

## Meals on Wheels now serving Homebound Seniors & their Pets

*"I don't have kids so Peanut is like my baby."*  
Meals on Wheels client Eddie.

In March of 2022 through a small grant awarded by **Meals on Wheels America**, Senior Services began a program to deliver pet food to homebound seniors called **Meals on Wheels Pet Pals**. Through a partnership with **WAAL (Wichita Animal Action League)**, once a month their volunteers deliver pet food to pet owners who receive Meals on Wheels. "It's a service we've needed for a long time" says Laurel Alkire, Executive Director. "But it's a challenge for our volunteers to deliver bags of pet food when they have 10 - 20 hot meals to deliver to our seniors each day. The WAAL volunteers are such a blessing and have made this goal a reality."

Seniors receiving Meals on Wheels are some of the most homebound and isolated in our community. Says a grateful Eddie "Before Pet Pals I was giving half of my meal to Peanut." Another recipient, Cathi (who's dog is Bella), echoes the same sentiment "My Bella can't chew very well. Now she gets soft food and she gobbles it right up."



The long term goal for PetPals is to raise enough funds to also provide veterinary and grooming care stipends. Currently WAAL has provided some assistance but their funds are limited. There are ways that our senior center members can help.



### LUNCH FOR 2...ON YOU?

A donation of \$40 will help feed 1 senior and 1 pet for one week as well as provide some funding for veterinary care.

Visit <https://seniorservicesofwichita.org/petpals/> or provide a check to: Senior Services Pet Pals - 200 S. Walnut, Wichita, KS 67213.



### SENIOR BUDDIES

Sign up your fur babies, grand pups and grand kittens for a fun new membership at any of the 4 centers. All proceeds benefit your senior center. Details on the back cover.

# DOG DAYS OF SUMMER

***Special pet themed events to commemorate the launch of Meals on Wheels Pet Pals.***



**August 8th @ 10:00am**

**Make It Take It Natural  
Treats for Our Dogs**

Join us as our Theresa Bramblett shares how to make goodies our doggies will LOVE! (Pg 10)



**August 26th @ 9:00am**

**Pet Blessing Drive Through**

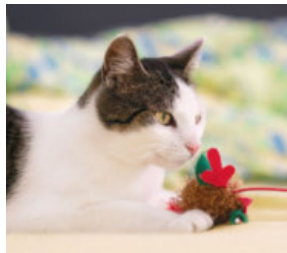
Bring your pet in your car and receive the blessing, a charm for your pet's collar and a treat bag for your VIP (Very Important Pet) and we will take a picture of you and your pet! (Pg 9)



**August 22nd @ 1:00pm**

**Home Made Kitty Toys**

Join us to make 5 toys for that special kitty in your life. (Pg 10)



**August 31st @ 2:00pm**

**Orchard Park Yappy Hour**

Sit, stay, drink and chat. Yappytizers and mock cocktails will be served. There will also be give-a-ways for your furry friends and drawings for door prizes. (Pg 18)



**Learn more about Meals on Wheels Pet Pals by visiting our website at:**

<https://seniorservicesofwichita.org/petpals/>



Compass is published monthly by:  
Senior Services, Inc. Of Wichita • 200 S. Walnut, Wichita, KS 67213

Senior Services, Inc. Of Wichita is not a government organization. We are a not-for-profit charity which relies on several funding sources, including private donations, to operate our programs and senior centers:

**Information/Assistance on Aging**

267-0122, ext. 201

**Roving Pantry**

267-4378

**Meals on Wheels**

267-0122

**All Agency**

267-0302

**Senior Employment Program**

267-1771

## **Mission:**

Senior Services, Inc. Of Wichita is dedicated to delivering services that allow older adults the opportunity to lead quality lives while continuing to make positive contributions to the community.





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# DOWNTOWN SENIOR CENTER

Hey Everyone!

The year is speeding by quick and it's already August, the hottest month so remember to HYDRATE regardless of what activity you have planned for the day!

There's no one-size-fits-all formula for daily water intake. The amount of water you should drink daily depends on your body, your health conditions, your medications, and other factors. Certain conditions like thyroid disease or kidney, liver, or heart problems make it possible for some people to have too much water, while some antidepressants and non-steroidal anti-inflammatory drugs (NSAIDs) make people retain water.

There is no standard for how much plain water adults and children should drink daily, though there are general recommendations for both women and men. Here's one rule of thumb: women should drink approximately 2.7 liters of water each day while men should average 3.7 liters of

**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 Dance - 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  
1:00-3:00 Writing Craft (1st full week) - Room 3  
1:00-3:00 Flying Saucers (2nd) - 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

total water. You can also divide your body weight in pounds by two and drink that number of ounces each day. Regardless, drinking water should be a part of your daily routine, not something you have to go out of your way to do. (Frederick Health, 2019)

- DSC Staff



Turn Over for **ANSWER**

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

### HIGHLIGHTS FOR AUGUST:

- National Chocolate Chip Cookie Day - **August 4th** - Make sure to grab a cookie while you're at the center. 
- **August Birthdays!** Come see us in the office for a Birthday treat on **Aug. 8th or Aug. 11th.**
- **"The good, the bad, and the ugly of dementia: AND how not to get it."** - presented by Kathy Adkins, Cert. Dementia Specialist - Do you or a family member have concerns about Dementia? Have you been dealing with a recent diagnosis? Do you want to learn how to avoid it? **Please RSVP for educational session Aug. 18, 2022 @ 1:00pm.**

### CRAFTS:

**August 4th @ 11:00am** - Kindness Rock Painting

**August 5th @ 12:00-2:00pm** - Random Crafts - U Pick Em'

**August 11th @ 1:00pm** - Craft BCBS of KS - **\*Please RSVP\***

**August 18th @ 10:40am** - Jewelry Making - Kelsey/Oxford

**August 25th @ 1:00pm** - Solar Tulips - \$3.00 material cost **\*Please RSVP for material availability and to pick color of Tulip Paint\***

### SPECIAL EVENTS:

**August 1st @ 11:30am** - BINGO - by Dedicated Medical

**August 4th \*All Day\*** - National Chocolate Chip Cookie day

**August 8th \*All Day\*** - Aug. Birthday Treat - **\*See Office\***

**August 10th @ 12:00pm** - \*Movie in the classroom\* - *WEST SIDE STORY* (Spielberg 2021 version/136 min)

**August 11th \*All Day\*** - Aug. Birthday Treat - **\*See Office\***

**August 17th @ 1:00pm** - SLINGO/BP Check

### EDUCATIONS:

**August 18th @ 1:00pm** - *"The good, the bad, and the ugly of dementia: AND how not to get it."* presented by Kathy Adkins, Certified Dementia Specialist **\*Please RSVP\***

**August 29th @ 11:30am** - \*Movie in the classroom\* *FAT: A Documentary* (2019/95min)

**August 31st @ 11:30pm** - \*Movie in the classroom\* *FAT: A Documentary 2* (2021/95min)

### DATES TO REMEMBER:

**August 3rd @ 11:00am** - Advisory Council

**August 4th @ 1:00pm** - Writer's Craft - Writing Poetry

**August 9th @ 10:00am** - Book Club - *Run Rose Run* by Dolly Parton

**August 11th @ 1:00pm** - Flying Saucers

**August 15th @ 1:00pm** - Lunch Bunch - NuWay 1416 W Douglas **\*Please RSVP\***

**August 23rd @ 1:00-3:00pm** - Open Pickle Ball Session **\*MAKE UP Session\***

**August 24th @ 11:30am** - Coffee Social Hour **\*Please RSVP\***



# SUDOKU



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Turn Over for **ANSWER**

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



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## LINWOOD SENIOR CENTER

**"Happiness is a warm puppy!"**

~Charles Schultz  
creator of Snoopy~

**"Until a person loves an animal, a part of one's soul remain unawakened."**

~Anatole France~

**"Ever think about what do dogs do on their day off? Can't lie around - that's their job!"**

~George Carlin~

**"Dogs come when they're called; cats take a message and get back to you later."**

~Mary Bly~

Happy August!

I love this August, as I get the honor of joining you as an "official" member of Linwood Senior Center! I turn 55, so I will count toward attending all events, that I go to already! So I COUNT! YAY!

This month we are going to have some fun things, and I need to as my middle is leaving the house to go away to his last two years of college! I will be missing him, so we need things to keep us (me) busy. As you have probably read on the earlier pages, we are kicking off our program called "SR Buddies - VIP" - Very Important Pets. With this program your pet can also have a membership to the senior center, for an extra \$15. We will be having several events that celebrate those little/big buddies that make our lives a little heaven on earth! I know my Poochie, my cocker spaniel/poodle mix, is my side kick, and she has been an amazing friend to me. Especially when I am tired, she **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  
(Aug. 1, 15 & 29)  
11:15 Friendship Lunch  
1:00 Pet Stories  
(\*Read Preview)  
1:00-3:00 Open Crafting  
(Aug. 8 & 22)  
2:00 Grief Support Group  
(Aug. 15)  
3:00 Enhanced Fitness

#### Tuesday

8:30-10:30 Pickleball  
9:00 Stronger Seniors  
10:00 Needlework/  
Looming with Linda  
11:15 Friendship Lunch  
1:00 Movie Time  
(Aug. 2, 9, 16, 23 &  
30 \*See Schedule)

#### Wednesday

9:00 Stronger Seniors  
9:00 Advisory Council  
10:00 Bingo  
(NOT Third Wed.)  
11:15 Friendship Lunch  
12:00 Pinochle with Friends  
(No Computer Lab)  
1:00-3:00 Craft Educations  
(\*See Schedule)  
3:00 Enhanced Fitness

#### Thursday

8:30-10:30 Pickleball  
9:00 Stronger Seniors  
9:30-11:30 Writer's Craft  
(Aug. 11)  
11:15 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)  
11:15 Friendship Lunch  
12:00-3:00 13 Point Pitch  
1:00-3:00 "Games of Fame"  
(Yatzee, Skip Bo, or  
Pick Up Sticks!)  
3:00 Enhanced Fitness

**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

cuddles up with me and all my problems fade away! She even herds my cats and stops them from scratching the furniture!

You need to make sure you come to Linwood on August 26th, it is National Dog Day and we will kick off the celebration having a "Pet Blessing Drive Thru". Look for more information as you will want to bring your pets through and have the pastor bless them, and get a goodie bag for them as well. It is just a simple way to celebrate our pets, and tell them we love them. We are also going to have a month of movies about our pets, so come and cool off with us at Linwood! Another neat treat is our own Theresa Bramblet will be showing us easy treat recipes for our dogs, so make sure you get that on the calendar, and we will also have class on making cat toys! Our furry friends will love you for it!

Be PAWSitive!

Cherise, & Your Linwood Friends

## PET BLESSING DRIVE THROUGH

For National Pet Day!

Four-Center Event At  
Linwood Park - 1901 S. Kansas

Friday, August 26, 2022  
from 9:00-10:30pm.

Our pets bless us with their presence, now we can have our Pastor bless and pray for them! Bring your pet in your car and receive the blessing, a charm for your pet's collar and a treat bag for your VIP (Very Important Pet) and we will take a picture of you and your pet!

\*RSVP to Linwood 263-3703 by August 19th if you and your pet are coming. We ask this as a courtesy so we can get the appropriate amount of pet charms, goody bags etc., please be courteous to our generous sponsors and let us know if you are coming!

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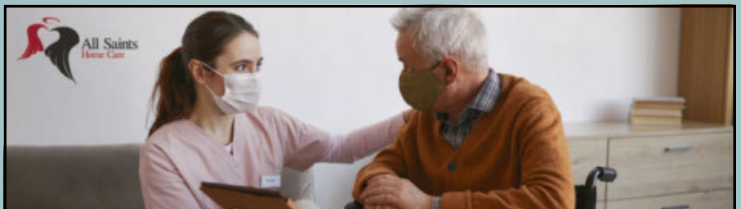
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## Fun Upcoming Events & Activities (RSVP for ALL to 263-3703)

### MOVIE TIME - Tuesdays @ 1:00pm

Movies celebrating Animals this month!

**8/2 - "Rescue by Ruby"** true story \*We will have Ice Cream Sandwiches to celebrate National Ice Cream Sandwich Day! RSVP.

**8/9 - "Turner & Hooch"** starring Tom Hanks

**8/16 - "Call of the Wild"** starring Harrison Ford

**8/23 - "Secret Life of Pets"** One of Cherise's favorites!

**8/30 - "Marmaduke"** starring Owen Wilson

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

### WRITING CRAFT - August 11th @ 9:30am

Calling the writer in you! Join us as author Starla Criser, sharpens our minds and understanding about the writing craft! Join us!

**Program:** Writing Poetry

**Exercise Words:** glasses - salad - tiger - headlamp - soft

**General Prompt:** Write about getting an unexpected knock on the window.

**Poem Prompt:** Write about a giraffe on a unicycle.

### ENHANCE FITNESS CLASS

**M-W-F from 3:00-4:00pm**

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 Samaniego**, who is a certified instructor with special training, from Central Plains Area on Aging. 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:

**August 8th @ 10:00am, "Make It Take It Natural Treats for Our Dogs"** - Join us as our Theresa Bramblett shares how to make goodies our doggies will LOVE! We will show you how, and teach you the good things you can feed to your dog and how to identify and avoid the bad things for dogs to eat! RSVP by 8/5. Cost is \$2 to help with purchasing supplies.



**August 10th @ 1:00pm, "Banner Making 101"** - Learn how to make a colorful banner, that can help you celebrate, birthdays, holidays and life. Cost is \$7, RSVP by 8/8 to 263-3703. Pat Collins is leading the class.

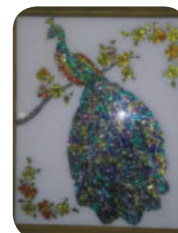
**August 15th @ 10:00am, "Cookie Sheet Welcome Signs"** - Make a happy sign to welcome people to your kitchen/home, or make one for a gift. Join us for some fun! Cost is \$5. Mary Topinka is leading this class. RSVP by 8/12.



**August 22nd @ 10:00am, "Home Made Kitty Toys"** - We already made biscuits for the doggos, and now we need to do something nice for the fine felines! Join us to make 5 toys for that special kitty in your life. Cost is \$3. Cherise is instructing. RSVP by 8/19.



**August 29th @ 1:00pm, "Funky Foil Glass Painting"** - Make the pics as colorful as you like! Choose from hot air balloons, butterflies, peacocks or something else easy to transfer on glass! Linda Richardson instructing. RSVP by 8/24.



**Continued on pg 11**



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

### EDUCATIONAL PRESENTATIONS:

**\*Held on Fridays @ 10:15am (unless otherwise stated). Must RSVP and let us know you are coming! THANKS!**

**August 5th, "Healthy Lung & Respiratory"** with Nutritional Health Coach Aubrey Vereecke.

#### **August 12th, "Vinyl Record Day"**

We want you to come and learn the history of vinyl records, how they made them, and if you may have a record worth some \$! Come and bring your favorite record, and we will play a few too!



#### **August 19th, "Heart Health Strong Body"**

Tips to keep your heart muscle at its best. Joe Samaniego, Diabetes Education & Wellness Coordinator, CPAAA.

**August 26th, Caregiving DVD Series - "General Care, Dressing Devices"** Great information for Caregivers!

### ON-GOING GROUPS:

**BIBLE STUDY** - Join us to study the Word of God. Pastor BJ Bennett leading. Will be on the **1st, 15th & 29th this month at 10:00am!**

**GRIEF SUPPORT GROUP - August, 15 @ 2:00pm.** Join us as Chaplain, Greg Schmidt shares on grief, how to process, and how to live after a loved one, or friend has passed. Share this with people you know, so we can get through life together!

Special thanks to Mike Seltzer Jewelers who sponsored our carnival in July!



### SPECIAL EVENTS & ACTIVITIES:

**August 8th & 22nd, "PET STORIES"** - Join us as we do some special reading about pets! Cherise will read a few stories and we can reminisce! Let's celebrate our beloved pets!



**August 18th @ 11:00am, Lunching Lovelies and ROMEO Club**, will be eating at Carlos O'Kelly's - 4872 S. Broadway. Will celebrate **"National Fajita Day"**. Cost is \$10-12 not including tip. RSVP to 263-3703 so we know you are coming!

### MYSTERY TRIP

#### **"Plains, Trains & Carousels"**

Join us as we get back to travelling! On **October 11th** we will take a day trip that will be fun. You will have to get up early as we will leave at **7:00am** from the Linwood Senior Center!

As usual snacks and lunch provided, light evening meal/snack on way back from location! This is the cheapest trip we will go on as a generous sponsor has offered to pay for the bus costs. Best price I can do is \$65 per person! And that is a deal! Reminder there is always walking involved, and you will need to dress in layers.

\*No refunds unless we can get someone to take your place. Call 263-3703 for more "General questions" Also, some adaptations may be made, as needed.







## NORTHEAST SENIOR CENTER

Hello Everyone...August is National Dog Month and the kick-off of Senior Services' Meals on Wheels Pet Pals!

I pray everyone is staying cool and hydrated. I do not know about you, but this weather has been a bit much. Our air-conditioning went out at my home not too long ago and I was like..."This is not the life." For some reason or another heat and I do not get along anymore. When I was a kid growing up I would be outside from the time it was daylight until the porchlight came on. Not even concerned with how hot it was. I was more concerned with having fun. Now I catch an attitude while just walking to my car when it's hot out. It is really something how things have changed. I also remember while growing up we had window AC units. Some families on our block had the water coolers that you had to spray down with the water hose from time to time. Did I mention that things have truly changed? Pam our front desk Office Assistant shared one of her childhood memories with me about staying cool in the summer. Pam shared growing up she remembers her dad buying blocks of ice and sitting them in front of a blower fan to keep her bedroom cool. We truly have so many things to be thankful for, like air-conditioning. What childhood memory do you remember about

**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
<b>Tuesday</b>		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	<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



**June Directors Notes Winner** – Virgie Moore

**June Word Search Winner** – Sherry Phillips

## Upcoming Activities/Events:

- **Finding Comfort Grieving Support Group** -  
Wednesday, August 17th at 10:30am -  
Courtesy of Harry Hynes Hospice
- September is **National Senior Center Month**.  
This is an opportunity for us to show how  
much we appreciate our members by  
celebrating. Please be on the lookout for  
more information on a fun-filled good time  
during the month of September.



*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.*

*Simplify your life in our Independent Living Patio Homes*

- One- and two-bedroom units available
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- Daily lunch in the main dining room
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- Bi-weekly housekeeping service
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- Comes with all appliance including washer & dryer
- Walk in closet that serves as a severe weather room
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- One reserved covered carport space



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**A Community of Friends, Family and Faith**

*Call to schedule a campus visit today!*

**316-263-8264**





## Dogs



Find and circle all of the words that are hidden in the grid.  
The remaining 44 letters spell an Ogden Nash quotation.

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



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



BASSET HOUND  
BEAGLE  
BLOODHOUND  
BOXER  
BULLDOG  
CHIHUAHUA  
CHOW CHOW  
COCKER SPANIEL  
COLLIE  
CORGI

DACHSHUND  
DALMATIAN  
DEERHOUND  
DINGO  
GERMAN SHEPHERD  
GREAT DANE  
GREYHOUND  
HUSKY  
LHASA APSO  
MALAMUTE

MASTIFF  
PEKINGESE  
PINSCHER  
POINTER  
POMERANIAN  
POODLE  
PUG  
RETRIEVER  
ROTTWEILER  
SAINT BERNARD

SAMOYED  
SCHNAUZER  
SETTER  
SHAR PEI  
SHEEPDOG  
SPITZ  
TERRIER  
WHIPPET

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

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# NORTHEAST SENIOR CENTER

## Director's Notes Continued

keeping cool in the summer? We would love to hear some of your stories of how your family kept cool during the summer months. Feel free to stop in or call with your story and have your name placed in our monthly drawing this month.

With that said, this month is also National Dog Month and the kickoff of Senior Services' Meals on Wheels Pet Pals. What does that mean...I am glad you asked. It means this month we want to celebrate our pets and help support those that have pets. For more details see the front section of The Compass or pick up a flyer the next time you are in the senior center. To help celebrate and support this cause Northeast Senior Center will be having a contest where those that have a pet can bring a picture of your pet to be placed on our photo contest wall. The members of the center will have until the end of August to vote for their favorite pet. The winning pet will receive a treat basket filled with goodies. If you do not have a pet that is fine. In order for you to get in on the action we will have a Pet Pals donation drive to support the Meals on Wheels clients that do. Northeast Senior Center will be taking donations for:

- Dogs – 3 to 6 pound bags of Pedigree Dog Food
- Cats – 3 to 5 pound bags of Friskies Cat Food

\*Please keep bags no larger than the above (Meal on Wheels clients cannot lift more the 5 or 6 pound bags)

- Monetary donations will also be accepted in any amount to help with Vet Care assistance

All members that donate will have their name placed in a drawing for a prize.

Since we are discussing pets. I came across “**10 Benefits of Pets for Older People**” that I would like to share some of the benefits with you:

1. **Companionship** – Everyone know that pets make great friends. Older people can feel lonely as those around them pass on and family members grow more distant. They may

just start to drift away from the people in their life in their old age, and it can help to always have someone near them to make them feel not so alone. Pets can meet that need and fill that role very well.

2. **Therapy** – Pets are often used in therapeutic scenarios to help people open up about problems, deal with depression, or simply have someone to talk to. For seniors, dogs give them another presence in the home, and they can feel like they have someone to communicate with.
3. **Something to Do** – Having a pet means that seniors will have some responsibilities in their daily life. They have to feed, water and play with the pet...these daily chores can keep them occupied and make them feel not so bored. They can also keep them active and give them a purpose each day.
4. **An Active Life** – For some larger pets, such as dogs and cats, the owner will need to spend some time playing with the animals and making sure it gets enough exercise. That activity is good for seniors, as it stimulates them and helps to keep them in good health.
5. **Reduce Stress** – Pets are natural stress relievers. People who have pets around tend to release a hormone known as oxytocin. When this hormone is released, it lowers stress levels, and it can actually be released by both humans and animals. So, without even knowing it, pets and their owners can be helping one another in natural way that improves both of their lives.

I shared some of the benefits of seniors owning pets. Please feel free to read the remaining 5 by going to the source that is listed below.

**Source:** [www.seniordirectory.com/articles/info/10-benefits-of-pets-for-older-people](http://www.seniordirectory.com/articles/info/10-benefits-of-pets-for-older-people)

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

Carnesha Tucker – Center Director



# ORCHARD PARK SENIOR CENTER

Hello Everybody!

It's August and this year is flying right by. August always reminds me of going back to school. Our boys are 13 and 14 so we are always in the hustle and bustle of buying new school clothes and supplies and trying to fit in as much fun as we possibly can before summer ends.

I was always excited when school started each year. It was fun to get new clothes, a new backpack and a new lunch box. It was also fun to find out who my teacher was going to be and which friends were going to be in my class.

What do you remember about school? Who was your favorite teacher? Who was your best friend in grade school? What was your favorite subject? What field trips did you go on, if any? Sometimes it's fun to be nostalgic and reminisce about the good ol' school days.

**Continued on pg 19**



## Ongoing Activities

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

### Monday

9:00-10:00 Co-Ed Exercise  
9:00-12:00 James with Senior Employment  
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  
10:30-11:00 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  
10:30-11:00 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 & Activites - Please RSVP to 942-2293

**August 2nd @ 9:00-10:30** – The Egg-cellent Breakfast Club “Cracker Barrel” – 619 S. Ridge Rd. Come one, come all. Meet new friends or visit with friends you already know and love. Please call to RSVP.

**August 4th @ 9:00-3:30** – National Chocolate Chip Cookie Day - Stop in and say hi and enjoy a cookie.

**August 4th @ 10:00-11:00** – The Orchard Park Book Club - Come be a part of our book club. Fun for all reading enthusiasts.

**August 5th @ 9:00-3:30** – SMILE!  
Tomorrow is “National Fresh Breath Day” Who knew? Be sure to stop by for a FREE Tube of Toothpaste.



**August 5th @ 1:30-2:30** – Drum Ball Exercise with Brian from Home Care and Hospice of KS – Latest Fitness Craze! Come check it out! Please call to RSVP.

**August 9th @ 11:00-12:00** – Join Kelsey and Deserae from Oxford Grand to make Microwave Rice Heat Pads. Heat pads are so nice for tired and sore muscles. These girls are always so much fun, you won’t want to miss this event! Please call to RSVP.

**August 10th @ 1:00-2:00** – Ice Cream Social sponsored by Insurance Agent, Kim Hinsley. Please call to RSVP.

**August 11th @ 10:00-10:30** – “Habits of Happy People” presented by Greg Dane with Humana. Please call to RSVP.

**Continued on pg 18**

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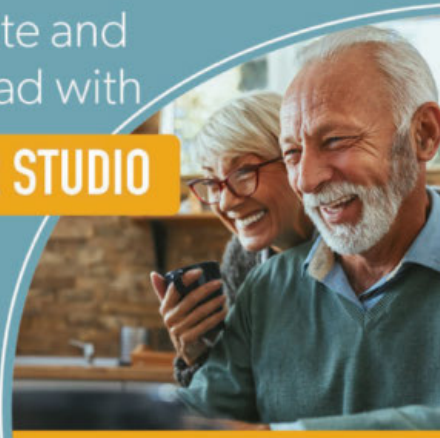
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## Upcoming Events & Activities - Please RSVP to 942-2293

### August 12th @ 2:00-3:00 -

It's National Peach Month so be a Peach, would ya and come help me make peach jam? Super simple recipe with a great tasting outcome. Please call to RSVP.



### August 15th @ 11:00-12:00 - Advisory Council Meeting

### August 16th @ 11:00-12:00 - Coffee Chat - Come have a cup of joe and visit with other Orchard Park Members. Please call to RSVP.

### August 18th @ 10:00-11:00 - Home Well Care Services will be here to discuss Caregiving and their services. They will also be doing a Mini Spa with us by providing manicures, snacks and beverages while they present. Come and hear all about their company that is new to Wichita. Please call to RSVP.

### August 19th @ 1:00-2:00 - Birthday Celebration for August Birthdays! Join us for dessert!

### August 24th @ 10:30-12:00 - To celebrate "Ride Like the Wind Day" we are meeting at and touring the Kansas Aviation Museum located at: 3350 S. George Washington Blvd. Admission is \$4.00. Please call to RSVP.

### August 25th @ 11:30 - "Good Grub Lunch Club" - Cheddar's - 535 S. Ridge Road Circle - Meet new friends or visit with old friends or both. Please call to RSVP.

### August 26th @ 9:00-10:30 - Blessing of the Animals - Bring your beloved pet(s) to Linwood Senior Center for this 4 center event. You and your pet will drive



through and receive a blessing of your animal. There will also be a goodie bag provided for your pet as well. This is in honor of all of our furry/non-furry friends and our new "Senior Buddies" program. Please call to RSVP.

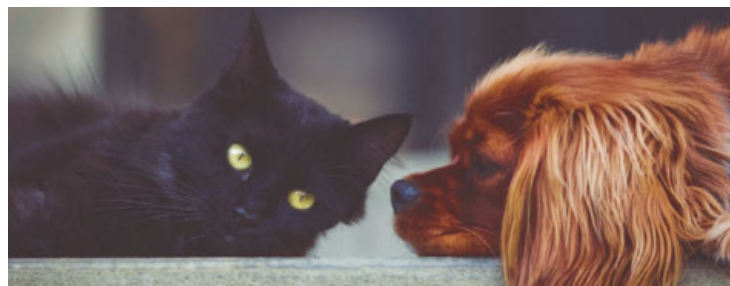
### August 26th @ 1:00-3:00 -

Movie - "Respect" Rated PG - Story of the Queen of Soul, Aretha Franklin. Feel free to bring a seat cushion for more comfort. I have a few available here. Concession Stand provided. Please call to RSVP.



### August 30th @ 10:00-11:00 - Angels Home Care - "Minute to Win It" - Very fun series of games. This is a must see and a must try! Please call to RSVP.

### August 31st @ 2:00-3:30 - Join us at Orchard Park for the "Orchard Park Yappy Hour". Sit, stay, drink and chat. Yappytizers and mock cocktails will be served. There will also be give-a-ways for your furry friends and drawings for door prizes. Cost is \$5.00 per person. All proceeds will benefit "Senior Buddies" - A VIP Club (for Very Important Pets). Please call 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!**



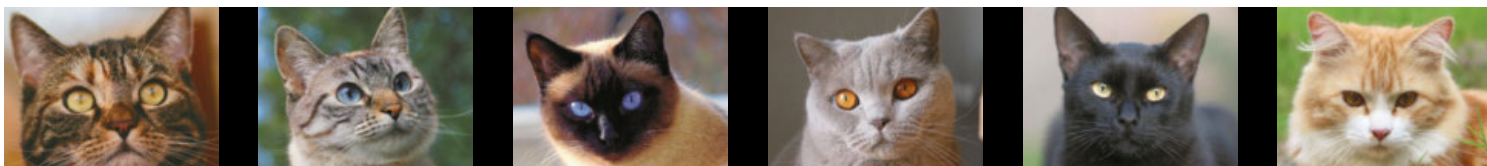
# ORCHARD PARK SENIOR CENTER

## Director's Notes Continued

"School times end but memories last forever." I hope that my kids and those of you who have grandchildren or other children that are in your lives, have a fun and memorable school year. Take some time out to sit down and visit with them to share some of your school experiences. It's always fun to hear how other generations grew up and how times have changed. Intergenerational exchanges are very important.

As summer draws to an end, be sure to soak up the last days of the season and squeeze in as many summer time activities as you can. I wish you all a HAPPY and SAFE August and be sure to come see us at Orchard Park.

- Kelli



## CAT BREEDS WORD SEARCH

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

BAMBINO  
BENGAL  
BIRMAN  
BOMBAY  
BURMESE  
CHARTREUX  
CORNISHREX  
DEVONREX  
HAVANABROWN  
HIMALAYAN  
KORAT  
MAINECOON  
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## SENIOR BUDDIES

A V.I.P. Club for Very Important Pets



Sign up your fur baby, grand pup or grand kitten at any one of our 4 senior centers for an exciting new club exclusive to pets and their humans. An annual \$15.00 membership will offer these exciting benefits:

- Each pet will receive a gift upon signup.
- Monthly drawings for either the pet or their human.
- Special “pet friendly” events and parties throughout the year.
- No cost for special projects such as “Santa Paws” pet pictures with Santa Claus.

Sign up today at any of the 4 centers.

**Downtown: (316) 267-0197**

**Linwood: (316) 263-3703**

**Northeast: (316) 269-4444**

**Orchard Park: (316) 942-2293**

