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June 2022

## 4-CENTER SENIOR FUN NIGHT/CARNIVAL

At Linwood Senior Center - 1901 S. Kansas  
GYM/REC CENTER

**Friday, June 24, 2022 from 5:00-7:00pm**

JOIN US FOR GAMES & FUN!

**TICKETS: \$5**

RSVP to your Senior Center by June 22.

**Includes:** Entry Fee, Hot Dogs, Chips, Drink & COOKIE & Games & Prizes

### GOODIES & FUN GALORE!

- GO FISH
- PUTT PUTT GOLF
- CRAZY BOWLING
- CAKE WALK/DANCE PARTY
- FRISBEE
- CORN HOLE
- OCTOPUS RING TOSS
- DARTS



# Staying Hydrated in the Summer Heat

Besides staying indoors in the air-conditioning and seeking shade when you're outside, you need to stay hydrated. Why? Because dehydration can lead to heat stroke, a life-threatening condition that requires immediate medical attention. Signs of heat stroke include hot, red, dry, or damp skin; fast, strong pulse; headache; dizziness; nausea; and confusion. Although water intake varies depending on several factors (including age, size, gender, health, activity level, and weather), as a general rule of thumb, aim to drink 8-10 cups of water every day. Need help boosting your water intake? Follow these hydration tips:

## **Drink up—but watch what you drink.**

Drink plenty of fluids but avoid drinks with caffeine, alcohol, and high-sugar content as they might contribute to dehydration. Water should be your go-to drink because it's calorie-free, low-cost, and readily available.

## **Take it with you.**

Carry a reusable water bottle with you wherever you go—in the backyard, in the car, to work, to the gym, and running errands. Most public places (such as parks, malls, grocery stores, and office buildings) offer water fountains. Fill up your water bottle at stops throughout your day to ensure a cold

drink of water is always at your fingertips.

## **Jazz up your H2O!**

Tired of plain ol' water? While you can purchase flavored water, you can save money and make your own. Try adding a slice of cucumber or a squeeze of lemon to your water. Or crush some raspberries in ice cube trays, fill with water, then freeze to add flavored cubes to your water glass.

## **Eat water-rich foods.**

If the thought of consuming a half-gallon or more of water every day turns you off, think beyond the water glass. While you should drink plenty of water every day, you can also eat your way to hydration to supplement your water intake. (FYI: Only 20% of your water needs are met through food.) Choose high-water-content foods, such as peaches, grapes, oranges, melons, strawberries, tomatoes, cucumbers, celery, zucchini, spinach, and lettuce. Guess what else counts? Broth-based soups like chicken, beef, or vegetable broth. (Soups also provide a great way to get in a serving or two of vegetables.) You can even try a frozen fruit-juice popsicle! It all adds up over the course of a day.

**Source:** <https://www.neefusa.org/health/outdoor-activity/staying-hydrated-summer-heat>

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.





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Y0040\_GHHHXDEEN22\_AD\_C



## DOWNTOWN SENIOR CENTER

Hello everyone!

Happy Father's Day week to all the Fathers, Grandfathers of kiddos and "Pawthers" day week to all the pet Dads and Granddads! It has been nice to be able to walk around and start meeting people in the centers! I am very happy to meet everyone!

### Fun Facts and a little bit of History:

- The first documented Father's Day event was held On July 5, 1908. A West Virginian church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.
- In 1916 President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. (I have always wondered how ideas for national holidays came to be...I wonder how many others were developed due to lack of attention to detail or the slip of a finger?)

**Continued on pg 5**

### Ongoing Activities

**Please RSVP To Participate - Call: 267-0197**

#### 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 (2nd & 4th) - Room 3  
1:00-2:00 Lunch Bunch (3rd)  
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 Cardio Drumming - Gym  
12:00-3:00 Dominoes - Room 3  
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 - Gym  
11:00-12:00 Advisory Council (1st) - Room 2  
1:00-3:00 Open Pickleball - Gym

#### Thursday

9:00-3:00 Open Billiards  
9:00-3:00 Open Fitness - Room 1  
10:00-11:00 Exercise - Gym  
11:00-11:30 Tech Tues (3rd) - 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

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





## DOWNTOWN SENIOR CENTER

### Director's Notes Continued

- US President Calvin Coolidge recommended in 1924 that the day be observed by the nation, but stopped short of issuing a national proclamation.
  - In 1957, Maine Senator Margaret Chase Smith wrote a proposal accusing Congress of ignoring fathers for 40 years while honoring mothers, thus "[singling] out just one of our two parents"
  - In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day
  - And FINALLY six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972.
- Angie Burnham



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## Upcoming Events & Activities - Please RSVP to 267-0197

### We have some exciting things coming up and I can't wait to share them with you!

- On **June 2, 2022 @ 11:00am**, everyone is welcome for Coffee Social Hour! Please grab a cup of coffee and a treat (or tea if you prefer) and meet other participants in the center! Who knows maybe you will find a new hobby you are interested in to try or just like to chat over treats! I know I am excited to meet everyone!
- **June 10th @ 9:00-11:00am, "Donuts with Dads!"** All dads are welcome! Join us at Downtown Senior Center as we celebrate dads! Donuts, Prizes and Corn Hole in honor of Father's Day. See you there! Call 263-3703 to RSVP.
- In 1935, FDR proclaimed, "As long as our country has Shirley Temple, we will be all right." June is 6 Months into 2022 and everyone needs a pick-me-up so on **June 16, 2022** we will be mixing up Shirley Temples in ice cold cups, showing a short documentary about Shirley Temple Black and the movie "Bright Eyes" in the gym from **1:00pm to 2:30ish**. \*Raffle tickets will be available for \$.50 as well to win a Shirley temple basket, drawing will be held after the movie.
- Who loves BINGO! **June 23, 2022** in the gym we are bringing back bingo with prizes!
- The best part about summers are the BBQ's so on **June 30, 2022** there will be a **Welcome to Summer BBQ!** \$3 will get you a plate with dessert and a drink. There will be music on the speakers, games on the lawn and an overall good time! Grab your loudest summer

shirt to welcome in summer from **11:00am-1:00pm**. \*\$1 Raffle tickets for prizes will be available to support future events!

### KEEP AN EYE OUT FOR THE FLYERS IN THE CENTERS!

#### The Great Gatsby Cryptogram

P S G P N A I B M

Q D J O M S N E M S D S O

Q P J I N X D E M D S O

H M S Z I P U M E K Z G N

D E K S Q Z G M

H G P N R M J P S Q N D S O

Z G M X G D E R D Q S M

D S O Z G M N Z D J N .

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

#### Cryptogram Solution

Call the Downtown Center at 267-0197 to check your answer.





## How To Solve Cryptograms

Here are a few tips that should help you get started if you are unfamiliar with this sort of puzzle. If you were to just start doing the puzzles, you would find yourself naturally discovering these and other strategies as your code cracking skills improved.

- Pencil in a possibility. Fill in all examples of that letter in the puzzle, then see if you have created a dead end and need to go back. For example, say you have decided that the letter Z is an I, but then you discover that one of the encrypted words reads XZZ. You know that there is no word in the English language that ends with two I's, so you need to find a different substitute for the Z.
- Consider letter frequency. Typically, the most common letters used in English are: E, T, A, O, I, and N, these will be the letters you are most likely to find in most cryptograms.

- Solve any single letter words first. In English the only single letter words are A and I.
- Look for common, small words next. The most commonly used words in the English language in order of frequency are: the, of, and, to, in, a, is, that, be, it, by, are, for, was, as, he, with, on, his, at, which, but, from, has, this, will, one, have, not, were, or, all, their, an, I, there, been, many, more, so, when, had, may.
- Look for contractions and possessives. There are only a small number of letters that might appear after an apostrophe and some have a recognizable pattern. For example if you saw the encrypted word QD'NN, you would know that the N is an L, because there is no other possibility in English.

**GOOD LUCK AND HAVE FUN!**  
- DSC STAFF



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## LINWOOD SENIOR CENTER



**"Dads are most ordinary men, turned by love into heros, adventurers and story-tellers and singers of song!"**

**~Pam Brown~**



**"It is admirable for a man to take his son fishing, but there is a special place in heaven for a father who takes his daughter shopping."**

**~John Sinor~**



Hello Friends,

Can you believe it is June? Soon we will be halfway done with 2022! Time goes so fast, as we get older! We have Father's Day in June. What a special time to celebrate fathers and the many men who have influenced our lives. Father's Day started in America, with a service originated by Grace Golden Clayton, a minister's daughter in Fairmont, West Virginia on July 5, 1908 after the worst mining accident in the history of the US! However, European countries were having a similar celebration for fathers for many years prior. My father was one of a kind, I can remember him helping me memorize scriptures, coaching my soccer games and taking me on birding hikes through the marshes of Cheyenne Bottoms! He helped me identify birds we call as "lifers" those are birds you have looked at for the first time in the **Continued on pg 9**

### Ongoing Activities

**Please RSVP for ANY Activity - Call: 263-3703 - Open M-F from 9am to 4:30pm**

#### Monday

9:00 Stronger Seniors  
10:00 Bible Study  
(Hiatus for June)  
10:00 Art Escape  
(\*Read Preview)  
11:00 Friendship Lunch  
1:00-3:00 Open Crafting  
(June 13 & 27)  
2:00 Grief Support Group  
(June 20)  
3:00 Enhanced Fitness  
(See Description)

#### Tuesday

8:30-10:30 Pickleball  
9:00 Stronger Seniors  
10:00 Needlework/  
Looming with Linda  
11:00 Friendship Lunch  
1:00 Movie Time  
(June 7, 14, 21 & 28)

See Schedule)

#### Wednesday

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

#### Thursday

8:30-10:30 Pickleball  
9:00 Stronger Seniors  
9:30-11:30 Writer's Craft  
(First Thurs.)  
11:00 Friendship Lunch  
12:00 Pinochle with Friends  
(No Computer Lab)

1:30 Dime Bingo  
3:15 "Ball Drumming 101"

#### Friday

9:00 Stronger Seniors  
10:15 Educational Programs  
(See Schedule)  
11:00 Friendship Lunch  
12:00-3:00 13 Point Pitch  
1:00-3:00 **"Games of Fame"**  
**is Back!** (Yatzee, Skip  
Bo, or Pick Up Sticks!)  
3:00 Enhanced Fitness  
(See Description)

**Daily/Anytime**  
**Walking and Computer Lab**  
**(RSVP)**

**Monthly**  
**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

wild! I remember seeing my first Snowy Owl. My dad also took me to see the first Star Wars movie many years ago! So come and celebrate with us. We are having a "Donuts for Dad" at the Downtown Senior Center! We also are going to bring back the SENIOR FUN NIGHT/CARNIVAL! So don't miss it! Make sure to READ the newsletter. P.S. We will be printing a monthly event calendar too, but you have to come to the Linwood Center to get one!

Celebrating Fun,

~ Cherise & your Linwood Team



## 4-CENTER SENIOR FUN NIGHT/CARNIVAL

At Linwood Senior Center - 1901 S. Kansas GYM/REC CENTER

**Friday, June 24, 2022 from 5:00-7:00pm**

JOIN US FOR GAMES & FUN!

**TICKETS: \$5**

RSVP to your Senior Center by June 22.

**Includes:** Entry Fee, Hot Dogs, Chips, Drink & COOKIE & Games & Prizes

### GOODIES & FUN GALORE!

- GO FISH
- FRISBEE
- PUTT PUTT GOLF
- CORN HOLE
- CRAZY BOWLING
- OCTOPUS RING TOSS
- CAKE WALK/ DANCE PARTY
- DARTS

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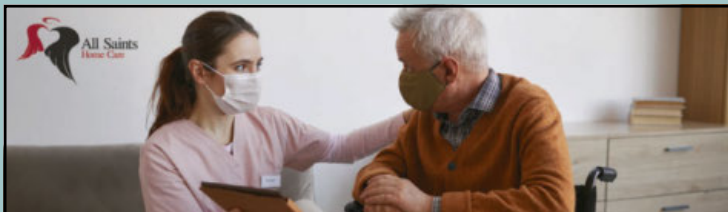
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## Fun Upcoming Events & Activities (RSVP for ALL to 263-3703)

### MOVIE TIME – Tuesdays @ 1:00pm

**6/7 – “Father of the Bride”** with Steve Martin in honor of Father’s Day special event \*See description!

**6/14 – “Pennies From Heaven”** with Bing Crosby

**6/21 – “Where the Red Fern Grows”**  
Bring some tissues!

**6/28 – “Where the Red Fern Grows II, the Homecoming”** fall in love with hound dogs!

Popcorn is on us! Drinks are on you!  
**RSVP please.** \*Movie subject to change, if unable to attain.

### WRITING CRAFT – June 9th @ 9:30am

**Program:** Writing Creative Nonfiction

**Exercise Words:** pillow – pickles – porcupine – parka – pink

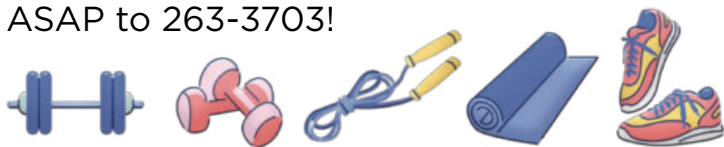
**General Prompt:** Start with “This is my worst nightmare.”

**Poem Prompt:** Write a poem about your fears.

### ENHANCE FITNESS CLASS – NEW!

#### Starting June 6th, M-W-F from 3-4pm

This is a group exercise and fall prevention program designed for older adults at all fitness levels. **EH will help you become more active, energized and empowered to sustain independent lives.** This class will be **taught by Joe Samniago**, who is a certified instructor with special training, from Central Plains Area on Aging. Class will be offered starting June 6th from 3-4pm, on Monday, Wednesday & Friday. You will meet friends, have fun and keep the blood flowing to the muscles, so join us and make your exercise count! RSVP ASAP to 263-3703!



### CRAFT/FOOD EDUCATION CLASSES:

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

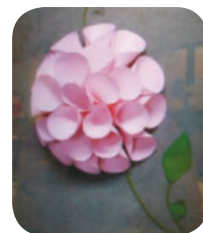


#### Art Escape – NEW!

This is our new endeavor, to get you thinking creatively, relaxing and improving your drawing/painting skills. Please join us on the following Mondays in June. We will be learning the techniques of **“Thumbprint Pictures – a Delightful Endeavor,”** for weeks 1 & 4. We will also be learning the basics of **Drawing Techniques and Basic Watercolor Painting** to paint a basic picture of fruit for weeks 2 & 3. Class size is limited to 8. Come to one or all. Dates are on **Mondays the 6th, 13th, 20th and 27th at 10:00am.** Total Cost is \$5 for the month. RSVP and pay by 6/3. Joan Morrison & Cherise Langenberg Instructing.

#### June 8th, “Making Paper Flowers”

Come and learn how to make some paper flowers! It is easy, with some paper and glue. Cherise Langenberg leading the class. Cost is \$3 to help pay for paper supplies. Pay/RSVP by 6/6.



#### June 15th, “Making Garden Markers”

Have fun painting rocks to use as garden markers. Take 3 home or maybe some more! Cost is \$3 to help with paint supplies, thank you! RSVP by 6/13.



#### June 22nd, “Making Corsages from Silk Flowers”

This is a wonderful way to celebrate and thank people, with a corsage. Join us as we learn from Pat Collins. Pat has been making



**Continued on pg 11**



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

corsages for years, as she professionally worked in floral design. Cost is \$8 per corsage. Must pay and RSVP by 6/17. No exceptions, limit of 8.

**June 13th & 27th, 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 and you can help make MATS for the HOMELESS. But RSVP just in case, Kay may not be there.

### EDUCATIONAL PRESENTATIONS:

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

**(\*unless otherwise stated)**

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

**June 3rd, “Field Trip to the Recycling Center”** presenter, Beth McDonald from Pro Kansas Recycling. MUST RSVP and sign waiver. Please wear closed toe shoes! Meet at LW at 10am then head to the recycling center, 725 E Clark.

**June 17th**, Each Third Friday of the Month we will be featuring our videos on **“Care Giving Step by Step”**. This is a great series that goes through the phases and challenges and safety of caregiving. This month’s program is **“Positioning and Mealtime Issues”**.

**June 24th, “Bone Health”** Please join us as Nutrition Coach Aubrey Vereecke of Natural Grocers shares important information on how to keep our bones HEALTHY.

---

**WE HAVE NEW ITEMS IN THE GIFT SHOP! RUMMAGE SALE PLANNED FOR JULY! BRING YOUR ITEMS TO DONATE, YOUR ITEMS MAY BE SOMEONE ELSE’S TREASURE! NO CLOTHES PLEASE, THANK YOU!**

### ON-GOING GROUPS:

**BIBLE STUDY** is on hiatus for June, pastor BJ and family are at church camp! So keep studying on your own. Stop by and pick up some devotionals.

**GRIEF SUPPORT GROUP** will be held on **6/20 @ 2:00pm**. 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.

### SPECIAL EVENTS & ACTIVITIES:

**June 7th @ 1:00-3:30pm,**  
**“ROOTBEER FLOATS**  
**with DADS & Friends!”**

Join us as Candace Symthe from Ascension Living treats us to rootbeer floats and a few dad jokes! We will also celebrate by watching the movie **“Father of the Bride”** with Steve Martin! Join us, you will be glad you did! Please RSVP by 6/6.



Ascension Living

**June 10th @ 9:00-11:00am,**  
**“DONUTS WITH DADS!”**

All dads are welcome! Join us at Downtown Senior Center as we celebrate dads! Dad Joke Telling Welcome, as a matter of fact, I will tell a few jokes! Get a donut and a “dad” gift! See you there! Call 263-3703 to RSVP.



**June 22nd @ 11:00am**, Join us as the Lunching Lovelies and ROMEO Club, will be celebrating **NATIONAL ONION RING DAY!** We will be eating at the “Dog-N-Shake” as they have fresh, battered onion rings at 1640 S Hillside at 11:00am.





## NORTHEAST SENIOR CENTER

Hello Everyone...June is National Safety Month.

Well, I pray everyone is doing well. June is the time of year we get to enjoy nicer weather, beautiful flowers blooming, and all the fun summer fruits and vegetables that we can eat. This weather also brings about a better mental health, because there is more sunshine and we are not stuck indoors. Another thing warmer weather may bring about is safety concerns. Since it is National Safety Month, let's talk Safety. What comes to mind when you think of safety? When I think of safety there are so many things that come to mind...Summer Safety, Fall Prevention Safety, Medication Safety to name a few. With the warmer weather you should be thinking safety...especially being seniors. I have a question, has anyone ever figured out why did the chicken cross the road? Ok, ok, that was random, right? If you figured out that this sentence does not go here call the senior center to have your name put in this month's drawing. Now where was I...The Center for Disease Control and Prevention shares that seniors are more susceptible to heat-related illnesses and injuries. When we age, our bodies become less efficient at regulating temperature because older adults do not sweat as much as younger adults, and sweat is the body's most important **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/Events:

- **Being Kind to Others Group - Wednesday, June 1st at 1:00pm** - This group is an Arts-n-Crafts group that makes craft projects for Kindred Hospice (Wichita) hospice patients.
- **Evolve Diabetes LLC. - Wednesday, June 8th at 11:30am** - How does prediabetes turn into diabetes? If you have diabetes, can you reverse it? Knowing more empowers you to do the right things. If this session interest you, please RSVP. Presented by Kristin Loyd, Diabetes Specialist.
- **Finding Comfort Grieving Support Group - Wednesday, June 15th at 10:30am** - Courtesy of Harry Hynes Hospice

- **Love My Nurse (Individualized Home Health Services) - Wednesday, June 22nd at 10:00am** - Blood Pressure Checks & Medication Management. Feel free to stop in with questions or concerns...they are looking forward to it.

### **Quilters' Treasures Common Threads Quilt Show**

**Friday, June 24th & Saturday, June 25th**

**TIME:** 10:00am - 5:00pm

**LOCATION:** Century II - 225 W. Douglas

**TICKETS:** \$15 one day and \$20 both days

\*Hundreds of quilts on display, Vendors selling quilting supplies, sewing/quilting machines and much, much more.



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## What's the Point?

Find and circle all of the things with points that are hidden in the grid.

The remaining letters spell a secret message.

**\*Call the Senior Center with the secret message  
and have your name put in a drawing...Happy Hunting!**

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

ANTENNA  
ANTLER  
ARGUMENT  
ARROW  
BACKGAMMON BOARD  
BALLPEN  
BEAK  
BIRD TALON  
COMPASS  
CONE  
CORKSCREW  
CRAYON

DART  
DECIMAL  
FINGER  
FISH HOOK  
FORK  
ICE PICK  
ICICLE  
JAVELIN  
KNIFE  
NAIL  
NOSE  
PENCIL

PINE NEEDLE  
POINTER STICK  
PYRAMID  
QUILL  
RHINOCEROS HORN  
ROCKET  
SCALPEL  
SCISSORS  
SEWING NEEDLE  
SHARK TOOTH  
SHERIFF'S BADGE  
SPEAR

SPIKE  
STAPLE  
STAR  
STYLUS  
SWORD  
THORN  
THUMB TACK  
TOOTHPICK  
TRIANGLE  
TRIDENT  
VULCAN EAR  
WOODEN STAKE

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>

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## NORTHEAST SENIOR CENTER

### Director's Notes Continued

heat-regulating mechanism. Older adults also store fat differently, which can further complicate heat regulation in the body. This can cause issues in the summer because when the outside temperatures rises, so does the body's internal temperature. Which is why seniors suffer from heat stroke in the summer more often than younger people. Therefore, seniors have health risks that need to be monitored, especially in the heat of the summer. Here are some tips to keep seniors safe and healthy in the rising temperatures of the summer months:

**Stay Hydrated** – Drink plenty of water to stay healthy and hydrated.

**Stay indoors during extreme heat** – In extreme heat and high humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature.

**Stay in an air-conditioned place** – Air-conditioning is important when it is hot and humid outside. If you do not have air-conditioning in your home, go somewhere that does...your neighborhood Senior Center.

**Know the weather forecast and dress appropriately** – The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.

**Protect your skin and eyes** – Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. When outdoors, protect your skin from damage by wearing hats, sunglasses and sunscreen that protects against both UVA and UVB radiation.

**Know the side effects of your prescriptions** – Some medications can cause increased sensitivity to the sun.

Look over your medications and talk with your doctor about any concerns or questions you have.

**Know the early signs of heat-related illnesses such as dehydration, heat stroke, heat exhaustion, hyperthermia, etc.** – Signs to look for may include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness and confusion. Take immediate action if you feel any symptoms coming on.

Well, I will not keep you, but I did want to share some tips on staying safe during the warmer weather, since it is National Safety Month.

**Source:** [www.help4seniors.org/news-events/blog/news/archives/2019/07/summer-safety-tips-for-seniors](http://www.help4seniors.org/news-events/blog/news/archives/2019/07/summer-safety-tips-for-seniors)

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

Carnesha Tucker – Center Director

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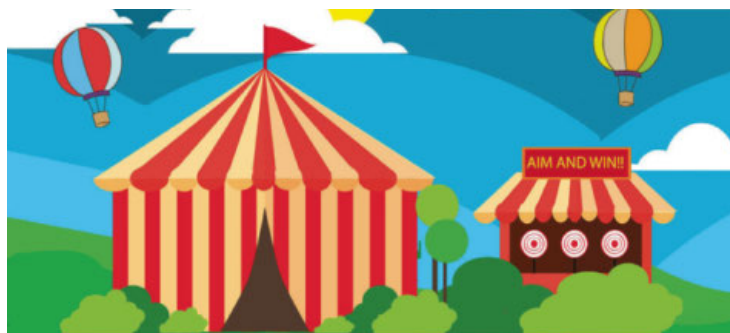
### 4-Center Senior Fun Night/ Carnival:

**Friday, June 24th, 2022**

**TIME: 5:00pm-7:00pm**

**LOCATION: Linwood Senior Center  
(Gym/Rec Center) 1901 S. Kansas**

**TICKETS: \$5 (Please RSVP by June 22nd)**





## ORCHARD PARK SENIOR CENTER

Hi Guys!

Ohhhh It's Sweet Summer Time and that makes me so excited! It makes me think of flip flops, going swimming, eating popsicles, sitting outside late at night visiting with friends and family, baseball games, family vacations and I could go on and on and on. Summer feels like a little more freedom and a little more fun. There are so many reasons to celebrate June and here are a few more reasons I'd like to share with you:

**June 6th is National Gardening Exercise Day** - Every year on June 6th is National Gardening Exercise Day. A day when we are all encouraged to maximize the benefits we reap from gardening by adding some stretches and a few extra steps or squats. Gardening on its own is therapeutic, builds muscles and burns calories. Some of the gardening activities that are excellent for working your muscles and for burning calories include weeding, digging, spading, planting, pruning, mowing, raking, and walking. So ditch the electric or power tools and consider using hand tools to burn the extra calories.

**Continued on pg 19**



### Ongoing Activities

**Please RSVP To Participate - Call: 942-2293**

#### Monday

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  
1:30-3:00 Conversational Spanish for All (please bring a cell phone or laptop if available)

#### Tuesday

9:00-10:00 Co-Ed Exercise  
10:00-10:30 Exercise for Arthritis  
10:30-11:30 PIYO Exercise Class  
12:00-3:30 Open Pool Tables  
1:00-3:30 Mexican Train Dominoes

#### Wednesday

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

#### Thursday

9:00-10:00 Co-Ed Exercise  
10:00-10:30 Exercise for Arthritis  
10:30-11:30 PIYO Exercise Class  
12:00-3:30 Open Pool Tables  
1:00-3:00 Pickleball in the Gymnasium  
1:00-3:30 Mexican Train Dominoes

#### Friday

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

**June 1st @ 12:00** – Meet at the Kansas Wildlife Exhibit at Riverside Park to watch the daily feeding of the animals. Bring a sack lunch and we can eat in the park afterwards.



**June 2nd @ 10:00-11:00** – The Orchard Park Book Club - Fun for all reading enthusiasts.

**June 3rd @ 1:30-2:30** – Drum Ball Exercise with Brian from Home Care and Hospice of KS – Latest Fitness Craze! Come check it out! Please RSVP – Limit of 12.

**June 7th @ 9:00-10:30** – “The Egg-cellent Breakfast” Club – “Do-Dah Diner”

206 E. Kellogg. Come one, come all. Meet new friends or visit with friends you already know and love. Please call to RSVP.

**June 8th @ 2:00-3:00** – June is “Alzheimer’s and Brain Awareness” Month. Kathy Adkins, RN, Dementia Specialist, will present on “The Good, The Bad and the Ugly of Dementia.”

**June 10th @ 9:00-11:00** – “Donuts for Dad” - Donuts, Prizes and Corn Hole in honor of Father’s Day. Meet at the Downtown Center – 200 S. Walnut (All Dads Welcome!). Call 263-3703 to RSVP.



**Continued on pg 18**

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

**June 14th @ 11:00-12:00** – Join Kelsey and Deserae from Oxford Grand. We will be making fudge for National Fudge Day and then of course, sampling it. Yum! These girls are always so much fun, you won't want to miss this event! Men welcome too.

**June 15th @ 1:00** – Meet at Village Inn, 7020 W. Central for "FREE PIE DAY". Minimum purchase of a drink is needed in order to get the pie at no charge.



**June 16th @ 11:00-12:00** – Christine with Koinonia Senior Care will be presenting on "Growth through Grief." She will also be here to discuss her organization, "Koinonia."

**June 17th @ 1:00-2:00** – Birthday Celebration for June Birthdays! Join us for dessert!



**HAPPY FATHER'S DAY TO ALL OF YOU GREAT DAD'S OUT THERE! HAVE A FUN AND RELAXING WEEKEND!**

**June 20th @ 11:00-12:00** – Advisory Council Meeting.

**June 21st @ 11:00-12:00** – Coffee Chat – Come have a cup of joe and visit with other Orchard Park Members. Please call to RSVP.

**June 22nd @ 9:45** – Meet at the Wichita Historical Museum for "Architecture of the People's Houses" with Murl Reidel. Admission is \$2.00 or free for members of the museum. Please RSVP.

**June 24th @ 1:00-3:00** – Movie – "Lucy and Desi – A Film by Amy Pohler". (2022) Rated PG – The Story of Lucille Ball and

Desi Arnaz told in a documentary format. Feel free to bring a seat cushion for more comfort. I have a few available here. Concession Stand provided. Please RSVP.

**June 24th @ 5:00-7:00** – Please join us for a SUPER FUN 4 Center Event! We are having a carnival at Linwood Senior Center. Cost will be \$5 and that includes hot dog dinner, chips, drink, popcorn and cookie. As well as games and prizes. We are requesting an RSVP by the end of day on Wednesday, June 22 (To give us enough notice for food and prizes). Please call Kelli or Jackie at Orchard Park to reserve a spot (942-2293).



**June 28th @ 11:30** – "Good Grub Lunch Club" Torchy's Tacos - 2901 North Maize Rd - Meet new friends or visit with old friends or both. Please call to RSVP.

**June 30th - All Day** – Relive the MAGIC of childhood and stop in any time today to get a Bomb Pop Popsicle for National Bomb Pop Day!



**June 30th @ 11:00** – Ashley Gaddis with Angels Care Home Health will be here to make Memory Bottles with us.

**\*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

### June 8th is National Best Friends Day -

Show your Best Friends some LOVE!  
Bring your Best Friend to Orchard Park or one of our other centers and let them see how much fun we have.

### June 11th is Making Life Beautiful Day -

This day is to encourage people to make life beautiful not only for themselves but for all the people around them.

### June 18th is International Picnic Day -

Pack a picnic basket and take your friends or family or both on a little adventure. My family used to go to Lindsborg once in a while and have a picnic by the Smoky Hill River. As a child, I thought that was so fun and those are memories that I will cherish forever.

### June 21st is World Music Day and

**Summer Solstice Day** - When I saw this date on the calendar, the old Coca-Cola Commercial popped into my head where people were all gathered together, singing "I'd like to Buy the World a Coke and Keep it Company." Seemed like the perfect song for this happy and fun day. Summer solstice marks the first day of summer and is the longest day of the year. Plan on doing something exciting this day and make the most of the extra time you will be given.

**June 19th** - Yes...I realize that I have gone out of sync with my dates but this seems to be the most IMPORTANT date to recognize in June so I saved the BEST for last. **June 19th is Father's Day!** I would like to wish all Father's out there a FANTASTIC, FUN and RELAXING DAY! Thank you for all that you do!

However you decide to spend your June, I hope that you will spend some of it with us. Stay safe, have fun and don't forget your sunscreen!

- Kelli

## Father's Day Word Search

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



FATHER	LOVE
FISHING	MUG
FOOTBALL	RESPECT
GIFTS	SOCKS
GIVING	SUNDAY
HONOR	THOUGHTFUL
HUGS	TIE
JUNE	TOOLS
LAUGHTER	





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## Avocado Salsa Recipe

### INGREDIENTS

- 1-2/3 cups (about 8-1/4 ounces) frozen corn, thawed
- 2 cans (2-1/4 ounces each) sliced ripe olives, drained
- 1 medium sweet red pepper, chopped
- 1 small onion, chopped
- 5 garlic cloves, minced
- 1/3 cup olive oil
- 1/4 cup lemon juice
- 3 tablespoons cider vinegar
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 medium ripe avocados, peeled
- Tortilla chips

### DIRECTIONS

1. Combine corn, olives, red pepper and onion. In another bowl, mix the next 7 ingredients. Pour over corn mixture; toss to coat. Refrigerate, covered, overnight.
2. Just before serving, chop avocados; stir into salsa. Serve with tortilla chips.

**Source:** <https://www.tasteofhome.com/recipes/avocado-salsa/>

