



## 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

#### 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, 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 **SKYWARD**


**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



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 AVOCA  
 BARROW  
 BLACKWATER  
 BOYNE  
 BROSNA  
 CLADAGH  
 DARGLE  
 DOONBEG

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 FOYLE  
 GOUL  
 INNY  
 KELLS  
 LAGAN  
 LIFFEY  
 MAIGUE

PODDLE  
 ROUGHTY  
 SHANNON  
 SLANEY  
 STRULE  
 VARTRY







## Northeast Senior Center Special / Upcoming Events

### Educational Opportunities

#### March

Thursday, March 5th @ 11:45  
**“The Next Step In Senior Living”**  
Gina Mortimer – Abundance of Care  
for Seniors

Friday, March 20th @ 11:45am  
**“Sugar Free – The Unsweet Side  
of Soda”**  
Sara Keraly – Natural Grocers (West)

#### April

Thursday, April 16th @ 11:45am  
**“Immune Support 101 – Nutrition and  
Immune Function”**  
Aubrey Vereecke – Natural Grocers (East)

**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