

We are planning July 13, 2020 as our open date. We are working hard on coming up with fun social and educational activities that will be worth your time to come visit us – plus you can call your friends and plan an outing to attend an activity. We are still working out all the kinks and trying to get all spaces ready for your return. For the nitty gritty stuff below, you will find our new Protocols and what our senior centers will look like when you arrive.

Protocols For Senior Centers

- If you are sick or have been around anyone sick, we are asking you to stay home
- Temperature and questionnaire will be taken upon arrival
- Maintain physical distance of six feet or more
- Masks will be required for all activities besides exercise classes
- Some sites will have Sanitation Stations, others will have Individual Pumps for hand sanitizing
- You will be required to have your membership card to sign in - if you do not have or cannot find your current one, a new one will be issued to you for free. After the first one is re-issued, a \$3 fee will be charged for any additional ones
- Upon your first arrival you will be required to fill out a new demographic sheet with updated

phone numbers, addresses and emergency contacts to make sure we have your current information

- Each activity space will be marked for room occupancy defined by the regulations that the County has put into place
- Calling to reserve your spot will be **REQUIRED** for all activities so we can make sure we are staying at our required room capacity regulations

What Our Senior Centers Will Look Like When You Arrive

- You will notice some sites might have guards in place
- You will notice staff wearing either face shields or masks when interacting with patrons
- You will notice times of activities and activities may have changed – this had to be done to accommodate time to clean/sanitize between groups
- Currently we are not allowed to play cards, dominoes, billiards, evening activities or pickleball along with not offering foot care at this time – we will be incorporating them in at a later date
- We are not allowed to provide coffee/food – you can bring your own drink with a lid. If you choose food it cannot be shared at this time.



Waiver Form

I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing. I further acknowledge that Senior Services Inc., of Wichita has put in place preventative measures to help reduce the spread of the Coronavirus/COVID-19. I further acknowledge that Senior Services Inc., of Wichita cannot guarantee that I will not become infected with the Coronavirus/Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, staff, and other patrons and their families. I voluntarily seek services provided by Senior Services Inc., of Wichita and acknowledge that I am increasing my risk to exposure to the Coronavirus/COVID-19 in doing so. I acknowledge that I must comply with all set procedures to reduce the spread while attending any program within Senior Services Inc., of Wichita.

I hereby release and agree to hold Senior Services Inc., of Wichita harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses, and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of any program within Senior Services Inc., of Wichita, or that may otherwise arise in any way in connection with any services received from Senior Services Inc., of Wichita. I understand that this release discharges Senior Services Inc., of Wichita from any liability or claim that I, my heirs, or any personal representatives may have against Senior Services Inc., of Wichita with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from Senior Services Inc., of Wichita. This liability waiver and release extends to Senior Services Inc., of Wichita, together with all of its officers, directors, and employees.

Print Name

Date

Signature



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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Roving Pantry
267-4378

Meals on Wheels
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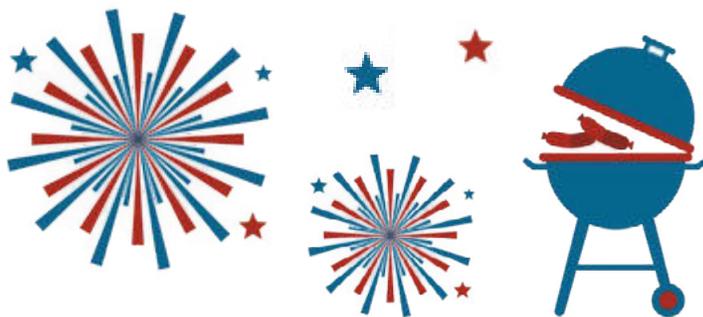
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10 Things You Didn't Know About The Fourth Of July

1. The Declaration of Independence wasn't signed on July 4th or in July for that matter. This is the day that the document was formally dated, finalized and adopted by the Continental Congress.
2. The first celebrations weren't much different than today's. July 18, 1777 issue of the Virginia Gazette describes the July 4 celebration in Philadelphia: "The evening was closed with the ringing of bells, and at night there was a grand exhibition of fireworks, which began and concluded with thirteen rockets on the commons, and the city was beautifully illuminated. Everything was conducted with the greatest order and decorum, and the face of joy and gladness was universal."
3. Eating Salmon on the fourth of July is a tradition in New England. It was more of a coincidence than anything really. It just happened at that time there was an abundance of salmon in rivers throughout the region, so it was common to see on tables. The traditional New England way to serve salmon, you have to pair it with green peas and if you really want 18th century authenticity complete the meal with turtle soup.
4. Massachusetts was the first state to recognize the holiday. It was an official holiday on July 3, 1781. The Fourth was a holiday "within the District of Columbia" only. It would take years of new legislation to expand the holiday to all federal employees.
5. The oldest annual Fourth of July celebration is held in Bristol, Rhode Island. 2020 making the 235th entry.
6. The shortest Fourth of July parade is in Aptos, California. It is just a hair over half a mile long. Taking up two city blocks and measuring just 0.6 miles, this brief bit of patriotism features antique cars, decorated trucks, and plenty of walkers. Afterward, there's a Party in the Park, where folks can enjoy live music, food, and games.
7. There are around 15,000 Independence Day Fireworks Celebrations every year. Pricing varies, most small towns spend anywhere from \$8,000 - \$15,000 for a firework display, with larger cities going into the millions.
8. We'll eat an obscene amount of hot dogs. Around 150 million will be consumed by Americans on the Fourth of July. That amount of hot dogs stretch from Washington D.C. to Los Angeles more than five times.





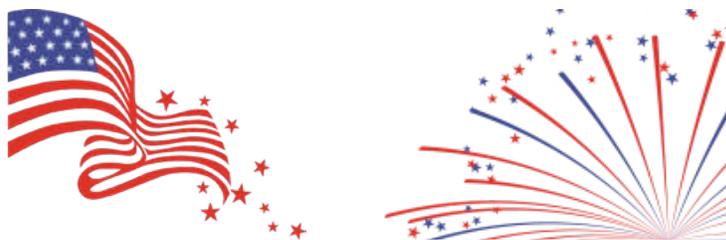
10 Things You Didn't Know About The Fourth Of July

9. We'll spend billions on food. Around \$6.7 billion when all is said and done, according to the National Retail Federation. Then comes the booze. "More beer is sold on and around the Fourth of July holiday than during any other time throughout the year."
10. Three Presidents have died and one was born on the Fourth of July. Both Thomas Jefferson and John Adams died on July 4, 1826 - 50 years to the day after the Declaration of Independence was adopted. James Monroe - the nation's fifth president died just a

few years later on July 4, 1831. The country's 30th Commander-in-Chief, Calvin Coolidge, was born on July 4, 1872.

Now you can be the trivia buff and share these 10 things with your family and friends.

Source: <https://www.mentalfloss.com/article/502369/10-things-you-didnt-know-about-fourth-july>



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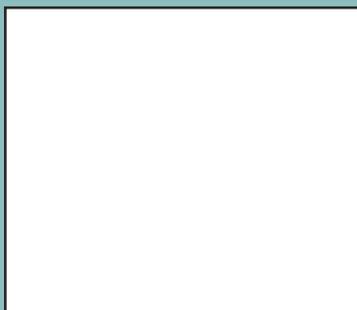
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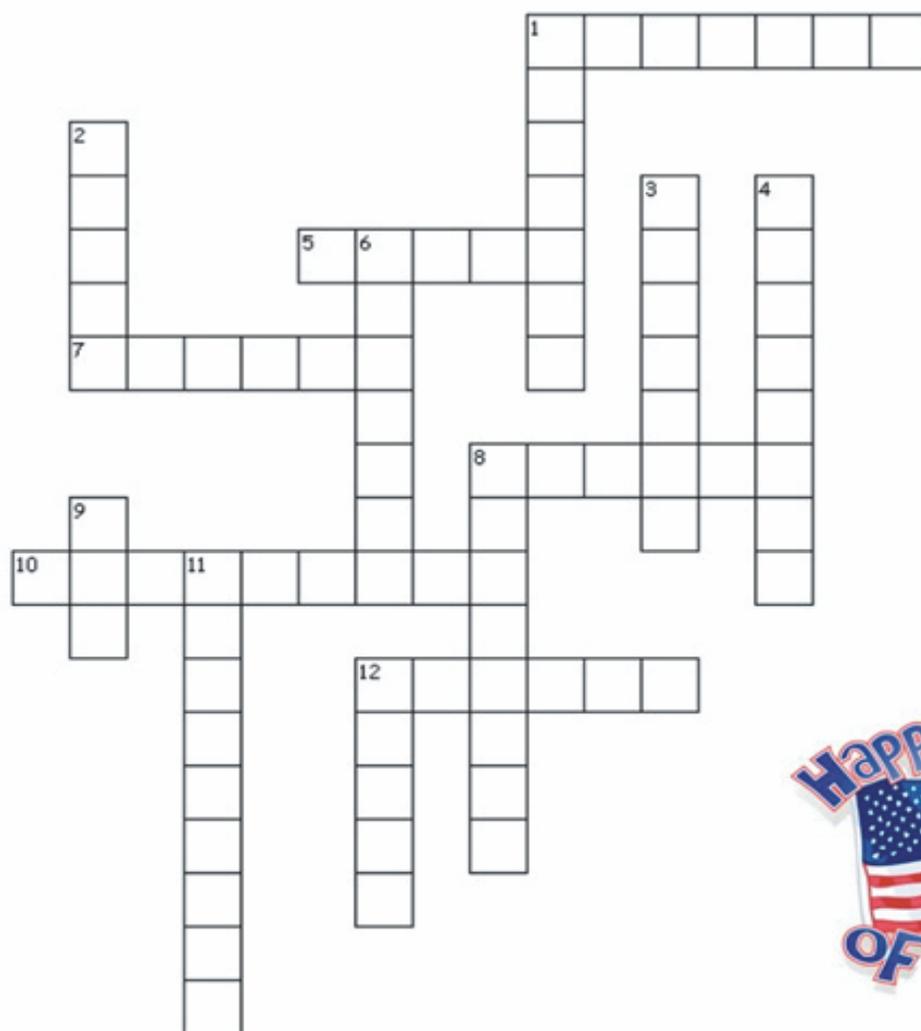
Thrive
Locally





Crossword

Fourth of July Crossword Puzzle



Across

1. This is the one founding father to sign the Declaration of Independence on the Fourth of July.
5. This is the place where most of the fireworks are imported from.
7. Only one founding father signed the Declaration of Independence on July 4th. The rest of them signed in this month.
8. The stars of the original American flag were in this shape to symbolize equality.
10. This person is credited with writing the Declaration of Independence.
12. This animal was the suggested patriotic bird by Ben Franklin.

Down

1. This is the university that 7 of the Declaration of Independence signers attended.
2. This daughter of a past president is born on the Fourth of July and will be turning nineteen this year.
3. This is an activity that many friends and family members get together for on the Fourth of July.
4. The Liberty Bell is tapped this many times on the Fourth to represent the original number of colonies.
6. An estimated 150 million of these will be eaten on the Fourth of July.
8. This is the group responsible for making the Fourth of July a federal holiday.
9. This person is credited with writing "The Star Spangled Banner."
11. These light up the night sky on the Fourth of July.
12. This is the number of presidents who died on the Fourth of July.



Enjoy Some 4th Of July Trivia

1. Who invented fireworks? 1. _____
2. Who sewed the first American flag? 2. _____
3. Who was the first person to sign the Declaration of Independence? 3. _____
4. When did Congress declare the 4th of July a national holiday? 4. _____
5. Which country gave the US Statue of Liberty? 5. _____
6. What are first words of the Declaration of Independence? 6. _____
7. How many people lived in America on July 4, 1776? 7. _____
8. According to legend, the Liberty Bell sounded on what day in 1776 to call people for the first public reading of the Declaration of Independence? 8. _____
9. In 1778, George Washington issued his soldiers a double ration of what to celebrate the 4th of July? 9. _____
10. The Declaration of Independence declares "endowed by their creator with certain unalienable Rights". What are those rights? 10. _____
11. In what city was the Declaration of Independence signed? 11. _____
12. The Liberty Bell is tapped how many times every 4th of July? 12. _____
13. The White House held its first 4th of July party in what year? 13. _____
14. Americans eat approximately how many hot dogs each July 4th? 14. _____
15. Who was the last person to sign the Declaration of Independence? 15. _____



Please enjoy this article about Vitamins and Minerals for Seniors!

Vitamins and minerals are two of the main types of nutrients that your body needs to survive and stay healthy. Vitamins help your body grow and work the way it should. There are 13 vitamins—vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B6, B12, and folate). Vitamins have different jobs—helping you resist infections, keeping your nerves healthy, and helping your body get energy from food or your blood to clot properly. By following the Dietary Guidelines, you will get enough of most of these vitamins from food. Minerals also help your body function. Some minerals, like iodine and fluoride, are only needed in very small quantities. Others, such as calcium, magnesium, and potassium, are needed in larger amounts. As with vitamins, if you eat a varied diet, you will probably get enough of most minerals.

Measurements for Vitamins and Minerals

Vitamins and minerals are measured in a variety of ways. The most common are:

- mg - milligram
- mcg - microgram
- IU - international unit

Micrograms are used to measure very small amounts—there are 1,000 micrograms in a milligram. The size of an international unit varies depending on the vitamin or drug it is used to measure.

Here's a tip

Different foods in each food group have different nutrients. Picking an assortment within every food group throughout the week will help you get many nutrients. For example, choose seafood instead of meat twice a week. The variety of foods will make your meals more interesting, too. It is usually better to get the nutrients you need from food, rather than a pill. That's because nutrient-dense foods contain other things that are good for you, like fiber. Older people can get all the nutrients they need from foods. But if you aren't sure, talk to your doctor or a registered dietitian to find out if you are missing any important vitamins or minerals. He or she may recommend a vitamin supplement. If you do need to supplement your diet, look for a supplement that contains the vitamin or mineral you need without a lot of other unnecessary ingredients. Read the label to make sure the dose is not too large. Avoid supplements with mega-doses. Too much of some vitamins and minerals can be harmful, and you might be paying for supplements you don't need. Your doctor or pharmacist can recommend brands that fit your needs.

Sodium

Sodium is another important mineral. In most Americans' diets, sodium primarily comes from salt (sodium chloride). Whenever you add salt to your food, you're adding sodium. But the Dietary Guidelines shows that most of the sodium we eat doesn't come from our saltshakers—it's added to many foods during processing or preparation. We all need some sodium, but too much over time can lead to high blood pressure, which can raise your risk of having a heart attack or stroke. How much

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Registration Required for ALL Center Activities • Membership: \$25 per year



Vitamins and Minerals - Continued

sodium is okay? People 51 and older should reduce their sodium intake to 2,300 mg each day. That is about 1 teaspoon of salt and includes sodium added during manufacturing or cooking as well as at the table when eating. If you have high blood pressure or prehypertension, limiting sodium intake to 1,500 mg per day, about 2/3 teaspoon of salt, may be helpful. Preparing your own meals at home without using a lot of processed foods or salt will allow you to control how much sodium you get. Try using less salt when cooking, and don't add salt before you take the first bite. If you make this change slowly, you will get used to the difference in taste. Also look for grocery products marked "low sodium," "unsalted," "no salt added," "sodium free," or "salt free." Also check the Nutrition Facts Label to see how much sodium is in a serving. Eating more fresh vegetables and fruit also helps—they are naturally low in sodium and provide more potassium. Get your sauce and dressing on the side and use only as much as you need for taste.

Key Vitamins and Minerals for People Over Age 50

Vitamin D: If you are age 51-70, you need at least 15 mcg (600 IU) each day, but not more than 100 mcg (4,000 IU). If you are over age 70, you need at least 20 mcg (800 IU), but not more than 100 mcg (4,000 IU). You can get vitamin D from fatty fish, fish liver oils, fortified milk and milk products, and fortified cereals.

Vitamin B12: You need 2.4 mcg every day. You can get this vitamin from meat, fish,



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Vitamins and Minerals - Continued

poultry, milk, and fortified breakfast cereals. Some people over age 50 have trouble absorbing the vitamin B12 found naturally in foods. They may need to take vitamin B12 supplements and eat foods fortified with this vitamin.

Calcium: Men age 51-70 need 1,000 mg each day. Men age 71 and older and women age 51 and older need 1,200 mg each day. Don't consume more than 2,000 mg each day. Calcium is a mineral that is important for strong bones and teeth, so there are special recommendations for older people who are at risk for bone loss. You can get calcium from milk and other dairy, some forms of tofu, dark-green leafy vegetables, soybeans, canned sardines and salmon with bones, and calcium-fortified foods.

Magnesium: Women age 51 and over need 320 mg each day. Men need 420 mg. This mineral, generally, is found in foods containing dietary fiber, such as green leafy vegetables, whole grains, legumes, and nuts and seeds. Breakfast cereals and other fortified foods often have added magnesium. Magnesium is also present in tap, mineral, or bottled drinking water.

Potassium: Most women age 51 and older need 2,600 mg each day. Men need 3,400 mg. Many different fruits, vegetables, meats, and dairy foods contain potassium. Foods high in potassium include dried apricots, lentils, and potatoes. Adults get a lot of their potassium from milk, coffee, tea, and other nonalcoholic beverages

Article taken from: National Institute on Aging

Sudoku #414 (Easy)

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

**BE SURE TO COVER
THE ANSWER WHILE
PLAYING**

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

Sudoku #414 (Easy)



Word Search

Summer Word Search



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

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HOT
SUNSHINE
POPSICLE

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OCEAN
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Please enjoy this article about learning another Language as a Senior!

Learning a second language has many benefits, not the least of which is improved cognitive ability. If you are an older person who is considering learning another language, here are some things to consider. The benefits of learning another language are both psychological and cognitive. It's been shown by Bialystok and other researchers that learning more than one language helps the brain to resist some of the more common problems that come with dementia and other age-related cognitive issues. Some researchers theorize that, by learning a second language, the brain learns to "think" its way around problems and this ability becomes key to resisting dementia. According to this theory the physical changes that sometimes occur in the brain as people age may still occur in those who have learned another language but, because the brain has practiced approaching things from new angles, the brain is able to overcome or at least diminish any decrease in function which would normally result from the changes. Author Annie Murphy Paul reports in Time magazines that the idea that the brain can experience the physical changes common to old age and continue to function at a high level is termed "cognitive reserve." Researchers Schweizer and others found that, even with substantial brain atrophy, people with large amounts of "cognitive reserve" were less affected by Alzheimer's than those without such cognitive reserves. You can consider your cognitive reserve like a bank account, and the physical changes that occur to your brain as you age like withdrawals. These withdrawals will happen regardless of the size of your cognitive reserve; however, if you have a larger account to start with, then the withdrawals will still leave you with a balance. On the other hand, if you have a small account, then those same withdrawals will leave you cognitively "bankrupt." The researchers also found that learning a second language was a significant deposit in a person's cognitive reserves. Regardless of the physiological questions, it is uncontroverted that learning an additional language is beneficial in preserving the cognitive abilities that would normally fall prey to old age. Benefits include an increase in reading ability, longer attention spans, and in increase in the ability to focus.

Are you too old to learn a new language?

Many older people may feel that, while learning another language may have benefits, they themselves are too old to take advantage of this. Fortunately, this is not the truth! A study led by University of Edinburgh's Dr. Thomas Bak showed that these benefits are still present even when the subject did not learn the language until adulthood. To this end, if you are an older person who is considering learning a new language (or engaging in some other activity such as playing an instrument, which has also been shown to build the cognitive

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Learning Another Language - Continued

reserve, you should do so, regardless of your age. In addition to fighting off the effects of cognitive decline, learning a new language has other benefits as well. First, taking language classes will frequently be a way for the elderly you to get out of the house and meet people. Sometimes the socialization that comes along with taking a language class will be its own reward. Second, by learning a new language, you will see that you are capable of doing difficult things. This will in turn add a dose of self-confidence. The increased confidence will make it more likely that you will be willing to step out and try other things. Another benefit is that learning a new language will be helpful if you decide to spend some time traveling in retirement. While this may not be feasible for all older people, the fact is that an ever-growing percentage of people over the age of 65 retain the physical, mental, and financial means to travel. By learning a new language you may find those trips a bit more enjoyable. Learning a new language will help preserve your cognitive abilities. Additionally, it will help with self-confidence and may even present an opportunity for increased socialization. It's never too late to start learning a new language-and reaping the benefits of doing so.

Source: www.seniorsmatter.com




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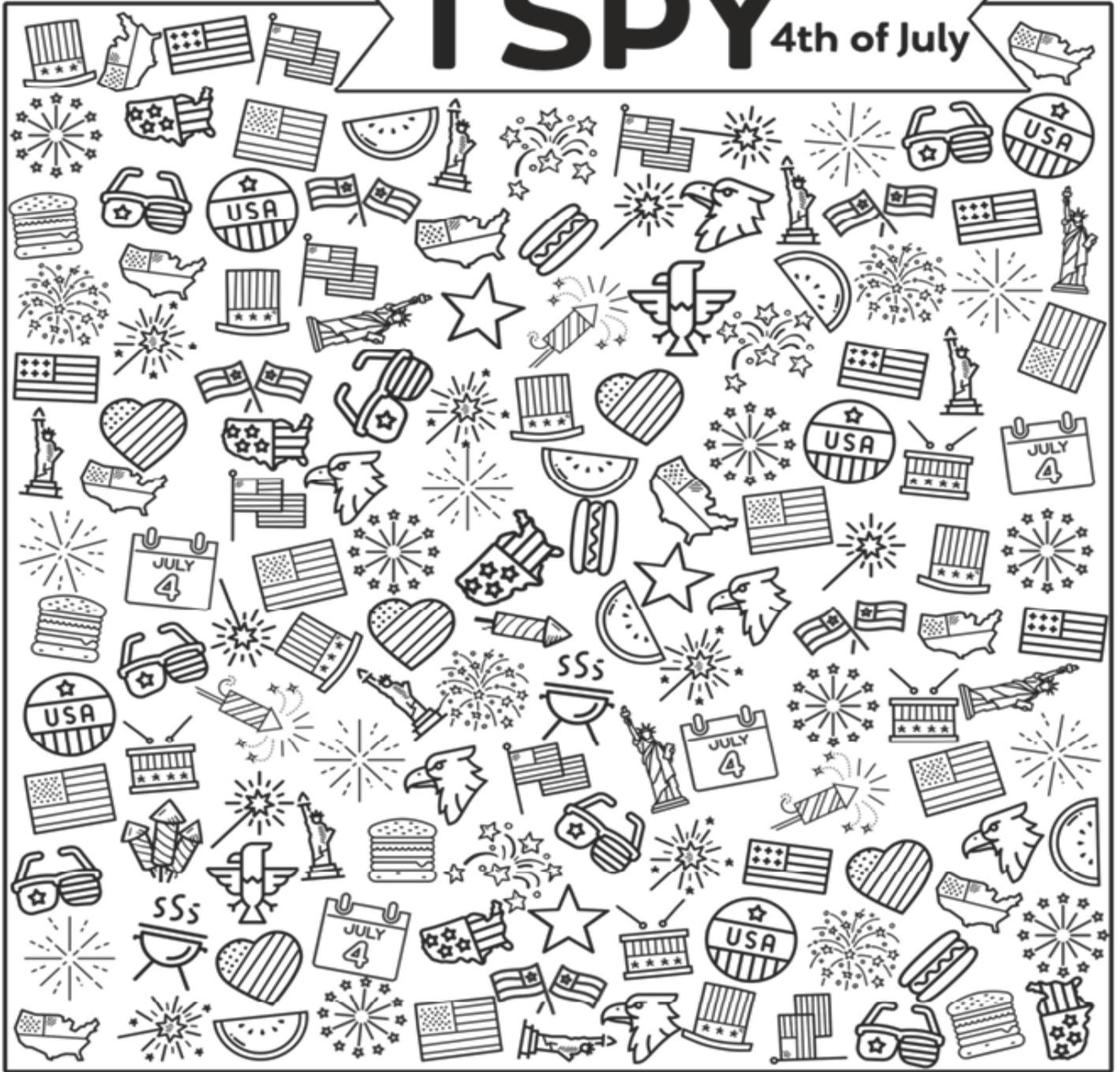


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I SPY 4th of July



- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 5 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |



Word Search

USA Presidents Word Search

Find and circle all of the United States Presidents that are hidden in the grid.

The remaining letters spell an Abraham Lincoln quote.

Note: Although Cleveland appears twice in the list, he is only in the puzzle once.

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

- | | | | |
|---------------|----------------|-------------------|-----------------|
| 1. WASHINGTON | 13. FILLMORE | 24. Cleveland | 35. KENNEDY |
| 2. J ADAMS | 14. PIERCE | 25. MCKINLEY | 36. L B JOHNSON |
| 3. JEFFERSON | 16. BUCHANAN | 26. T ROOSEVELT | 37. NIXON |
| 4. MADISON | 16. LINCOLN | 27. TAFT | 38. FORD |
| 5. MONROE | 17. A JOHNSON | 28. WILSON | 39. CARTER |
| 6. J Q ADAMS | 18. GRANT | 29. HARDING | 40. REAGAN |
| 7. JACKSON | 19. HAYES | 30. COOLIDGE | 41. G H W BUSH |
| 8. VAN BUREN | 20. GARFIELD | 31. HOOVER | 42. CLINTON |
| 9. W HARRISON | 21. ARTHUR | 32. F D ROOSEVELT | 43. G W BUSH |
| 10. TYLER | 22. CLEVELAND | 33. TRUMAN | 44. OBAMA |
| 11. POLK | 23. B HARRISON | 34. EISENHOWER | 45. TRUMP |
| 12. TAYLOR | | | |

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15 Interesting Ways To Use Murphy's Oil Soap

Have you heard of Murphy's Oil Soap? It's a little hidden gem for household problems. There are many surprising ways to use this simple wood cleaner. Here are 15 different ways it can be used.

- 1. Bathroom Cleaner** - simply mix with water and it can be used to clean the entire area including walls, sinks, shower and floor.
- 2. Stain Remover For Clothes** - apply the soap to the area in question and then toss in the washer - be sure to also add your regular laundry detergent to the load.
- 3. Paint Brush Cleaner** - simply lather your paintbrushes as soon as you are done and it will remove the paint.
- 4. Leather Conditioner** - apply soap to a dry cloth rub it in and wipe onto leather - make sure not to get the leather too moist then use a second cloth to buff it.
- 5. Insect Repellent For House** - it acts like a repellent due to the chemical compound and scent. Make a solution with lemon juice, vegetable oil, murphy's oil soap and water - add it to a spray bottle and use to spray any area that has the pest issue - spraying around the windows and doors will be a good place to start.
- 6. Cleaning Plastic Surfaces** - oil-based cleaners are great for plastic surfaces. A few things might be your trash can, standing fans, or A/C unit.
- 7. Polishing Metal** - Dab a pea size amount onto a microfiber cloth and rub the metal surface in a circular motion - this works well to clean sinks, faucets, metal bars, stool legs or any piece of metal you can think of.
- 8. Cleaning Wheels And Hub Caps** - simply add to water and wash your normal way
- 9. Car Cleaner** - did you run out of soap - that's ok you can use Murphy's Oil Soap add to water to wash the entire car, you can also add detail the inside of your car as well
- 10. Potter's Wheel Lubricant** - use to lubricate the facets of your potter's wheel this will help prevent squeaking and helps preventing the risk of cracking.
- 11. Cleaning Jewelry** - mix 1 cup Murphy's Oil with a liter of warm water - use a brush or other tool to polish the surface of your necklace, ring, bracelet etc. rinse your jewelry and then hang or let sit on an absorbent cloth to dry.
- 12. Swiffer Wet Jet Refill** - dilute to your liking and pour into a refill container this will not leave your floors cloudy or slippery
- 13. Cleaning Wooden Banisters** - use full strength with a cloth or brush wipe down the banisters paying special attention to the crevices
- 14. Cleaning Permanent Marker** - full strength put on a cloth and wipe

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15 Interesting Ways To Use Murphy's Oil Soap

15. Homemade All-Purpose Cleaner -

3 cups of water, 1 tablespoon of Murphy's Oil Soap and 2 Tablespoons of baking soda - shake it all together in a spray bottle and use this to clean all your surfaces

As you can see there are many ways to use this cheaper alternative to harsh cleaners. There are also many more that didn't get added to this list but if you do a quick google or pinterest search you can find all kinds of ways to use Murphy's Oil Soap. I can say I personally have used this on stains for clothing and it works like a charm. Now I know that there are a ton of different ways to use this product I will be putting it to the test.

Sources:

- <http://springtimecottage.com/2020/01/25-surprising-ways-to-use-murphys-oil-soap/>
- <https://rainbootsandapronstrings.com/incredible-murphy-oil-soap-hacks-and-uses/>



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Codebreaker

CODEBREAKER (or CODEWORD, or CODE CRACKER) WORD PUZZLE

The number in each square corresponds to a letter. The same number represents the same letter. Crack the code and fill the grid by determining which letter relates to which number. To help you get started five word entries have picture clues, and four letters are already in place.

| | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| C | R | E | S | | | | | | | | | | | | | | | | | | | |

ANSWER: 1-C, 2-R, 3-E, 4-S, 5-F, 6-D, 7-A, 8-T, 9-L, 10-Z, 11-U, 12-G, 13-L, 14-M, 15-H, 16-O, 17-Y, 18-N, 19-B, 20-K, 21-W, 22-F, 23-V



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