



**HAVE
WE GOAD
YOU HOW
MUCH
WE MISS
YOU?**

**FEEL FREE TO
CALL OR EMAIL US
TO LET US KNOW
HOW YOU ARE
DOING!**

What you need to do to get your government stimulus check

BY SARAH SKIDMORE SELL AP PERSONAL FINANCE WRITER (KANSAS.COM 04/01/2020)

The IRS and the Treasury Department say Americans will start receiving their economic impact checks in the next three weeks.

The payments are part of the \$2.2 trillion rescue package signed into law last week by President Donald Trump aimed at combating the economic ravages of the coronavirus outbreak.

SOCIAL SECURITY RECIPIENTS:

The U.S. Department of the Treasury and the Internal Revenue Service today announced that Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive an Economic Impact Payment. Instead, payments will be automatically deposited into their bank accounts.

“Social Security recipients who are not typically required to file a tax return do not need to take an action, and will receive their payment directly to their bank account,” said Secretary Steven T. Mnuchin.

The IRS will use the information on the Form SSA-1099 and Form RRB-1099 to generate \$1,200 Economic Impact Payments to Social Security recipients who did not file tax returns in 2018 or 2019. Recipients will receive these payments as a direct deposit or

by paper check, just as they would normally receive their benefits.

<https://home.treasury.gov/news/press-releases/sm967>

WHO IS ELIGIBLE FOR THE PAYMENTS?

Anyone earning up to \$75,000 in adjusted gross income and who has a Social Security number will receive a \$1,200 payment. That means married couples filing joint returns will receive the full payment — \$2,400 — if their adjusted gross income, which what you report on your taxes, is under \$150,000. The payment steadily declines for those who make more. Those earning more than \$99,000, or \$198,000 for joint filers, are not eligible. The thresholds are slightly different for those who file as a head of household. Parents will also receive \$500 for each qualifying child.

WHAT DO I HAVE TO DO TO GET THE CHECK?

For most people, nothing. The money will be directly deposited in your bank account if the government has that information from your tax return. If you haven't filed your 2019 taxes, the government will use information from your 2018 taxes to calculate your payment and determine where to send it. It can use your Social Security benefit statement as well.

Compass is published monthly by:
Senior Services, Inc. Of Wichita • 200 S. Walnut, Wichita, KS 67213

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

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.





What you need to do to get your government stimulus check - CONTINUED

I DON'T USUALLY HAVE TO FILE TAXES. DO I STILL GET A PAYMENT?

Yes. People who are not required to file a tax return — such as low-income tax payers, some senior citizens, Social Security recipients, some veterans and people with disabilities — will need to file a very simplified tax return to receive the economic impact payment. It provides the government basic details including a person's filing status, number of dependents and direct-deposit bank information.

I HAVEN'T FILED MY 2018 OR 2019 TAXES. WILL I STILL GET A PAYMENT?

Yes, but the IRS urges anyone required to file a tax return and has not yet done so for those years to file as soon as possible in order to receive an economic impact payment. Taxpayers should include their direct-deposit banking information on the return if they want it deposited in their account.

I DIDN'T USE DIRECT DEPOSIT ON MY TAXES, WHAT CAN I DO?

The government will default to sending you the check by mail if you did not use direct deposit. However, IRS and Treasury say that they will develop an online portal in the coming weeks for individuals to provide their banking information so that they can receive the payments immediately instead of in the mail. It has not yet set a deadline for updating that information.

WHERE DO I DO THIS?

The IRS and Treasury say the website irs.gov/coronavirus will soon provide information about the check, including how people can file a simple 2019 tax return.

I NEED MORE TIME TO FILE MY TAX RETURNS. HOW LONG DO I HAVE TO GET THE PAYMENT?

The IRS says people concerned about visiting a tax professional or local community organization in person to get help with a tax return should not worry. The economic impact payments will be available throughout the rest of 2020.

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO
BILLED QUARTERLY

PLUS SPECIAL OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

SPREAD THE WORD
A Thriving, Vibrant
Community Matters



SUPPORT OUR ADVERTISERS



Mt. Hope Nursing Center
& Larsen Independent Living Apts.
Making "Living Longer" Better

Providing compassionate care to the elders we serve.
In-patient and out-patient therapy available

www.mounthopenursingcenter.com 316-667-2431

Best Kept Secret in Wichita
the VILLAS



Peace of Mind Living

MAINTENANCE FREE LIVING

AFFORDABLE MONTHLY RENT

- Appliances
- Quiet
- Zero Entry
- 55 & Older
- Walk-in Shower
- Attached Garage
- Clubhouse
- Walking Paths
- Smoke Free

CALL TODAY! 316-854-0050

TWO LOCATIONS

WEST LOCATION | EAST LOCATION - Pre-leasing now
at Hampton Lakes | 37th & Maize | at Prestwick | North of 45th & Rock Rd

www.HomeAtTheVillas.com





About Arthritis

More than 52 million adults and 300,000 children in the U.S. have some type of arthritis, so chances are you or someone you know has the condition. The term “arthritis” comes from the Greek words for joint and inflammation. There are more than 100 types of arthritis and related conditions.

The hallmark symptom of arthritis is joint pain and/or stiffness, which is usually worse in the morning or after periods of inactivity. Other symptoms may include fatigue, eye problems, poor appetite, fever, rash and joints that are red or warm to the touch. Symptoms can develop suddenly or slowly, but if you have any of these signs for more than two weeks, it's time to see your doctor.

Arthritis Causes and Diagnosis

For most types of arthritis, the cause is unknown. But scientists think that genes, environmental triggers, an immune system that doesn't work properly and lifestyle factors, such as obesity and injury, are contributing factors.

Early diagnosis and treatment are key to slowing disease progression and/or preventing joint (or organ) damage. Your primary care doctor may diagnose and treat your arthritis. However, you may need to see a rheumatologist or orthopaedist, doctors that specialize in treating arthritis.

There is no single test for arthritis. To diagnose you, your doctor will:

- Ask about your personal and family medical history.
- Examine your joints for swelling and tenderness.
- Test your range of motion.
- Look for other signs of arthritis such as rashes, mouth sores, muscle weakness, eye problems or involvement of internal organs, such as the heart or lungs.

Warning Signs of Arthritis

- Joint pain or stiffness
- Widespread muscle pain
- Joint swelling and/or tenderness
- Difficulty moving a joint
- Redness around the joint
- Skin symptoms like a scaly rash
- Blurry vision, or eye pain and/or sensitivity

Your doctor may also order X-rays or lab tests to look for disease patterns or rule out other causes.

Types of Arthritis and Related Conditions

It's important to know the type of arthritis you have so you can treat it properly. Here are some of the most common types of arthritis and related conditions:

- **Osteoarthritis (OA)** is the most common type of arthritis. It is often called “wear and tear” arthritis because it is caused by the breakdown of cartilage (the tissue that covers the ends of joints) over time. Risk factors include repetitive movement, age and excess weight.
- **Rheumatoid arthritis (RA)** is an autoimmune disease, which means the body's immune system mistakenly attacks healthy tissue. This can cause joint inflammation, cartilage erosion and joint damage.
- **Psoriatic Arthritis (PsA)** is also an autoimmune disease. In addition to joint inflammation, PsA may cause rashes or scaly skin, nail disease as well as pain in the back or tendons (areas where muscles attach to bones).
- **Juvenile Arthritis (JA)** is an umbrella term to describe the kinds of rheumatic diseases that affect teens and kids. The most common type of JA is juvenile idiopathic arthritis (JIA). You may continue to experience disease activity into adulthood.



Arthritis Answers - CONTINUED

- **Gout** occurs when uric acid builds up in the body, especially the joints. This causes pain and swelling, most commonly in the big toes, ankles and knees.
- **Fibromyalgia** involves chronic widespread pain in the muscles and fatigue.

Treating Arthritis

Arthritis treatment typically requires multiple approaches.

These approaches may include:

- **Medication.** Over the counter and prescription medications are available as a pill, cream, gel, injection or IV infusion administered at your doctor's office or hospital.
- **Complementary and alternative medicine (CAM) therapies.** CAM therapies are usually combined with conventional treatments to manage pain and enhance emotional and mental health. These include

supplements, touch therapies (e.g., massage, physical therapy), therapeutic exercise (e.g., yoga and tai chi), acupuncture, biofeedback therapy, meditation and relaxation techniques.

- **Healthy lifestyle habits.** Regular exercise and eating an anti-inflammatory diet (rich in fruits, vegetables, whole grains and healthy fats) may help ease inflammation and pain. Both can help you maintain a healthy weight, which may lessen the impact on your joints. Using joint protection techniques and balancing activity with rest can also ease pain.
- **Surgery.** When other treatment options are not effective, joint surgery may be the best option. Finding the right treatment plan may take time. As your arthritis changes, your treatment may also need to change.

For More Information About Arthritis
arthritis.org/about-arthritis

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Bill Clough to place an ad today!
wclough@lpiseniors.com or (800) 950-9952 x2635

FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.
— 800-950-9952 —



 **NeighborWorks**
CHARTERED MEMBER

 **Mennonite Housing**
EQUAL HOUSING OPPORTUNITY

Main Office: 2145 N. Topeka, Wichita
316.942.4848

COMING IN 2020

Mennonite Housings newest edition to affordable housing for seniors will be Fieldcrest. Fieldcrest will consist of one and two bedroom duplexes and be located in Valley Center at 77th and Dexter.

SIMPLIFYING LIFE TRANSITIONS



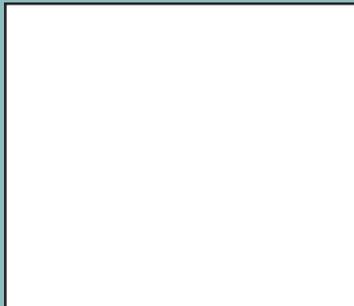
Alleviate the stress of downsizing and estate preparation

Creating Custom Solutions for your personal property & real estate

(316) 683-0612 | www.McCurdyAuction.com


McCurdy
AUCTION LLC
REAL ESTATE SPECIALISTS



Thrive
Locally





Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #555 (Easy)

		3		8	4		2	
					9			
			6				3	5
3	1			4		6		9
	9	2						
	7	4					5	8
					1			
		9						
8	4		7	9	5			

BE SURE TO COVER THE ANSWER WHILE PLAYING

8	4	6	7	9	5	3	1	2
1	2	9	4	3	8	5	6	7
7	3	5	2	6	1	8	9	4
6	7	4	9	1	3	2	5	8
5	9	2	8	7	6	1	4	3
3	1	8	5	4	2	6	7	9
4	8	1	6	2	7	9	3	5
2	6	7	3	5	9	4	8	1
9	5	3	1	8	4	7	2	6

Sudoku #555 (Easy)



Word Search

Flowers

Find and circle all of the flowers that are hidden in the grid.
The remaining letters spell a secret message - a quotation from *Romeo and Juliet*.

P	L	A	V	E	N	D	E	R	A	C	R	O	A	R	A	O	S	A
Y	I	A	I	N	U	T	E	P	E	D	A	N	E	E	E	R	D	R
S	U	L	O	I	D	A	L	G	O	G	T	L	S	W	G	C	L	E
I	C	B	U	Y	A	N	T	R	Y	H	N	K	I	O	N	H	O	B
A	H	A	S	T	E	R	N	O	U	N	C	I	Y	L	A	I	G	R
D	R	E	H	T	A	E	H	R	N	O	O	A	G	F	R	D	I	E
F	Y	E	O	B	D	D	I	H	H	E	L	E	L	N	D	B	R	G
O	S	T	W	L	I	U	E	Y	T	S	M	I	P	R	Y	E	A	A
X	A	A	O	O	M	R	L	L	T	N	S	T	H	O	H	L	M	M
G	N	G	I	E	L	L	D	R	P	I	I	R	E	C	S	L	N	A
L	T	F	A	S	O	F	O	O	A	H	K	C	M	G	I	F	D	R
O	H	U	E	H	E	E	N	N	F	C	I	C	A	W	R	L	A	Y
V	E	C	O	U	M	E	T	U	O	P	A	N	E	Y	I	O	F	L
E	M	H	L	E	D	H	R	T	S	L	A	R	I	S	H	W	F	L
C	U	S	R	S	U	M	S	F	L	E	L	R	N	U	O	E	O	I
I	M	I	L	S	G	E	R	A	N	I	U	M	A	A	M	R	D	S
T	A	A	H	T	A	E	R	B	S	Y	B	A	B	D	T	A	I	S
A	S	I	T	A	M	E	L	C	W	O	R	R	A	Y	I	I	L	S
T	E	L	O	I	V	B	O	U	V	A	R	D	I	A	W	S	O	E
S	L	I	L	Y	S	N	A	P	D	R	A	G	O	N	E	T	E	N

ALSTROEMERIA
 AMARYLLIS
 ANTHURIUM
 ASTER
 BABY'S BREATH
 BELL FLOWER
 BIRD OF PARADISE
 BOUVARDIA
 CALLA
 CARNATION
 CHRYSANTHEMUM
 CLEMATIS

CORNFLOWER
 DAFFODIL
 DAISY
 DELPHINIUM
 FORGET-ME-NOT
 FOXGLOVE
 FREESIA
 FUCHSIA
 GERANIUM
 GERBERA
 GINGER
 GLADIOLUS

GOLDEN ROD
 HEATHER
 HOLLYHOCKS
 HYACINTH
 HYDRANGEA
 IRIS
 LAVENDER
 LILAC
 LILY
 LISIANTHUS
 MARIGOLD
 ORCHID

PANSY
 PEONY
 PETUNIA
 ROSE
 SNAPDRAGON
 STATICE
 STOCK
 SUNFLOWER
 TULIP
 VIOLET
 YARROW



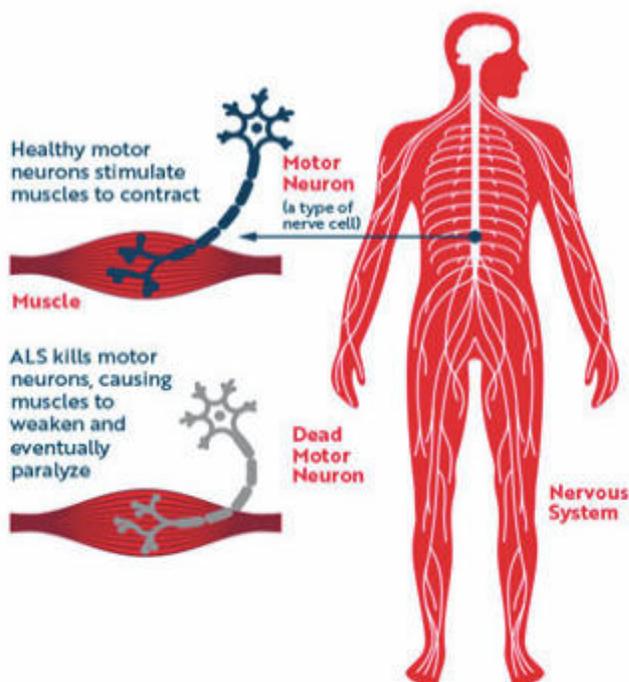
WHAT IS ALS?

a•myo•tro•phic
lateral
sclerosis

ALS is an always fatal neurodegenerative disease in which a person's brain loses connection with the muscles. People with ALS lose their ability to walk, talk, eat, and eventually breathe.

ALS usually strikes people between the ages of 40 and 70, but it can strike anyone at any time. In the past year, over 20,000 people living with ALS were served through our chapter network.

Although there is not yet a cure or treatment that halts ALS, scientists have made significant progress in understanding what causes ALS. But their work is not done. Together, we work toward a cure.



FACTS ABOUT ALS

5,000+
people are diagnosed per year

Only 4 DRUGS
are currently approved by the U.S. FDA to treat ALS (Riluzole, Nuedexta, Radicava, and Tigtulik)

2-5 YEARS
is the average life expectancy

\$2 BILLION
is the estimated cost to develop a drug to slow or stop the progression of ALS

10 PERCENT
of cases are inherited through a mutated gene

90 PERCENT
of cases occur without family history

\$250,000
is the estimated out-of-pocket cost for caring for a person with ALS

Every **90 MINUTES**
someone is diagnosed or someone passes away from ALS

There is **NO CURE**
for ALS



SYMPTOMS

Progressive loss of muscle control
ALS gradually prohibits the ability to:

- Speak
- Swallow
- Walk
- Crasp objects
- Move
- Breathe



DIAGNOSIS

Difficult to diagnose

- ALS is often diagnosed by ruling out other diseases, which may take months or years



MILITARY

Veterans are more likely to get ALS

- ALS impacts veterans regardless of the branch of service served in and affects those who served in both peacetime and war



The ALS Association Core Values: **COMPASSION. INTEGRITY. URGENCY**

ALS.org

02/27/20

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

What is ALS?



ALS, or amyotrophic lateral sclerosis, is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. A-myo-trophic comes from the Greek language. "A" means no. "Myo" refers to muscle, and "Trophic" means nourishment - "No muscle nourishment." When a muscle has no nourishment, it "atrophies" or wastes away. "Lateral" identifies the areas in a person's spinal cord where portions of the nerve cells that signal and control the muscles are located. As this area degenerates, it leads to scarring or hardening ("sclerosis") in the region.

Motor neurons reach from the brain to the spinal cord and from the spinal cord to the muscles throughout the body. The progressive degeneration of the motor neurons in ALS eventually leads to their demise. When the motor neurons die, the ability of the brain to initiate and control muscle movement is lost. With voluntary muscle action progressively affected, people may lose the ability to speak, eat, move and breathe. The motor nerves that are affected when you have ALS are the motor neurons that provide voluntary movements and muscle control. Examples of voluntary movements are making the effort to reach for a smart phone or step off a curb. These actions are controlled by the muscles in the arms and legs.

ALS usually strikes people between the ages of 40 and 70, and it is estimated there are at least 16,000 Americans who have the disease at any given time (although this number fluctuates). For unknown reasons, military veterans are approximately twice as likely to be diagnosed with the disease as the general public. Notable individuals who have been diagnosed with ALS include baseball great Lou Gehrig, theoretical physicist, cosmologist and author Stephen Hawking, Hall of Fame pitcher Jim "Catfish" Hunter, Toto bassist Mike Porcaro, Senator Jacob Javits, actor David Niven, "Sesame Street" creator Jon Stone, boxing champion Ezzard Charles, NBA Hall of Fame basketball player George Yardley, golf caddie Bruce Edwards, musician Lead Belly (Huddie Ledbetter), photographer Eddie Adams, entertainer Dennis Day, jazz musician Charles Mingus, former vice president of the United States Henry A. Wallace, U.S. Army General Maxwell Taylor, and NFL football players Steve Gleason, O.J. Brigrance and Tim Shaw. **Source:** <http://www.alsa.org/about-als/what-is-als.html>



DON'T SHOP. AD PAW PT.

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com





**WE'RE HIRING
AD SALES EXECUTIVES**



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers

Save time for what you love.



OXFORD VILLA
Active Senior Apartments | OxfordVilla.com





Funnies To Make Your Day

If you spent your day in a well, can you say your day was “well-spent?”

What do you call somebody who keeps abandoning their diet plans?
A desserter.

A guy was admitted into the hospital with 8 plastic horses in his stomach. His condition is now stable.

I was hoping to steal some leftovers after the party, but I guess my plans were foiled!

Why did the calf cross the road? Because he wanted to get to the “udder” side.

Why didn't the skeleton cross the road? Because he didn't have any GUTS!

What is a vampires favorite fruit? A NECKtarine!

I once worked in a bank, but then I “lost interest.”

Is it really wise to invest with somebody called a “Broker?”

“Toilet paper really plays a role in my life!” (We just had to throw in a TP joke)

I am always getting run over by the same bike, same day every month, same place, month after month. It seriously is a VICIOUS CYCLE!

What do you receive when you ask a lemon for help? Lemonaid.

My cousin, a magician, decided to incorporate the use of trapdoors in his shows. But it must be a STAGE he is going through!





Word Search



Cinco de Mayo Word Search



V M A R A C A S O N C R O P B
 S I O N F R I M A Y U B C U U
 O B A V I C T O R Y L A R E R
 M T R Y E B M A Y E T T O B A
 B Y A O S V U E O T U L M L T
 R D A C T T O R X I R E I A C
 E A V P A R A D E F E T N T O
 R N T S A L A C O S R S C R S
 O C M O P I N A T A C A I D A
 M I C E L E B R A T I O N A T
 A N M O X A C O S A A T C C T
 R G C R A I N S A C C A O Y E
 A T M A Y O C A T O S A S A N
 O F R A I C S O H S A L S A G
 B A T T L E B U R R I T O S S



BATTLE
 BURRITOS
 CELEBRATION
 CINCO
 CULTURE
 DANCING

FIESTA
 FRANCE
 MAYO
 MARACAS
 MEXICO
 PARADE

PINATA
 PUEBLA
 SALSA
 SOMBRERO
 TACOS
 VICTORY



CRAYONSANDCRAVINGS.COM



Greetings Everyone! May is the month to start preparing for severe weather. We would like to share an article for preparedness.

Kansas experiences a wide variety of summertime severe weather, including tornadoes, damaging winds, large hail, and flash flooding. We are encouraging everyone to review your severe weather safety plans. Preparing for an event starts now! Ask yourself what you would do in case of severe weather. Do you have multiple ways to receive alerts? Do you have adequate shelter & supplies? Tornadoes pack some of the fastest winds on Earth and are deadly to anyone caught in their path. Kansas averages 95 tornadoes per year but has seen up to 187, with peak tornado season running from April to June. Every lightning strike can be deadly. Lightning strikes the U.S. 25 million times and kills 47 people on average every year. Many of these deaths occur outdoors and are preventable. When thunder roars, go indoors! Damaging winds and large hail are two other weapons in a storm's arsenal. Hail can exceed softball size and straight-line winds can down trees and destroy property. They often garner less respect than tornadoes, but are just as deadly. Floods kill more people in the United States each year than any other thunderstorm-related hazard. Many flood deaths are the result of people driving into flooded roads. Turn around, Don't drown!

Disasters can happen at any moment. By planning ahead you can avoid waiting in long lines for critical supplies, such as food, water, and medicine and you will also have essential items if you need to evacuate. For your safety and comfort, have a disaster supplies kit packed and ready in one place before a disaster hits. Keeping your

kit up-to-date is also important. Review the contents at least every six months or as your needs change. The next time a disaster strikes, you may not have much time to act. Planning ahead reduces anxiety. Ask about your community's response and evacuation plans. Post emergency numbers of those in your support network. Remember that in some emergencies telephone lines might not be working. Consider having alternative plans for contacting those in your network. Keep support items like wheelchairs and walkers in a designated place so they can be found quickly. Disasters often cause emotional distress. Being prepared will lessen your anxiety. When an emergency occurs, know that you may experience some emotional, physical, mental and spiritual reactions.

Some typical physical reactions:

- Stomachaches
- Difficulty sleeping/fatigue
- Headaches
- Appetite disturbances
- A worsening of chronic medical conditions like arthritis, diabetes or high blood pressure

Some typical emotional reactions:

- Sadness
- Depression
- Excessive anxiety
- Irritability and anger
- Emotional numbness

Some typical mental reactions:

- Confusion
- Disorientation
- Memory Problems
- Lack of focus and concentration
- Difficulty making decisions

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



Preparing For Severe Weather - CONTINUED

Some typical spiritual reactions:

- Anger with God
- Questioning one's spiritual beliefs
- An increase in prayer
- A need to find spiritual reasons for the disaster
- A need to be comforted by spiritual leaders

When a disaster occurs, it can remind you of previous events in your life. Remember what you did then to help you get through it and see if it works now. Sometimes this new disaster seems like the final straw! If you find memories bring up old grief, sadness, fear and anger, it can be distressing. Try to separate your reactions to previous events from what is happening now. Remember that you were able to cope last time and remind yourself you can cope now.

Information taken from: American Red Cross (Disaster Preparedness for Seniors) & The National Weather Service.




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



Twin Lakes Apartments
Apartment building in Wichita
1915 North Porter Street
Wichita, KS 67203

316-838-1972



Offering a range of solutions for different lifestyles

In-Home Systems | Mobile Systems
Medication Dispensers

3510 W. Central, Suite 100, Wichita, KS 67203
316-262-8339
www.homebuddy.org

HOSPICE CARE

Giving only the best to those you love the most



Providing Excellence in Hospice & Palliative Care



316-440-6780
818 N. Emporia #307 Wichita





Crossword



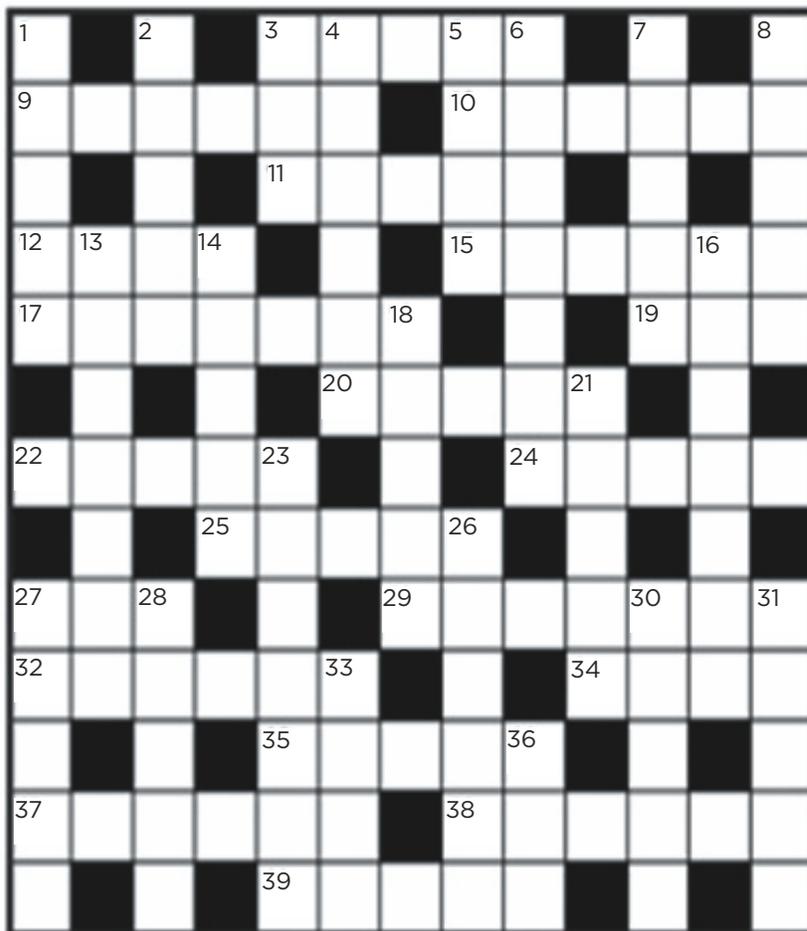
EASY COFFEE-TIME CROSSWORD

ACROSS

- 3. Light wood (5)
- 9. Zodiac sign (6)
- 10. In a state of indignation (2.4)
- 11. Portly (5)
- 12. Corrosive substance (4)
- 15. Envoy, messenger, etc. (6)
- 17. Temporal (7)
- 19. Managed (3)
- 20. Shows signs of tiredness (5)
- 22. Criticism, informally (5)
- 24. Major artery (5)
- 25. Noblemen (5)
- 27. Belonging to him (3)
- 29. Rider's foot support (7)
- 32. Brutish person (6)
- 34. Unspecified amount (4)
- 35. Pop group (5)
- 37. Office workers (6)
- 38. Container used for boiling water (6)
- 39. English county (5)

DOWN

- 1. Volume of maps (5)
 - 2. Soldier's jacket (5)
 - 3. Public transport vehicle (3)
 - 4. Off the right path (6)
 - 5. Type of music (4)
 - 6. Feeler (7)
 - 7. Panatella, for example (5)
 - 8. Number (5)
- 13. Sure (7)
 - 14. Stupid pupil (5)
 - 16. Childish fit of rage (7)
 - 18. Complains bitterly (5)
 - 21. Flies high (5)
 - 23. Pub entertainment (7)
 - 26. Industrial protest (6)
 - 27. Emerge from an egg (5)
 - 28. Tendon (5)
- 30. Regular journey travelled (5)
 - 31. Mr Cushing, actor (5)
 - 33. Girl or young woman (4)
 - 36. Gender (3)





Word Search



SHEKNOWS

Mother's Day

WORD SEARCH

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥
 W H A P P Y W G N I R A C O H
 S N S R E H T O M D N A R G L
 P V T H O U G H T F U L D N K
 G A E N H N E N E N H H Y V L
 N C R C G G O C R C G R A N A
 E N G E F F U H U N E F D C I
 R S I S N K I D S S P A I N C
 D P V P L T U P P P L M L S E
 L L I L A A J E J L A I O F P
 I O N O Y S C O H A P O H A S
 H I G A W T L O V I N G K M W
 C K M K Q Q M K M K Q Q O I Q
 B U D U S P R I N G A M B L A
 J A E T A R E D I S N O C Y Z
 Y H H S R E H T O M V V M J P

MOTHERS
 DAY
 MOMS
 KIDS
 PARENT
 HOLIDAY
 LOVING

CARING
 CHILDREN
 GRANDMOTHER
 RESPECT
 THOUGHTFUL
 FAMILY
 CONSIDERATE

HONOR
 GIVING
 SPECIAL
 HAPPY
 MAY
 SPRING



Greetings Everyone! May is also Stroke Awareness Month, so we hope you enjoy this article too

May is National Stroke Awareness Month

When it comes to stroke, every second counts! Nearly 2 million brain cells die each minute a stroke remains untreated. Rapid access to medical treatment often times make the difference between full recovery and permanent disability. Know the signs of a stroke and act F.A.S.T. (face drooping, arm weakness, speech difficulty, Time to call 911) if someone is having a stroke.

The Facts:

- Stroke can happen to anyone at any age.
- 80% of all strokes are preventable.
- Stroke is the fifth leading cause of death in the U.S. and a leading cause of severe disability.
- On average, one person dies from stroke every 4 minutes.
- More than 795,000 people have a stroke each year in the U.S.
- Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year—that's 1 out of every 19 deaths from all causes.

Prevent stroke by following the American Heart Association/American Stroke Association's Life's Simple 7 tips:

- Manage blood pressure
- Control cholesterol
- Reduce blood sugar
- Get active
- Eat better
- Lose weight
- Stop smoking

Act F.A.S.T. to Identify a Stroke in Progress

If you are talking with someone and that person suddenly begins to behave unusually, you may hesitate to say something. After all, you don't want to

embarrass the other person. But acting F.A.S.T. could help to save his or her life. Certain, sudden changes in behavior may be signs of a stroke. This quick tool from the American Stroke Association can help you identify a stroke in yourself or another person.

If you notice the symptoms below, dial 9-1-1 immediately and ask that the person be taken to the nearest stroke treatment center. Treating a stroke is a race against time to save brain tissue and potentially the stroke victim's life. It is better to seek treatment and find out that it is not a stroke than to "wait and see" and risk brain damage or death.

F.A.S.T. - Signs of Stroke Should Prompt FAST Action

The American Stroke Association developed this easy-to-remember guide to help identify the signs of a stroke.

F - Face drooping. Is one side of the person's face drooping or numb? When he or she smiles, is the smile uneven?

A - Arm weakness. Is the person experiencing weakness or numbness in one arm? Have the person raise both arms. Does one of the arms drift downward?

S - Speech difficulty. Is the person's speech suddenly slurred or hard to understand? Is he or she unable to speak? Ask the person to repeat a simple sentence. Can he or she repeat it back?

T - Time to call 9-1-1. If any of these symptoms are present, dial 9-1-1 immediately. Check the time so you can report when the symptoms began.

What Is a Stroke?

Stroke is the leading cause of adult disability in the United States and the fourth most common cause of death. A stroke occurs when blood flow through an artery to the brain is cut off either by a

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



Stroke Awareness - CONTINUED

blockage or because the artery ruptures and bleeds into the brain tissue. More than 85 percent of strokes are because of blockage by a blood clot or plaque (a fatty, waxy substance that accumulates on artery walls).

Getting treatment within the first three hours after stroke onset is critical for minimizing permanent damage. That is why it is so important to act F.A.S.T. Don't wait. Dial 9-1-1.

The Different Types of Strokes

Strokes happen for two different reasons. The most common cause is blood stops flowing to the brain. The flow of blood is blocked by a clot or a buildup of a fatty substance called **plaque** in an artery leading to the brain—a process called **atherosclerosis**, or more generally, cardiovascular disease. Strokes caused by blockage of blood flow to the brain are

called **ischemic strokes**. More than 85 percent of strokes are ischemic.

Ischemic strokes (sometimes called “**brain attacks**”), like **heart attacks**, are preventable because they are caused by cardiovascular disease. And cardiovascular disease can be prevented by living a **healthy lifestyle** that includes eating right, exercising and not smoking.

The other 15 percent of strokes are caused by blood leaking into the brain or between the brain and the skull. These are **hemorrhagic strokes**. These strokes happen when an artery leading to the brain bursts because it is weak or damaged from aging or from years of high blood pressure. It's important for you and your healthcare team to know the cause of the stroke to determine the best treatment.

If you are relatively young and have no obvious **risk factors** for stroke, your doctor may want to check for **patent**

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



Stroke Awareness - CONTINUED

foramen ovale (PFO), commonly known as a **hole in the heart**. We are all born with this hole between the left and right upper chambers of the heart, but the hole usually closes soon after birth. If you are among the 20 percent of people whose PFO never closed, then you may not know it or have any symptoms, but it may increase your risk of stroke and migraines.

TIA (Mini-Stroke)

A **transient ischemic stroke (TIA)** or **mini-stroke** is an ischemic stroke that passes quickly. It is caused by a blood clot or piece of plaque blocking or restricting blood from flowing through an artery to the brain. In a mini-stroke, whatever was blocking the artery breaks loose and moves along, allowing blood to once more flow freely to the brain. And you feel better—for now.

You may or may not notice if you've had a mini-stroke, but **if you think you are having a stroke of any kind, the best**

thing to do is call 911. Mini-strokes are often a warning that a full-blown ischemic stroke will happen next.

If you discover that you've had a mini-stroke, check with your doctor about steps to prevent another stroke.

Silent Stroke

It is possible to have a stroke and not know it. A test taken for some unrelated purpose may show lesions on your brain. Those lesions are evidence of damage to the brain tissue caused by a stroke. At that point, you can't really repair the damage, but it is important to know that you are at greater risk for stroke than you may have realized. **Talk with your doctor about what you can do to reduce your risk of having another stroke in the future.**

Information taken from:
Society for Public Health Education & <http://Secondscount.org>

Copyright © 2014 puzzles-to-print.com. All rights reserved.

Memorial Day Last Monday in May

- | | |
|-------------|-------------|
| AMERICAN | MAY |
| ANTHEM | MEMORIAL |
| CEMETERY | OBSERVANCE |
| CEREMONY | PATRIOTIC |
| COMMEMORATE | REMEMBRANCE |
| DECORATION | SACRIFICE |
| FALLEN | SALUTE |
| FLAGS | SERVICE |
| FLOWERS | SOLDIERS |
| FREEDOM | TAPS |
| GRAVE | VETERANS |
| HALF MAST | WAR |
| HEROES | |
| HOLIDAY | |
| HONOR | |





Color by Numbers: The Starry Night

ARTIST: Vincent van Gogh

1	2	3	4	5	6	7
Light Blue	Orange	Dark Green	Yellow	Light Green	Dark Blue	Black



Copyright Homemade-Preschool.com



Senior Services

— OF WICHITA —

200 S. Walnut
Wichita, KS 67213-4777

Return Service Requested

PRESORT STANDARD
US Postage
PAID
Permit #542
Wichita, KS



**STAY SAFE
AND
STAY POSITIVE**



You can still call, email or check our Facebook page for new information.

Jennifer: jenniferf@seniorservicesofwichtia.org **Phone:** 316-267-0197

Cherise: cherisel@seniorservicesofwichita.org **Phone:** 316-263-3703

Carnesha: carneshat@seniorservicesofwichita.org **Phone:** 316-269-4444

Diane: dianen@seniorservicesofwichita.org **Phone:** 316-942-2293

FACEBOOK:

<https://www.facebook.com/SeniorServicesICT/>