

Downtown • Linwood • Northeast • Orchard Park

March 2022

March MADNESS at your Senior Centers



DOWNTOWN

March 16th @ 1:00pm

Make a porcelain painting of a cute bunny with Ruby Tobey.



NORTHEAST

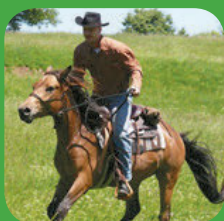
March 1st & 15th @ 1:00pm

Being Kind to Others - St. Patrick's Day craft.

LINWOOD

March 25th @ 1:00-3:00pm

Cowtown Field Trip - We will bring the snacks, and you bring your cameras!



ORCHARD PARK

March 17th @ 1:00-3:30pm

Get Your Green On and celebrate St. Patrick's Day - games and snacks provided.





PRESENTS

PICKLE PALOOZA 2022

THE PICKLEPALOOZA 50 & BETTER COMPETITIVE PICKLEBALL TOURNAMENT

Formerly known as The Heartland Games
Tournament.

WHEN: Saturday, April 30, 2022

WHERE: Ralph Wulz Riverside Tennis Center
(551 N. Nims)

TIME: 8:30am registration check in,
9:00am matches

This is a double elimination tournament -
Mens, Womens & Mixed doubles. The
tournament was hosted for years as a
competition in The Heartland Games. It is
now rebranded as a competition in the
Picklepalooza events.

Players must be 50 years of age on or before
April 30, 2022 and have a skill level of 3.5 or
higher to participate.

REGISTRATION FEES

- \$55 early bird special (until March 15, 2022)
- \$60 from 3.15.22 to 4.23.22

REGISTRATION INCLUDES

- 1 complimentary drink ticket - soda,
beer or hard seltzer
- A Burger & Dogs cook out with all the
trimmings and sides hosted by the Wichita
WagonMasters.
- Complimentary water throughout the day.

All proceeds benefit the programs of Senior
Services including Downtown, Linwood,
Northeast & Orchard Park Senior Centers.

Rain dates - May 21st (1st backup), October
8th (2nd backup)

Register at <https://www.pickleballtournaments.com/tournamentinfo.pl?tid=6213> or visit
[pickleballtournaments.com](https://www.pickleballtournaments.com) and search for
Picklepalooza 50 & Better Tournament

**Other details call Chris Heiman at
316.267.0302 ext. 216.**

SENIOR SPONSOR **Humana.**

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.

Roving Pantry
267-4378

All Agency
267-0302





Sudoku

Sudoku #1006 (Medium)

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



GROW YOUR BUSINESS
BY PLACING
AN AD HERE!

CONTACT US!

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



WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community

- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers

Be the friend they need
Be a Hospice Volunteer



WAYS YOU CAN HELP:

- Listen to music or play games together
- Take a walk together
- Help with household chores
- Read or writing letters
- Provide respite care for the caregiver

Your time will provide much-needed
support and comfort

Interim
HEALTHCARE®

HOSPICE

Carol Hughes

316-265-4295

cahughes@interimhealthcare.com



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

Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



DOWNTOWN SENIOR CENTER

Hi all, hope you're having a great year so far. Hopefully winter will be disappearing and spring will be poking its head out. We have some fun activities listed for this month. Be sure to RSVP to 316-267-0197 if you plan on attending an event. We are still doing taxes here at the Downtown Senior Center and you can get your appointment by calling 2-1-1 and requesting an appointment. As you noticed for February many of our activities have changed rooms so be sure to check if you are unsure. Please, please make sure you are signing in on the kiosk by the front door this helps with all of our reports.

- Jennifer

Cancellations and Closings

March 15th: No Mexican Train Dominoes

March 15th: No Cardio Drumming

March 31st: No Exercise

March 31st: No Tai Chi for Health

Education Classes

March 10th @ 1:00pm: Writer's Craft - Finding Writing Inspiration and Your Voice

March 15th @ 11:00am: Tech Tuesday - Adding Appointments/Activities - Come learn how to add appointments/activities to your phones calendar.

March 17th @ 10:45am: Advil and Tylenol - How much and how often can you take it. Quick video.

March 23rd @ 9:30am: WSU Dental Assistant Program will be out to talk about Oral Health. Come and listen to what they have to say then stay to try out our chair yoga dance class. All that attend will get a FREE gift.

Dates To Remember

March 4th @ 11:00am: Inner Circle - If you like to plan this is the group for you.

March 8th @ 10:00am: Book Club -

Wichita Big Read - "The House on Mango Street" by Sandra Cisneros.

March 15th: Hermes Foot Care - Be sure to call to get on the schedule 316-260-4110 or 316-644-7309.

March 21st @ 1:00pm: Wanderers - Meet at Sweet n' Saucy - 535 W Douglas #110 to see what all the rave is about, then we will go over to Milkfloat - 535 W Douglas Ave #140 for an afternoon snack.

March 28th @ 1:00pm: Bunco - if you haven't played or even heard what Bunco is - be sure to come it's a fun dice game that anyone can play.

March 31st @ 9:00am: Foster Grandparents

Special Events

March 10th: Popcorn Lover's Day - stop by and say HI and get you a bag of popcorn to go!

March 17th: Lucky Penny - stop by the office and get a Lucky Penny! Be sure to wear your green.

March 25th 1:00-3:00pm: Meet us at The Old Cowtown Museum - 1865 W. Museum Blvd. - Let's step back in time together as we enter a world off the Chisholm Trail in the years of 1865-1880. Cost is \$8 for those 62+.

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
Registration Required for ALL Center Activities • Membership: \$35 per year



Class Information

Cardio Drumming

Have you wondered what cardio drumming is? Well, let me tell you it's a fun activity and exercise all in one. We are having Cardio Drumming on Tuesday's at 1:00pm in the gym here at the Downtown Senior Center. This is a video led class with a variety of great music to learn the beat to. We do cardio drumming with an exercise ball, bucket, and drum sticks, which are all provided so don't worry about not having the equipment. You can do this activity seated or standing depending on how active you are. This is for all levels so if you're new to exercising feel free to come check it out. We have spots for 15 in this class.

Job Club

If you are looking for a job and need a little help be sure to stop by the Senior Employment office inside the Downtown Senior Center. They will do an orientation with you and get you registered in their system. Being registered with Senior Employment has a bunch of perks - you get to go to job club which is a great way to stay up to date on what jobs have been posted for seniors and how to apply for them. Along with getting to meet with others in the same boat as you - not knowing where to start or how to find those jobs that are out there, it's a great community of resources for those wanting to get back into the job force. Job Club meets each Tuesday at 1:00pm in Room 2.



**GROW YOUR
BUSINESS
BY PLACING
AN AD HERE!**

CONTACT US!

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



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



Main Office: 2145 N. Topeka, Wichita
316.942.4848

LEASING NOW!

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

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

Save time for what you love.



**OXFORD
VILLA**

Active Senior Apartments | OxfordVilla.com



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

Senior Services Inc. of Wichita, Wichita, KS

B 4C 02-0994



Schedule Of Ongoing Activities

Monday

- 9:00-11:00 - Competitive Pickleball - Gym
- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness - Room 1
- 10:00-11:00 - Wanda's Exercise - Room 3
- 1:00-2:00 - Wanderers (3rd) - See Jennifer
- 1:00-2:00 - Bunco (4th) - Room 3
- 1:00-3:00 - Open Pickleball - Gym

Tuesday

- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness - Room 1
- 10:00-11:00 - Exercise - Gym
- 10:00-11:30 - Book Club (2nd) - Room 2
- 11:00-12:00 - Tai Chi for Health (Special Class) - Gym
- 11:00-12:00 - Tech Tuesday - Room 2
- 12:00-3:00 - Dominoes - Room 3
- 1:00-2:00 - Cardio Drumming - Gym
- 1:00-2:00 - Job Club - Room 2
- 2:00-3:00 - Bible Study - Room 2

Wednesday

- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness - Room 1
- 10:00-11:00 - Wanda's Exercise - Room 3
- 10:00-11:00 - Seated Yoga Dance - Gym
- 11:00-12:00 - Inner Circle (1st) - Room 2
- 1:00-2:30 - Intermediate Spanish (\$5/class due to instructor) - Room 2
- 1:00-3:00 - Open Pickleball - Gym

Thursday

- 9:00-1:00 - Foster Grandparents (last Thursday of the month)
- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness - Room 1
- 10:00-11:00 - Exercise - Gym
- 10:45-11:00 - Education (2nd) - Gym
- 11:00-12:00 - Tai Chi for Health (Special Class) - Gym
- 1:00-3:00 - Writing Craft (1st full week of month) - Room 3
- 1:00-3:00 - Flying Saucers (1st) - Gym

Friday

- 9:00-11:00 - Competitive Pickleball - Gym
- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness - Room 1
- 10:00-11:00 - Wanda's Exercise - Room 3
- 12:00-3:00 - Party Bridge - Room 3
- 12:30-3:00 - Hand & Foot (2nd & 4th & 5th) - Room 2
- 1:00-3:00 - Open Pickleball - Gym

Craft Class

March 16th @ 1:00pm:

Try your hand at porcelain painting with Ruby Tobey. She will be instructing how to make a cute bunny tile that is pre-traced. Cost \$5 and RSVP due by Friday March 11th. Please call or stop by to RSVP: 316-267-0197.



BE SURE TO STOP BY THE OFFICE TO PICK UP OUR AT-A-GLANCE CALENDAR THAT CAN HELP YOU QUICKLY FIND THE ACTIVITY YOU ARE LOOKING FOR.

March 13th - Spring Forward

DAYLIGHT SAVINGS TIME

Don't forget to move your clocks forward one hour!





DOWNTOWN SENIOR CENTER

March is National Colorectal Cancer Month - this would be a great time to call your doctor and get a screening done. Be sure to tell your friends and family to do the same.

The Average Lifetime Risk for Men = 1 in 23.

The Average Lifetime Risk for Women = 1 in 25.

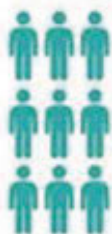
What you need to know about colorectal cancer

March is National Colorectal Cancer Awareness Month

How many people have CRC?



It is the **3rd** most commonly diagnosed type of cancer & the **3rd** most common cause of cancer deaths



of people diagnosed with CRC are over 50 years old.

Vitamin D and CRC

Did you know CRC was the first cancer thought to be associated with vitamin D levels?



A study found that CRC patients with vitamin D levels greater than 33 ng/ml had a **50%** lower incidence than those with levels less than 15 ng/ml.

50%

But **how** does vitamin D help?

Ensures cells have a distinct form and function
Initiates cell death
Controls cell growth

Who is at risk?



People with a family history of colorectal cancer, or polyps in the colon



People with an inflammatory bowel disease, such as ulcerative colitis or crohn's



People who don't exercise



People with a high intake of fat, smokers, &/or those with diabetes



African-Americans

What are the symptoms?

- * Pain or discomfort
- * Unexplained weight loss
- * Blood in the stool
- * Changes in bowel movements (diarrhea or constipation)
- * Lump in the abdomen
- * Feeling that your bowels are not emptying completely
- * Constant fatigue

What you can do?

Screen

Encourage friends and loved ones over the age of 50 to have **regular CRC screening tests**

Talk

Talk with friends and family about CRC risk factors and encourage them to live a healthy lifestyle

Act

Join patients, survivors, and care givers in holding **fundraisers** or **educational events** to increase awareness of CRC

Lifestyle

Make sure you eat a **diet** low in fat, don't smoke, and **exercise** regularly

Vitamin D

To further reduce your risk of CRC, make sure you **supplement** with vitamin D



LINWOOD SENIOR CENTER

"March 4th (forth), the only day that is also a sentence!" ~John Green

"May you escape the gallows, avoid distress, and be as healthy as a trout" ~Irish Blessing

"It's no use boiling the cabbage twice!"

"May you get all your wishes, except one, so you will always have something to strive for."

~Irish Quotes

Hello Friends,

Are you ready for a little "green" in your life? March is a favorite month of mine! You can see little green shoots start to spring up from the earth, and you are able to enjoy the variety of Kansas weather, that only the prairie people can experience. Maybe it is the Native American in me, but I always feel a sense of peace when I know the earth is again starting to wake and change, and start the normal patterns of life. What did you think of the quotes above? I hope you enjoy them. On March 25th we will have an Irish Blessing Celebration to discuss Irish Traditions and Sayings, so join us!

We have some unique classes, so you don't want to miss them, with our zoom class from the Extension office: Landscaping 101, we also have a

Continued on pg 11



Ongoing Activities

Please RSVP for ANY Activity - Call: 263-3703 - Open M-F from 9am to 3:30pm

Monday

9:00-11:00 Pickleball
9:00 Stronger Seniors
10:00 Bible Study
(March 7th & 21st)
11:30 Friendship Lunch
1:00-3:00 Open Crafting
(March 14th & 28th)
2:00 Grief Support Group
(March 21st)

Tuesday

9:00 Pickleball
9:00 Stronger Seniors
10:00 Needlework/
Looming with Linda
11:30 Friendship Lunch
1:00 WSU Well REP
2:00 Movie Time 2022
(See What's Showing)

Wednesday

9:00 Stronger Seniors
10:00 BINGO
(NOT Third Wed.)
11:30 Friendship Lunch
12:00 Pinochle with Friends
(No Computer Lab)
1:00-3:00 Craft Educations
(See Schedule)

Thursday

9:00-11:00 Pickleball
9:00 Stronger Seniors
9:30-11:30 Writer's Craft
(First Thurs.)
11:30 Friendship Lunch
12:00 Pinochle with Friends
(No Computer Lab)
1:00 WSU Well REP
2:15 Dime Bingo

3:15 "Ball Drumming 101"

Friday

9:00 Stronger Seniors
10:15 Educational Programs
(See Schedule)
11:30 Friendship Lunch
12:00-3:30 13 Point Pitch

Daily/Anytime

**Walking and Computer Lab
(RSVP)**

Monthly

**11:00 Advisory Council
(Fourth Wednesday)**

**10:30 Birthday Party
(Third Wednesday)**

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: \$35 per year



Sudoku

Sudoku #1014 (Easy)

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



HOPE is more than a word

Evelyn found support to stay active, independent and at home

Don't take our word for it, hear Evelyn's story of hope in her own words at ascensionliving.org/HOPE

For more information or to schedule a home visit, call **316-799-0639 (TTY: 800-766-3777)** today.

Participants must be at least 55 years old and live in Sedgwick County. All PACE participants agree to receive all services other than emergency services from HOPE staff and its network of providers, and may be fully and personally liable for the costs of unauthorized or out-of-network services.



HOPE

ascensionliving.org/hope



Evelyn, HOPE Participant

© Ascension 2022. All rights reserved. H1714-LP4



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

Senior Services Inc. of Wichita, Wichita, KS

C 4C 02-0994



Fun Upcoming Events & Activities (RSVP for ALL to 263-3703)

MOVIE TIME 2022 – Tuesdays @ 2:00pm

3/1 – “Twister” Helen Hunt is a researcher who studies Tornadoes and loves the chase.

3/8 – “The Best Exotic Marigold Hotel” Retirees moving to India find love, adventure & peace. Comedy.

3/14 – “The Second Best Exotic Marigold Hotel” More of the same characters as they get through life.

3/21 – “Going in Style” Old men on a mission to get their money back! Comedy.

3/28 – “Murder on the Orient Express” Train, murder, and Hercule Poirot, what more could you want!? Agatha Christie Drama.

The Popcorn is on us! RSVP please.

***Movie subject to change, if unable to attain.**

March 3rd @ 9:30, Writing Craft

Program: Finding Writing Inspiration and Your Voice

Exercise Words: envelope – peach – puppy – boots – stinky

General Prompt: Start with, “Back in my day,...”

Poem Prompt: Pick any fruit you like and write a poem about it talking to you.

CRAFT EDUCATIONS:

March 7th @ 1:00pm

“Delicious, Diabetic-Friendly Smoothies” Suggested donation is \$3 – thank you. RSVP by 3/4/22.

March 9th @ 1:00pm

“Learn the Basics of Painting on China”

with Ruby Tobey, she will show you how to paint a delightful bunny on tile! Cost is \$5, Pay/RSVP by 3/8/22. Limit of 8.



March 23rd @ 1:00pm

“Scrumptious Pork Egg Rolls & How To Make (and eat) Them!” Linda Overman will be sharing her secrets. Plan on eating some, and taking a 1/2-dozen home with you! Cost is \$6, Pay/RSVP by 3/18/2022. Limit 8.

March 30th

@ 1:00pm

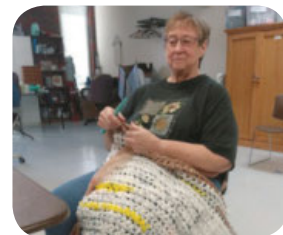
“Cake In A Cup” – join Pat Collins as she teaches us this unique and fun recipe, that is great for gifts! Cost is \$5.



March 14th & 28th @ 1:00pm

OPEN CRAFTING/COLORING/

WHATEVER – We will be having a time you can bring in your craft you are working on! Fun camaraderie! Also, Kay Hood will be here if you don't have something you are working on and you can help make MATS for the HOMELESS. Stop in! There is always something you can help with! This is a way to help others, so stop by for fellowship!



EDUCATIONAL PRESENTATIONS:

***Held on Fridays @ 10:15am.**

Must RSVP and let us know you are coming! THANKS!

March 4th, Sage-ing Series –

“RIP – Resilience in the Pandemic” – David Gear

March 11th, Jeanette

Richards – “Walking for Wellness & Life!” – Join us as we find out how you can make a change for the better in your life. Come and learn how



Continued on pg 11



Fun Upcoming Events & Activities (RSVP for ALL to 263-3703)

Jeanette improved hers! You will LOVE her enthusiasm.

March 18th, Sage-ing Series -
“Expanding Elder Consciousness” -
David Gear

March 25th, “Celebrating Irish Blessings & Sayings” - Cherise Langenberg



NEW EVENTS:

March 2nd @ 12:00-1:00pm
“The K-State Garden Hour - presents ‘Landscape Design’” Designing a new flower bed or revamping a current one can intimidate any gardener. With just a few simple design principles, become more confident in choosing plants for these areas. Join Travis Carmichael, Lyon County Horticulture Extension Agent, as he discusses design principles, including the importance of planting in groups, planning for mature size, and bringing year-round color to the landscape. This is a live link from our center.



VITA TAXES :

We have openings on March 4th & 5th.
Please call the United Way at 211 and dial 7 to get a live person to help you arrange your tax appointment. (Just dial 211 as no other numbers are necessary!)

SPECIAL ACTIVITIES:

March 11th @ 11:30am

Lunching Lovelies and ROMEO Club, we will be dining out at El Rancho on 1601 E. Pawnee. Cost @ \$10-12 with tip. RSVP to 263-3703 so we know you are coming by 3/10.

March 25th @ 1:00-3:00pm

COWTOWN FIELD TRIP - Join us as we head to our wonderful prairie town of early Wichita. Find out about what life was back in the 1860's, down near the Arkansas River. Cost is \$8 for seniors. We will bring the snacks, and you bring your cameras! Meet us at the gate at 1pm. RSVP to 263-3703.



Director's Notes Continued

class to learn how to paint on china, a scrumptious class on making “egg rolls”, and yummy class about making diabetic friendly smoothies, and a delicious class on making cake in a cup. We will also have TAXES, on March 4th and 5th, and we are heading to Cowtown on the 25th. Come and let us inspire you with Jeanette Richards and her story about “Walking to Save Your Life.” We also are finishing up the wonderful “Saging Series” with David Gear, so “gear up” for a wonderful month, and please forgive my pun! LOL

Sending hugs and fun your way,

~ Cherise & your Linwood Team



NORTHEAST SENIOR CENTER

Hello Everyone! Happy March!

It's so nice to see so many of you still coming in to enjoy the senior center. I know it is still difficult for so many of our members with really challenging health concerns. Please continue to keep those you have not seen in the center in a while in prayer. Also, if you have time take a moment and call them or stop by and check on them. We never know what a person has going on. I want to remind everyone we are still taking the recommended Covid safety precautions with a goal of helping everyone stay safe. So, please be mindful of this when you stop by the senior center.

With that said, I am deciding to partner with some of the companies that donate to our senior centers from time to time from a different angle. Normally, they come in and offer Educational Presentations and donate items that we need; which we truly appreciate. I wanted to start giving back to them from Northeast Senior Center. We have so much love and compassion from this center it is time to pour into others...this

Continued on pg 15

Ongoing Activities

You Must Call In Advance To Participate In Any Activity (269-4444)

Monday		11:30	Aging Projects Friendship Meals
9:30	WSU WellRep Exercise Class *(New Time)	12:30	Line Dance (2nd & 4th Wednesdays only)
10:00	Computer Room, Exercise Equipment Room	1:00	Dominoes
10:30	Diamond Dotz, Dominoes	Thursday	
11:30	Aging Projects Friendship Meals	10:00	Computer Room, Exercise Equipment Room
1:00	Wii Games, Dominoes	10:30	Exercise Class, Dominoes
Tuesday		11:30	Aging Projects Friendship Meals
10:00	Computer Room, Exercise Equipment Room	12:00	Quilters' Treasures
10:30	Exercise Class, Dominoes	1:00	Card Games (Bid Whiz & Spades), Dominoes
11:30	Aging Projects Friendship Meals	Friday	
1:00	Wii Games, Dominoes	9:30	WSU WellRep Exercise Class *(New Time)
Wednesday		10:00	Computer Room, Exercise Equipment Room
9:30	WSU WellRep Exercise Class *(New Time)	10:30	Wii Games
10:30	Jewelry Making Class, Computer Room, & Exercise Equipment Room	10:30	Diamond Dotz, Dominoes
10:30	Dominoes	11:30	Aging Projects Friendship Meals
		1:00	Wii Games, Dominoes

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: \$35 per year



NORTHEAST SENIOR CENTER

Upcoming Activities:

- **Wednesday, March 16th at 10:30am**
Finding Comfort Grieving Support Group: Courtesy of Harry Hynes Hospice.
- ***New Group* ~ Being Kind to Others**
will meet **Tuesday, March 1st & March 15th at 1:00pm** Project for Kindred Hospice - Wichita hospice patients - St. Patrick's Day craft.



Kindness

The more you give
The more you get,
The more you laugh,
The less you fret,
The more you do unselfishly,
The more you live abundantly,
The more of everything you share,
The more you'll always have to spare,
The more you love,
The more you'll find,
That life is good,
And friends are kind,
For only what we give away,
Enriches us from day to day.



Helen Steiner Rice




Twin Lakes Apartments
All Adult Community in Wichita
1915 North Porter Street
Wichita, KS 67203
316-838-1972

HomeBuddy Medical Alert.
We're not just for emergencies.

- Small, Portable, Water-Resistant • GPS Location Assistance
- Long Battery Life • Help for All Ages in Any Situation



FREE Installation! Save \$50! Call or visit our website for more information.

 **HomeBuddy** **CALL NOW! 800-281-0061**
A ConnectAmerica Company www.HomeBuddy.org

FREE AD DESIGN
WITH PURCHASE OF THIS SPACE

 **CALL 800.950.9952**



 **All Saints Home Care**

Home Care Services in Wichita & Hutchinson
Contact All Saints Home Care to learn how we can help you or your loved one.

allsaintshomecare.com | 316.755.1076

SUPPORT OUR ADVERTISERS!



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

Senior Services Inc. of Wichita, Wichita, KS

D 4C 02-0994





FEELING JOY WORD SEARCH

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

BLITHE

BUBBLY

CAREFREE

CONTENT

EBULLIENT

ECSTASY

EFFERVESCENT

ELATED

EXHILARATED

EXUBERANT

FROLICSOME

GLEE

GRIN

HAPPY

HILARIOUS

JOVIAL

LAUGH

LIGHTHEARTED

PLEASED

PLEASURE

SPARKLING

ZESTFUL



NORTHEAST SENIOR CENTER

Director's Notes Continued

can take the "woe is me" attitude and turn it into a blessing in disguise. One location that I have been in touch with about doing something for is Kindred Hospice - Wichita. They were looking for volunteers to do different things, but I shared that it is challenging for many of our seniors to volunteer. Many do not drive, others health is not the best, and so many places that seniors go are not senior friendly to get in and out of. I asked if we could partner and do projects from Northeast Senior Center and help that way. They were open to the idea and so we will see where this goes.

Kindred Hospice - Wichita has patients that could use a pick me up from time to time. I figure being kind to others does not cost anything other than a little of your time. So, if this is something that interests you please call Northeast Senior Center (316) 269-4444 to be added to our list of Being Kind to Others group that I will be starting. Did you know being kind has health benefits (those blessings in disguise that I was mentioning earlier)?

Here are some Health Benefits of Being Kind:

- It can promote changes in the brain that are linked with happiness.
- It creates a sense of belonging and reduces isolation. (Helping others is thought to be one of the ways that people create, maintain, and strengthen their social connections).
- It helps keep things in perspective. (Many people don't realize the impact a different perspective can have on their outlook on life. There is some evidence that being aware of our own acts of kindness, as well as the things we are grateful for, can increase feelings of happiness, optimism and satisfaction.

Well, I will not keep you, but I did want you to be aware that changing that "woe is me" attitude and being kind to others can really be beneficial to your overall health in many ways. I just shared a few ways. Feel free to Google Health Benefits of Being Kind to others...and see for yourself.

Source: www.mentalhealth.org.uk/campaigns/kindness/kindness-matters-guide

In the meantime and between time, Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker - Center Director



Taxes! Taxes! Taxes!

VITA (Volunteer Income Tax Assistance) will be providing free Federal & Kansas income tax preparation as well as filing free Kansas Homestead Claims at Northeast Senior Center (2121 E. 21st St.). Free Tax preparation is provided to low income individuals, families, and seniors; generally those under \$60,000 of annual income.

Appointments will be offered on Mondays and Wednesdays from 9:30am to 2:00pm now through April 13th, 2022. All appointments must be scheduled through the 211 United Way of the Plains service. You will need to: **DIAL 2-1-1** and request a tax appointment at the Northeast Senior Center.

NO WALK-INS WILL BE ACCEPTED!





ORCHARD PARK SENIOR CENTER

Dia dhuit! (That means Hello in Irish.)

I thought that greeting would be fitting since we celebrate St. Patrick's Day this month. In our house, this is one of our favorite holidays of the year because it is also my Husband's Birthday. Every year, I like to remind myself about the history of St. Patrick's Day so I thought I would share some fun facts with you.

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.

Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. The first St. Patrick's Day parade took place not in Ireland but in America. Records show that a **Continued on pg 19**



Ongoing Activities

Please RSVP To Participate - Call: 942-2293

Mondays

9:00-10:00 Co-Ed Exercise
10:00-11:00 Co-Ed Exercise
10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly) - **(Weigh-in is 9:30-9:45)**
12:00-3:30 Open Pool Tables
1:00-3:00 10 Point Pitch

Tuesdays

9:00-10:00 Co-Ed Exercise
10:00-10:30 Exercise for Arthritis **(NEW CLASS)**
12:00-3:30 Open Pool Tables
1:00-3:30 Mexican Train Dominoes

Wednesdays

8:30-9:30 Co-Ed Exercise

9:30-10:30 Co-Ed Exercise
10:30-12:00 Computer Lab
12:00-3:30 Open Pool Tables

Thursdays

9:00-10:00 Co-Ed Exercise
10:00-10:30 Exercise for Arthritis **(NEW CLASS)**
12:00-3:30 Open Pool Tables
1:00-3:00 Pickleball in the Gymnasium
1:00-3:30 Mexican Train Dominoes
1:30-3:00 Drawing

Fridays

9:00-10:00 Co-Ed Exercise
10:00-11:00 Co-Ed Exercise
12:00-3:30 Open Pool Tables

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: \$35 per year



Upcoming Events & Activities - Please RSVP to 942-2293

March 3rd @ 10:00-11:00 -

The Orchard Park Book Club - Come be a part of our newly formed book club. Fun for all reading enthusiasts. **NEW THIS MONTH!**



March 4th @ 1:30-2:30 - *PLEASE NOTE TIME CHANGE* - Drum Ball Exercise with Brian from Home Care and Hospice of KS - Latest Fitness Craze! Come check it out! Please RSVP - Limit of 12.

March 8th @ 11:00-11:45 - Cooking with Kelsey from Oxford - Easy and Healthy Snack Ideas. Come prepared to sample what we make.

March 10th @ 10:30-11:30 - Diane Sherwood, with The Center for Peace

and Forgiveness, will be here to explain how she helps others learn the skills of forgiveness and personal growth.

March 11th @ 11:00 - Tracillia Wilnerd, IRS Tax Payer Advocate, will be here to give a presentation. Tracillia advocates for those who have been unable to resolve tax issues with the IRS. Please come to find out how she might be able to help you! Please RSVP - Limit of 12.

March 15th @ 11:00-12:00 - Coffee Chat - Come have a cup of joe and visit with other Orchard Park Members. Please call to RSVP.

March 16th @ 1:00-3:00 - BACK BY POPULAR DEMAND - Let's Play some Corn Hole! **Continued on pg 18**



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

*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.*



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





Upcoming Events & Activities - Please RSVP to 942-2293

Come and have fun with a friendly little competition of Corn Hole. The Corn Hole game will be provided by SERVPRO.



March 17th @ 1:00-3:30

- Get Your Green On and come help us celebrate St. Patrick's Day - Games and snacks provided.



March 18th @ 1:00-3:15

- Movie - LET'S HONOR THE LATE AND GREAT BETTY WHITE by watching "The Proposal" (2009 Comedy) Rated PG-13 - Starring Sandra Bullock, Ryan Reynolds and Betty White. A pushy boss forces her young assistant to marry her in order to keep her visa status in the U.S. and avoid deportation to Canada. Please bring a seat cushion for extra comfort if you would like. Individual snacks will be provided. Please RSVP.

March 21st @ 11:00-12:00 - Advisory Council Meeting.

March 23rd @ 11:30 - *PLEASE NOTE TIME CHANGE* "Good Grub Lunch" Club - "Sam's Southern Eatery" - 6600 W. Central - Join us for a yummy lunch and meet new friends or visit with old friends or both. Please call Kelli to RSVP.

March 24th @ 11:00-12:00 - CPAAA will be here once again for their Mobile Vaccine Clinic. They will be administering Covid-19 Vaccines,



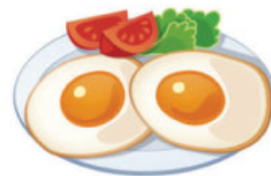
Boosters and Flu Shots. If you get a Covid-19 Vaccine or Booster, you will receive a goody bag valued at \$100.00. There are a lot of nice items in the bag.

March 25th @ 1:00-3:00 - We are giving Cowtown another try. The last time it was scheduled, the winds were blowing 90 to nothing. Meet us at The Old Cowtown Museum - 1865 W. Museum Blvd. - Let's step back in to time as we enter a world off the Chisholm Trail in the years of 1865-1880.



March 28th @ 11:00-12:00 - Advisory Council Meeting.

March 29th @ 9:00-10:30 - "The Egg-cellent Breakfast" Club - "The Egg Crate Café" - 8606 W 13th St N #150 - Enjoy a nice breakfast out and meet new friends or visit with old friends or both. Please call Kelli to RSVP.



***WE HAVE HAD REQUESTS TO START CANASTA, HAND AND FOOT, PINOCHLE AND BUNCO. ALSO, WOULD LIKE TO START A WOOD CARVING GROUP. PLEASE CALL KELLI AT 942-2293, IF YOU WOULD LIKE TO SIGN UP FOR ONE OR MORE OF THESE GROUPS. THANK YOU!**





ORCHARD PARK SENIOR CENTER

Director's Notes Continued

St. Patrick's Day parade was held on March 17, 1601 in a Spanish colony in what is now St. Augustine, Florida. The parade, and a St. Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur.

More than a century later, homesick Irish soldiers serving in the English military marched in New York City on March 17, 1772 to honor the Irish patron saint. Enthusiasm for the St. Patrick's Day parades in New York City, Boston and other early American cities only grew from there.

WHY DO WE WEAR GREEN ON ST. PATRICK'S DAY?

One of the reasons green is associated with St. Patrick's Day is because of Ireland's nickname, The Emerald Isle. The green stripe in the Irish flag also played a role. Traditionally, the green represents the Catholics of Ireland, the orange represents the Protestant population, and the white in the middle symbolizes the peace between the two religions.

The religious symbolism doesn't stop there. St. Patrick is thought to have used green shamrocks to teach people about the Holy Trinity (God the Father, God the Son, and God the Holy Spirit), another justification for greenifying everything.

Of course, we can't talk about St. Patrick's Day without mentioning leprechauns. Back in the day, these mischievous little guys were said to wear red and gold jackets with pointy red hats. Now they're rarely seen in anything other than green, and, legend has it, they pinch anyone not wearing their favorite color. Rude! But probably reason enough to wear green, even if it's just your socks.

And there you have it... A few interesting

tidbits about St. Patrick's Day.

I hope you all enjoy that day and the entire month of March. Whatever you do, don't forget to wear GREEN on March 17th. Also, please don't forget to sign up for all of our fun activities.

slán go fóill (That means wishing you safety until I see you again.)

- Kelli Nuss, Director

St. Patrick's Day Word Search

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



CLOVER

LUCKY

GOLD

RAINBOW

GREEN

SHAMROCK

IRISH

ST PATRICKS

LEPRECHAUN



PRESORT STANDARD
US Postage
PAID
Permit #542
Wichita, KS

200 S. Walnut
Wichita, KS 67213-4777

Return Service Requested

Irish Cheddar Bacon Mac and Cheese Recipe



INGREDIENTS

- 4 strips thick cut bacon, diced
- 4 cups shredded brussels sprouts
- Salt and black pepper
- 1 pound pasta shells
- 3 tablespoons salted butter
- 3/4 cup whole milk
- 3-4 cups shredded Irish cheddar or sharp cheddar cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper

DIRECTIONS

1. Cook the bacon in a large pot over medium high heat until crisp, about 5 minutes. Transfer the bacon to a paper towel lined plate. If there is an excess amount of bacon grease, remove

all but 1 tablespoon of grease.

2. To the pot, add the brussels sprouts and season with salt and pepper. Cook 1 minute. Add the pasta, butter, and 3 1/2 cups water. Bring to a boil over high heat. Boil for 7-8 minutes, stirring often until the pasta is just al dente. If the pasta needs more time, add a splash of water and continue cooking 1-2 additional minutes.

3. Remove from the heat and stir in the milk, cheddar, garlic powder, and cayenne, stirring until the cheese is fully melted, about 1-2 minutes. Taste, adding salt if needed. Serve immediately, topped with crispy bacon.

Source: <https://www.halfbakedharvest.com/instant-pot-irish-cheddar-bacon-mac-and-cheese/>