

Wishing and Hoping and Thinking and Praying...

Wishing and hoping and thinking and praying. Planning and dreaming. Dusty Springfield sang these words in her top ten hit in 1964. We are singing them now: just looking for something a little different than Dusty. We are looking for the return of our Members!

We are **WISHING** that things would settle down in the world. With the rise in cases of COVID in our local area we have had to postpone opening our doors to the Centers. The choice to not open came after much discussion and recommendations from the Sedgwick County Department on Aging.

We are **HOPING** that you are understanding. Knowing that we are making the best decisions for your safety and well-being.

We are **THINKING** of you all, always. The Centers are quiet, and we miss hearing the sounds of discussions, laughter, pool balls, pickleballs and dominoes!

We are **PRAYING** that you all are staying safe. That everyone is doing what they can do within their control to maintain a healthy lifestyle. Staying active in what ways you can.

We are **PLANNING** for your return. The Center Directors are continuing to look at different opportunities for activities and learning. Continuing to clean,

mark, and get ready for the day you all can come back through the doors.

We are **DREAMING** of the day we can open the Centers and welcome everyone back. Things will be a little different when that time comes, but we will make it through. Know we will keep you updated as more information becomes available to us. We are just a phone call away if you have any questions or just need to talk!

We will send out information about a future opening date as it comes available. Watch for emails, phone calls, Facebook posts, etc. If you happen to have an email address, shoot it over to us. Give us a call to update your records. We are looking at new opportunities to reach out and share information. Remember, we are always here for you!



Fun Recipe To Try: Easy Cabbage Casserole

Items Needed:

- Small Head of Cooked Cabbage
- Small Onion
- Can of Cream of Mushroom Soup
- 1/4 Cup of Milk
- Can of Crescent Rolls
- 1lb of Cooked Hamburger



Cut up cabbage and chop onion and boil in water and 1/4 TBSP of vegetable oil until tender. Drain cabbage and onion, add salt and pepper to taste. Mix the cabbage into the cooked hamburger, soup and milk. Grease a 9X13 pan. Pour cabbage/beef mixture into pan. Take 1 can of crescent rolls, unroll them and place over the top of the 9x13 pan. Pinch edges to seal the crescent rolls (makes a top crust). Cook covered with foil at 350 degrees for 30 min, last 10 min take off foil to get a nice brown on your crust. **Eat and ENJOY!!!**

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:

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267-4378

Meals on Wheels
267-0122

All Agency
267-0302

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.





Fun Recipe To Try



Are you having trouble getting your water in? If so try a few of these fruit infused water recipes to help quench that thirst.

Blackberry Mint Infused Water: ¼ cup fresh blackberries, 2 small sprigs fresh mint or one large sprig, and 4 cups fresh water

Lemon Lime Infused Water: ½ lime sliced, ½ lemon sliced, and 4 cups fresh water

Strawberry Cucumber Infused Water: ½ cup strawberries sliced, ½ cup cucumber sliced, and 4 cups fresh water

Blueberry Orange Infused Water: ¼ cup blueberries, 1 orange sliced, and 4 cups of water

Instructions: 1. For each variation of water, place fruit and/or herbs into a large glass jar with lid. Muddle (or break) up fruit a bit with back of a spoon to help release natural flavors into water. 2. Cover with 4 cups of water and place in refrigerator for at least 12 hours – before drinking.

Notes: Flavored waters can be stored in the fridge for up to 1 week. Any recipe can easily be doubled. You can use any food-safe container you would like to store these flavored waters in. If you find fruit infused water to be bitter, simply remove the rinds of the citrus fruits the next time you make the waters.

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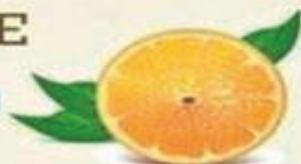


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91% WATER

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90% WATER

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According to doctors and nutritionists, one must drink more than 8 glasses of water every day for better health and to avail a number of benefits of being hydrated. Being hydrated doesn't only prevent dry mouth but it also prevents one from several cardiovascular diseases, keeps the body cool and relaxed and helps your muscles keep working properly. Drinking a lot of water daily can absolutely make your skin look healthy and younger and fresh. It is said by the experts that 20% of daily water intake comes from fruits and vegetables but it is still beneficial to drink a lot of water throughout the day. There are several foods that consist of more than 90% water and can quench your thirst while providing a number of additional benefits.



Source: www.medmd.org

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Sudoku

Sudoku #613 (Easy)

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

Sudoku #613 (Medium)

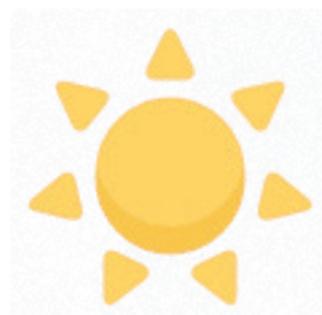
		5	1			9		7
							1	
6			3	4				
				7	8	2	4	
	9							3
4								
3		1				6		
					7			8
2								9



BE SURE TO COVER THE ANSWER WHILE PLAYING

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

Sudoku #613 (Easy)



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

Sudoku #613 (Medium)



Word Search

The Raven



Find and circle all the words from the poem "The Raven" that are hidden in the grid. The remaining letters spell an Edgar Allan Poe quotation.



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



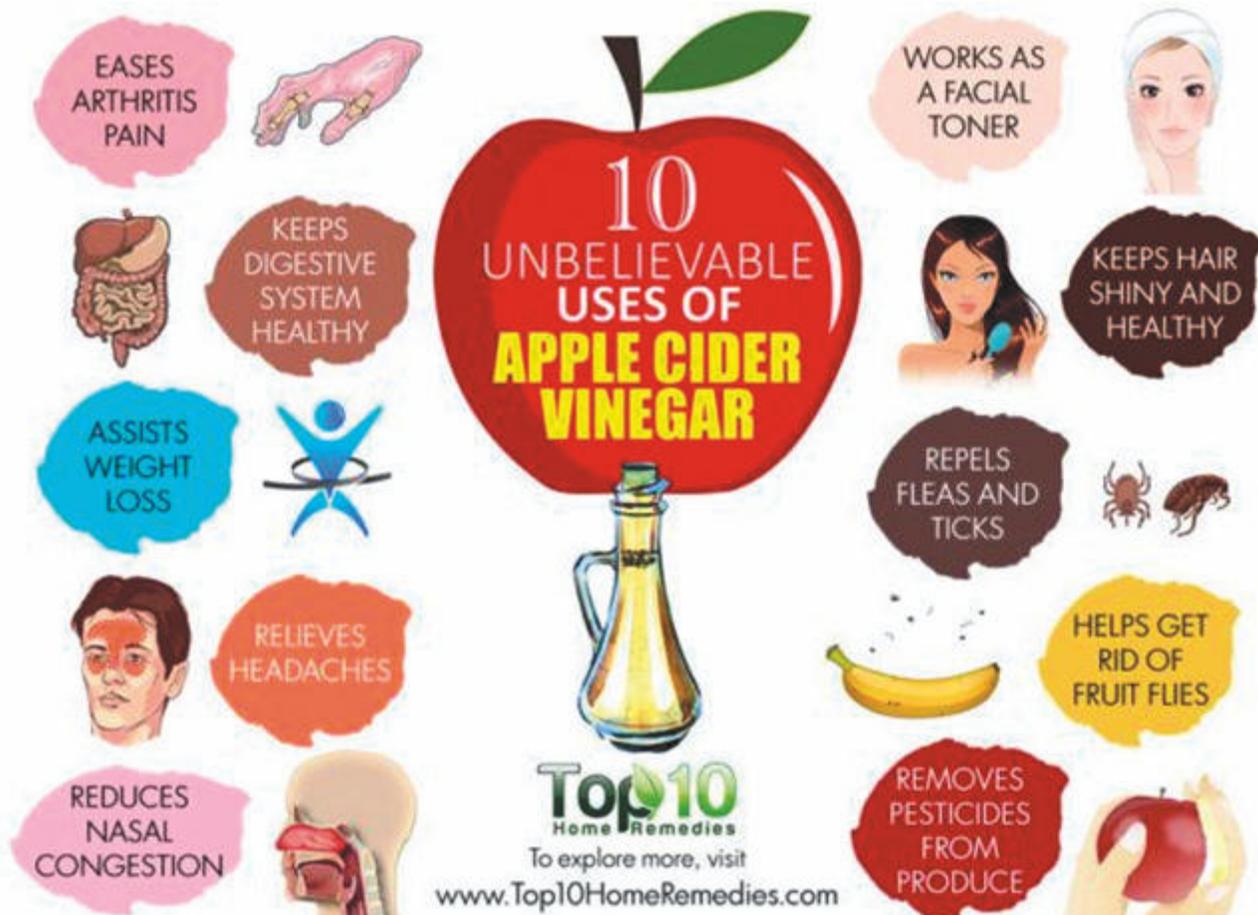
- | | | | | |
|-----------|----------|------------|-----------|----------|
| ANGELS | DOOR | GRIM | NAPPING | QUOTH |
| BEAK | DREAMS | HEART | NEPENTHE | RADIANT |
| BEGUILING | DREARY | HORROR | NEVERMORE | RAPPING |
| BIRD | EBONY | LATTICE | OMINOUS | RAVEN |
| BLACK | ENTRANCE | LENORE | PALLAS | RUSTLING |
| BLEAK | EYES | LORE | PALLID | SHADOW |
| BURNING | FEATHER | MAIDEN | PERCHED | SHUTTER |
| BUST | FIEND | MELANCHOLY | PLACID | SOUL |
| CHAMBER | FLITTING | MIDNIGHT | PLUME | TAPPING |
| CROAKING | FLUTTER | MORTAL | PLUTONIAN | VISITOR |
| DARKNESS | FOWL | MYSTERY | PROPHET | WEARY |
| DECEMBER | GHASTLY | NAMELESS | QUAFF | WIND |



Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>



10 Unbelievable Uses Of Apple Cider Vinegar



For best results, use raw and unfiltered apple cider vinegar.

1. Eases Arthritis Pain

Discomfort and uneasiness due to arthritis symptoms, such as swollen fingers, joint inflammation, stiffness and pain, can be reduced with apple cider vinegar. It has anti-inflammatory and alkaline-forming properties that help provide comfort by reducing pain and stiffness in the joints.

- Mix 1 tablespoon each of apple cider vinegar and raw honey into a glass of lukewarm water. Add a pinch of cinnamon. Drink it once or twice a day as needed.
- For external application, dilute apple cider vinegar with an equal amount of warm water. Dip a clean cloth in it and apply it to the painful joint. Secure it with an ace bandage and leave it for a few hours. Do it 2 or 3 times a day as needed.

2. Keeps Digestive System Healthy

Proper digestion goes a long way toward keeping your body healthy. To ensure a healthy digestive system, your secret weapon is apple cider vinegar. Though acidic in nature, apple cider vinegar has an alkalizing effect in your body, which is important

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Apple Cider Vinegar Uses - Continued

for proper digestion. This health tonic can also help deal with digestive problems like indigestion, gas, bloating, stomach aches and heartburn. Plus, it contains pectin, which is a water-soluble fiber that helps regulate bowel movements.

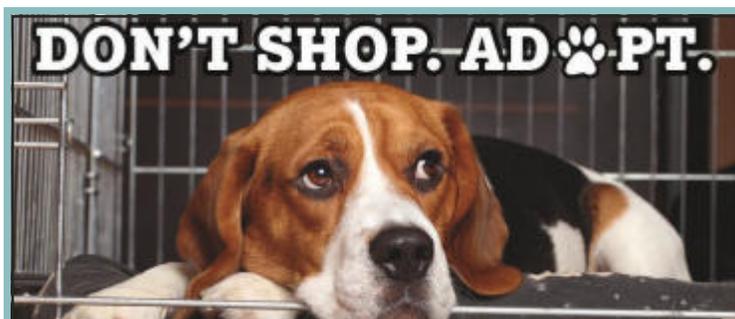
1. Mix 1 to 2 teaspoons of apple cider vinegar into a glass of water.
2. Drink it 15 to 20 minutes before a meal.

3. Assists Weight Loss

Apple cider vinegar is also beneficial for those who are trying to lose some pounds. The acetic acid in it prevents the accumulation of body fat. Also, it may activate certain genes involved in breaking down fats. Plus, this health tonic helps your body absorb nutrients from the food you eat, builds your immunity and increases your metabolism.

1. 1 to 2 teaspoons of apple cider vinegar into a glass of water.
2. Drink it twice daily, once in the morning and again in the evening.

Though apple cider vinegar offers some benefits in terms of weight loss and weight management, you cannot ignore the importance of exercise and a healthy diet.



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Apple Cider Vinegar Uses - Continued

4. Relieves Headaches

Whether you have a migraine, sinus or tension headache, apple cider vinegar is the solution to the throbbing pain you are experiencing. It helps balance the pH levels in the body and aids in detoxification. Also, it has anti-inflammatory benefits that helps reduce pain.

- Add 1 tablespoon of apple cider vinegar to a glass of water. Drink it to reduce the headache.
- For external application, soak a cloth in apple cider vinegar and wring out the excess liquid. Put the cloth on your head for 10 minutes to fight the headache.

5. Reduces Nasal Congestion

Apple cider vinegar also works as a natural decongestant to help clear nasal congestion. Plus, being rich in several nutrients, it helps boost your immunity to fight the infection.

- Mix 2 tablespoons of apple cider vinegar into 1 glass of warm water. Also add 1 tablespoon of raw honey. Drink this 2 or 3 times daily for a few days.
- You can also try steam inhalation with apple cider vinegar. Boil equal amounts of apple cider vinegar and water in a pan. Turn off the heat, then inhale the steam. Keep your eyes closed while taking the steam in as it may sting. Do this as needed.

6. Works as a Facial Toner

Apple cider vinegar works as a great natural astringent and helps control the pH level of your skin. It is also good for treating acne. You can use in your homemade facial toner recipe.

1. Mix equal parts of apple cider vinegar and plain water or green tea.
2. Transfer the solution into a spray bottle.
3. Spray this solution on your skin once or twice daily.

7. Keeps Hair Shiny and Healthy

Apple cider vinegar is also beneficial for your hair. It has clarifying properties that help remove hair styling and other product buildup on your hair and scalp. This is important for prevention and treatment of dandruff. It also helps restore the natural pH level of the scalp.

1. Mix ¼ cup of apple cider vinegar into 2 cups of water.
2. After shampooing, pour this solution onto your hair.
3. Massage it into your scalp for a couple of minutes.
4. Allow it to sit for 5 minutes before rinsing it out with cool water.
5. Use this home treatment once a week.





Apple Cider Vinegar Uses - Continued

8. Repels Fleas and Ticks

If you own a pet, especially a dog, one problem that you may have to deal with at some point is a flea or tick infestation. Fleas and ticks cause itching, pain, inflammation and other skin issues that can make your pet uncomfortable and restless. For dog owners, apple cider vinegar is a miracle ingredient. This natural repellent is effective against both fleas and ticks. Its acidic taste is unappealing to the pests and helps prevent them from latching onto your pet.



1. Put equal amounts of apple cider vinegar and water in a spray bottle.
2. Add 2 or 3 drops of lavender oil.
3. Close the bottle and shake it thoroughly to mix the ingredients.
4. Spray the solution on your pet's body, avoiding the eyes, ears and nose.
5. Run a comb through the wet fur.
6. Repeat a few times a week as needed.

9. Helps Get Rid of Fruit Flies

Fruit flies are a big nuisance, as they damage your fruits and vegetables. Also, these small flies look very unhygienic. To keep your edibles free of fruit flies, you can use apple cider vinegar to make a fruit fly trap. The flies are attracted to the pungent smell.

1. Pour 1 cup of apple cider vinegar into a Mason jar.
2. Add 2 teaspoons of dish soap and stir it well.
3. Cover the jar with plastic wrap and make some holes in it with a toothpick.
4. Put the jar where the fruit flies are present.
5. Soon, the flies will be attracted into the jar and will drown in the liquid.
6. Dump the contents, wash the jar and repeat the trick again if needed.

10. Removes Pesticides from Produce

If you want to be healthy and live longer, you need to stop eating fruits and vegetables loaded with pesticide residue. This simple step will greatly improve your health. Instead of buying commercial sprays from the market, you can make a cleaning solution at home using apple cider vinegar.

1. Fill a large bowl with water and add 1 tablespoon of apple cider vinegar to it.
2. Soak your fruits and vegetables in this solution for 10 minutes.
3. Rinse them with water to wash away the vinegar solution.
4. Dry them with paper towels before consuming or storing them in the refrigerator.

Source: www.top10homeremedies.com



Please Enjoy This Article: Exercising At Home During The Covid-19 Pandemic

It is important to stay active and maintain gains in strength, balance, and flexibility that reduce fall risk, strengthen the immune system, and improve quality of life. Older adults may be concerned about their safety as they prepare to exercise at home, but research has shown that the risks of exercise at home are no greater than exercising in a group setting. Use these tips and resources when exercising at home remembering the importance of staying active during this time.

- Encourage activity! If you are already engaging in outbreak-appropriate physical activity, keep it up! Exercise is key to healthy aging. It's important to keep exercising to strengthen their immune systems and maintain their fitness. The National Physical Activity Guidelines recommends engaging in 150 minutes of moderate-intensity physical activity a week.
- Sit Less. Move More. For example, get up during every commercial on TV and do an active chore or march in place. If possible, taking a walk outside is a great way to stay active and enjoy the benefits of fresh air and sunshine.
- Move Your Way. If you are too busy for exercise, you can get stuff done and stay physically active at the same time. Physical activity isn't a chore if you make chores physical activity!

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits. Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury.

Endurance

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

Increase your endurance or "staying power" to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that

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Exercising At Home - Continued

makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

Safety Tips

- Do a little light activity, such as easy walking, before and after your endurance activities to warm up and cool down.
- Listen to your body: endurance activities should not cause dizziness, chest pain or pressure, or a feeling like heartburn.
- Be sure to drink liquids when doing any activity that makes you sweat. If your doctor has told you to limit your fluids, be sure to check before increasing the amount of fluid you drink while exercising.
- If you are going to be outdoors, be aware of your surroundings.
- Dress in layers so you can add or remove clothes as needed for hot and cold weather.
- To prevent injuries, use safety equipment, such as a helmet when bicycling.

Quick Tip: Test Your Exercise Intensity

When you're being active, just try talking: if you're breathing hard but can still have a conversation easily, it's moderate-intensity activity. If you can only say a few words before you have to take a breath, it's vigorous-intensity activity.



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Exercising At Home - Continued

Strength

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength “strength training” or “resistance training”. Strength exercises include lifting weights, even your own body weight, and using a resistance band.

Lifting Weights

Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don't exercise the same muscle group on any 2 days in a row. If you're just starting, you might need to use 1 or 2-pound weights, or no weight at all. Your body needs to get used to strength exercises. You can use common objects from your home, such as bottled water or soup cans. Or, you can use the strength-training equipment at a fitness center or gym. Use light weights the first week, then gradually add more. Starting out with weights that are too heavy can cause injuries. Use proper form for safety. To prevent injury, don't jerk or thrust weights into position. Use smooth, steady movements. Avoid “locking” your arm and leg joints in a tightly straightened position.

Using A Resistance Band

Resistance bands are stretchy elastic bands that come in several strengths, from light to heavy. You can use them in some strength exercises instead of weights. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band when you can do two sets of 10 to 15 repetitions easily. Hold on to the band tightly (some bands have handles) or wrap it around your hand or foot to keep it from slipping and causing possible injury. Do the exercises in a slow, controlled manner, and don't let the band snap back.

Safety Tips

- Don't hold your breath during strength exercises and breathe regularly.
- Breathe out as you lift or push, and breathe in as you relax.
- Talk with your doctor if you are unsure about doing a particular exercise.

Balance

Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Many lower-body strength exercises also will improve your balance. Exercises to improve your balance include Tai Chi, a “moving meditation” that involves shifting the body slowly, gently, and precisely, while breathing deeply.

Examples Of Balance Exercises

- Try standing on one foot, then the other. If at first you need support, hold on to something sturdy. Work your way up to doing this movement without support. Get up from a chair without using your hands or arms.
- Try the heel-to-toe walk. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch.



Exercising At Home - Continued

Safety Tips

- Have a sturdy chair or a person nearby to hold on to if you feel unsteady.
- Talk with your doctor if you are unsure about a particular exercise.

Flexibility

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway.

Examples Of Flexibility Exercises

- Try the calf stretch exercise. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart. Step forward with the right leg and bend the right knee. Keeping both feet flat on the floor, bend the left knee slightly until you feel a stretch in your left calf muscle. Hold the position for 10 to 30 seconds, and then return to the starting position. Repeat with the left leg.
- Try the ankle stretch exercise. Sit securely toward the edge of a sturdy, armless chair. Stretch your legs out in front of you. With your heels on the floor, bend your ankles to point the toes toward you. Hold the position for 10 to 30 seconds. Bend your ankles to point toes away from you and hold for 10 to 30 seconds.

Safety Tips

- Stretch when your muscles are warmed up.
- Stretch after endurance or strength exercises.
- Don't stretch so far that it hurts.
- Always remember to breathe normally while holding a stretch.
- Talk with your doctor if you are unsure about a particular exercise.

No matter your age, you can find activities that meet your fitness level and needs!

- Stay Safe during exercise: Exercising at home, with appropriate exercises and guidance, is generally safe and healthy
 - Listen to your body. Always warm up before exercising and cool down afterward. Gauge your level of effort with the "talk test". You should be exercising at a level that allows you to talk, but not sing.
 - Be aware of your environment. Make sure you are in reach of a counter, back of a couch, or a sturdy chair that is pushed up against a wall in case you lose your balance and need to hold on to something. It may also be helpful to put a chair/couch behind you in case you need to sit or lose your balance.
 - Hydrate. Drink water before, during, and after exercising, even if you don't feel thirsty.

Wear appropriate shoes and clothing. Choose shoes that are made for the type of activity you want to do and choose clothes that work with your activity and the temperature of your environment.

Stay Motivated! Exercise is good for almost everyone, yet it is hard to fit exercise into our daily life.

Source: ncoa.org



We Hope You Enjoy This Article!

5 Benefits Of Walking For Senior's Health

For seniors, walking offers plenty of benefits. It doesn't cost anything. It doesn't require fancy equipment. It can be done indoors or outdoors, alone or with friends, and most of us have been doing it since we were toddlers. But the biggest benefit of walking is that it can fill the important role of exercise in a senior's life. The American College of Sports Medicine and the American Heart Association recommend that people over age 65 get 30 to 60 minutes of moderate aerobic exercise at least five days a week. So brisk walking, which requires about 100 steps a minute, is just what the doctor ordered! Walking is beneficial for people of all ages, but the following list of the benefits of walking are especially valuable for seniors.

Why Walking is Healthy for Seniors

Good for the Brain

Older people who exercise regularly are less likely to experience age-related memory loss, including Alzheimer's disease and other types of dementia. Research suggests that even a 10-minute walk may be good for the brain, because it can help the brain function as if it were younger and reduce natural age-related shrinking of the part of the brain responsible for memory. The brain also regulates mood, and walking can help with that too, because it causes the body to release endorphins, chemicals that make people feel happy.

Good for the Heart

Heart disease is the No. 1 cause of death for Americans. But a brisk walking program for seniors can lower the risk of heart disease, heart attack, stroke, high blood pressure and high cholesterol.

Good for Bones and Muscles

You might assume that walking would have a negative impact on joint health, but by and large, that's not the case. Not only is walking a low-impact exercise that isn't likely to result in injury, but it can actually prevent some cases of arthritis and reduce existing arthritis pain. That's because walking lubricates joints and strengthens muscles. Walking also strengthens bones, so it has the potential to prevent osteoporosis or lessen the disease's effects. Seniors who walk regularly are also less likely to develop a physical disability of any kind than those who don't.

Good for the Immune System

Our immune systems naturally weakens as we get older, making us more susceptible to infectious diseases. One of the benefits of walking is that it can counteract some of that by giving aging immune systems a much-needed boost.

Good for the Waistline

Losing weight is notoriously difficult. Part of the reason is that most exercise plans are hard to stick with for very long. That's what makes walking a great exercise for weight loss. A walking program for seniors may not result in fast changes, but because it's easier to stick with than most forms of exercise, the slow-but-steady calorie burn it provides is more likely to result in lasting weight loss than many other exercise plans. That weight loss is important because it can lower an elderly person's risk of serious obesity-related diseases like type 2 diabetes. It has also been found that even light activity may increase your chances of living longer. So what are you waiting for? Take a walk!

Source: *elmcroft.com*

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



6 Digit Numbers

Find and circle all of the 6 Digit Numbers that are hidden in the grid. The numbers may be hidden in any direction.

1	6	2	2	6	1	2	5	6	2	2	1	7
6	6	5	4	7	6	6	5	8	2	8	7	8
3	6	5	0	7	4	5	6	4	0	9	2	4
4	2	1	3	2	8	4	3	7	4	4	5	2
9	7	4	3	8	4	3	8	9	3	6	0	6
6	3	7	9	7	1	4	2	1	2	8	6	0
9	5	9	9	4	9	6	4	9	1	1	2	1
6	7	1	4	5	1	4	4	5	8	8	9	3
3	5	4	2	7	9	1	9	5	1	4	1	6
8	2	4	5	6	7	1	4	7	7	3	6	8
3	5	7	9	2	5	9	0	8	4	6	9	0
1	9	7	2	7	2	5	2	3	6	4	6	2
9	4	9	7	6	7	3	1	2	3	5	1	9



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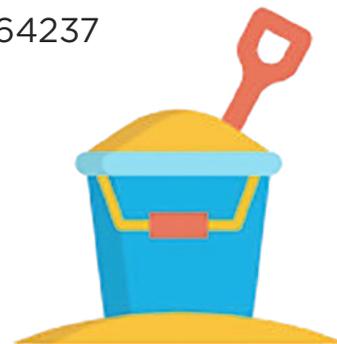
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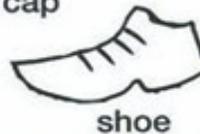
Senior Services Inc. of Wichita, Wichita, KS

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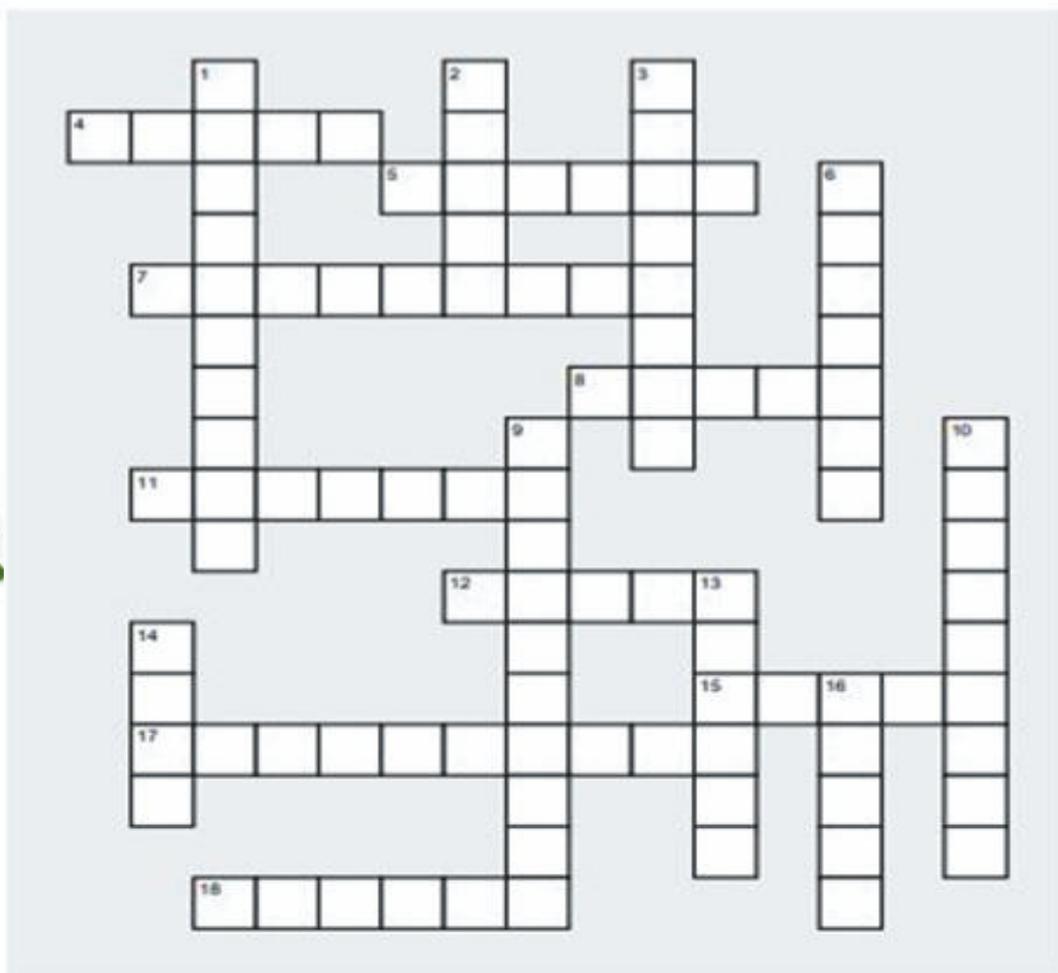
Playing hide-and-seek?

Can you find these things in the big picture?





Fruit Crossword



ACROSS

- 4) Fuzzy fruit
- 5) Kind of split
- 7) Bronx cheer
- 8) Clunker
- 11) Nectar source
- 12) National fruit of India
- 15) Kind of sauce
- 17) Picnic fare
- 18) Sundae crown

DOWN

- 1) Breakfast melon
- 2) Vineyard fruit
- 3) Green-fleshed melon
- 6) Noggin
- 9) Shortcake item
- 10) Good in muffins
- 13) Halloween hue
- 14) New Zealand native
- 16) Cut back





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