



Downtown • Linwood • Northeast • Orchard Park

**April 2022**



**PRESENTS**

## The **PICKLE** PALOOZA 50 & Better Competitive Tournament

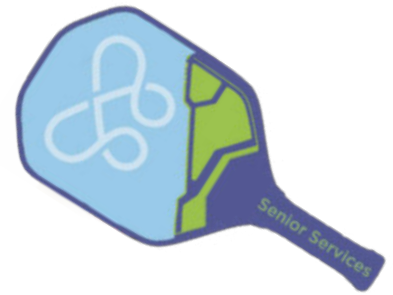
**Saturday, April 30, 2022**

**Ralph Wulz Riverside Tennis Center  
551 North Nims**

8:00am – check in

9:00am – competitions start

11:00am – hamburger & hot dog cookout hosted by the



Tournament play – Men's, Women's, Mixed Doubles

Registration: \$60 (3/15 to 4/23/2022)

\*registration includes cookout, 1 complimentary beverage (soda, beer or hard seltzer)

**REGISTER HERE:** <https://www.pickleballtournaments.com/tournamentinfo.pl?tid=6213>

For details contact Ms. Chris Heiman – [chrish@seniorservicesofwichita.org](mailto:chrish@seniorservicesofwichita.org)  
or call 316.267.0302 ext. 216

**SPONSORED BY:**



**PROCEEDS BENEFIT:**



# **Easter EGG Extravaganza!**

Monday, April 11th, from 1:30pm-3:00pm

Come and join us for our 4 Center Easter Egg Hunt at Linwood Senior Center!

We will have fun playing games, looking for eggs, eating, and enjoying fellowship with one another. RSVP to 263-3703 or your center you regularly attend by 4/8/22, thanks!

Sponsored by our friends from Comfort and Love, Senior Care Homes.



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.





## ATTENTION SENIOR CENTER FRIENDS –

Its time to “befriend” the Senior Services Facebook pages.



Senior Services  
OF WICHITA

### Agency Page:

Type in *Senior Services, Inc. of Wichita* in the search bar or type in this link:

<https://www.facebook.com/SeniorServicesICT>

### Senior Center Facebook Group:

Join our group to find out the latest happenings in all centers.

Type in *Senior Services Senior Centers* in the search bar or type:

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

### Meals on Wheels Volunteer Group:

Communicate on open routes & volunteer needs.

Type in *Meals on Wheels Volunteers* in the search bar or type:

<https://www.facebook.com/groups/500780227284734>



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

**CONTACT US!**

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



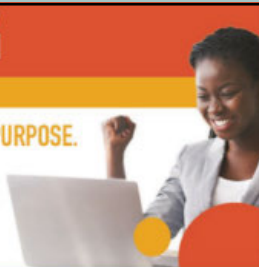
**WE'RE HIRING**

**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](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://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**  
HEALTH CARE®

HOSPICE

**Carol Hughes**

**316-265-4295**

[cahughes@interimhealthcare.com](mailto:cahughes@interimhealthcare.com)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994





## DOWNTOWN SENIOR CENTER

Hi all, as most of you have heard I have resigned from my position as the Downtown Senior Center Director. I'm excited to tell you that I will be staying home with my little guy during these very important years. I do want you to know each and every one of you have touched my heart in some way and I greatly appreciate getting to know each of you. I will truly miss all of you and it was such a blessing to be allowed to work with you. With this transition in Directors I would like you to please call 316-267-0197 or stop in to RSVP for activities that are coming up. With that being said please have grace with the ladies in the office as they are transitioning as well.

Thank you for being great,  
Jennifer

### Special Events

**April 11th @ 1:30pm:** Easter Egg Hunt - this event will be held at Linwood Senior Center - be sure to call 316-263-3703 to let Cherise or Tim know you will be attending.



### Dates To Remember

**April 6th @ 11:00am:** Inner Circle - if you like to plan this is the group for you - Room 2.

**April 7th @ 1:00pm:** Flying Saucers - Gym.

**April 12th @ 10:00am:** Book Club - "Wicked Wichita" by Joe Stumpe.

**April 25th @ 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.

**April 28th @ 9:00am:** Foster Grandparents

### Cancellations and Closings

**April 19th:** No Cardio Drumming

**April 28th:** No Exercise

### Education Classes

**April 7th @ 1:00pm:** Writer's Craft - Writing personal essays - Room 3.

**April 14th @ 11:00am:** "The Gut-Mood Connection" - Video by Natural Grocers.

**April 21st @ 11:00am:** "Community Listening Session" - Daisy Urbana Ceja, facilitator.

### Craft Class

**April 14th @ 1:00pm:** Sun Catchers - come learn how to make a Sun Catcher with Shannon - Please call or stop by to RSVP: 316-267-0197 and pay \$5.00 by April 11th.



**April 19th @ 11:00am:** Craft with Naisha - BCBS of Kansas Sponsored activity. We are excited to welcome Naisha to host a craft day the 3rd Tuesday of the month. These will be a variety of activities mainly kits that could include wood projects, stenciling, painting etc. Please RSVP by April 15th so they know how many kits to bring.

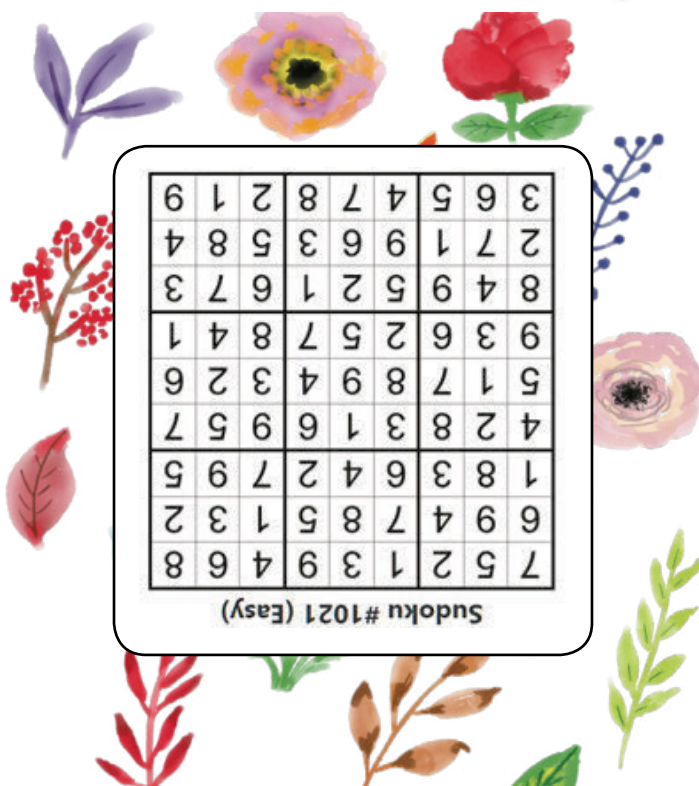
Downtown Senior Center • 200 S Walnut, Wichita, KS 67213 • (316)267-0197  
Hours: 8:00 a.m. - 4:30 p.m. • Director: Jennifer Fox • [jenniferf@seniorservicesofwichita.org](mailto:jenniferf@seniorservicesofwichita.org)  
**Registration Required for ALL Center Activities • Membership: \$35 per year**



# Sudoku

## Sudoku #1021 (Easy)

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



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

Sudoku #1021 (Easy)

**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
- Fire Safety
- Flood Detection
- 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 - 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
- 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
- 1:00-3:00 - 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
- 1:00-3:00 - Writing Craft (1st full week of month) - Room 3
- 1:00-3:00 - Flying Saucers (1st) - Gym

### **Friday**

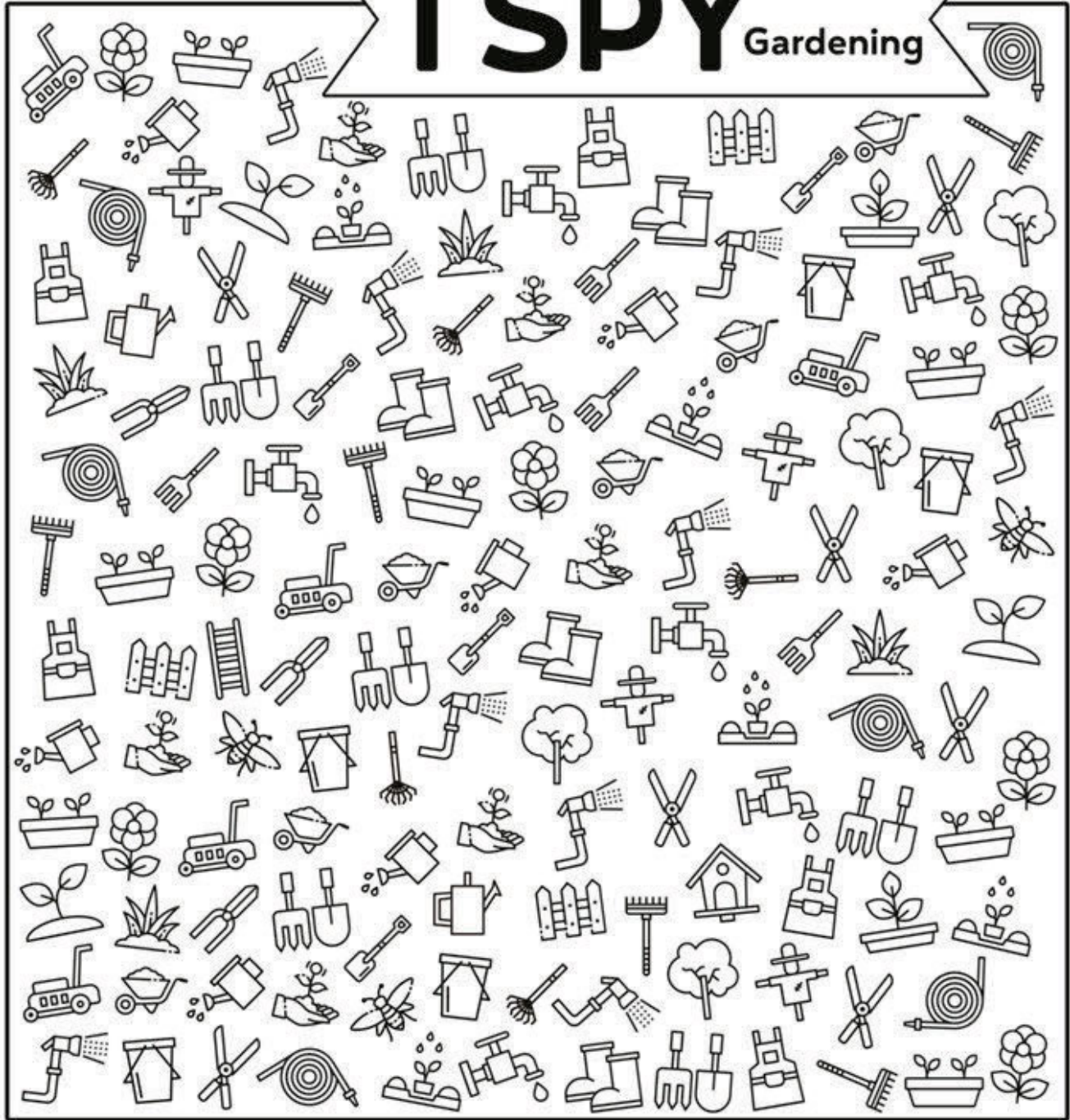
- 9:00-11:00 - Competitive Pickleball - Gym
- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness - Room 1
- 10:00-11:00 - Wanda's Exercise - Room 3
- 12:00-3:00 - Party Bridge - Room 3
- 12:30-3:00 - Hand & Foot (2nd & 4th & 5th) - Room 2
- 1:00-3:00 - Open Pickleball - Gym







# I SPY Gardening





## LINWOOD SENIOR CENTER



"The April winds are magical and thrill our tuneful frames;  
the garden-walks are passionate, to bachelors and to dames."

~Ralph Waldo Emerson~

"In Spring, at the end of the day, you should smell like dirt"

~Margaret Atwood~



Hello Friends,

As I am writing this I am hoping that we have finished with the cold weather, because as Anne of Green Gables says, "Snow in April is indomitable, it's like getting a slap in the face, when you were expecting a kiss." Anyway, we all want good weather, as it is better for the bones! We need to recuperate from odd weather of the last few months.

In April, you will want to look for some fun events, from our **4 Center Easter Egg Hunt** /Party at Linwood Park, to our wonderful succulent program by Ron Hardesty, who is the foremost expert in Wichita in knowledge and care of succulents. We also have some really neat crafts, you can come and make a **Wren house**, or make an **egg wreath** for your front door, and you can even learn how to **macramé** and make a holder for the pot you have been wanting to hang, or come and make a "Momma Pot" for a Mother's Day gift. We also have our **open crafting**, where you can come and bring a project you are working on and have some fellowship. **Continued on pg 9**

### Ongoing Activities

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

#### Monday

9:00 Stronger Seniors  
10:00 Bible Study  
(April 4 & 18)  
11:30 Friendship Lunch  
1:00-3:00 Open Crafting  
(April 11 & 25)  
2:00 Grief Support Group  
(April 18)

#### 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)

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

#### 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  
(April 4, 12, 19, & 26  
See Schedule)

#### Thursday

9:00 Stronger Seniors  
9:00-11:00 Pickleball  
9:30-11:30 Writer's Craft  
(April 7)  
11:30 Friendship Lunch  
12:00 Pinochle with Friends  
(No Computer Lab)  
1:00 WSU Well REP  
2:15 Dime Bingo

**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**





## Director's Notes Continued

We also will be having a special time with a **spaghetti feed**, where the first 80 people, that sign up can enjoy fellowship and free spaghetti, provided by the His Helping Hands team, Dennis & Lisa Baxter and your wonderful LW volunteers. Please **Sign Up** for any event that your heart desires!

Sending Easter blessings to you and yours,

~ Cherise & your Linwood Team

## Easter EGG Extravaganza!

Come and join us for our 4 Center Easter Egg Hunt at Linwood Senior Center on **Monday, April 11th, from 1:30pm-3:00pm.**

We will have fun playing games, looking for eggs, eating, and enjoying fellowship with one another. Sponsored by our friends from Comfort and Love, Senior Care Homes. RSVP to 263-3703 or your center you regularly attend by 4/8/22, thanks!



## GIFT SHOP SALE!

Reminder that we have the **Little Gift Shop at Linwood**, that has some neat items! Stop by and look at the goods and wares. Maybe you need a gift for a friend, or a little something for yourself. So stop by and gander! **\*Now taking donations, for the gift shop (no clothing though).**

## 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](https://ascensionliving.org/HOPE)**

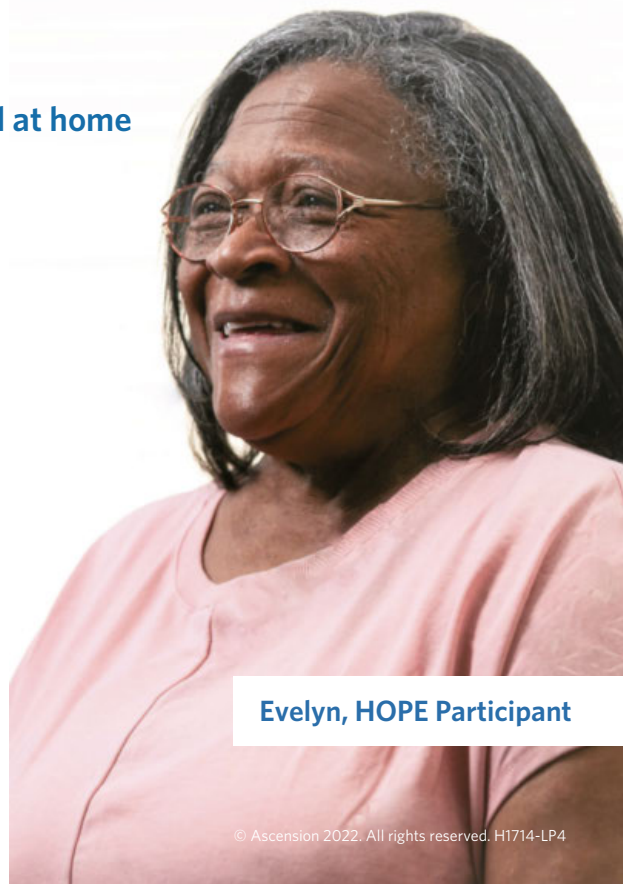
For more information or to schedule a home visit, call **316-799-0639 (TTY: 800-766-3777)** today.

*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](https://ascensionliving.org/hope)



**Evelyn, HOPE Participant**

© Ascension 2022. All rights reserved. H1714-LP4





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

### MOVIE TIME – Tuesdays @ 2:00pm

**4/5 – “Paper Moon”** Oldie but a goodie!

**4/12 – “Harvey”** Jimmy Stewart and a bunny!

**4/19 – “It Happened on 5th Avenue”** – 1945 classic.

**4/26 – Surprise** – come and find out!

**The Popcorn is on us! RSVP please.**

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

### WRITING CRAFT – April 7th @ 9:30am

**Program:** Writing Personal Essays

**Exercise Words:** zipper – tomato – goldfish – hat – fat

**General Prompt:** Start with hearing an unusual sound.

**Poem Prompt:** Write a poem where each line begins with the letter E.

### CRAFT EDUCATIONS:

**\*Held @ 1:00pm.**

**April 4th, “Make Your Own Wren House”** Come and make a delightful bird house for a small Wren. You will also find out ways to attract them to your home. Gail Lane and Betty Jacobs are the instructors. Cost is \$5, Pay/RSVP by 4/1. Limit of 8.



**April 6th, “Designing & Making Easter Wreaths”** Pat Collins is the instructor. See the neat various options! Just in time for Easter! Cost is \$8, Pay/RSVP by 4/4.



**April 18th, “Macrame Plant Hanger”** Join Linda Richardson as she teaches us this unique and fun way of hanging your pots! Must bring a pot for the craft. Cost is \$6.



**April 27th, “Curly Momma Pot”** Just in time for Mother’s Day! This pot just makes us smile. Come and join us as Kay Hood shows us how to curl some hair! Cost is \$10, Pay/RSVP by 4/22.



**April 11th & 25th, 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.**

**(\*unless otherwise stated)**

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

**April 1st, “The History of April Fool’s Day”** – Cherise Langenberg

**April 6th @ 12:00pm, “The K-State Garden Hour presents – ‘Pollinator Plants for Continuous Food Sources’”** Speaker: Jason Graves, Central Kansas District Horticulture Extension Agent (Zoom Call). Include plants for pollinators in your spring planting plan! Providing season-long pollen and nectar sources in the garden is critical for our pollinators to forage on, and an important way to help increase local pollinator numbers. Learn about the planting strategies and pollinator garden plants that will help you supply pollinators with the critical foraging habitat they need.

**April 8th, Sage-ing Series – “RIP – Resilience in the Pandemic”** – David Gear

**Continued on pg 11**



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

**April 15th, "Community Listening Session"** The Health Department wants to learn from you and what your health and wellness needs are. Come and share, as it may help improve the health of seniors and identify needs in our community. Daisy Urbana Ceja, facilitator.

**April 20th @ 1:00pm, "SUPER Succulents"** Come and find out about the marvelous world of succulents. You can ask all kinds of questions and even try to stump Ron Hardesty our expert grower, and baker! He is a wonderful guy to have around for conversation, and fellowship. So don't miss this. We think he may bring a few succulents along and we will have a drawing for a winner or two!

**April 22nd, Final End to Our Sage-ing Series - "Creating and Leaving Our Legacy"** - David Gear

**April 29th, "Healthy Living"** - Presenter Aubrey Verecky with Natural Grocers




### THANK YOU!

Many of you continue to bless us with items for the gift shop,...and this helps to get items to support Linwood in the items we need. **Thank you for your many kindnesses, and blessings.**

Also, we have some amazing volunteers/friends of Linwood, who help us organize and keep things stocked up and looking sharp. Charlotte Kuhn is one of those people! Also, many thanks go to the volunteer team that are always helping on a weekly/monthly basis, sort donations, clean, serve cookies and popcorn, wash dishes, answer phones, set up rooms, teach classes, and have a heart to help,... give napkins, and supplies to the center,... **YOU ARE LOVED AND APPRECIATED!**

### SPECIAL ACTIVITIES:

**April 6th @ 10:00am, BREAKFAST BINGO!**  Ascension Living

Sponsored by Via Christi Village Georgetown. Come and join us as we have some fun with our favorite things, eating and Bingo! We would love to have you, but you must RSVP by 4/4. Limit of 30.

**April 28th @ 11:15am - Join us as the Lunching Lovelies and ROMEO Club,** plan on dining at Spears 4323 W. Maple for lunch! It is National Blueberry Pie Day. So let's head to Spears for a free piece of pie, when you purchase lunch! \*Cost @ \$10-12 with tip. RSVP to 263-3703 so we know you are coming by 4/22.

**April 26th @ 6:00pm-8:00pm**  
The Linwood Senior Center's **"Im-PASTA" Feed!** Be one of the first 80 people to join us for a spaghetti feed! It is FREE (\*only to those who sign up/RSVP by 4/20). RSVP to 263-3703. We will have special guest singers, Phillis & Stan Allen. Sponsored by His Helping Hands & Their Dream Team, Dennis & Lisa Baxter, and the Linwood Outstanding Volunteer Team.



### ON-GOING GROUPS:

**BIBLE STUDY** will be held with Pastor BJ Bennett of Antioch Missionary Baptist Church on **4/4 and 4/18**. Come and fellowship. Bring your prayer requests too! RSVP to 263-3703.

**GRIEF SUPPORT GROUP** will be held on **4/18**. This is a group led by Greg Schmidt who is the Chaplain at Heart & Soul Hospice and the Kansas Christian Home. Greg will discuss ways of managing grief and members will listen and encourage you as you navigate all the challenges of missing your loved ones. RSVP to 263-3703.





## NORTHEAST SENIOR CENTER

Hello Everyone...April is Occupational Therapy Month.

Since it is Occupational Therapy Month...Let's talk Occupational Therapy. Well first off what is Occupational Therapy...I am glad you asked! It is a type of treatment that can help if you have pain, injury, illness, or a disability that makes it hard for you to do your job or schoolwork, care for yourself, complete household chores, move around, or take part in activities.

Occupational Therapy teaches you how to adapt. It can help you perform any kind of task at school, work, or in your home. You'll learn how to use tools (you may hear them called assistive devices) if you need them. You will meet with an Occupational Therapist who will come up with ways to change your movements so you get your work done, take care of yourself or your home, play sports, or stay active. It can help you do specific things like:

- Eat without help from others
- Take part in leisure activities
- Do office work

Continued on pg 15



### Ongoing Activities

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

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

- **Finding Comfort Grieving Support Group** - Wednesday, April 20th at 10:30am - Courtesy of Harry Hynes Hospice
- **Jewelry Making "Tips & Tricks"** Wednesday, April 20th at 10:30am with Kelsey Banwart from Oxford Villa



### 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!**

  
**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](http://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](http://allsaintshomecare.com) | 316.755.1076

**SUPPORT OUR ADVERTISERS!**







## OCCUPATIONAL THERAPY WORD SEARCH



ABILITY

ACHIEVE

ACTIVITIES

ADAPT

BALANCE

ENABLE

ENCOURAGE

FAMILY

FUNCTION

GOALS

HEALTH

HELPING

HOME

INDEPENDENCE

MEDICAL

MODIFY

NURSING

OCCUPATIONAL

PEOPLE

PERFORMANCE

POSITION

POSTURE

PRACTICE

PROFESSION

SELF CARE

STRENGTH

THERAPY

TREATING

WALKER

WHEELCHAIR





## NORTHEAST SENIOR CENTER

### Director's Notes Continued

- Bathe and get dressed
- Do laundry or clean up around the house

Ok, so what do Occupational Therapists do...I am glad you asked. Occupational Therapist work with people of all ages, from premature babies to young children, adults in midlife, and seniors. They look at how you do any kind of activity or task. Then they come up with a plan to improve the way you do it to make it easier or less painful. They will work with you to come up with a therapy plan and set goals designed for your needs, disability, or limits. The Occupational Therapist can train you to adapt your movements, improve your motor skills or hand-eye coordination, or do tasks in new ways. Occupational Therapist can:

- Prescribe and train you to use assistive devices like raised toilet seats or wheelchairs
- Teach you new ways to button a shirt, tie your shoes, get in and out of the shower, or work on your computer
- Help older adults prevent falls in their home or in public areas
- Treat adults who have had a stroke to improve balance, change their home to prevent injuries, build muscle strength, or adapt to their memory or speech problems
- Organize your medications or household tools
- Address behavior problems in kids who act out or hit others
- Build hand-eye coordination so you can hit a tennis ball
- Work on motor skills so you can grasp a pencil

Now that you know what Occupational Therapy is and what an Occupational Therapist does. I would like to share who may need Occupational Therapy. Just

about anyone who struggles to do any kind of task may need it. If you have one of these health problems, ask your doctor if Occupational Therapy could help you:

- Arthritis and chronic pain
- Stroke
- Brain injury
- Joint replacement
- Spinal cord injury
- Low vision
- Alzheimer's Disease
- Poor balance
- Cancer
- Diabetes
- Multiple Sclerosis
- Cerebral Palsy
- Mental Health or Behavior issues

Well, I will not keep you, but I did want you to know how important Occupational Therapy is and why Occupational Therapist have a very vital role. Hopefully, you learned something helpful for you or something that you can pass on to others.

**Source:** [www.webmd.com/pain-management/occupational-rehab](http://www.webmd.com/pain-management/occupational-rehab)

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

Carnesha Tucker - Center Director



**A picture of our St. Patrick's Day crafts we made for Kindred Hospice (Wichita) hospice patients.**



## ORCHARD PARK SENIOR CENTER

**Happy April, Happy Easter and Happy Everything Spring!**

Spring is the promise that everything can begin again, letting go and embracing something new. A few years ago, I decided to set a goal to try one new thing a month. Sometimes it was something that scared me that I wouldn't normally try. Sometimes it was a new restaurant. Sometimes I learned more about a subject I didn't know much about. It was fun to try and come up with something new and sometimes I even came up with more than one thing each month. I have decided that I am going to try that again this year. I am a little behind because I just decided to try it again in March but I am excited to see what I come up with April through December. In March, I tried the restaurant "New Port Grill." That has been on my bucket list for a long, long time. I really enjoyed my meal. While there, I also tried steak tartare, which I had never tried nor did I want to try nor did I have on my bucket list. I tried it though and guess what, it wasn't bad. So...there were my two new things in March. I am already trying to think of things I want to try in April. So many possibilities to be had!

I would like to challenge each of you to get out of your comfort zones each month for the rest of this year and try new things. It doesn't have to be anything big or exciting - JUST NEW! Set a goal to come to the center more often. Take a class you haven't ever taken before. Invite a friend to one of our centers who isn't a member. Tell them to come check out how cool and fun we are.

**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  
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  
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](mailto:kellin@seniorservicesofwichita.org)

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



## Upcoming Events & Activities - Please RSVP to 942-2293

**April 1st @ 1:30-2:30** – Drum Ball Exercise with Brian from Home Care and Hospice of KS – Latest Fitness Craze! Come check it out!

**April 5th @ 9:00-10:30** – “The Egg-cellent Breakfast” Club – “The Huddle House” – Twin Lakes Shopping Center - 1735 W 21st St #200. Please call to RSVP.

**April 6th @ 12:00-1:00** – K-State Garden Hour – “Pollinator Plants for Continuous Food Sources” presented by Jason Graves with K-State Extension Office. This will be held at Orchard Park Senior Center. Register for an Easter Basket Give-a-way. Please call to RSVP.

**April 7th @ 10:00-11:00** – The Orchard Park Book Club - Come be a part of our

newly formed book club. Fun for all reading enthusiasts.

**April 8th @ 11:15-12:15** – Birthday Celebration for MARCH AND APRIL BIRTHDAYS! Join us for dessert!

**April 12th @ 11:00-11:45** – Easter Fun and an Easter Craft with Kelsey from Oxford Grand. Please call to RSVP – Limit of 12.

**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



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

**April 11th @ 1:30-3:00** – Let's get together and Hippy-Hop over to Linwood Senior Center for an Easter Egg Hunt, Dessert, Fun and Games.



**April 14th @ 11:30-12:30** – Diane Sherwood, with The Center for Peace and Forgiveness, will be here once again in April to share how she helps others learn the skills of forgiveness and personal growth.

**April 15th @ 1:00-3:15** – Movie – “King Richard” Starring Will Smith. Rated PG-13 – It follows the life of Richard Williams, the father and coach of famed tennis players Venus and Serena Williams. Please bring a seat cushion for extra comfort if you would like. Individual snacks will be provided. Please RSVP.

**I WISH YOU ALL A VERY HAPPY EASTER WEEKEND!**

**April 18th @ 11:00-12:00** – Advisory Council Meeting.

**April 19th @ 11:00-12:00** – Coffee Chat – Come have a cup of joe and visit with other Orchard Park Members. Please call to RSVP.

**April 20th @ 12:00** – **\*PLEASE NOTE TIME CHANGE\*** “Good Grub Lunch” Club – “La Galette Bakery” – 1017 W. Douglas – Oui Oui Join us for a yummy french lunch and meet new friends or visit with old friends or both. Please call to RSVP.



**April 22nd @ 1:00-2:00** – Let's make Flower Seed Bombs in honor of “Earth Day” – Seed bombs are essentially seed balls that can be planted or thrown to

produce new wildflowers and plants. While here, don't forget to pick up your FREE package of garden seeds and a copy of how gardening can help with mental health.



**April 25th @ 11:00-12:00** – Advisory Council Meeting.

**April 26th @ 9:00-3:30** – Stop by for a Soft Pretzel to celebrate Soft Pretzel Month.

**April 27th @ 10:00-11:45** – Meet at the Wichita Historical Museum for Senior Wednesday – 204 S. Main – Devore Auditorium – “Turn it up to 90” – The Electric Guitar and the 90th Anniversary of its Wichita World Debut. Celebrating World Guitar Month. See how Wichita led the world to loud music in 1932. To be shown on the screen in the Museum Auditorium, followed by a related tour of the special exhibition. Admission for non-members is \$2.00 (free to members).

**April 29th @ 1:00-2:00** – Meet me at Papa's General Store – A unique and fun Ice Cream, Coffee, and Novelty Shop. Located in Clifton Square - 3700 E Douglas Ave Suite 30. Please 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

We hope you will consider attending our four center Easter Egg Hunt Event that will be held at our Linwood Center on April 13th from 1-3 PM. We are going to have such a great time. Games, prizes and dessert – what could be better than that?

I wish each of you a Happy Easter! If you haven't hopped over to Orchard Park lately, be sure to do so. We would love to see your beautiful, smiling faces.

- Kelli



### Cooking with Kelsey

**Making Protein Energy Balls with our fun friend, Kelsey Banwart, on February 1st!**



### "Friends for over 20 years!"

**They met right here at Orchard Park. These 2 were just born to shine!**



Judy Walker on the left and Trudy Jensen on the right.

### Celebrating Evelyn

**Orchard Park held a reception celebrating Evelyn who turned 100 this March!**





PRESORT STANDARD  
US Postage  
PAID  
Permit #542  
Wichita, KS

200 S. Walnut  
Wichita, KS 67213-4777

Return Service Requested

---

## Cool Whip Easter Eggs

### INGREDIENTS

- Vinegar
- Cool Whip
- Food Coloring
- Eggs
- Small Bowls or Container
- Rubber Gloves or Disposable Gloves



**1.** First hard boil the eggs. Let cool. While your eggs are boiling, lay down some parchment paper, wax paper or protective table cloth to protect your surface.

**2.** Place vinegar into a cup and add an egg into it. Let it soak fully in the vinegar for 3 minutes.

**3.** Add cool whip into a small bowl. Then add 2-3 drops of food coloring.

**4.** Using a toothpick (you can also use a fork), swirl the food coloring so that it

doesn't fully mix in. You want a swirl effect so that when you dip the egg in, it will leave a swirl/marble effect on your egg.

**5.** Put on your protective gloves (this is to protect your hands from the food dye). Dip and roll the egg in the bowl to fully cover the egg with the cool whip/food coloring.

**6.** Let the egg sit in the cool whip for 10 minutes.

**7.** Rinse off the egg with water and wipe with a paper towel. If the egg is not vibrant enough, dip it again.

**8.** Repeat the steps for each color you would like to make. Try mixing colors!

**Source:** <https://www.thebestideasforkids.com/cool-whip-easter-eggs/>

