivers are also at an increased risk of being injured or killed in a crash due to increasing frailty and underlying health problems.

Facts: • One in 6 drivers in the United States are 65 years or older

- In Kansas, one in five fatal car crashes involve older drivers

(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
 8:30 am Blood Pressure Checks (2nd Wednesday)
 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 (additional charge for 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 - December 2, 11:15 a.m.
(Due to Holiday Meal on December 6.)

Birthday Celebration We will celebrate December & January together Friday, January 31, 11:15 a.m.

Blood Pressure Checks will now be done on the 2nd Wednesday of every month by Melissa Newby - Phoenix Home Care & Hospice 8:30 a.m. until 10:00 a.m. This month the date is December 11.

Foot Care By Michelle Steinke

On Wednesday, December 18. Please call 946-0722 for appointments. Michelle does nail trimming, corns, calluses and foot massages

No Breakfast Out & No Lunch Out

Please Note Center Hours & Closings The Orchard Park Senior Center will be **closed on Wednesday, December 25, and Wednesday, January 1**, in observance of the Christmas and New Year Holidays.

The Orchard Park Senior Center will **close at 3:00 p.m. on Tuesday, December 24, and Tuesday, December 31.**

Please remember to check bulletin boards for last minute announcements.

Please make note that 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.**

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 both independent and assisted living.

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!
316-263-8264**



1605 W. May, Wichita KS 67213

prairiehomestead.org



For ad info. call 1-800-950-9952 • www.4lpi.com

Senior Services Inc. of Wichita, Wichita, KS

E 4C 02-0994



Orchard Park Senior Center Educational Opportunities

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. All appointments are full.

Grief Support: Note Time Change

Facilitated by Harry Hynes Hospice, usually every 4th Wednesday at 10:00 a.m., will change days during the Holiday Season. December will take place on Tuesday, December 17 at 10:00 a.m.

Holiday Collection December 2 through December 13. See flyers and articles for details.

Christmas Lights Tour Friday, December 13, 5:30 p.m. until 7:30 p.m. Please see fliers for more information.

Special Events



Did you know that we have a drawing class at Orchard Park? The purpose of the picture is to let you know that you do not have to be a professional

artist to participate in this class. Now, I would like to share some information about drawing for seniors. Researchers at the Mayo Clinic in Rochester, Minnesota, followed 256 people who were over 85 years old for four years. Those who had taken part in arts such as drawing and painting were 73 percent less likely to have suffered memory or thinking problems. This class covers the basic concepts of drawing, like contour, shading, and perspective. It's great for the beginner as well as someone who wants to brush up on his or her skills. So, come and join us and have some fun. The class meets on Thursdays at 2:00 p.m. Required items: Pad of newsprint (or white) sketching paper notebook size or larger, assorted pack of drawing pencils, white nylon eraser, ruler, compass and/or protractor (optional) We will see you soon!!!



Holiday Meal

Will take place on **Friday, December 6**, in the **Orchard Recreation Club Room** **12:30 p.m.** The cost will be **\$5 for members and \$7 for non-members.** The menu is **Ribs, Fried Chicken, sides and dessert.** Please **RSVP and pay in the office by Wednesday, December 4.** We will also do our volunteer appreciation at this event.



Orchard Park Senior Center Director's Notes Continued

- Older adult drivers are more than twice as likely to report having a medical problem that makes it difficult to travel as compared with drivers ages 24-64
- Four in five older adults take one or more medications daily. Physical changes that occur with age can change the way the body reacts to medicines, causing more side effects and affecting the ability to concentrate and drive safely. Here are some steps that older adults can take to stay safe on the road:
 - Discuss any medical issues with your doctor to determine if they might affect your driving
 - Discuss stopping or changing your medications with your pharmacist or doctor if you experience any side effects that could interfere with safe driving such as blurry vision, dizziness, sleepiness, confusion, fatigue, and/or loss of consciousness
 - Have your eyes checked by an eye doctor at least once a year. Wear glasses and corrective lenses as directed
 - Plan your route before you drive
 - Consider potential alternatives to driving, such as riding with a friend, using public transit, or car ride services

Warning signs that driving may have become unsafe:

- Is unaware of driving errors
- Gets lost or confused while driving
- Has new or unexplained damage to vehicle
- Straddles lanes, makes wide turns, etc.
- Doesn't see/obey traffic signs
- Is unable to drive with the flow of traffic

Most older drivers are safe drivers, many older drivers can "self-regulate" to keep themselves and

others safe. It is important to remember that driving is a privilege, not a right. Information taken from Centers for Disease Control and Prevention.

Diane Nutt, Center Director



Adair, Jan 12/23
 Beard, Ruth Ann 12/16
 Brown, Rudy 12/7
 Clevenger, Sharon 12/9
 Cottrell, Les 12/29
 Didier, John 12/22
 Dietrich, Donna 12/10
 Dreiling, Lee Ann 12/11
 Fenske, MaryAnn 12/18
 Finney, Betty 12/23
 Hollowell, Jack 12/27
 Kysar, Vern 12/15
 McLean, Angela 12/12
 Palmer, Mary 12/28
 Peeples, Joann 12/3
 Phares, Alan 12/26
 Phipps, Judith 12/14
 Reinert, Carol 12/25
 Thornton, Nilus 12/24
 Toth, Robert 12/28
 Traudt, Judy 12/20
 Turner, Barbara 12/25
 Zabel, Michael 12/23