



Orchard Park Senior Center

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)

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 No Pickleball Jan 2 - Jan 20
 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 No Pickleball Jan 2 - Jan 20
 1:30 pm Drawing Class
 3:00 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 – 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



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

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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





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 an 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