



Northeast Senior Center

Hello Everyone and Happy New Year! It is truly a blessing to see another year. With the cold weather here, the holidays behind us, and the New Year just coming in, it is so easy to get lost in the hustle and bustle of it all. Sometimes it can be to the point that we forget about others and the challenges that many deal with alone. While many will be making New Year's Resolutions and plans to get or stay healthy for 2020, others will be dealing with challenges of Grief and/or Loss. Grief is a natural response to loss. It is the emotional suffering you feel when something or someone you love is taken away. The pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be. Did you know our centers deal with grief and loss a great deal? Yes, we do! Each center has loss friends and family this past year; which it has been a bit much for us all. I want to share while grieving a loss, there are ways to help cope with the pain, come to terms with your grief, and eventually, find a way to pick up the pieces...so to speak. Here are six ways that can start a person in the right direction on How to Deal with the grieving process:

1. Acknowledge your pain.
2. Accept that grief can trigger many different and unexpected emotions.
3. Understand that your grieving process will be unique to you.
4. Seek out face-to-face support from people who care about you.
5. Support yourself emotionally by taking care of yourself physically.
6. Recognize the difference between grief and depression. *(continued on page 15)*



Ongoing Activities

Monday

9:30 WSU Exercise
 10:30 Advisory Council
 (Every 2nd Monday)
 11:30 API - Friendship Meals
 2:30 Computer Class

1:00 WSU Balance & Cardio
 Dance Class
 (1st & 3rd Wednesday)
 1:00 Line Dance
 (2nd & 4th Wednesday)

Tuesday

9:30 Keep It Moving (Exercise)
 10:30 Bingo
 11:30 API - Friendship Meals
 12:00 Conversation Spanish
 1:00 Book Club
 (2nd & 4th Tuesday)

Thursday

10:00 Quilters' Treasures
 10:30 Jewelry Class
 11:30 API - Friendship Meals
 12:00 Bible Study
 1:00 Card Games
 (Bid Whist & Spades)

Wednesday

9:30 WSU Exercise
 10:30 Computer Class
 11:30 API - Friendship Meals

Friday

9:30 WSU Exercise
 11:30 API - Friendship Meals
 1:00 Bridge

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, January 13th 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. Studies have shown that talking with someone helps with this process...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

Please Note Holiday Closing

Northeast Senior Center will be **CLOSED ALL DAY Wednesday, January 1st (New Year's Day)** and **CLOSED ALL DAY Monday, January 20th (Martin Luther King, Jr. Day).**



JOIN US FOR SENIOR THURSDAY!
Every 2nd Thursday each month, beginning at 10:00 am, join us for some light refreshments and a free presentation
Upcoming Dates: February 14th, March 14th, and April 11th
Sponsored by **SKYWARD**

Every Wednesday is 1/2 price for Seniors 55+!

3350 S. George Washington Blvd., Wichita, KS 67210 316-683-9242
Kansasaviationmuseum.org Kansas Aviation Museum
Hours: Monday Closed, Tuesday-Saturday 10:00 am-5:00pm, Sunday 12:00pm-5:00pm



Twin Lakes Apartments
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AMARETTO SOUR

BAHAMA MAMA

BLOODY MARY

COSMOPOLITAN

DARK AND STORMY

EGGNOG

HIGHBALL

HOT TODDY

KAMIKAZE

LEMON DROP

LONG ISLAND ICED TEA

MANHATTAN

MARGARITA

MARTINI

MELON BALL

MINT JULEP

MOJITO

PEPPERMINT PATTY



ROB ROY

SALTY DOG

SCREWDRIVER

SHAMROCKER

SLOE GIN FIZZ

TEQUILA SUNRISE

TOM COLLINS

VODKA GIMLET

YELLOW SUBMARINE



Northeast Senior Center Special / Upcoming Events

Volunteer Appreciation Friday, January 24, 2pm - 4pm

This is to recognize our volunteers of all our programs (Advisory Council, Special Events Committee, Bingo, Exercise Classes, etc....) who help keep the center running smoothly. We just want to take a moment to express our appreciation for all that you do here at Northeast Senior Center. So, members if you are free and have a little time please stop by and show our volunteers that they are appreciated.



Taxes! Taxes! Taxes! We will start taking appointments for taxes on Tuesday, January 21st, 2020. Please do not call before this date. We will not be able to make appointments before the starting date.

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

LIEAP (Low Income Energy Assistance Program) Program/ Project Deserve: February 7, 2020

Time: 9am - 4pm

LIEAP is a federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit. Please bring the following items:

- Copies of all proof of income for all permanent individuals living in the home who are 18 years old or over
- Copies of utility bills (gas, electric, propane, wood, etc.)
- Social Security Numbers of all members of the household



Food For Thought

Not all storms come to disrupt your life, some come to clear your path.



Director's Notes (Continued)

Source: www.helpguide.org. (Coping with Grief and Loss).

Coping with the loss of someone or something you love is one of life's biggest challenges. I wanted to pass on to you; if you are going through grief and/or loss you are not alone. Our senior centers offer grief support groups that are instructed by bereavement specialist. So if you or someone you know are going through please stop by and get the support that is needed. As always, if you have questions, comments, or concerns feel free to stop by the office. Or if you are interested in teaching a class or helping on a committee please let us know and we can make that happen. Remember, this is your center and the overall goal is to provide an environment that keeps you mobile, active and independent.

Be Encouraged!

Carnesha Tucker, Center Director