



Orchard Park Senior Center

Greetings Everyone! I have noticed that there seems to be an increase in deaths in and around the senior center. I would like to share some information on grief and loss, and invite anyone that feels the need to attend the grief support group on the fourth Wednesday of the month at 10:00 a.m. If you did not know, it has been found that older adults face grief and loss differently than others. Losses are not just the deaths of loved ones, friends, and acquaintances. They also experience loss and grief as they begin to have a diminished ability in activities of daily living. This can cause them to lose a sense of purpose. Many older adults also have difficulty when they can no longer live independently. They struggle with the loss of their homes, their possessions, their health, body parts, their' vocations, not to mention their independence. Anything lost in which a person has invested their emotions, attention, time, energy, or dreams, leads to grief and mourning.

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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
8:30am Blood Pressure Checks
(2nd Wednesday)
10:30 am Computer Lab
10:00 am Grief Support (Every 4th
Wed, unless otherwise noted)
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 and 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
1:30 pm Drawing Class
3:00 pm Beginning Spanish Class
(additional charge for this
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 this 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 – February 10, 11:15 a.m.

Birthday Celebration Friday,
February 28, 11:15 a.m.

Lunch Out February 11, 11:30 a.m.
Neighbor's Bar & Grill, 2315 W 21st St N

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 February 12.

Foot Care By Michelle Steinke

On Wednesday, February 19. Please call 946-0722 for appointments. Michelle does nail trimming, corns, calluses and foot massages

Breakfast Out February 25, 9:00 a.m.
Jimmy's Egg, 8728 W Central Avenue

Grief Support: facilitated by Harry Hynes Hospice, every 4th Wednesday at 10:00 a.m. (Unless otherwise noted).
Wednesday, February 26.

Closings: The Orchard Park Senior Center will be **closed on Monday, February 17**, in observance of the President's Day Holiday.

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

February

February 3 @ 11:15 a.m.

Adult Day Services

K.C. Schumacher
Catholic Charities

February 7 @ 11:15 a.m.

Apple Cider Vinegar

Sara - Natural Grocers

March

March 6 @ 11:15 a.m.

Figuring Out Fats

Aubrey - Natural Grocers

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)

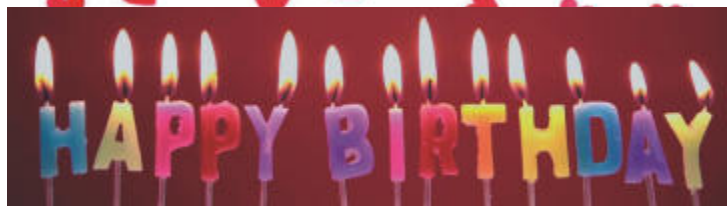
AARP Tax-Aide Volunteers cannot prepare:

- 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

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 p.m., 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.

Floor Replacement: I do not have a date for floor replacement at this time. They are moving pretty swiftly, so please pay attention to postings. I will post dates as soon as I know.



Davison, Sandy 2/18

Kimball, Maureen 2/3

Matheny, Judith 2/10

Norfleet, Rhonda 2/12

Ridley, Bettie 2/7

Trask, Steve 2/5



Orchard Park Senior Center Director's Notes Continued

How older adults cope with the feelings of sorrow, anger, loneliness, confusion and despair that accompany grief, and their own mortality, depends on their skills and willingness to process emotions. Older adults who have learned to communicate what they feel and need, who have the freedom and permission to vent their deepest emotions and who have cultivated an attitude of acceptance, humility peace and faith over time, will do better. Those that have spent a lifetime hiding, denying, repressing, numbing and dumbing down as a means of coping with grief will struggle. Whether older adults have the ability to turn grief into an opportunity for personal and spiritual deepening, come to terms with life as it really is and renew their sense of purpose for living also depends on the support they have in their lives.

Whether they live alone, in a retirement community or with family members, older adults who have trustworthy, non-judgmental and empathetic people to talk to deal better with adversity. While the journey through grief is different for every person, there are five stages of grief that a person typically experiences. These stages are not meant to package a very raw emotion into a box, but rather to help people frame and identify emotions through the grieving

process. They are not linear and not every person will go through them all.

- Denial is the first stage and helps a person survive the loss
- Anger as denial fades, anger often emerges
- Bargaining is an attempt to gain control of an often uncontrollable situation
- Depression different than a major depressive episode, depression in the grieving process is sadness and regret related to the loss
- Acceptance this is not a phase of happiness but rather withdrawal and calm

Connecting people that are going through some type of grieving process with others that are going through something similar will let the person know that they are not alone. Information taken from: www.sharecare.com

Please join or recommend the grief class that is conducted by Harry Hynes Hospice at Orchard Park Senior Center to friends and loved ones dealing with any kind of grief.

Diane Nutt, Center Director

