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March 2021

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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.





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## DOWNTOWN SENIOR CENTER

Hello all, can you believe March is already here. With the added 6 weeks of winter from Groundhog's Day we can look forward to spring coming. With that being said, don't forget March 14th is daylight saving time and we will spring forward an hour with our clocks. I am looking forward to warmer days ahead and starting all my fun outside activities again. One new thing this year I am going to attempt to grow is strawberries in hanging gutters. I'm hoping if I have them hanging the dogs will stay out of them. Do you guys' like to garden? Do you have any magic tricks for me to get a plentiful garden this year? As always feel free to call to say "Hi" I really like hearing from you and look forward to seeing you in person again.

- Jennifer



## March 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, March 2nd @ 1:00pm:** Personally Guided African Galleries Tour - Penn Museum

**Thursday, March 4th @ 1:00pm:** The Lost Colony - Ft. Raleigh National Historic Park: *An in-depth look at the complex history and mystery of England's start in North America.*

**Tuesday, March 9th @ 1:00pm:** The First 100 Days of FDR - Roosevelt Presidential Library

**Thursday, March 11th @ 1:00pm:** Lovingly, Marion - McNay Art Museums

**Thursday, March 18th @ 1:00pm:** The Story of Amistad - Mystic Seaport Museum

**Tuesday, March 23rd @ 1:00pm:** Virtual Tour at Mitchell Caverns

**Thursday, March 25th @ 1:00pm:** Texas' Gift to the Nation - Big Bend National Park

### **ONLINE CLASSES WORTH TAKING A LOOK AT:**

Organization: Mather Lifeways

Topic: Telephone based learning

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

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**



## PARTY LINE: 316-395-2177

**March 22nd @ 10:00am: Crafts And More Crafts** - Come join us on the phone at 316-395-2177 to talk about what your' favorite craft is. March is national Craft Month so be sure to call in - you might find a new hobby. Please RSVP to Jennifer at 316-267-0197.

## March Zoom Classes:

### Friday, March 12th @ 10:00am

In honor of Paint a Flower day and Craft Month I added a special paint day. Come join us in painting this too cute to handle bunny with flowers step-by-step instructions via Zoom/Facebook Live. If you would like a kit with all the needed supplies please call Jennifer at 316-267-0197 by March 5th so I can make sure to have them done in time for our painting class and arrange a time for you to pick them up. Kit cost is \$7.00.

### Supplies Needed:

- Canvas or mixed media paper 11x14"
- Acrylic Paint: Yellow, Black, White, Pink, Teal/Turquoise, and Green
- Paint Brush - small/large
- Water, paper towel and paper plate



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## March Zoom Classes:

### Wednesday, March 24th @ 10:00am

Join us on learning how to paint this adorable floral hen step-by-step instructions taught via Zoom (no Facebook on this painting sorry). If you would like a kit with all the needed supplies please call Jennifer at 316-267-0197 by March 15th so I can make sure to have them done in time for our painting class and arrange a time for you to pick them up. Kit cost is \$7.00.

#### Supplies Needed:

- Canvas or mixed media paper 11x14"
- Acrylic Paint: Cream, Black, White, Pink, Red, and Green
- Paint Brush - small/large
- Water, paper towel and paper plate



## March Is Colorectal Cancer Awareness Month Be Sure To Get Your Scans Scheduled!

### 10 Colonoscopy Myths Debunked:

<https://www.gastroconsa.com/9-colonoscopy-myths-debunked/>

There are lots of reasons why people avoid colonoscopies. Often it's a case of misinformation about the procedure or colon cancer. Many people don't realize that colon cancer is one of the most preventable cancers and that a quick, mildly uncomfortable exam (colonoscopy) can save their life.

Here are some of the most common excuses and myths about colonoscopies and colon cancer.

#### 1. My colonoscopy can wait until after the pandemic.

Much of life is on hold due to the pandemic, but colon cancer didn't take a break. Delaying your colonoscopy could cause cancer to develop undetected. When colon cancer progresses it's more difficult to treat. The chances of survival decrease.

#### 2. I don't need a colonoscopy if I don't have symptoms.

In the early stages, colon cancer rarely has symptoms. By the time you have symptoms of colon cancer, it may be at an advanced stage. The key to surviving colon cancer is early detection and prevention.

#### 3. The prep is horrible.

Most people don't complain about time in the bathroom as much as the volume and taste of the cleansing solution. Recent advances in bowel prep mean patients are drinking 75% less solution than just a few years ago.



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#### **4. A colonoscopy is painful.**

You shouldn't experience pain as part of a colonoscopy. Sedation is used during the procedure and eliminates any discomfort. Most patients don't even remember the short procedure. If you're afraid of sedation or pain during the procedure, talk to your doctor. They can discuss all your options and help alleviate your fear.

#### **5. I'm not at risk for colon cancer.**

The truth is: If you have a colon, you are at risk for colon cancer.

- One in 20 Americans will get colon cancer in their lifetime.
- 60% of deaths from colorectal cancer could be avoided with proper screening.

Everyone should be screened for pre-cancerous polyps and colon cancer at age 50. Even earlier if you have certain risk factors.

#### **6. I'm a woman and less likely to get colon cancer.**

Women are only slightly less likely to get colon cancer, and gender makes no difference in the screening recommendations. Colon cancer is the #2 cause of cancer deaths for men AND women in the U.S.

#### **7. Colonoscopies are expensive.**

Because screening colonoscopies are the gold standard for preventing colorectal cancer, most insurance plans (including Medicare) will exempt them from your deductible. This minimizes or eliminates your out-of-pocket costs!

#### **8. Colonoscopies are dangerous. My colon could be perforated.**

Colonoscopies are very safe. The risk of colon perforation is less than 1 in 1,000. By contrast, 1 in 20 Americans will be diagnosed with colon cancer during their lifetime.

#### **9. It's too embarrassing.**

Doctors understand how sensitive the colonoscopy experience can be. Every effort is made to make it as comfortable, private, and respectful as possible.

#### **10. Colon Cancer Can't be prevented.**

Finding and removing colon polyps is one of the best ways to prevent colon cancer. All colorectal cancers start as precancerous polyps, which are growths that protrude from the inner wall of the large intestine. Colonoscopy is the gold standard for finding and painlessly removing these polyps before they turn into cancer. In fact, US colon and rectal cancer rates have dropped 30% in the last 10 years among adults age 50+. This is because more Americans are having screening colonoscopies to prevent cancer. Despite that, colorectal cancer is still the second-leading cancer killer in the United States. Let's work together to change that.



## LINWOOD SENIOR CENTER



“Winds of March, We welcome you,  
There is much work for you to do,  
Work & play & blow all day,  
Blow the winter cold away...”



Hello Friends,

Welcome spring! Steady plodding! We need to tow the line, and keep going strong. After all this cold weather we will be looking for spring everywhere, but hopefully, you will have a “spring” in your step!

Guess what this month brings, National Read Across America Day on March 2, so you will want to find some good reads and get reading! Below in the following information you may want to take a gander at the books we are reading in the Early Am Book club and see if you might want to get in on the action! Also, this month brings the National Day of unplugging on the 5th, which fits in perfectly with reading! No plugs here! Finally there is on the 11th the National Worship of Tools Day, and we will have a discussion about what tools we cannot live without! And of course St Pat’s is coming, and you will want to learn the history of Patrick and all his wonderful qualities, so join us and don’t miss all the fun!

Sending Spring Well Wishes,

~Cherise & the Volunteer Crew~



**PARTY LINE: Call the 1-316-215-9366 to join us on the telephone. It’s fun!**

### **BIBLE STUDY on Monday, March 1 at 10am**

Call in and join us for the TRUE story of Patrick (St Patrick) taken from the book “*Let Me Die in Ireland: The True Story of Patrick*” by David Bercot.

### **EARLY AM BOOKCLUB, Monday, March 8 at 10am**

Discussion of Book: “*To Kill A Mockingbird*” by Harper Lee

### **SPRING CLEANING TIPS & DISCUSSION, Tuesday, March 9 at 10am**

Join us and bring with us your ideas! We will get you inspired or tired! LOL!

### **WILLY NILLY DISCUSSION, Thursday, March 11 at 2pm**

Topic: “Worship of Tools Day”, call in and join us to discuss our FAVORITE tools in the toolshed!

### **WILLY NILLY DISCUSSION, Tuesday, March 23, at 1pm**

Topic: “Gardening & Digging In”

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**



**\*\*\*On March 5th, Friday, it is the National Day of Unplugging!** You will want to turn off the electronics and do something fun. Go to a greenhouse, get a plant and plant it, read a great mystery, or get a travel book and travel the world. Get out those old collections, whether stamps, coins, pictures, or salt & pepper shakers, and take a gander! Just make sure you unplug!

**\*\*\*On March 10th it is National Pack Your Lunch,** so if it is a nice day, pack your lunch and eat it outside with a little picnic! Have a friend meet you there (somewhere like Watson Park) and bring their lunch too for a fun time, with appropriate social distancing.



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# HOPE

[ascensionliving.org/hope](http://ascensionliving.org/hope)



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H1714-LP1





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## 6 Tips For Successful Spring Cleaning

Written by Sarah Aguirre from The Spruce

The flowers are blooming, the birds are serenading, and our house still feels like it's stuck with winter blues. Spring cleaning is a tradition that allows us to freshen up our homes and get a head start on the hectic seasons of spring and summer.

### Clean Room-By-Room

Approaching your house room-by-room is the most effective way to deep-clean your home at any time of the year, but especially in spring. Use room checklists as a springboard for deep-cleaning the areas of your home that need extra attention. Feel free to skip items that have recently been cleaned and focus on the parts of your home that have been neglected all winter long.

### Organize and Clear the Clutter

One of the biggest parts of spring cleaning is getting rid of clutter that you don't need. Now is a good time to advantage of the natural spring urge to get rid of items that are weighing you down and begin fresh with a more streamlined lifestyle. A systematic four-step approach to identifying problems, analyzing reasons, determining solutions, and implementing remedies can be extremely productive at this time of year. Sorting your belongings into four categories—trash, give-away, store, or put-away—can also be effective as you begin the spring-cleaning process. Now is a great time to plan a garage sale or to donate items to good causes. Cleaning will be a lot easier when the clutter is gone.

### Get the Family Involved

If you need a little help in your cleaning endeavors, get your family involved. Even the most unwilling helper can make a big difference in the workload. Don't worry: There are ways to deal with even the most reluctant helpers. This is a great time of year to get the entire family to work together. Try throwing on some music or establishing a family reward as an incentive to get the work done.

### Tackle the Seasonal Chores

Some special chores need to be done seasonally. We ignore them for most of the fall and winter, but now it is time to bite the bullet and get these things clean. Even though these chores only need to be done once or twice a year, they will help your home run look better and run smoothly. Outdoor chores like cleaning grills, patios, and windows can be a little intimidating, but some simple tricks can keep the jobs manageable.

### Keep Cleaning Products to a Minimum

The cleaning aisles of our stores are stocked full of commercial products to help you clean, but the variety can be overwhelming. And dozens of cleaning products means dozens of cleaning products to clutter up your cabinets and closets. Resist the temptation to buy all these cleaning supplies; the real champions of spring cleaning are more basic supplies, such as a good all-purpose cleaner and microfiber cloths.



There are even homemade cleaners you can make that will save you money while protecting the environment.

### **Establish New Cleaning Habits**

A good, thorough spring cleaning that includes the whole house is a great time to establish new on-going cleaning habits, and it can also make the next spring cleaning a good deal easier. Simple 15-minute cleanup routines practiced every few days, each including a series of one- to two-minute chores, can make it remarkably easy to keep your home clean and tidy all year long.



### **Spring Jokes!**

**Q: What is Spring's favorite kind of pickles?**

**A: Daffo-dills!**

**Q: What do you call a well-dressed lion?**

**A: A dandy lion!**

**Q: What kind of socks does a gardener wear?**

**A: Garden hose.**

**Q: What do you call two young married spiders?**

**A: Newly webs.**

**Q: What do you call a mushroom who is the life of the party?**

**A: A fun-gi.**

**Q: What do you call it when worms take over the world?**

**A: Global Worming.**

**Q: When is it impossible to plant flowers?**

**A: When you haven't botany.**

**Q: What did the tree say to spring?**

**A: What a re-leaf.**

**Q: What's Irish and comes out in Spring?**

**A: Paddy O'Furniture**





## NORTHEAST SENIOR CENTER

Hello Everyone! Happy March!

Can you believe we are already in March? I know! I know! Yes the senior center is still closed...we are planning an opening date as we speak. So make sure you keep an eye out for it in an upcoming issue of The Compass. Remember whenever we do open we will still be limited on what activities we can have safely. Also, we will limit how many members can be in the building at any given time. So, please keep all of this in mind.

Normally we would be planning our "Green Thang" Party, but of course we know that is not going to take place this year. Yes, it is coming upon a year that the senior center has been closed; but we have to look for the positive in each and every day. It is truly a blessing to be alive. Keep doing the best you can. We will get through this.

On another note, March is National Nutrition Month...so let's talk nutrition. This year's 2021 theme is: "Personalize Your Plate". The eatright.org website mentioned the focus here is making and/or creating meals to meet individuals' cultural and personal food preferences. We all know that a one-size-fits-all approach to nutrition and health will not work. Really a one-size-fits-all approach to anything does not make sense to me. Especially, since we are all different...of course they did not ask for my two cents...I just had to share it. Ok, back to our topic...A one-size-fits-all approach will not work because we are all unique, our bodies are different, our goals are not the same, neither are our backgrounds and taste in food. While looking through the eatright.org website I came across 20 Health Tips that I would like to share with

you; but feel free to go to the website to check out all the good information that they have to offer.

### 20 Health Tips

- 1. Eat Breakfast** - Start your day with a healthy breakfast (lean proteins, grains, fruits & vegetables).
- 2. Make Half Your Plate Fruits and Vegetables** - Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate.
- 3. Watch Portion Sizes** - Use half your plate for fruits and vegetables and the other half for grains and lean proteins.
- 4. Be Active** - Regular physical activity has many health benefits.
- 5. Get to Know Food Labels** - Reading the nutrition facts panel can help you choose foods and drinks to meet your nutrient needs.
- 6. Fix Healthy Snacks** - Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods.
- 7. Consult a Registered Dietitian Nutritionist (RDN)** - Whether you want to lose weight, lower health-risks or manage a chronic disease, they can help you by providing sound, easy-to-follow personalized nutrition advice.
- 8. Follow Food Safety Guideline** - This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly.
- 9. Drink More Water** - Quench your thirst with water instead of drinks with added sugars.
- 10. Get cooking** - Preparing foods at home can be healthy, rewarding and

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**



cost-effective.

**11. Order Out without Ditching Goals –**

The key is to plan ahead, ask questions and choose foods carefully.

**12. Enact Family Meal Time –**

Turn off the TV, phones and other electronic devices to encourage mealtime talk.

**13. Banish Brown Bag Boredom –**

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas.

**14. Reduce added Sugars –** Foods and drinks with added sugars can contribute empty calories and little or no nutrition.

**15. Eat seafood Twice a Week –** Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats.

**16. Explore New Foods and Flavors –**

Add more nutrition and eating pleasure by expanding your range of food choices.

**17. Experiment with Plant-Based Meals –**

Expand variety in your menus with

budget-friendly meatless meals.

**18. Make an Effort to Reduce Food Waste –**

Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days.

**19. Slow Down at Mealtime –** Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

**20. Supplement with Caution –** If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

**Source:** [www.eatright.org/food/resources/national-nutrition-month](http://www.eatright.org/food/resources/national-nutrition-month).

Hopefully, some of the great tips shared will spark your interest in working towards eating more healthy foods. As always, Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker – Center Director

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# Sudoku

National Nutrition Month® 2021

eat right. Academy of Nutrition and Dietetics

## Nutrition Sudoku Easy

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A through I to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Date		Bread						Ice
				Ice				
Hummus	Cheese		Fish		Bread	Almond	Date	Garlic
		Fish						Hummus
Bread		Cheese	Almond		Ice	Fish		Date
Egg			Bread		Date	Cheese		
Fish	Almond	Date	Garlic				Ice	
	Hummus			Date		Garlic		
Ice							Almond	Egg



Don't Look Yef!  
These Are the  
Sudoku Answers:

E	V	D	J	H	D	G	I	B
G	H	C	F	D	A	E	C	F
C	H	E	I	D	A	G	F	B
I	C	F	A	D	G	B	E	H
A	G	A	H	I	F	E	D	C
E	I	H	B	F	D	C	G	A
B	G	C	A	H	I	F	E	D
A	D	F	E	G	C	I	B	H
H	C	I	F	E	B	A	D	G
G	E	A	D	I	H	B	C	F
D	F	B	C	A	G	E	H	I

- A Almond
- B Bread
- C Cheese
- D Date
- E Egg
- F Fish
- G Garlic
- H Hummus
- I Ice



# FACT OR FICTION?

**eat right.** Academy of Nutrition and Dietetics

## National Nutrition Month® 2021 Quiz

### Answers

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully.

**FICTION:** A healthful eating style can be beneficial for everyone. Proper nutrition is needed throughout life – for growth and development at a young age and as we get older. It can also help with managing many chronic diseases or reducing their risk.

2. Added sugars and naturally occurring sugars are the same.

**FICTION:** Sources of naturally occurring sugars, such as fruit and milk, provide important nutrients, like vitamins and minerals. Sugars that are added to foods and beverages often contribute calories but lack nutrients that are needed for good health.

3. A vegetarian diet can provide the recommended amount of protein for people of all ages.

**FACT:** A vegetarian eating style can meet nutrient needs, including protein, for infants to older adults, if it's well-planned and includes a variety of foods.

4. Foods that contain carbohydrates should be avoided.

**FICTION:** Carbohydrates are the body's main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals and dietary fiber, which can positively affect our health.

5. All types of dietary fat are the same.

**FICTION:** Healthier types of fat come from plant-based sources, such as vegetable oils and nuts. Fish, like salmon, also contain heart healthy forms of fat. Saturated fats and trans fats may increase the risk of heart disease, so it is recommended that these types of fat be limited. You can do this by choosing lean cuts of meat, skinless poultry and low-fat or fat-free dairy products and by reviewing the Nutrition Facts Label.

6. Frozen and canned fruits and vegetables can be nutritious choices.

**FACT:** Frozen and canned fruits and vegetables can be just as nutritious as fresh produce. Look for products with no added sugars and ones that are lower in sodium.

7. A gluten-free diet is recommended for weight loss.

**FICTION:** A gluten-free diet is medically necessary for individuals who have been diagnosed with celiac disease or non-celiac gluten sensitivity. It is not recommended for weight loss and is often customized by a registered dietitian nutritionist to help meet nutrient needs.

8. Some processed foods can be healthful.

**FACT:** There are different types of processed foods – some are only minimally processed, such as baby carrots or bagged spinach. Others are highly processed, like pre-made meals, frozen side dishes, and other convenience-type foods. Compare labels to find healthier options when purchasing these types of foods.

9. Adding salt at the table is the main source of sodium in the U.S.

**FICTION:** Most of the salt we consume come from foods that are already prepared. Some are more obvious because they taste salty, like canned soups. In other foods, like breads, the salt may not be noticeable. Choose foods with lower amounts of sodium and look for descriptions such as "No Salt Added" or "Reduced Sodium" when shopping.

10. Three servings from the Dairy Group are recommended daily for adolescents and adults.

**FACT:** For both males and females ages 9 and older, 3 cups (or cup equivalents) of low-fat or fat-free dairy products, such as milk, cheese, yogurt, or calcium-fortified soy milk are recommended per day. These foods and beverages provide important nutrients, like calcium and vitamin D.





## ORCHARD PARK SENIOR CENTER

Happy Spring Everyone! (As of March 20th that is). I am looking forward to spring. It is one of my favorite seasons, and I am excited that it is right around the corner. I love to hear the birds chirping. I also love to watch the flowers, plants and trees start to come back to life and I especially love the sunny days. You know what else I love? I love St. Patrick's Day! My Husband's Birthday is on St. Patrick's Day so it's a pretty big deal at our house. I thought I would share some fun facts with you about St. Patrick's Day:

### The History of St. Patrick's Day

St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage.

### Who was St. Patrick?

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people.

### The Shamrock was originally a Teaching Tool

St. Patrick is said to have used the three-leaved plant to explain the Holy Trinity (Father, Son and Holy Spirit) to the pagan Irish.

### What Do Leprechauns Have to Do With St. Patrick's Day?

One icon of the Irish holiday is the Leprechaun. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns probably stems from Celtic belief in fairies, tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.

### Why do we wear green on St. Patrick's Day?

Leprechauns are actually one reason you're supposed to wear green on St. Patrick's Day—or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see.

- **The first St. Patrick's Day parade took place in New York in the 1760's.**
- **In Chicago every year, the Plumbers Local 110 Union dyes the river "Kelly" green. The dye lasts for about 5 hours.**

I hope all of you have a fun St. Patrick's Day and **DON'T FORGET** to wear green that day!

### **PARTY LINE: 316-247-8982**

Tuesday, March 9th @ 10:00AM - Mary Hiebert with CPAAA - Q & A on Nutrition

Tuesday, March 23rd @ 2:00PM - Linda Parsons from T.O.P.S. - The Importance of Water Consumption

### **BE SURE TO CALL AND RSVP TO KELLI @ 316-942-2293**

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**



# FIND YOUR LUCKY IRISH NAME

PICK THE LAST LETTER OF YOUR FIRST NAME....

- A CLOVER
- B GIDDY
- C FLIRTY
- D KISSES
- E FEISTY
- F PADDY
- G JIGSER
- H CHARMS
- I FIDDLES
- J GOLDIE
- K ROCKIE
- L MAGIC
- M FORTUNE
- N TINY
- O GINGER
- P SPUDS
- Q WILD
- R LUCKY
- S TICKLER
- T SMILER
- U CLOVER
- V WEE
- W EMERALD
- X GREENIE
- Y DREAMY
- Z HAPPY



....AND MATCH IT WITH YOUR BIRTH MONTH

- JANUARY O'LEARY
- FEBRUARY LUCKYLEAF
- MARCH MCGUINNESS
- APRIL O'REALLY
- MAY O'REILLY
- JUNE MACFECKIT
- JULY O'CHARMING
- AUGUST MCSPUD
- SEPTEMBER GALORE
- OCTOBER O'TOOLE
- NOVEMBER MCNUGGET
- DECEMBER SHAMROCKIN

HAPPY ST PATRICK'S DAY FROM

**THE IrishPost**



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I SPY

# I SPY

St. Patrick's Day



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



# Word Search

## Gardening

Find and circle all of the words that are hidden in the grid.  
The remaining 27 letters spell a Lady Bird Johnson quote.

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

- |            |              |            |             |
|------------|--------------|------------|-------------|
| ANNUALS    | GARDEN       | ORGANIC    | SEEDS       |
| BEANS      | GERANIUMS    | PEAS       | SHOVEL      |
| BEETS      | GLOVES       | PERENNIAL  | SOIL        |
| BIENNIAL   | GNOME        | PETUNIAS   | SPADE       |
| BROCCOLI   | GREENHOUSE   | PINWHEEL   | SUNSHINE    |
| CARROTS    | GROW         | PITCH FORK | TOMATOES    |
| COMPOST    | HOES         | PLANTING   | TROWEL      |
| CULTIVATE  | HORTICULTURE | RAIN       | TULIPS      |
| DAISIES    | HOSE         | RAKE       | VEGETABLES  |
| DIGGING    | HYDRANGEA    | RELAXING   | WATER       |
| FERTILIZER | LILACS       | ROSES      | WEEDS       |
| FLOWERS    | LILIES       | ROWS       | WHEELBARROW |
| FUCHSIA    | MARIGOLDS    |            |             |



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