What is Picklepalooza?

A benefit to support all programs of Senior Services, Picklepalooza is a new community festival celebrating the love of Pickleball. To commemorate national Pickleball month, the festival will be held April 18 – April 25, 2020 with most events at Chicken N’Pickle. Few people know that Senior Services introduced Wichita to the sport over 30 years ago after seeing it played in California senior centers.

There are many ways to get involved with Picklepalooza. Individual play is $100 per person ($200 per teams of 2) on the challenge matches held Monday – Friday at Chicken N’ Pickle. While each challenge day is dedicated to a specific business/industry, players can play on any day they choose. Immediately following challenge play is a mingling party hosted in the upstairs lounge of Chicken N’Pickle.

People are also encouraged to purchase tickets to the Closing Ceremonies gala “The Pickle Ball”, held on Saturday, April 25th at The Candela at the Lux. General public tickets are $150 per person or $1,000 for a table of eight. Challenge players are able to purchase tickets at a discounted rate of $100 per person or $800 for a table of eight.

For more information contact Chris Heiman at 316-267-0302 ext. 216 or chrish@seniorservicesofwichita.org. All skill levels welcome. Come out and help us celebrate a wonderful sport while raising money to support your senior centers.

Complete festival schedule inside!
**PICKLEPALOOZA Event Schedule**

**Saturday, April 18, 2020 - Picklepalooza Opening Ceremonies**
- Seneca Park & Senior Services of Wichita - 200 S. Walnut
- 12:00pm – 3:00pm
* community & family fun day with pickleball clinics, demonstrations, food, prizes and more

**COMMUNITY CHALLENGES**
Starting Monday, April 20 to Friday, April 24, 2020 companies can sponsor teams of 2 or 4 players to compete for prizes and trophies in a round robin style pickleball tournament.

- **ALL CHALLENGES HELD AT**
  Chicken N’Pickle starting at 1:00PM
- 1:00PM – 3:00PM: Pickleball challenge played on 6 courts each day
- **MAXIMUM # OF PLAYERS: 40 players per day**
- 3:00PM: Mingling & cocktail party

Companies and individuals are encouraged to form teams to increase their chances at winning an award or prize at the end of the festival. Teams form in increments of two: 2, 4, 6, etc.

**Monday, April 20th**
The Real Dill: A Real Estate & Development Challenge

**Tuesday, April 21st**
Pickle Laws: An Attorney & Legal Services Challenge

**Wednesday, April 22nd**
Doctor Pickle: A Physicians & Healthcare Professionals Challenge

**Thursday, April 23rd**
Senior Pickle: A Retirement & Senior Living Challenge

**Friday, April 24th**
Pickles in Suits: A Corporate and Private Business Challenge

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Senior Services, Inc. Of Wichita is not a government organization. We are a not-for-profit charity which relies on several funding sources, including private donations, to operate our programs and senior centers:

**Information/Assistance on Aging**
267-0122, ext. 201

**Meals on Wheels**
267-0122

**Senior Employment Program**
267-1771

**Roving Pantry**
267-4378

**All Agency**
267-0302

**Mission:**
Senior Services, Inc. Of Wichita is dedicated to delivering services that allow older adults the opportunity to lead quality lives while continuing to make positive contributions to the community.
PICKLEPALOOZA Event Schedule

Saturday, April 25th –
Closing Ceremony: The Pickle Ball

• Semi-formal gala and awards ceremony to commemorate the week’s events

• All sponsors of the community challenges will receive either 4 tickets, a VIP table of 8 or a VIP table of 10 to the ball (based on sponsorship level)

• 6:00pm at the Candela, 120 East 1st Street
Downtown Senior Center

Hello all. Just a reminder that Daylight Saving Time Begins on March 8th – be sure to turn your clocks ahead. Spring forward, Fall back. The first day of Spring is on March 20th which is also our DIY class on making a cute Spring Door Hanger. (continued on page 7)

### Ongoing Activities

**Monday**
- 8:00 am  Billiards
- 8:00 am  Fitness Equipment
- 8:00 am  Pickleball
- 10:00 am  Wanda’s Exercise Class: $10/mo
- 10:00 am  Prairie Moon Book Club: 1st Mon
- 11:00 am  WSU Well Rep Exercise Class
- 1:00 pm  Grand Slam Bridge
- 1:00 pm  Senior Employment Orientation
- 1:00 pm  Pickleball
- 6:00pm  Alzheimer’s Early Stage Support Group (1st Monday)
- 6:30 pm  Recovery Group
- 7:00 pm  Monday Night Round Dance (NO DANCE MARCH 16th)
- 7:00 pm  KS Ringleaders (3rd Monday)
- 7:00 pm  Wichita Hi Leaders (2nd & 4th Monday)

**Tuesday**
- 8:00 am  Billiards
- 8:00 am  Fitness Equipment
- 9:00 am  Senior Employment Job Club
- 11:00 am  Balance & Cardio Dance Class
- 11:00 am  Dining with Jennifer (2nd Tues)
- 12:30 pm  Dominoes: Mexican Train
- 1:00 pm  Mahjong
- 2:00 pm  Bible Study
- 7:00 pm  Sunflower Woodworker Guild (4th Tuesday): March 24th

**Wednesday**
- 8:00 am  Billiards
- 8:00 am  Fitness Equipment
- 8:00 am  Pickleball
- 9:00 am  Advanced Spanish: $5/class
- 10:00 am  Wanda’s Exercise Class: $10/mo
- 10:30 am  Blood Pressure Checks (2nd Wed)
- 11:00 am  WSU Well Rep Exercise Class
- 12:30 pm  Intermediate Spanish: $5/class
- 12:30 pm  Billiards Tournament
- 1:00 pm  Pickleball
- 1:30 pm  Senior Legal Advisor: 3rd Wed
- 2:00 pm  Beginning Spanish: $5/class
- 2:00 pm  Wichita Area Senior Author’s Critique Group (1st Wed)

**Thursday**
- 8:00 am  Billiards
- 8:00 am  Fitness Equipment
- 8:00 am  Pickleball (besides the last Thurs)
- 9:00 am  Foster Grandparents (last Thursday) March 26th
- 9:30 am  Flying Saucers Porcelain Painting Club (1st Thurs)
- 10:00 am  Advisory Council (2nd Thurs) March 19th
- 2:00 pm  Senior Financial Advisor (3rd Thurs) March 19th
- 2:00 pm  Writing Craft (1st Thurs)

**Friday**
- 8:00 am  Billiards
- 8:00 am  Fitness Equipment
- 8:00 am  Competitive Pickleball
- 10:00 am  Nat'l Active/Retired Federal Employees - 3rd Friday of Even month (No Meeting)
- 10:00 am  Wanda’s Exercise Class: $10/mo
- 10:30 am  Blood Pressures (1st Friday)
- 11:00 am  WSU Well Rep Exercise Class
- 12:30 pm  Party Bridge
- 1:00 pm  S.E.C.A. (1st Friday) March 6th
- 1:00 pm  Pickleball
- 1:30 pm  Hand and Foot Cards (2nd, 4th, 5th Friday)
Downtown Senior Center Monthly Activities

Monday, March 2nd 10:00am
Prairie Moon Book Club: “Ordinary Grace”-William Kent Krueger

Monday, March 2nd 6:00pm
Alzheimer’s Early Stage Support Group
Please call 316-267-7333 if interested in joining.

Wednesday, March 4th 2:00pm
Wichita Area Senior Author’s Critique Group

Thursday, March 5th 9:30am
Flying Saucers

Friday, March 6th 10:30am
Blood Pressure Checks- Kansas Masonic Home

Friday, March 6th 1:00pm
SECA (Seniors Exploring the Cultural Arts)

Tuesday, March 10th at 11:00 am
Dining with Jennifer: PourHouse 711 E Douglas - Please RSVP to save a spot. We will meet at the Restaurant. Be sure to bring some $ and invite a friend if you would like.

Wednesday, March 11th 10:30am
Blood Pressure Checks- Phoenix Home Care & Hospice

Thursday, March 12th 10:00am
Advisory Council

Monday, March 16th
No Monday Night Round Dance

Tuesday, March 17th
No Cardio Dance Class

Friday, March 20th 1:00pm
DIY Spring Door Hanger: $7 due by March 18th

Tuesday, March 24th 7:00pm
Sunflower Woodworking Guild

Thursday, March 26th 9:00am
Foster Grandparents
Downtown Senior Center Announcements

**Future Books for Prairie Moon Book Club 1st Monday of the Month at 10:00am:**

- April 6th: *The All-Girl Filling Station’s Last Reunion* by Fanny Flagg
- May 4th: *A Woman is No Man* by Etaf Rum
- June 1st: *Clee’s Odyssey* by Carl Fox
- July 6th: *Turn off the Key* by Ruth Ware

**Future Events**

- April 8th @ 10:00am: *You Have the Power to Save Your Memory*: Aubrey with Natural Grocers
- April 9th @ 2:00pm: *Advance Directives*: Father Tom Harry with Hynes Memorial Hospice
- April 23rd @ 1:00pm: *Stroke Training*: Dacia Home with Instead Senior Care

- May 14, 21, 28, June 4, 11, 18 @ 1:00pm: *Chronic Conditions Self-Management Workshop*

- May 14 @ 2:00pm: *Pain and Suffering-What is the Difference?*: Father Tom with Harry Hynes Memorial Hospice

**Announcements**

- **Sunday, March 8th**
  - DAYLIGHT SAVING TIME BEGINS
  - BE SURE TO SET YOUR CLOCKS AHEAD

- **Friday, March 13th 12:00pm**
  - Potluck: Potato Bar- RSVP REQUIRED 267-0197 – PLEASE INCLUDE WHAT SIDE OR TOPPING YOU WILL BE BRINGING!

- **Saturday, March 14th**
  - St. Patrick’s Day Parade: If you are interested in walking with the Downtown Senior Center, please let us know in the office! There will be more information given closer to the date.

- **March 17th 9:00am-11am**
  - Job Fair: MUST BE REGISTERED WITH SENIOR EMPLOYMENT TO ATTEND 316-267-1771

- **CANCELED & STOPPING EARLY:**
  - PICKLEBALL MARCH 12TH WILL END AT 10:45AM
  - NO AFTERNOON PICKLEBALL ON MARCH 13TH
  - NO MONDAY NIGHT ROUND DANCE MARCH 16TH
  - NO BALANCE AND CARDIO DANCE CLASS MARCH 17th
Downtown Senior Center Educational Opportunities

March 2020

Thursday, March 5th 2:00pm
Writing Craft- “Started”

Tuesday, March 10th 12:00-4:00pm
AARP Driver Safety-RSVP
REQUIRED 267-0197 SPACE IS LIMITED ($15 FOR AARP MEMBERS/$20 FOR NON-MEMBERS-PAY DAY OF CLASS)

Wednesday, March 11th 10:30am
Dustin Avery-Humana: When Life Gives you Lemons

Thursday, March 12th 12:00pm
Lunch & Learn: Posture and Mobility with Dr. Nathan Hands from Optimize Wellness
RSVP REQUIRED BY MARCH 10TH 267-0197

Friday, March 13th 12:30pm
Michael Schwanke- KWCH News: Scams-Come and learn about all the new SCAMS that are out there now! PLEASE RSVP 267-0197

Tuesday 17th, 24th, 31st, & April 7th 1:00pm
WSU Lifelong Learning: Meteorology- REGISTRATION REQUIRED THROUGH WSU 316-978-3731

Wednesday, March 18th 1:30pm
Legal Advisor: Andrew Rowe, P.A.: Demystifying Medicaid and Divisions of Assets

Thursday, March 19th 2:00pm
Financial Advisor: Stan Webb: New Rules for Your Money in 2020- “Who qualifies for new required IRA minimum distributions starting at 72 instead of 70 and a half?”

DIY Spring Door Hanger
Friday, March 20th 1:00pm:
Your choice of either a Bunny or Chick- $7 due by March 18th. Come learn how to make this adorable Spring Door Hanger!

Director’s Notes (Continued)
If you are interested in that class be sure to get signed up and turn in your Money by March 18th to reserve your spot. We have a lot of fun things coming up for March - we have a Lunch and Learn on Posture and Mobility by Dr. Nathan Hands from Optimize Wellness on March 12th at noon. You will need to RSVP for this so we know how many people to let the Doctor know so we have the correct amount of food. We are also having Michael Schwanke back to talk again on SCAMS- he did such a great and informative talk at our annual meeting we have asked him to come again. He will be here March 13th @ 12:30pm to present while we feast on the Potato Bar Potluck. Be sure to stop in or call 267-0197 to let us know what you would like to bring for the potluck. As always, please call 267-0197 to RSVP or stop by the office.

Jennifer
Linwood Senior Center

“May your joys be as deep as the ocean, your troubles as light as its foam, and may you find sweet peace of mind, wherever you may roam…” ~Irish Blessing~

“May good luck be with you wherever you go, and your blessings outnumber the Shamrocks that grow!” ~Irish Blessing~

Dear Friends, I don’t know about you, but I am ready for the Spring! This year as I have passed the milestone of 50+2 I have noticed this winter that “Arthur” has been hanging around, “Arthur-itis” that is! So, I think it’s time for him to go and he can take the cold weather with him. With March comes our St. Pat’s Day Parade in Delano. This month we are planning on some fun things, the Lunching Lovelies & ROMEO Group are celebrating St. Pat’s day with some Corned Beef & Cabbage at Fat Ernies. We’d love you to join us! Also, we are having some great educational programs, from “Older Drivers Issues & Concerns: Are You Safe on the Road?” And the Great Plains Nature Center’s Naturalist will be here to talk about local birds and help celebrate World Sparrow Day! So, we will be having fun and feathers this month, be sure you don’t miss out!

With Irish Eyes a Smiling, Cherise, & the Great Volunteer Staff at Linwood

Linwood Senior Center
1901 S. Kansas, Wichita, KS 67211 • (316)263-3703
Hours: 8:00 a.m. - 4:30 p.m. • Director: Cherise Langenberg • CheriseL@seniorservicesofwichita.org
Registration Required for ALL Center Activities • Membership: $25 per year
Linwood Senior Center

St. Patrick’s Day Parade
If you are interested in walking in the St. Patrick’s Day Parade, give us a call at Linwood! You will need to wear “GREEN” and need to be able to stand/walk for a while. The parade is on the 14th, but please RSVP by the 6th. Reminder, it is sometimes a little cold for this event, so you will need to wear warmer clothes.

REMINDER: RSVP means to “Respond If You Please” or Respond Promptly
We hope you will be considerate of this when we have various events throughout the year by letting us know when you are coming. This is a consideration we appreciate, as the events we put on have time, effort and expense put in to them. Those of you who do this already, “THANK YOU”. Those of you who do not, please make a “concentrated effort” to do so this year!
Linwood Senior Center Special News & Events

March 2020

All events are on Fridays at 10:15am unless otherwise noted*. Please RSVP 263-3703, for events below, by the Wednesday before the event, as weather and cancellations do occur. Current memberships appreciated, otherwise there is a $2 fee. Thanks!

*Tuesday, March 5, 2020
Writer’s Craft 2-4pm
Program: Started
Exercise Words: invisible – steak – swan – convertible - pink
Prompt: What would you do if you woke up one morning to find yourself invisible?
(Note DSC Critique Group at Downtown 3/5/20 from 2-4)

Friday, March 6, 2020
“Older Driver Issues & Concerns; Are You Safe on the Road?”
Cynthia Calaway, Ks Dept of Transportation

*Wednesday, March 11, 2020 at 9am to noon
“Free Hearing Tests with Hearinglife”
Renee Vermillion, Audiologist at the Central Wichita location will be here for Free Hearing Screenings. Call us at 263-3703 to schedule your appointment.

March 20, 2020
“World Sparrow Day & KS Birds”
Great Plains Nature Center, Naturalist Rachel Roth

March 27th at 10:15 am
“Great Ways to Manage Medication”
Presenter - Mary Beth McAlastar, from Great Plains Pharmacy

6 – WEEK “DIABETES SELF MANAGEMENT WORKSHOP”
Starting on Monday, February 24 from 1:30 – 3:30pm and will be every Monday in March.

*You can still get in on this course, but call soon!

Take control of your health challenges. This course is designed to help manage your diabetes and sugars, learn new ways of eating healthy, set and accomplish goals, problem solve and deal with depression, and difficult emotions. Sponsored by the Sedgwick County Health Department. Call 263-3703 to find out more!

DINING DIVAS & THE ROMEO CLUB STARTING
We have been toying with the idea of a fun club! Just sharing some time together by eating out! This month we will be eating at Fat Ernie’s, and “corned beef and cabbage” is on the menu, but you can order whatever your heart desires! Please RSVP, by March 13. We will be dining on Tuesday, March 17, leaving Linwood at 11am.
Linwood Senior Center News/Events

Early Morning Bookclub (Note Time Change) March 9 at 9am
Book to be discussed is: “The Help” by Kathryn Stockett

Bible Study Class Monday March 2 at 10am, Join us!

Grief Support Group is meeting on March 16, call ahead on this meeting for RSVP!

Craft Time With Kay & Pat March 18 from 2-4pm, and on March 25.
Please note the cost is $10 for the class and you will need a dresser scarf or pillowcase to make the angel. Please call for more information, Pay and RSVP by March 13! No refunds unless you find someone to take your place.

Movie Monday will be changing to Thursday, March 12 at 10am.
We will be celebrating “Popcorn Lovers Day” with the movie “Singing in the Rain”
*Movies are subject to change with regard to availability!

Linwood SECA (Seniors Exploring the Cultural Arts) is on March 6 at 3pm. Come and join us to find out about the upcoming theatre productions, and other interesting events in Wichita, and some we can attend together!

Joke of the Month
(Just because you don’t get enough jokes from Cherise already)

A man was telling his neighbor, “I just bought a new hearing aid. It cost me four thousand dollars, but it’s state of the art. It’s perfect.”

“Really,” answered the neighbor. “What kind is it?”

“Twelve thirty,” the man replied.
Northeast Senior Center

Hello Everyone and Happy March!!! Do you start your morning with a cup of coffee or tea? Need that afternoon candy bar as a snack? You could be using caffeine as an energy boost. March is National Caffeine Awareness Month and for this month I would like to share with you some things to be more aware of concerning caffeine. Are you aware that caffeine can be good for you as well as bad for you? This is a good time to be aware how much you are consuming in a day and if that is having any harmful effects on your body. Some uses of caffeine are as an additive to medicine or food so you may not even realize that you are consuming it. There are some facts about caffeine that may come as a surprise to you. There are about 60 different plants that have caffeine in them including cocoa, coffee beans, tea leaves, and kola. This means you may not know if there is caffeine in a product. Some sodas and diet drinks that you would think did not have caffeine in them, actually do. Chocolate is another food that has caffeine in it. Guess what... eating a lot of chocolate or coffee flavored ice cream can have you loading up on caffeine too. Oh yes, do not forget about the pain relievers and weight loss pills they have caffeine in the ingredients also. I am not trying to scare anyone. The goal here is to make you more aware of what you are putting into your body. Learning about what products contain, it allows you to make better choices when shopping. For some people, the effects of caffeine are prominent and troublesome. Some effects are trouble sleeping, nervousness, shaking and increased blood pressure. The amount of caffeine needed to cause this differs from person to person. The commonly held safe amount of caffeine consumed in a day is 400mg. That is equal to about 10 cans of soda, 5 cups of coffee or 2 energy drinks. It is possible to use the internet to find charts of what products contain caffeine and the estimated amounts.

(continued on page 15)

### Ongoing Activities

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Northeast Senior Center • 2121 E. 21st St, Wichita, KS 67214 • (316)269-4444
Hours: 8:00 a.m. - 4:30 p.m. • Director: Carnesha Tucker • CarneshaT@seniorservicesofwichita.org
Registration Required for ALL Center Activities • Membership: $25 per year
Northeast Senior Center Monthly Events

Advisory Council Monday, March 9th at 10:30am

Finding Comfort Support Group
Have you lost a loved one and are trying to find a way to cope with it all? We all know that death is a very challenging process to deal with. Dealing with this alone is not the way to go. If you feel you need to talk with someone please join us for our Finding Comfort Support Group. This support group is for those who have lost friends and loved ones and need someone to encourage, comfort, and help them get through another day. This group will be encouraged by a Bereavement Social Worker courtesy of Harry Hynes Memorial Hospice. Finding Comfort Support Group will meet each month every 3rd Wednesday at 10:30am.

Foot Care by Michelle Steinke
First Wednesday of each month by appointment. Michelle does nail trimming, corns, calluses, and foot massages. Please call 946-0722 (Leave a message)

Blood Pressure Checks Second Tuesday of each month at 11:15am Courtesy of Heart & Soul Hospice

Food For Thought
Life is full of give and take. Give thanks and take nothing for granted.

Join us for Senior Thursday! Beginning at 10:00 AM every 2nd Thursday of each month, join us for some refreshments and a free presentation! Sponsored by Jayward

Every Wednesday is ½ price for Seniors 55+!
3350 S. George Washington Blvd., Wichita, KS 67210 • 316-683-9242
www.kansasaviationmuseum.org Kansas Aviation Museum
Hours: Monday-Closed, Tues-Sat. 10 am-5pm, Sun. 12pm-5pm

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IRISH RIVERS

T Y M H A T O X V E E J L G
Y S L A N E Y Y N N I D Y R
B T R F I Z N R G C W E E D
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FOYLE
GOUL
INNY
KELLS
LAGAN
LIFFEY
MAIGUE

PODDLE
ROUGHTY
SHANNON
SLANEY
STRUPE
VARTRY
Taxes! Taxes! Taxes! Northeast Senior Center’s tax appointment days are Tuesdays, Wednesdays, and Thursdays. Our available times are 9am, 10:30am, 1pm & 2:30pm. Please call (316) 269-4444 to make an appointment, because we will not be taking walk-ins.

**What you should bring for taxes:**
- Social Security Cards (or ITIN document) for all people that you are filing on your taxes
- Picture ID for yourself (and spouse if filing jointly), such as valid driver’s license or other government issued ID
- Both spouses should be present if filing jointly
- Copy of previous year’s tax returns
- All W-2’s, 1099 forms, or other tax related forms
- If expecting a refund and you want it to be direct deposited, please bring a check, or debit card direct deposit form with issuer printed routing and account numbers (not hand written)

**AARP Tax-Aide Volunteers cannot prepare:**
- Schedule E – Rental Property
- Form 2106 – Employee Business Expenses
- Form 3903 – Moving Expenses
- Or Schedule C – Business with an Operating Loss or Expenses over $10,000

**Chronic Disease Self-Management Program**
The Chronic Disease Self-Management Program is a free program that helps individuals with chronic conditions learn how to manage their health. The program focuses on problems that are common to individuals dealing with chronic conditions, such as nutrition, exercise, medication use and communicating with providers. Please sign-up to attend by stopping by the office or calling (316) 269-4444. This is a 2 hour class that will meet for 6 weeks: April 2nd, 9th, 16th, 23rd, and 30th & May 7th. Time: 1pm-3pm - Chronic Disease Health Educator – Riley Hazard.

**NESC – “Mardi Gras Party”**
Friday, March 13th - 2pm-4pm
$5 members/$7 nonmembers

Please wear your favorite Mardi Gras attire and come join us for a fun-filled good time!

**Director’s Notes (Continued)**
This can be helpful in tracking the amount of caffeine that you consume and help you stay away from some products if needed. Remember I shared that caffeine can be good and bad; well I want to leave you with a little information of the good. As long as caffeine consumption is maintained, it is a beneficial addition to any diet. It is known to boost memory, detox your liver, help hair growth, and relieve post-workout muscle pain. Healthy doses may also prevent kidney-stones and skin cancer. As long as you keep your intake in check and balanced with a healthy diet, it is completely safe to keep sippin’...So Sip Safely! Sources: www.daysoftheyear.com/days/caffeine-awareness-month; www.spoonuniversity.com/lifestyle/march-is-caffeine-awareness-month-here-is-what-you-need-to-know; www.nationaltoday.com/national-caffeine-awareness-month.

Be Encouraged!
Carnesha Tucker, Center Director
Greetings Everyone!!! March is National Nutrition Month, so I would like to share some information on Nutrition for Older Adults. Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include carbohydrates, fats, proteins, vitamins, minerals, and water. Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers. But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein. Some changes that can happen as you age can make it harder for you to eat healthy.

These include changes in your:
• Home life, such as suddenly living alone or having trouble getting around
• Health, which can make it harder for you to cook or feed yourself
• Medicines, which can change how food tastes, make your mouth dry, or take away your appetite

(continued on page 19)
Orchard Park Monthly Activities

Advisory Council Meeting
Monday – March 9, 11:15 a.m.

Birthday Celebration
Friday – March 27, 11:15 a.m.

Lunch Out March 10, 11:30 a.m.
Jason’s Deli, 7447 W 21st St N St 141

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 March 11.

Foot Care By Michelle Steinke
On Wednesday, March 18. Please call 946-0722 for appointments. Michelle does nail trimming, corns, calluses and foot massages

Breakfast Out March 24, 9:00 a.m.
Egg Crate, 8606 W 13th St N

Grief Support: March 25
Facilitated by Harry Hynes Hospice, every 4th Wednesday at 10:00 a.m. (Unless otherwise noted).

Closings:
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
Orchard Park Senior Center

Educational Opportunities

**March**
- March 2 @ 11:15 a.m.
  Gina – Abundance Care for Seniors
  "The Next Step in Senior Living"
- March 6 @ 11:15 a.m.
  Aubrey – Natural Grocers
  "Figuring out Fats"
- March 13 @ 11:15 a.m.
  Video Caregiving Step by Step
  "Journey Notebook, Bedroom Safety"
- March 20th @ 11:15 a.m.
  Traci – I.R.S Advocate
  "Tax Updates for 2020"
- March 30 @ 11:15 a.m.
  Video Caregiving Step by Step
  "Positioning, Mealtime Issues"

**April**
- April 1 @ 1-3 p.m.
  Chronic Disease Self-Management
  Class #1
- April 8 @ 1-3 p.m.
  Chronic Disease Self-Management
  Class #2
- April 15 @ 1-3 p.m.
  Chronic Disease Self-Management
  Class #3
- April 17 @ 11:15 a.m.
  Mary Hiebert – Diabetic Dietician
  "Nutrition Question and Answers"
- April 22 @ 1-3 p.m.
  Chronic Disease Self-Management
  Class #4
- April 29 @ 1-3 p.m.
  Chronic Disease Self-Management
  Class #5

Special/New Events

**Taxes:** Taxes at Orchard will start on Thursday, February 6. We will only be doing Thursdays this year, so make sure that you call as soon as possible for your appointment.

**What you should bring for taxes:**
- Social Security Cards (or ITIN document) for all people that you are filing on your taxes
- Picture ID for yourself (and spouse if filing jointly), such as valid driver’s license or other government issued ID
- Both spouses should be present if filing jointly
- Copy of previous year’s tax returns
- All W-2’s, 1099 forms, or other tax related forms
- If expecting a refund and you want it to be direct deposited, please bring a check, or debit card direct deposit form with issuer printed routing and account numbers (not hand written)

**AARP Tax-Aide Volunteers cannot prepare:**
- Schedule E – Rental Property
- Form 2106 – Employee Business Expenses
- Form 3903 – Moving Expenses
- Or Schedule C – Business with an Operating Loss or Expenses over $10,000

Bloomer, William 1/23
Crane, Sandie 3/29
Danielson, Evelyn 3/3
Ellenz, Velva 3/7
Fretzs, Allan 3/12
Hinckley, Dean 3/24
Humphrey, Shirley 3/3
Kennedy, Charles 3/31
Koenig, Keith 3/29
Mar, Henjung 3/23
Mellinger, Mellisa 3/23
Morrow, James 3/17
Poell, Norma 3/17
Shaffer, Roberta 3/28

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**THE COMPASS | 18**
Orchard Park Senior Center

Chronic Disease Management
About 80% of older adults have at least one chronic disease, and 68% have at least two. Many adults with conditions such as arthritis, asthma, diabetes, lung disease, heart disease, stroke, osteoporosis, and others struggle to find ways to manage their condition. The Sedgwick County Health Department will be offering Chronic Disease Workshops at the Orchard Park Senior Center starting April 1. The Workshops will be conducted on Wednesdays 1 to 3 pm, this is a six week series. If you are interested in getting more insight into being able to manage a chronic disease, please stop by the office, or call 942-2293, to sign up for the classes. There will be limited seating.

Director’s Notes Continued

• Income, which means that you may not have as much money for food
• Sense of smell and taste
• Problems chewing or swallowing your food

To stay healthy as you age:
• Eat foods that give you lots of nutrients without a lot of extra calories, such as
• Fruits and vegetables (choose different types with bright colors)
• Whole grains, like oatmeal, whole-wheat bread, and brown rice
• Fat-free or low-fat milk and cheese, or soy or rice milk that had added vitamin D
• Seafood, lean meats, poultry, and eggs

Avoid empty calories. These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.

Pick foods that are low in cholesterol and fat. You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals. Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in store-bought baked goods and fried foods at some fast food restaurants.

Drink enough liquids, so you don’t get dehydrated. Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.

Be physically active. If you have started losing your appetite, exercising may help you to feel hungrier.

Sometimes health issues or other problems can make it hard to eat healthy. Here are some tips that might help:
• If you are tired of eating alone, try organizing some potluck meals or cooking with a friend. You can also look into having some meals at a nearby senior center, community center, or religious facility
• If you are having trouble chewing, see your dentist to check for problems
• If you are having trouble swallowing, try drinking plenty of liquids with your meal. If that does not help, check with your health care provider. A health condition or medicine could be causing the problem
• If you’re having trouble smelling and tasting your food, try adding color and texture to make your food more interesting
• If you aren’t eating enough, add some healthy snacks throughout the day to help you get more nutrients and calories
• If an illness is making it harder for you to cook or feed yourself, check with your health care provider. He or she may recommend and occupational therapist, who can help you find ways to make it easier.

Information taken from: National Institute of Health

Please join the senior center for nutrition education and exercise classes that will help with keeping healthy.

Diane Nutt, Center Director
The St. Patrick’s Day Parade
Mark your calendars and join us for the St. Patrick’s Day Parade!

The event will take place on Saturday, March 14, 2020 in Historic Delano.

Details have yet to be announced, but all parade walkers must be able to walk approximately 1 mile down Douglas in Delano. The anticipated line up begins at 11:00am with all walkers present no later than 11:30am. Check in with your center directors for details as they are released.