

**WE MISS YOU AND WANT TO REMIND YOU
TO KEEP LOOKING FORWARD!**

**WE CAN'T WAIT TO GET TO SEE YOU
IN PERSON AGAIN!**



Tax Services At The Senior Centers

We are planning on offering Tax Services at the Senior Centers. This year will look and be a bit different than years past. Be on the lookout for more details on procedures and what days and times are available at each center.

Taxpayer Advocate Service

The Taxpayer Advocate Service (TAS) is an independent organization within the IRS and is *your voice at the IRS*. Our job is to ensure that every taxpayer is treated fairly. We offer FREE help to guide you through the often-confusing process of resolving tax problems that you haven't been able to solve on your own. Remember, the worst thing you can do is nothing at all. TAS can help if you can't resolve your problem with the IRS and:

- Your problem is causing financial difficulties for you, your family, or your business.
- You face (or your business is facing) an immediate threat of adverse action.
- You've tried repeatedly to contact the IRS but no one has responded to you, or the IRS hasn't responded by the date promised.

Each state has at least one Local Taxpayer Advocate office who is independent of the local IRS office. The Taxpayer Advocate in Kansas is Traci Wilnerd. To request assistance from the Taxpayer Advocates office, please call **(877) 777-4778**. If you qualify for our help, you'll be assigned to one advocate who will be with you at every turn and will do everything we can to get your problem resolved. To obtain other information about the Taxpayer Advocate, go to Taxpayeradvocate.IRS.GOV.

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

Roving Pantry
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.





DCF Begins Accepting Applications For Low Income Energy Assistance Program (LIEAP)

LIEAP APPLICATIONS

The 2021 LIEAP application period is from Monday, January 4, 2021, through Wednesday, March 31, 2021.

Applications must be received prior to 5:00 PM, March 31, 2021.

Print application available
December 14, 2020.

Online application available
January 4, 2021.

**Additional information may
be obtained by calling
1-800-432-0043.**



#1 Medicare Advantage plan provider in America

1-855-844-2078, TTY 711
[ExploreUHCMedicare.com](https://www.exploreUHCMedicare.com)

United
Healthcare

Y0066_200813_013109_M

SPRJ58101

Best Kept Secret in Wichita the VILLAS

*Peace of
Mind
Living*

MAINTENANCE FREE LIVING

AFFORDABLE MONTHLY RENT

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

CALL TODAY! 316-854-0050

TWO LOCATIONS

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

www.HomeAtTheVillas.com



For ad info. call 1-800-950-9952 • www.lpiseniors.com

Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



- Jennifer

PARTY LINE CALLS: 316-395-2177



Simple Pleasures - call in to share the simple things in life
that are meaningful in these stressful times
- RSVP by calling 267-0197



Preventing Social Isolation – call in to learn about different tips on preventing social isolation – RSVP by calling 267-0197

January Zoom/Facebook Classes:

Wednesday January 6th @ 10:00am

Zoom Craft Class: Let's Make a Vision Board!

Come join me in crafting a Vision Board for the New Year. I will show you how and we will talk about different things we might like to manifest in 2021. Be sure to call 316-267-0197 to RSVP by January 4th to get the zoom link emailed to you.

Supplies Needed:

- Poster Board or piece of paper
- Old Magazines or images printed from computer
- Scissors
- Glue or double sided tape
- Creativity



Hours: 8:00 a.m. - 4:30 p.m. • Director: Jennifer Fox • jenniferf@seniorservicesofwichita.org

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



January Zoom/Facebook Classes:

Wednesday January 27th @ 10:00am:

Zoom Craft Class: Valentine's Gnome Painting class.

Come join me in painting a Valentine Gnome. I will show you step-by-step how to paint this fun little guy. If you would like to purchase a kit with all the supplies please let me know they will be \$7. If you would like to use what you have that's fine too. Please RSVP by January 22nd so I can make sure to have enough kits for you and or email you the supply list and zoom link.

Supplies Needed:

- Canvas or mixed media paper 11X14"
- Acrylic Paint:
- Red, White, Black, Pink, Purple and Blue
- Paint Brush
- Water, paper towel and paper plate



➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

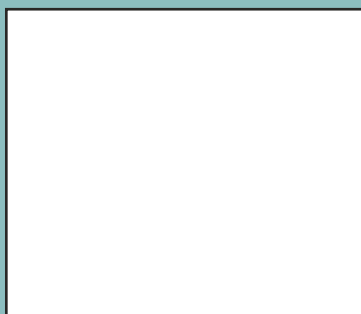
Contact Bill Clough to place an ad today!
wclough@lpseniors.com or (800) 950-9952 x2635

 NeighborWorksSM
CHARTERED MEMBER

Main Office: 2145 N. Topeka, Wichita
316.942.4848

COMING IN 2020

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



**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**

\$29.95/MO
BILLED QUARTERLY

PLUS SPECIAL OFFER

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

SIMPLIFYING LIFE TRANSITIONS

Alleviate the stress of downsizing and estate preparation

Creating Custom Solutions for your personal property & real estate

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

McCurdy
AUCTION^{LLC}
REAL ESTATE SPECIALISTS

NAA IBA

Thrive
Locally





January Senior Learning Network Virtual Zoom Classes

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

For the descriptions of each class please visit:

<https://www.seniorlearningnetwork.com/>

And click on the calendar or call Jennifer at 316-267-0197

Tuesday January 5TH @ 1:00pm: Redwood Heroes: The Women Who Defended the Giants

Tuesday January 12TH @ 1:00pm: Live from the Lagoon - More Fun with the Dolphins!

Thursday January 14TH @ 1:00pm: Gerda Ill & "Number the Stars"

Tuesday January 19TH @ 1:00pm: Jefferson's Monticello

Thursday January 21ST @ 1:00pm: The Art and Architecture of Hearst Castle

Tuesday January 26TH @ 1:00pm: National Portrait Gallery "Every Eye is Upon Me": First Ladies of the United States

ONLINE CLASSES WORTH TAKING A LOOK AT:

Organization: Mather Lifeways

Topic: Telephone based learning

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

January Is National Thyroid Month

Thyroid & Aging - Helping to Keep the Golden Years Golden

Medical Author: Ruchi Mathur, M.D.

Medical Editor: William C. Shiel, Jr., MD, FACP, FACR

It is often a sad but true fact that as we age, the golden years are not quite as golden as we dreamed. Symptoms such as fatigue, depression, forgetfulness, and sleeplessness can make attempts at enjoying retirement difficult. Many seniors attribute these symptoms to the process of aging and simply choose to live with these complaints quietly, assuming its "par for the course." Others see their doctors for these complaints, who may also attribute these symptoms to aging, or worse, diagnose the patient with clinical depression or dementia.

What we all need to understand is that aging, in the absence of disease, should not automatically be associated with symptoms such as fatigue, forgetfulness, and sleeplessness. There should be some medical evaluation before an elderly patient is simply labeled as depressed or demented, or a chronic complainer.



January Is National Thyroid Month - Continued

The incidence of thyroid disease increases with age. An estimated 20% of women over the age of 60 have some form of thyroid disease. The symptoms of thyroid disease vary according to whether too much hormone is being produced (hyperthyroid) or too little (hypothyroid). Hypothyroidism is much more common in the elderly population, and symptoms may be non-specific such as those mentioned above.

Below are some interesting points about thyroid disease and aging as compiled by the American Association of Endocrinologists:

- 1 out of every 5 women over the age of 65 has a higher than normal level of TSH (indicating hypothyroidism)
- Approximately 25% of the elderly population suffer from some form of mental illness. A significant number of these cases may be related to thyroid disease.
- Approximately 15% of all patients diagnosed with hyperthyroidism are over the age of 60.
- Because of many factors, thyroid disease in those over 65 years old is much more likely to remain undiagnosed as compared with thyroid disease in 30 to 40 year olds.

There are two more points of importance regarding elderly patients and thyroid disease. First, hypothyroidism is a risk factor for high cholesterol and heart disease. Because many elderly people remain undiagnosed for years, it is important to check cholesterol levels in all elderly patients who are diagnosed with hypothyroidism. The opposite is also true. Elderly patients with persistently increased cholesterol levels should have a thyroid evaluation to make certain that thyroid disease is not contributing to the high cholesterol levels. Second, hyperthyroidism is a cause for osteoporosis, a common cause of weak bones in the elderly.

What can you do to make certain your thyroid level is OK? It's simple. If you are suspicious that you may have thyroid disease, or you have symptoms such as those above that have gone unexplained, ask your physician for a thyroid evaluation. This involves examining the thyroid gland in the neck and a simple blood test to evaluate TSH levels and T4 and T3 levels. Thyroid disease is usually easy to diagnose and treat. Identifying thyroid disease and treating it appropriately can help you enjoy those golden years after all.

Source: https://www.medicinenet.com/thyroid_and_aging_-_the_golden_years/views.htm



LINWOOD SENIOR CENTER

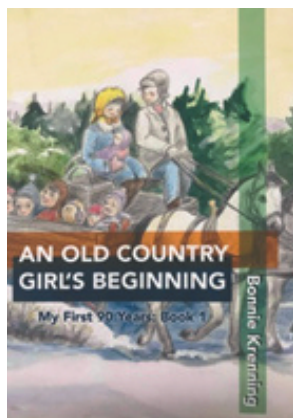
HAPPIEST OF NEW YEAR'S TO YOU!

Let's get going! We are now out of 2020, a GREAT ACHIEVEMENT for several of us who suffered through 2020. We have much to be thankful for! I know my Gramma told me we should be thankful for every breath we take! I agree. This year I want to encourage you to LIVE. GREATER. This idea was taken from a book I have been reading. It is by Toni Birdsong, and is called "MORE THAN a Bucket List". Toni encourages us to make dreams, passions and faith a reality! That is just what I have needed to encourage me to get going, and have purpose, not only process in my life.

Make sure you read your newsletter as we are putting extra effort into some activities we have planned, and even though, we may not be open, we still have some activities going on. So, make sure you mark up the newsletter and plan on joining us on the phone for some opportunities for you to make your 2021 a better year than 2020! Check out the jokes and a new book out by one of our authors, Bonnie Krenning, and the article about LIVING GREATER!

Loving and praying for you,
Cherise

BOOK READING! *"An Old Country Girl's Beginning"*, by author Bonnie Krenning. Please join us on our party line at Linwood for a reading by Bonnie over the telephone. You will need to dial the following number (with area code) 316-215-9366 on Thursday, January 14th at 2pm. Please join us!



"An Old Country Girl's Beginning"

A Collection of work about being a woman, a daughter, a mother, a sister and so much more. Bonnie shares forty reflective memories from her early years of her first 90 years! She talks about early years on the farm, living with many brothers and one little sister. The challenges of the war and dreams to be sought were many parts of what makes a life well lived. Be sure to call us if you want a copy!



Linwood Senior Center • 1901 S. Kansas, Wichita, KS 67211 • (316)263-3703
Hours: 8:00 a.m. - 4:30 p.m. • Director: Cherise Langenberg • CheriseL@seniorservicesofwichita.org
Registration Required for ALL Center Activities • Membership: \$25 per year



PARTY LINE FUN

For any of the following you will need to dial in on the party line # at the exact time listed below.

The line is: 316-215-9366

****Please note YOU MUST dial the area code too!****

January 4th at 10am - Bible Study

January 7th at 2pm - "New Year's Trivia"

January 11th at 10am - "Early AM Book club" Book discussion over "The Adventures of Joe Harper" by Phong Nguyen. (Character developed from Tom Sawyer) Call for more information! 263-3703

January 12 at 1pm - "Willy Nilly Conversation for the Ages & Sages"
Topic: New Year's Resolutions or Dissolutions

January 14th at 2pm - Bonnie Krenning book reading, "An Old Country Girls Beginning"

January 21st at 2pm Jokes & Puns - "Laughing Our Way Thru 2021"

January 26th at 1pm - "Willy Nilly Conversation for the Ages & Sages"
Topic Potluck & Memories of Great Food

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

1-855-225-4251

NEVER MISS A NEWSLETTER !

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



SPREAD THE WORD

A Thriving, Vibrant
Community Matters



SUPPORT OUR ADVERTISERS



Mt. Hope Nursing Center

& Larsen Independent Living Apts.

Making "Living Longer" Better

Providing compassionate care to the elders we serve.

In-patient and out-patient therapy available

www.mounthopenursingcenter.com 316-667-2431

Save time for what you love.



OXFORD
VILLA

Active Senior Apartments | OxfordVilla.com



For ad info. call 1-800-950-9952 • www.lpseniors.com

Senior Services Inc. of Wichita, Wichita, KS

C 4C 02-0994



Dreams & Goals For Your Future

We have all heard the term “BUCKET LIST” and the term is saddled to “kicking the bucket”. There is a great book out there entitled “More Than A Bucket List” by Toni Birdsong. It is a great book that encourages people to “make their dreams, passions and faith a reality!” Cherise uses this in several of her topics and conversations throughout the year at the Linwood Senior Center. Here are some great excerpts, and remember to “experience life to the fullest, while living a life that matters.”

LIVE. GREATER.

The great painter and sculptor Michelangelo came into the studio of Raphael and looked at one of Raphael’s early drawings. Hastily, he took a piece of chalk and wrote across the drawing *Amplius*, which means “greater” or “larger”. Michelangelo immediately saw Raphael’s plan as too small. His artist’s eye saw greatness and depth when Raphael had held back.

If God were to walk into your life today and reach for the chalk, would your heart beat with anticipation at what he might write, or with fear that he might write *amplius* across your life

FIND YOUR PASSION

What activity makes you lose track of time?
What connects your soul to God?
What would you do, even without pay?
What sparks your creativity?
What puts a smile on your face?
What would regret not having tried?



LIVE WITH COMPASSION

Be nice to cats. They can’t help it.
Treat the act of saying grace with fresh reverence.
Make an anonymous donation to a worthy cause.
Help the next generation.
Befriend the office grouch.
Help build a well in a Third-World country.
Donate buckets of money to research, or children or the elderly.
One day a week, make yourself completely available to others



LIVE YOUR DREAMS

Shop at your local farmers market.
Take a sabbatical.
Become an amateur chef.
Go to the Thanksgiving Day Parade.
Meet your favorite author.
Audition for a local theatre company.





Dreams & Goals For Your Future - Continued

LIVE WITH STRENGTH

Believe in and expect miracles.
Stop being afraid.
Find your unique superpower, and don't be afraid to use it.
Push your fitness level up a notch.
Go on a creative retreat.
Study integrity and humility. Aspire to a life committed to both.
Look for and wave to angels.



LIVE AN ADVENTURE

Go on a camel trek in Egypt.
Eat crepes in France.
Take a Zumba class.
Ride a steamboat down the Mississippi River.
Participate in a Japanese Tea Ceremony.
Ride an elephant, (avoid rush hours in big cities).
Try every Bon Bon on the planet.
Go on more hayrides.
Pick strawberries.
Ride that Merry-Go-Round at ANY age!
Embrace grace.



JOKES! JOKES! And MORE JOKES!

By John Martin HNY 2021 Blog

- An iPhone and a firework were arrested on New Year's Eve because one was charged, and the other was let off.
- What's a cow's favorite holiday? Moo Year's Day!
- 2020 went by like a blur. My New Year's resolution must have been too low.
- I would lose weight for my New Year's resolution, but I hate losing.
- My New Year resolves to break my New Year's resolutions. That's why I succeed at something!
- Every New Year's Eve, I look forward to a good show at Time's Square, and year after year, they drop the ball.
- What is a New Year's resolution? Something that goes in one year and out the other.
- Where can you find comedians on New Year's Eve? Waiting for the punchline.
- I can't wait till New Year's Day 2021. Then I can say hindsight is really 2020.
- What happened to the man who shoplifted a calendar on New Year's Eve? He got 12 months!



NORTHEAST SENIOR CENTER

Hello Everyone! Happy New Year!

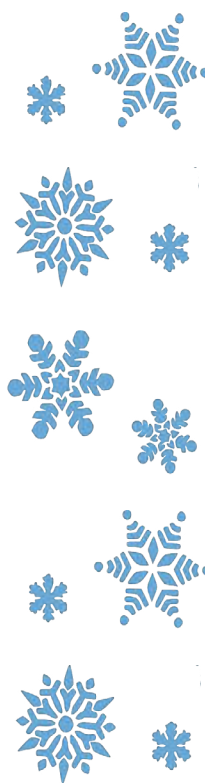
It is truly a blessing to see another year. I know 2020 was a bit much for all of us. So, I would like to start the year off with some more encouraging words. Hopefully, this is ok with you because I really feel like it is still needed. As many of you may know my favorite saying is, "Tomorrow is not promised"...well if you did not know, now you know. This is so true since it is the unknown. We have no clue what tomorrow holds, because it is not here yet. Neither should we be concerned with yesterday, because it is gone. So with tomorrow not promised, and yesterday gone...I want to encourage you to focus on living for TODAY! Today is what you have to keep yourself spiritually, physically, and mentally balanced. Today is all you have to show love and help others in need. This year focus on Living for TODAY! Make every moment count, because it could be your last. With that said, I found this really nice poem that I would like to share with you titled "Yesterday, Today & Tomorrow" the author is unknown. See page 14. Hopefully it encourages you in some way, form or fashion to Live for Today! Until I see you again...Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker - Center Director



Sudoku #709 (Easy)

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



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

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

Sudoku #709 (Easy)

Northeast Senior Center • 2121 E. 21st St, Wichita, KS 67214 • (316)269-4444

Hours: 8:00 a.m. - 4:30 p.m. • Director: Carnesha Tucker • CarneshaT@seniorservicesofwichita.org

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



For the 13th year running, the Meals on Wheels national network is participating in **The 2020 Subaru Share the Love Event**. Over the past twelve years, Subaru and its retailers have helped Meals on Wheels deliver more than 2.3 million meals nationwide to seniors in need.

Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. One in four seniors lives alone in isolation and one in seven seniors might not know when their next meal will come. This is simply unacceptable, which is why **Senior Services** provides the nutritious meals, friendly visits and safety checks to the seniors of Wichita. This vital support keeps seniors in their own homes, where they want to be.

HERE'S HOW IT WORKS

November 19, 2020, through January 4, 2021, for every new Subaru vehicle purchased or leased, Subaru of America donates \$250 to the customer's choice of participating charities. Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, **Senior Services** will receive a share of the donations from Subaru vehicles sold at participating Subaru Retailers.

This season Share the Love with anyone you may know who is in the market for a new car. If they choose a new Subaru, remind them to select Meals on Wheels as their charity of choice.





SENIOR THURSDAY

FREE MONTHLY PRESENTATION EVENT

Every Wednesday is half price
for guests 55 and older!

Mon./Tues: Closed
Wed: Noon-4
Thu-Sat: 10-4
Sun: Noon-4

3350 S. George Washington Blvd.
Wichita, KS 67210
(316) 683-9242

www.KansasAviationMuseum.org/Events


Sponsored by
SKYWARD
CREATED BY SKYWARD



Twin Lakes Apartments

All Adult Community in Wichita
1915 North Porter Street
Wichita, KS 67203

316-838-1972



HomeBuddy

Offering a range of solutions for different lifestyles

In-Home Systems | Mobile Systems
Medication Dispensers

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

HOSPICE CARE

*Giving only the
best to those you
love the most*



*Providing Excellence
in Hospice & Palliative Care*



ClearPath.

HOSPICE Of Wichita

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





Yesterday, Today & Tomorrow

There are two days in every week about which we should not worry.
Two days which should be kept free from fear and apprehension.

One of these days is yesterday with its mistakes and cares,
Its faults and blunders, its aches and pains.
Yesterday has passed forever beyond our control.
All the money in the world cannot bring back yesterday.
We cannot undo a single act we performed.
We cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is tomorrow.
With its possible adversities, its burdens,
Its large promise and poor performance.
Tomorrow is also beyond our immediate control.
Tomorrow's Sun will rise, either in splendor or
behind a mask of clouds, but it will rise.
Until it does, we have no stake in tomorrow, for it is yet unborn.
This just leaves only one day...Today.

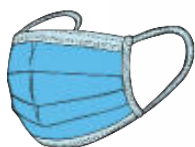
Any person can fight the battles of just one day.
It is only when you and I add the burdens of those two awful
eternity's yesterday and tomorrow that we break down.

It is not the experience of today that drives people mad.
It is the remorse or bitterness
for something which happened yesterday
and the dread of what tomorrow may bring.
Let us therefore live but one day at a time.



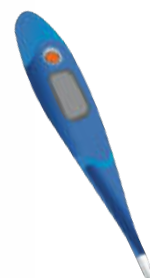
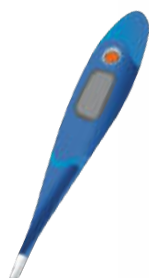


Word Search



COVID-19 - Coronavirus

Find and circle all of the COVID-19 words that are hidden in the grid.
The remaining letters spell a secret message.



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

ACHES
ACUTE CARE
ASYMPTOMATIC
BATS
CAREGIVERS
CASES
COMMUNITY
CONTACT
CONTAGIOUS
CORONAVIRUS
COUGH
DOCTORS
ESSENTIALS
FEAR

FEVER
FRONTLINE
GLOVES
HEADACHE
HOSPITAL
ICU
ISOLATE
JOB LOSSES
LOCKDOWN
LONG TERM CARE
LUNGS
MASKS
NURSES
NURSING ATTENDANTS

NURSING HOMES
OUTBREAK
PAINS
PANDEMIC
PARAMEDICS
PATIENTS
PNEUMONIA
POSITIVE
PPE
PRECAUTIONS
QUARANTINE
RECOVERY
RESTRICTIONS
RUNNY NOSE

SANITIZE
SHORTAGES
SIX FEET
SORE THROAT
SPREAD
STAY SAFE
SYMPTOMS
TESTING
TIREDNESS
TREND
UPDATES
VACCINE
VENTILATORS
WASH HANDS



ORCHARD PARK SENIOR CENTER

Happy 2021 to All of You!

I hope that you were able to ring in the New Year in some special way, hopefully with masks on, as you gladly bid farewell to 2020.

2020 was a rough year. I have visited with several of you who are feeling quite isolated, bored and lonely but hold on just a little bit longer. I know that brighter days are just around the corner.

If you are feeling lonely right now, please know that it's normal to feel like this and you shouldn't blame yourself for feeling like you are struggling. It's really important to remember these changes will not be forever.

The following are some tips that may help. Different things work for different people, so try to find what suits you.

- Check In On Others – Try messaging old friends or colleagues on Social Media. Text or call someone that you haven't spoken to for a while. It may encourage them to contact you more and you could continue with regular check-ins on each other.
- Listen to Radio Shows or Podcasts. This is a good way to occupy your mind and keep you company.
- Learn Something New – Now is a great time to pursue a new hobby. There are many free online classes such as cooking, arts and crafts, gardening. You could even learn a new language.
- The Connect2Affect Program from AARP offers self-assessments and information on a variety of ways to reduce isolation and loneliness.
- Make some art with the Un-lonely Project and its "Stuck at Home" Initiative that allows you to view other's art or share your own.
- There are nearly 1 million virtual volunteers needed to fill all the opportunities listed on Volunteer Match, an online directory of virtual volunteer opportunities.
- U.S. Administration on Aging Eldercare Locator is a Federal public service that connects you to services and information designed to help you build a community of support.
- Assistance from a Distance is a Papa, Inc. Program that connects college students and older adults for assorted services ranging from help with technology to virtual companionship.
- Don't forget to exercise, meditate, get a good night's sleep and get some fresh air from time to time. These things are all very **IMPORTANT!**

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

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



If you have tried different coping methods and are still feeling persistent sadness or overwhelming depression, it may be time to speak with a Trained Professional that can assist you in developing coping skills to adapt. Please also feel free to call me, (Kelli Nuss), anytime at the Orchard Park Senior Center at 942-2293. I would love to hear from you! Take care of yourselves and Happy New Year! We've Got This!

PARTY LINE FOR ORCHARD PARK SENIOR CENTER

316-247-8982



This phone number is a party line/conference call line-where we can talk and chat amongst us about the specific topics on the day listed below.



JANUARY EVENT:

January 12th @ 10:00am: Coffee Talk with Kelli – Grab a Cup of Joe and enjoy good conversation with other Members and your new Director, Kelli Nuss.



*Things are different at Prairie Homestead.
We are a community of friends... a community of fun... and a community that cares about one another.
A sense of belonging that takes living to a whole new level.*

Simplify your life in our Independent Living Patio Homes

- One- and two-bedroom units available
- Emergency call system
- Daily lunch in the main dining room
- Utilities and cable TV included
- Bi-weekly housekeeping service
- Interior and exterior maintenance
- Lawn care and snow removal
- Comes with all appliance including washer & dryer
- Walk in closet that serves as a severe weather room
- Covered back patio for relaxing and entertaining
- One reserved covered carport space



1605 W. May Wichita, KS 67213
PrairieHomestead.org

Independent & Assisted Living
A Community of Friends, Family and Faith

Call to schedule a campus visit today!

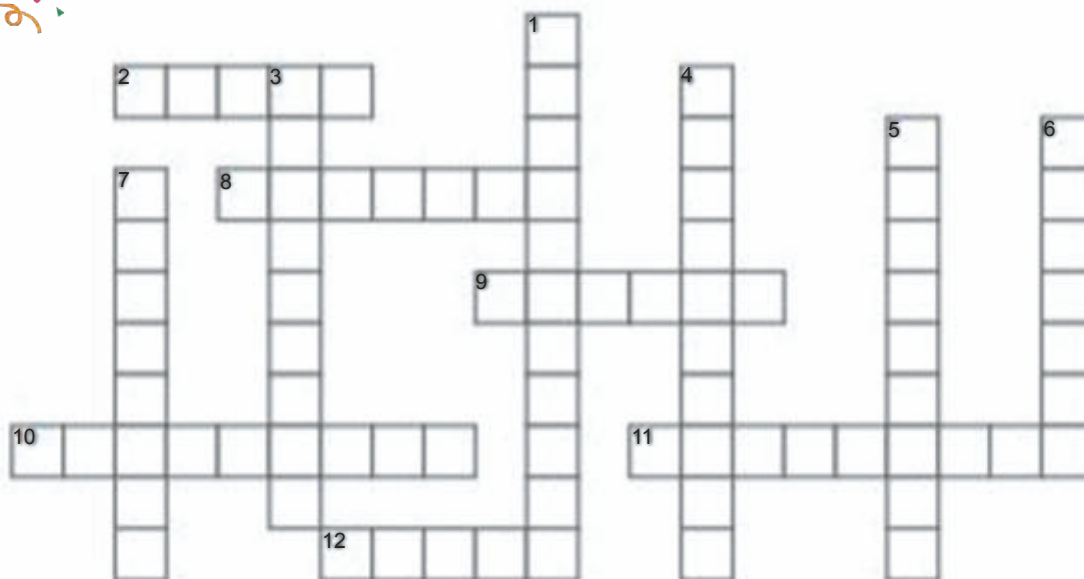
316-263-8264





Crossword

HAPPY NEW YEAR



ACROSS

2. A mechanical or electrical device for measuring time.
8. First month of the year.
9. All the descendants of a common ancestor.
10. The point in time at which something starts.
11. Low explosive pyrotechnic device used for entertainment purposes.
12. A social gathering of invited guests.

DOWN

1. January 1st
3. A white sparkling wine associated with celebration.
4. A firm decision to do or not to do something.
5. Counting numerals in reverse order to zero.
6. A person one knows and with whom one has a bond of mutual affection.
7. Twelve o'clock at night.

FAMILY
MIDNIGHT
BEGINNING

JANUARY
CHAMPAGNE
FIREWORKS

CLOCK
COUNTDOWN
PARTY

RESOLUTION
FRIENDS
NEW YEARS DAY



The New Go Bag: What You Need in Your Emergency Escape Kit

Amid COVID-19, add masks and
hand sanitizer along with your food,
batteries and medication

by Jodi Helmer, AARP, September 18, 2020

A heightened awareness of natural disasters has led to better disaster preparedness planning, according to Jonathan Sury, project director for communications and field operations at the National Center for Disaster Preparedness at the Earth Institute at Columbia University. “Investing time and energy into getting prepared will save a lot of stress and fear when a disaster hits,” Sury says.

Packing a go bag is essential for disaster preparedness. Here are important items to include.

1. The bag. Your carryall must be large and sturdy enough to hold the essentials and small enough to grab on the run. A backpack is a great option. If you’re not able to carry a heavy bag, Sury recommends a duffel bag on wheels.

2. Food and water. Add lightweight, nutrient-dense foods, such as protein bars, instant oatmeal, nuts and seeds, and at least one gallon of water per person, per day. Don’t forget a manual can opener and utility knife. A go bag should have enough food and water for at least three days; remember to pack enough for your pets, too.

3. Personal essentials. Purchase travel-sized toiletries and a first aid kit. Pack a change of clothing, including a warm, waterproof layer, as well as an extra pair of eyeglasses or contact lenses (and solution). Other items that should be in your go bag are an emergency blanket, scissors, duct tape, work gloves, towels and matches, according to the American Red Cross.

4. COVID-19 needs. The pandemic means that masks are an essential go-bag item, and they can also be used to filter out ash from fires. However, Sury cautions that only N95 masks will filter out fire particulates that could trigger asthma or allergic responses. Hand sanitizer that contains at least 60 percent alcohol, soap, antibacterial wipes and a thermometer are important, too, Sury advises.

5. Medications. If there is a warning that you may be evacuated, call your pharmacy and request an extra medication refill. Pack a list of your medications and the phone numbers for your pharmacy and physicians. You’ll also need portable versions of specialized medical equipment like syringes, CPAP machines and oxygen tanks.

If you have to evacuate without notice, the RX Open website, in partnership with the National Council for Prescription Drug Programs, maps the list of pharmacies that are open in disaster-stricken areas.

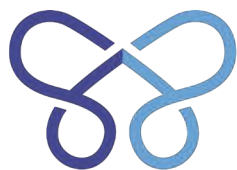
6. Electronics. Throw in extra phone chargers, a flashlight and batteries. “We recommend hand-crank portable radios,” Sury says. “When all of our lines of communication go down during a disaster, AM/FM radios have proven to be one of the most reliable sources of...communication, and you don’t need to worry about having fresh batteries.”

7. Paperwork. Make photocopies of essential documents, including passports; birth certificates; driver’s licenses; Social Security and Medicare cards; marriage, adoption and naturalization certificates; title or lease documents; insurance paperwork; and credit and debit card information. Make sure to store these in a waterproof, zip-top bag.

8. Cash. If natural disasters cause power outages, you may not be able to use your debit or credit cards to make purchases, so add cash to your go bag. Sury suggests “a couple hundred dollars” for a two-member household, to cover gas, food and other last-minute essentials. A combination of small bills and rolls of quarters is ideal if you need to buy food or water from vending machines.

Keep your go bag in an accessible location, such as a front hall closet or garage, where it’s easy to grab on your way out the door.

“[Packing a go bag] does take an investment of time, energy and a little bit of money,” Sury says, “but the payoff is worth it to have that peace of mind.”



Senior Services

OF WICHITA

200 S. Walnut
Wichita, KS 67213-4777

Return Service Requested

PRESORT STANDARD
US Postage
PAID
Permit #542
Wichita, KS



**STAY SAFE
AND
STAY POSITIVE**



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

Jennifer: jenniferf@seniorservicesofwichtia.org

Phone: 316-267-0197

Cherise: cherisel@seniorservicesofwichita.org

Phone: 316-263-3703

Carnesha: carneshat@seniorservicesofwichita.org

Phone: 316-269-4444

Kelli: kellin@seniorservicesofwichita.org

Phone: 316-942-2293

FIND US ON FACEBOOK:

<https://www.facebook.com/groups/seniorcenters/>