

## Drive By Parade Honors Centurian

On September 29th members of the Northeast Senior Center gathered in the parking lot of Grant Chapel AME Church for a surprise drive by parade to help Aulene Ray celebrate her 100th Birthday. “Big” sister Darnett Wilson (who is 101 years old) traveled from the Kansas City area to help Aulene celebrate. Reporters from all 3 news stations as well as numerous friends and family were present to mark the grand occasion. Friend and fellow center member Cynthia Nero organized the procession “Aulene is such a lovely person with an amazing life! She deserved to be recognized.”



Aulene’s life story is inspiring! Born in 1920 her parents encouraged their daughters to strive for the best life had to offer. Both she and Darnett graduated college at a time when it wasn’t common for women, especially black women, to get an education. The mother of 4, professionally Aulene was a hardworking powerhouse – raising a family and working outside the home throughout her life. She taught elementary school, ran her own salon and, in later years, worked for Montgomery Wards until they closed in the 1990s. After the store closing she promptly returned to work at Sears in

Towne East. She remained a faithful employee until 2 years ago when the store closed. At the age of 98 Aulene realized it was time to retire permanently!

Aulene attended the Northeast Senior Center every day prior to the abrupt closing in March. Cynthia touches on the challenges brought on by the center’s temporary closing “I’m disabled and considered a younger member of our center. During the pandemic I’ve done everything I can to exercise and stay active. I worry about the older members who are alone. I get phone calls from people who just want someone to talk to. I thought the parade would be a safe way to celebrate and bring people together at a distance.”

Celebrating healthy lifestyles is what makes senior centers a vital part of the community and Aulene Ray exemplifies that mission. When asked what she thought of the parade held in her honor, she humbly stated “I’m speechless! I can’t believe all these people came out for my little 100th birthday.”



# Healthified Broccoli Cheddar Soup

## Ingredients

- 1 bunch broccoli
- 1 small onion, finely chopped
- 1 medium red-skinned potato, diced
- 1/4 cup all-purpose flour
- 3 cups low-sodium chicken or vegetable broth
- Kosher salt and freshly ground black pepper
- 1/4 teaspoon freshly grated nutmeg
- 1 cup grated extra-sharp Cheddar
- 1 teaspoon Worcestershire sauce
- One 12-ounce can fat-free evaporated milk
- 2 scallions, thinly sliced

## Directions

Separate the stems and the florets from the broccoli. Trim and discard the bottom of the broccoli stems and peel the tough outer layers. Finely chop the stems and coarsely chop the florets and set aside separately.

Mist a large pot with nonstick cooking spray and heat over medium heat. Add

the broccoli stems, onions and potatoes and cook, stirring, until softened, 7 to 10 minutes. Add the flour and cook, stirring, until lightly toasted, about 2 minutes. Stir in the broth and bring to a boil. Reduce the heat to maintain a simmer and continue to cook, stirring occasionally, until thickened and the vegetables are tender, 12 to 15 minutes.

Meanwhile, combine the reserved florets and 1/2 cup water in a small saucepan. Bring to a boil, cover and continue to steam until the florets are bright green and crisp-tender, about 5 minutes. Add the entire contents of the pot with the florets to the soup along with the nutmeg. Stir to combine and remove from the heat. Stir in the Cheddar, Worcestershire and milk. Season with salt and pepper. Garnish with the scallions.



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.





## No Bake Pumpkin Cheesecake

### Ingredients

- 8 oz. cream cheese softened
- 1 cup + 1 tablespoon milk divided
- 1 tablespoon sugar
- 8 oz. whipped topping
- 1 prepared graham cracker crust
- 15 oz pumpkin canned
- 2 packages instant vanilla pudding 4 servings size each
- 1 tsp. ground cinnamon
- 1 tsp. pumpkin spice

### Instructions

1. Beat together the cream cheese, 1 tablespoon of milk and sugar in a large bowl. Fold in 1/2 of the whipped topping and spread in the graham crust.

2. Whisk together 1 cup of milk, pumpkin, dry pudding mixes and spices until creamy. Spread over the cream cheese layer.
3. Top with the remaining 1/2 tub whipped topping and refrigerate for at least 4 hours.



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## DOWNTOWN SENIOR CENTER

Hi guys, first off I want to let you know how much I truly miss seeing and visiting with all of you. I miss all the hi's and smiles and sounds of pickleballs, dominoes, and shuffling of those exercising that I became so used to everyday. It reminds me of how I need to not take things for granted as I never foresaw us closing for this long with no end in sight. I am so thankful for each and every one of you. All the calls and emails I have gotten just to check in on me when all I can think of is how bad I feel that we are not open right now and hoping that you all are doing well and that I will get to see you again. I have had some good conversations over the phone where we have shared laughs and kind gestures and I have shared tears with some when unexpected health issues or even death has happened. I am thankful for all the friends that I have made over the last few years and how I look forward to seeing and hearing how you are doing. Know that I am only a phone call away if it is even just to say "hi". I have had to start thinking of ways to stay positive during all these changes we have had to go through with the Corona Virus. I will share a few with you and hopefully if you find yourself getting down it will give you light to change your perspective. I am thankful that the good Lord allows me to wake-up to see another day. I am thankful for the sunrise that I get to see on my way to work. I am thankful for my family that I get to come home to every day. I am thankful for my church although they had to pivot to online at least I can still learn and think about the different passages they cover. I am thankful that during this uncertain time I still have a job that I love. I am thankful for all the people that are in my life (this includes all of you). I am so very thankful that you guys have been understanding of our closing and sticking with us even though the buildings are closed. One way that I am going to try to stay positive and not get too down during November is by writing down 3 things each day that I am thankful for. Whether it be something as simple as getting to see the colors of fall or that I didn't fall that day. This is a very easy way to realize all the good things that you do have right now and that is what we need right now - to think of the good and not dwell on all the negativity that is going on in the world right now.

Jennifer



Downtown Senior Center • 200 S Walnut, Wichita, KS 67213 • (316)267-0197

Hours: 8:00 a.m. - 4:30 p.m. • Director: Jennifer Fox • [jenniferf@seniorservicesofwichita.org](mailto:jenniferf@seniorservicesofwichita.org)

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



# Sudoku

## Sudoku #661 (Medium)

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



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

Sudoku #661 (Medium)

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

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## November Senior Learning Network Virtual Classes

ALL CLASSES ARE HELD ONLINE VIA ZOOM MEETINGS AND WILL BE AT 1:00PM

IF YOU ARE INTERESTED IN GETTING THE LINK FOR THE ZOOM MEETINGS PLEASE CALL **316-267-0197** TO BE ADDED TO THE EMAIL LIST

### Thursday, November 5 Spanish Missions in Texas

Why did the Spanish attempt to build Missions in Texas? What effect did this have on the Native Americans living in Texas? Were these Missions a success or a failure? Explore these questions alongside a museum educator with maps, timelines, and historical information.

### Tuesday, November 10 "I Want My Mummy!" - Penn Museum

Mummies, intentionally or naturally preserved human (or animal) remains, hold a special fascination in popular culture. The very word, "mummy" typically brings to mind a mysterious ageless land, ancient Egypt, where mummification of the dead in preparation for a successful afterlife persisted for millennia. However, when we think of ancient Egypt's mummies, we commonly associate them with books and movies that portray them as reanimated, vengeful monsters returning from death to wreak havoc upon the living. Where did such notions come from, and why? This workshop addresses that question by engaging participants in a close examination



into the at least 500-year history that led to why ancient Egypt's mummies hold such a special fascination in our own culture. Unpublished images of actual ancient Egyptian mummies, including royal mummies such as Ramses II as well as human remains recovered as part of Dr. Phillips' own excavations in Egypt, are used to illustrate how and why the Egyptians mummified their dead (including their pets!). **Please note:** *This program includes photography of human remains.*

### Thursday, November 12 Wright Brothers National Memorial

How did small barrier islands off the coast of North Carolina become the site of the first successful flights of human history? In this presentation by the rangers at Wright Brothers National Memorial, you'll learn about what made two brothers - from Dayton, Ohio, travel to Kitty Hawk, North Carolina and how they used the perfect conditions of the Outer Banks to conduct their flying experiments and make the impossible possible.



### Tuesday, November 17 Life and Legacy of George Washington Carver

Explore the incredible life of George Washington Carver - from his birth into slavery during the Civil War to his 47-year career at Tuskegee Institute in Alabama. Following the program, stick around! Just for fun, we will answer this question: Can



## Virtual Classes - Continued

you milk a peanut?!! Join a park ranger in making milk from peanuts. George Washington Carver found this milk substitute in 1919 and shared it with impoverished people in the Belgian Congo, where most of the cattle and goats had died from disease.”

### Thursday, November 19 Red Rock Canyon Park

“A Walk Through Time on the Desert View Trail”. Join us as we explore the climate change that has occurred at Red Rock Canyon over the millions of years including the beginning of the drying period approximately 12,000 years ago. We will then discuss the various animal fossils found and how Mother Nature goes through a system of change and adaptation. Learn about general flora and fauna and how the Native Americans used various plants for medicinal purposes. Discover the Three Hundred Year Flood the park experienced in 1997, including a story told by one of our past volunteers that was camping at the park with his grandson during the flood.



### Monday, November 23 ART ONLINE WITH SHERITA - “Harvest Pumpkin”

Sherita is back, and ready to paint again! No experience necessary! Join us as we create art from our hearts. We’re designing a painting that celebrates the

beauty of fall. This opportunity is open to anyone looking to decompress and unleash the inner artist. No art experience is required. Just bring your creative self, paint (orange, yellow, red, blue, black, and white) paintbrushes, and 11 x 14 canvas or 8.5 x 11 white paper.



### ONLINE CLASSES WORTH TAKING A LOOK AT:

**Organization:** Mather Lifeways

**Topic:** Telephone based learning

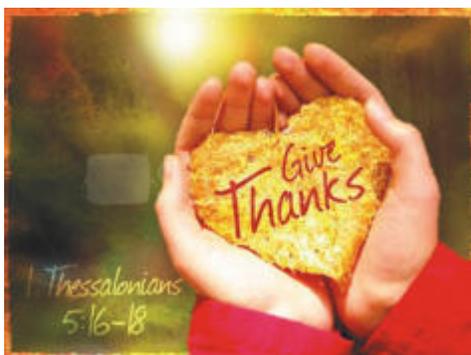
**Website:** <https://www.mather.com/neighborhood-programs/telephone-topics>



THERE'S  
always  
something TO  
BE thankful  
FOR



## LINWOOD SENIOR CENTER



“O Thou Who Has Given us so much, mercifully grant us one thing more...  
a GRATEFUL heart!”

~George Herbert~

I love “Thanksgiving” it is one of my favorite holidays! The pumpkins, the fall colors, the beautiful leaves and the cool, crisp eves, all make the season delightful. And having a cup of hot chocolate with friends and family, and discussing life’s happenings is a great way to count our blessings.

So, I want to do that with you, minus the hot chocolate. Foremost, I want to thank you all for sticking with us through, thick and thin. We have been more thin, than thick lately. When we closed due to the virus in March, we had **no idea** of how long we were going to be closed. So your calls, and words of encouragement, quick drive-by-hi’s and your donations and generosity, and volunteering, mean more than you know. You know that I love people, and being around them, so it has been a little lonely, without our usual activities. But, I love when we chat on the telephone and hearing you smile through the phone, getting the opportunity to see how YOU are doing. So keep calling! I also am thankful, when you bear one another’s burdens, I know many of you have been doing so, within the Linwood family. I have been praying for you, for health and peace, and in turn, many of you have been praying for my challenges with Arthur, (Arthritis) when he comes to visit. **SO, THANK YOU, for all your kindnesses, supporting your Linwood Senior Center, you all are the BEST!** So, consider yourself counted in my blessing book! Hoping to see you soon!

Sending XXX’s and OOO’s to eternity and beyond!

~Cherise

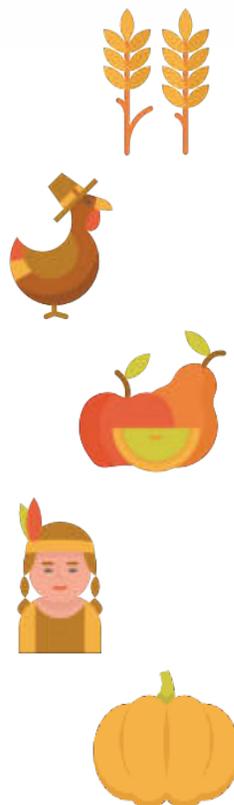
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Hours: 8:00 a.m. - 4:30 p.m. • Director: Cherise Langenberg • CheriseL@seniorservicesofwichita.org  
**Registration Required for ALL Center Activities • Membership: \$25 per year**



# Sudoku

## Sudoku #303 (Easy)

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



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

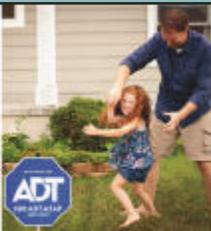
### Sudoku #303 (Easy)

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

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## What Are The 8 Initial Symptoms Of Diabetes?

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If you recognize some of these diabetes symptoms, it's a good idea to go to your doctor and perform the necessary tests to get a correct diagnosis. Diabetes mellitus are disorders that affect how your body utilizes glucose in the bloodstream. No matter how it manifests, diabetes means you have an excessive buildup of sugar in the body. Glucose is a substance that is vital for your health. After all, it's a major source of energy for the cells that make up your muscles and tissues, including your brain. When your body fails to process glucose properly, there can be some serious negative consequences because it interferes with the function of your other organs. Chronic diabetes includes types 1 and 2. In addition, there are other forms of diabetes that are typically reversible, such as pre-diabetes and gestational diabetes. Since timely detection is key to getting a successful treatment, today we want to go over the eight initial symptoms of diabetes to help you identify it.

### What are the causes of diabetes?

Diabetes occurs when your body does not produce enough insulin or loses its ability to use it correctly. Insulin is a substance produced by the pancreas, and its primary function is to reduce the amount of glucose in your bloodstream.

So far, there is no exact explanation of the

cause of type 1 diabetes. It may be due to a lack of control over the immune system, which causes the self-destruction of cells that produce insulin in the pancreas. Pre-diabetes and type 2 diabetes occur when your cells become resistant to insulin and the pancreas cannot produce enough to counteract this. Hormonal changes during pregnancy can produce a resistance of the body's cells to insulin. If your pancreas cannot generate the needed amount, glucose will build up in the bloodstream and result in gestational diabetes. We recommend you read: 10 diabetes symptoms you shouldn't ignore

### Initial symptoms of diabetes

Many of the early symptoms of diabetes can be confused with other diseases. For this reason, once they have been observed, it's best to have the relevant medical tests to confirm a diagnosis.

#### 1-Excessive thirst

When glucose is not properly absorbed, its accumulation in the bloodstream can lead to dehydration. This alters your normal saliva production and increases the sensation of thirst.



#### 2-Frequent urination

Patients with diabetes frequently need to



## Symptoms Of Diabetes - Continued

urinate because their kidneys are working harder while trying to filter the excess sugar from the bloodstream. This decreases your ability to break down toxins and can cause other difficulties in the function of your urinary system.

### 3-Sleep disorders

When high blood sugar are not properly controlled in time, a patient may begin to experience constant disruptions in their sleep. Type 2 diabetes is typically accompanied by insomnia or some type of interruption during rest.



### 4-Slow healing

One of the primary signs of diabetes are skin ulcers or lesions that take a long time to heal, or don't heal at all.

### 5-Urinary infections

If your body loses its ability to use glucose in the bloodstream, your immune system becomes weak. This, in addition to the negative impacts on your kidneys, increases your susceptibility to urinary tract infections.

### 6-Foot problems

Patients with diabetes should pay close attention to the condition of their feet. This part of the body can experience circulatory problems, fluid retention, and

a variety of other symptoms that cause negative impacts over time.

### 7-Blurred vision

Dehydration caused by high blood sugar levels can influence the health of your vision. Blood vessels are often damaged and blurred vision can occur.



### 8-Dry skin

When you develop type 2 diabetes, it can cause circulatory problems that affect the skin. This is why patients often suffer from dry skin or a loss of firmness.

### How is diabetes diagnosed?

If you suspect you have diabetes, you should see your doctor as soon as possible. Getting a timely diagnosis increases the likelihood that your treatment will be able to reduce the negative effects of diabetes on the body.





## NORTHEAST SENIOR CENTER

### Hello Everyone...Happy November!!!

Well it has been about 8 months since I have seen many of you. I pray you are all doing well or at least hanging in there. I just wanted to take a moment to send encouraging words your way. During these challenging times it can become easy to get depressed, discouraged, or just down in the dumps, so to speak...I wanted to encourage you to look for the positive in each day. This will help you make it through. Did you know that finding things to be thankful and grateful for can really change your whole outlook on life? This is so true. In fact, I will start you off with your first positive look on life today, and please feel free to call and let me know how the day turns out. Your first one is reading this newsletter that means you are still alive; which is a blessing in itself, because someone else may not have woken up today. Being that tomorrow is not promised to anyone. Remember that each morning you wake up is a blessing to be alive. Those of you that are up in age did not get this far by a flip of a coin, or a rabbit's foot in your pocket...it had to be more than that keeping you. Just think about it...So I encourage you to do what you do best...Keep on Keeping On! If it is praying, keep on praying. If it is dancing, keep on dancing. If it is exercising, keep on exercising. If it is gardening, keep on tending to your garden...just keep on doing you. I want to leave you with a poem I found that encourages you to be thankful. It is titled "I Am Thankful For" by Nancy J. Carmody. Hopefully it encourages you to be more thankful and grateful towards life in a new way. Until I see you again...Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker - Center Director

### I Am Thankful For

...the mess to clean up after a party because it means I have been surrounded by friends.

...the taxes I pay because it means that I'm employed.

...the clothes that fit a little snug because it means I have enough to eat.

...my shadow who watches me work because it means I am out in the sunshine.

...the spot I find at the far end of the parking lot because it means I am capable of walking.

...all the complaining I hear about our

government because it means we have freedom of speech.

...the lady behind me in church who sings off key because it means that I can hear.

...lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home.

...my huge heating bill because it means that I am warm.

...weariness and aching muscles at the end of the day because it means that I have been productive.

...the alarm that goes off in the early morning hours because it means that I am alive.

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

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# Word Search

## Thankful For...

Find and circle all of the people and things to be thankful for.  
The remaining letters spell a secret message.

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

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 A PLACE TO LIVE  
 BEACHES  
 BEAUTIFUL NATURE  
 BLESSINGS  
 BOOKS  
 BROTHERS  
 CARE GIVERS  
 CHILDREN  
 CHRISTMAS  
 CLEAN WATER  
 CLOTHING  
 COMPUTERS

ELECTRICITY  
 EYEGGLASSES  
 EYESIGHT  
 FAITH  
 FAMILY  
 FLOWERS  
 FOOD  
 FREEDOM  
 FRESH AIR  
 FRIENDS  
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 PEACE

PETS  
 RAINBOWS  
 SCHOOL  
 SINGING  
 SISTERS  
 SMART PHONES  
 SMILES  
 SUNSHINE  
 TEACHERS  
 TELEVISION  
 VOLUNTEERS  
 WARM SHOWERS



# 5 Fun Facts about Thanksgiving

Thanksgiving is a day full of family and friends, food, gratitude and timeless traditions. Here are a few fun facts to share while the feast is cooking.



## 1. The Pilgrims may not have celebrated the first Thanksgiving in America

For the Pilgrims and Wampanoag Native Americans, "Thanksgiving" was a **three-day feast** and time of prayer that likely took place in early October of 1621. However, some research has shown that the first Thanksgiving in America may have occurred in Virginia as early as 1619.<sup>1</sup> Regardless of who was first, it's clear the settlers were thankful for the food they were able to harvest and share.

## 2. A math mistake pays off

The first TV dinners were created because of a **26-ton miscalculation of frozen turkeys** by the food company, Swanson. The company turned the mistake into a new product opportunity by slicing and packaging the excess turkey and adding side dishes for mass consumption. It's a fix that continues to pay off today.<sup>2</sup>

## 3. Football has been a time-honored tradition

Although the first Thanksgiving football game occurred in the **mid-1870s** between Princeton and Yale, the first broadcasted NFL game didn't occur until 1934 when the Detroit Lions played the Chicago Bears.<sup>3</sup> These days, three NFL games are played on Thanksgiving Day. Typically, the home teams for two of the games are the Detroit Lions and the Dallas Cowboys.

## 4. Elephants, bears and monkeys... oh, my!

The Macy's Thanksgiving Day Parade has become the largest parade in the world. Millions of people tune in early on Thanksgiving morning to watch the floats and timeless character balloons for which the parade has become known. In addition to the floats and marching bands we see today, the first Macy's Thanksgiving Day Parade in 1924 also **featured live animals**, including elephants, bears and monkeys borrowed from the Central Park Zoo.<sup>3</sup>

## 5. Watch out for flying turkeys

Although domesticated turkeys are unable to fly due to their broader bodies, **wild turkeys can**, at least for short distances, fly up to 55 miles per hour.<sup>4</sup> They can also run on land and may reach speeds up to 25 miles per hour.<sup>4</sup>

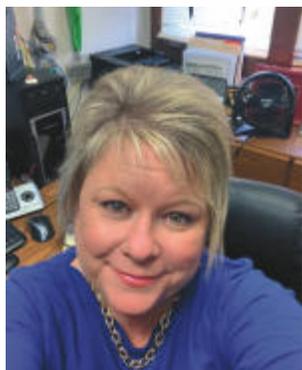
Sources: 1. Time Magazine  
2. CNN  
3. NYC Tourist  
4. Reference.com

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## ORCHARD PARK SENIOR CENTER



We would like to welcome and introduce Kelli Nuss as the new Director for Orchard Park Senior Center. Kelli has been with Senior Services for the last 9 months working with our Senior Employment program. We were excited and thankful that she was interested in the Director position here at Orchard Park. She is very spunky and full of life and will be a great fit in her new position with Senior Services. We have all had the pleasure of working with Kelli and knew that she would bring a joy and light to Orchard Park Senior Center with her upbeat

and positive attitude. One thing you will notice about Kelli is she always has a smile on her face and although it might be covered with a mask when you first meet her you can tell she is genuinely happy to talk with you by her smiling eyes and laughter. We all know you will love Kelli and her personality just like the staff here at Senior Services.

### A Note From Kelli:

Please allow me to introduce myself. My name is Kelli Nuss and I will be the new Director of Orchard Park Senior Center. Diane Nutt, of course was here for 9 years, so I have very BIG shoes to fill. She is such a wonderful person and will be deeply missed.

My first interactions with Senior Services was when I joined their Board several years ago. While serving on the board, I learned about each type of service that they provide to our community. I have been a huge fan ever since and firmly believe in their mission to serve the older population.

Before coming to this position I was a Job Placement Specialist for

Senior Services, a position that helped Seniors 55+ look for work in seven counties outside of the Wichita area. I also have 15 years of experience working in the senior living industry. Growing up, I always had a deep love and admiration for each of my Grandparents and have always loved being around and working with seniors.

I received my degree in Human Resource Management from Friends University in 2006 and while I love Human Resources and have 10 years of experience in that field, my true passion is working with people and serving others.

I have been married 26 years to my Husband, Butch (his real name is Bryan but I cannot call him that) and

Orchard Park Senior Center • 4808 W. 9th, Wichita, KS 67212 • (316)942-2293

Hours: 8:00 a.m. - 4:30 p.m. • Director: Kelli Nuss • [kellin@seniorservicesofwichita.org](mailto:kellin@seniorservicesofwichita.org)

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



we have two BEAUTIFUL boys, Max (13) and Hayden (11) that are the best gifts we have ever received. We also have 2 dogs that are fun and bring a lot of joy to our household. Their names are Pig (a 9 year old French bulldog) and Piper (a 1 yr. old Golden Retriever/Weimaraner mix). I love to be with my friends and family, shop, go to garage sales/estate sales, sing, travel, but most of all I just try to enjoy life and have lots of fun along the way.

It's sad that Covid-19, has closed a lot of places, cancelled a lot of events and changed the way that we do things. However, I feel some good has come from it too. I think as a whole, it has forced

society to slow down and smell the roses, so to speak, and has given people the gift of time to focus on family and friends more than we have in a long, long time. With that being said though, I cannot wait until our centers can open back up and I can meet all of you face to face, and see all of your smiling eyes from behind those masks. I look forward to getting to know each of you and will welcome you all back with a friendly elbow bump. We will have so much fun! Until then, stay safe and enjoy the beautiful fall weather. See you soon!



## WELCOME HOME

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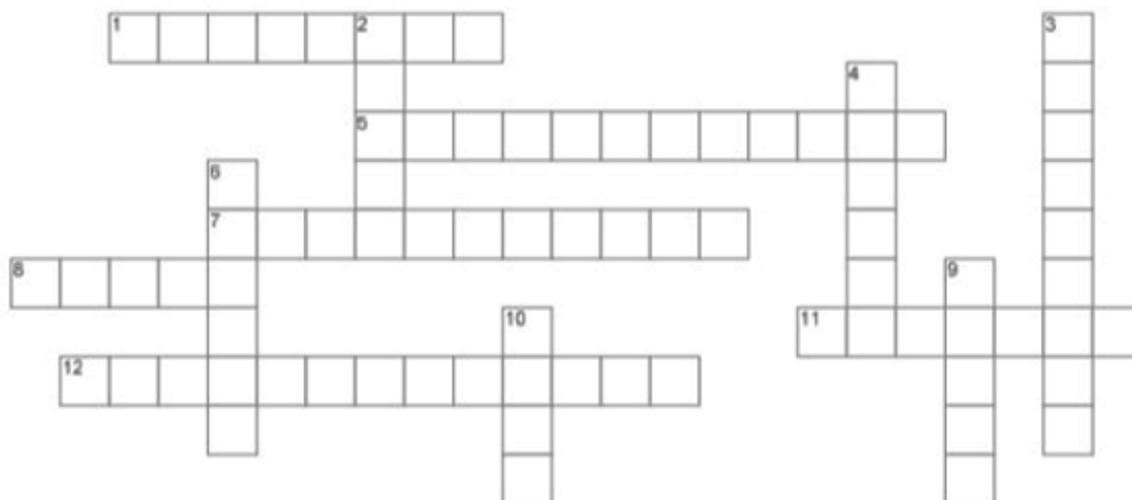
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## Crossword



# VETERANS DAY CROSSWORD



### ACROSS

1. Month that we celebrate Veterans Day \_\_\_\_\_.
5. The United States originally observed \_\_\_\_\_ then evolved into the current Veterans Day holiday in 1954.
7. This day we honor the men and women who have served in the U.S. \_\_\_\_\_.
8. To show respect for.
11. A person who has served or is serving in the armed forces.
12. U.S. President that first proclaimed Armistice Day for November 11, 1919.

### DOWN

2. Feeling or showing no fear, not afraid.
3. Global war centred in Europe that began on 28 July 1914 and lasted until 11 November 1918.
4. A formal military gesture of respect.
6. People marching down the street.
9. Awarded to a person or organization as a form of recognition for achievements.
10. A piece of fabric, usually rectangular, of distinctive color and design, used as a symbol, standard, signal, or emblem.





## Veterans Day Is November 11th, 2020

We want to say Thank You to all our Service men and women for the time that you served keeping our country safe. It takes a special person to give up so much to honor our country and you deserve to be recognized. We wish we could celebrate you with a big gathering and recognition ceremony because that is really what you deserve and a simple Thank You doesn't even really cover it but we do want you to know that we are so very thankful for everything you did for our beautiful country. So again from the bottom of our hearts **THANK YOU FOR YOUR SERVICE**. Here are a few facts about Veterans Day.



### Veterans Day Facts

**November 1919**  
President Woodrow Wilson proclaimed November 11th as "Armistice Day"

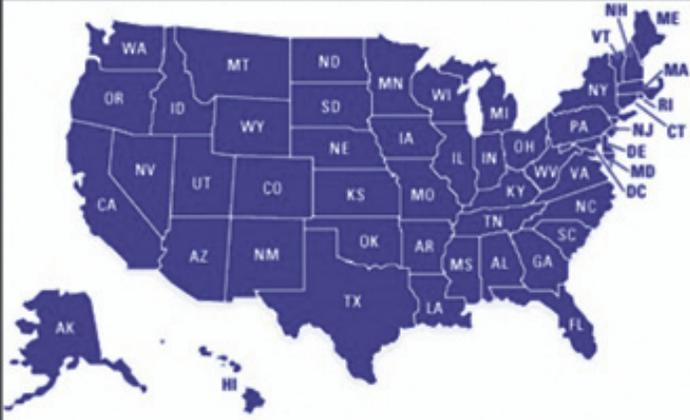
**May 13, 1938** made Nov. 11th a National Holiday honoring Veterans of WWI

**Raymond Weeks** led a parade on Nov. 11th, 1947 honoring Veterans of all wars

**World War I fighting stopped on the 11th hour of the 11th day of the 11th month**

**Military Community**

Army	561,437
Navy	320,141
Marine Corps	201,026
Air Force	328,821
Spouses	1,132,293
Children	1,985,471
Coast Guard	42,011
Veterans	21,972,964
Total	26,544,164



**In 1954 "Armistice Day" was renamed "Veterans Day" To honor American Veterans of all wars**

**America's Wars**

World War I	World War II
Korean War	Vietnam War
Gulf War	Iraq War
War in Afghanistan	

## Difference Between Memorial Day & Veterans Day

**Memorial Day is for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of a wound in sustained in battle**



**Veterans Day is intended to thank all those who honorably served in the military - in war time or peace time**

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# Senior Services

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AND  
STAY POSITIVE**



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

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