



NORTHEAST SENIOR CENTER

Hello Everyone! Happy April!

Guess what? Remember I shared in the February newsletter that if anything changed concerning our centers you would be the first to know. Well, you are not going to believe this, but we have decided to reopen our senior centers. Let me say that again, “We have decided to reopen our Senior Centers”! Starting this month we will open Tuesdays and Thursdays from 10am to 3pm. This schedule will help us implement a routine for cleaning and sanitizing our centers; as well as a chance for you to get adjusted to our new rules (masks required, social distance, frequent handwashing/sanitizing, and temperature checks) while in the senior center. Hopefully, if you were having a rough day this news made your day a little better. Please remember that we will only have a limited number of activities at this time. Also, the number of members in the building at one time will be limited too. You must call in advance to be on the list to attend any activities. All members will be required to complete a new registration and waiver form before you are able to participate in any activity in the centers. Before I forget, I have had several calls about membership payments...When you come to complete your new registration and waiver forms feel free to pay at this time. Please make all checks payable to: **Senior Services, Inc. of Wichita.**

With that said, April is Stress Awareness Month...so let's talk about stress. We have all been dealing with some type of stress in some form or fashion. Whether we care to admit it or not. Last year was a bit much for everyone. Whether it was a loss of a family member or friend, a job, a pet, a relationship, and the list goes on... Any loss or something out of your control can become stressful. This month we want to focus on encouraging one another and helping each other understand and deal with stress. That way we can all work towards getting back to living life to the fullest.

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Ongoing Activities

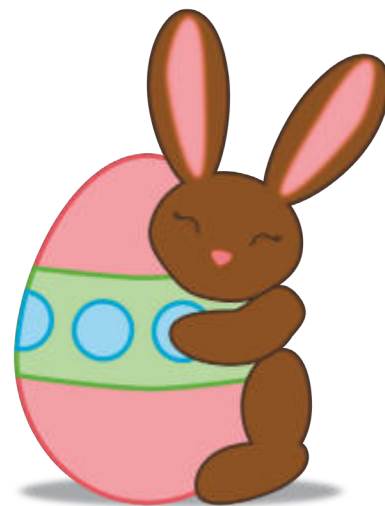
(YOU MUST CALL IN ADVANCE TO PARTICIPATE IN ANY ACTIVITY)

Tuesday

- 10:30 am - Exercise Class, Dominoes
- 11:30 am - Diamond Dotz
- 12:30 pm - Line Dance
- 1:00 pm - Dominoes
- 2:00 pm - Line Dance

Thursday

- 10:30 am - Exercise Class, Dominoes, Jewelry Making Class
- 11:30 am - Education (Starting Thursday, April 8th)
- 12:00 pm - Quilters
- 1:00 pm - Dominoes
- 2:00 pm - Chair Yoga (By Video)



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



Party Line Class and Phone # (316) 330-9268:

Finding Comfort Grieving Support Group

Wednesday, April 21st at 10:30 am

Please call (316) 330-9268 to join in on the discuss

Courtesy of Harry Hynes Hospice



Educational Series: "Taking You From Distress To De-stress"


Thursday, April 8th at 11:30am - "What is Stress?"

Thursday, April 15th at 11:30am - "Understanding Stress"

Thursday, April 22nd at 11:30am - "How Stress Affects Us"


Thursday, April 29th at 11:30am - "Managing Stress"



 <p>Twin Lakes Apartments All Adult Community in Wichita 1915 North Porter Street Wichita, KS 67203</p> <p>316-838-1972</p>	 <p>Offering a range of solutions for different lifestyles</p> <p>In-Home Systems Mobile Systems Medication Dispensers</p> <p>3510 W. Central, Suite 100, Wichita, KS 67203 316-262-8339 www.homebuddy.org</p>
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SUPPORT OUR ADVERTISERS!





Word Search - How To Handle Stress



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

- Think Positive
- Take Time Off
- Sing
- Healthy Snacks
- Motivation
- Sports
- Be Happy
- Relax
- Dance
- Prioritize
- Support System
- Hobby
- Play
- Friends
- Exercise
- Reward Yourself
- Adequate Sleep
- Breathe Deeply
- Laugh
- Listen to Music
- Favorite Show
- Meditate
- Organize
- Keep Perspective
- Unplug Electronics





Northeast Director's Notes - Continued

If this is something that interests you, Northeast Senior Center will be offering a four part series titled: "Taking You From Distress To De-stress". Remember again, space is limited so sign up when you complete your forms and pay your membership to attend this educational series. While researching the information for our four part educational series in the [stress.org](http://www.stress.org) website I came across a 10 Step Stress Solution that I would like to share with you:

10 Step Stress Solution

- 1. Adopt a Positive Mind Set** - Being in control of your thoughts increases your ability to find solutions to challenging situations and to deal more effectively with stress.
- 2. Don't be a Slave to Tech** - We live in a time where we are more connected than ever before, but yet life in our digitally switched on age is extremely stressful.
- 3. Eat for Wellbeing** - Like oxygen and water, food is vital for our health and wellbeing. Food is our energy source and provides us with the nutrients we need to grow, fight disease and repair. Food can also either be the cause of stress (as organs try to metabolize what we eat and drink), or it can aggravate and increase stress from which we are already suffering.
- 4. Get a Good Night's Sleep** - A good night's sleep is incredibly important for your health. Anyone who has had a good night's sleep know the feeling of waking up well rested and feeling on top of the world. Sleep is just as important as eating healthy and exercising for your overall wellbeing as sleep is nature's healer.
- 5. Get Moving to Combat Stress** - When you're feeling particularly stressed, the last thing you probably want to do is

exercise, but it's one of the best remedies for tackling your stress!

- 6. Learn to Say No** - Do you feel like you are trying to take on too much? Lowering your levels for stress can be as simple as and straightforward as just saying no.
- 7. Master Your Time** - Time management is an important stress-management technique. If you fail to master your time, you will get overwhelmed, stressed and your productivity and efficiency diminish.
- 8. Practice Deep Breathing** - The three most vital things we need to do to stay alive are breathe, drink water and eat food. You can go for several weeks without eating, and days without water, but we can only go for minutes at the most without breathing.
- 9. Prioritize Your Health** - Many people are not tuned in to their body and are not aware until it is too late of the effects that stress is having on them.
- 10. Stay Hydrated** - Staying hydrated is key to staying healthy. So how do you know if you are dehydrated? Well there are a number of signs that could indicate that you are dehydrated: Do you feel thirsty? Do you feel tired, confused or angry? Do you have dry eyes or blurred vision? Do you have a headache? These are all signs that could indicate that you are dehydrated.

Source: www.stress.org

Hopefully, some of the stress solution tips shared will encourage you to work towards managing and dealing with stress better. As always, Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker - Center Director

