



Downtown • Linwood • Northeast • Orchard Park

November 2023

## 4-Center Community Give Back For The Holidays

**\*Start Date: Wednesday, November 1st – End Date: Friday, December 8th**

### “Collecting Items for HumanKind Ministries”

HumanKind Ministries provides outreach, shelter, affordable housing, basic needs, and supportive services to those experiencing housing insecurities or poverty in Sedgwick County.

All four senior centers (Downtown, Linwood, Orchard Park, and Northeast) will be collecting items from HumanKind’s Wish list. **Please call the senior center for the list of items that we will be collecting;** or stop by the front desk to pick up a copy. All items must be “NEW”.

## November Highlights

### DOWNTOWN

#### **November 8th @ 2:00pm**

Thanksgiving Mystery Craft - We have 2 new event sponsor’s putting together a Thanksgiving craft for the Downtown center and they want to keep it a surprise! Join us to see what Stefanie Morris of Well Care and Steve Strain have planned for us! **(Pg. 6)**

### LINWOOD

#### **November 16th @ 1:00pm**

Please Join Us For Linwood & Downtown Senior Center’s Annual “THANKFUL HEART CHICKEN NOODLE DINNER”. Cost is \$3 per person at Linwood please pay and RSVP by 4:00pm on 11/13. Menu: You will get a bowl full of Cherise’s chicken noodle soup and a scoop of Linda’s mashed taters in the bottom of the bowl! We will have salad, and crackers as well. And a cookie for dessert! This is yummy, we’d love for you to join us, but only if we know you are coming, so we don’t run out of food! Downtown

and Linwood are working together to get things ready for you, please come and let’s count our blessings! Sponsors: Strain Senior Services and Wellcare. **(Pg. 9)**

### NORTHEAST

#### **November 10th from 2:00pm – 3:30pm**

“Veteran’s Day Celebration” - Please join us as we honor our Veteran’s over a bowl of chili with crackers and a few rounds of SINGO (Sing-A-Long Bingo). Yes, that is correct we are doing Sing-A-Long Bingo again. If you have never tried it out this is your chance. Sponsored by Trina Teter with Interim Healthcare and Monica Ingalls with Aetna. Please RSVP! **(Pg. 13)**

### ORCHARD PARK

#### **November 22nd @ 1:30pm - 2:30pm**

Turkey Trot to celebrate Thanksgiving – Come and walk a lap around the beautiful Orchard Park. All Participants will receive a medal and an ice cream drumstick. **(Pg. 18)**

## Caregiver Stress During National Family Caregivers Month:

November marks National Family Caregivers Month, shedding light on the often-overlooked challenges faced by caregivers. Recent statistics highlight the significant toll of caregiving on those who selflessly care for their loved ones. A striking 36% of the 53 million unpaid family caregivers in the United States suffer from burnout, leading to exhaustion, anxiety, depression, and physical health issues. Shockingly, 62% of caregivers have chronic health conditions themselves, exacerbated by caregiving-related stress. Balancing caregiving with self-care is an ongoing challenge. These statistics underscore the urgent need for awareness, support, and resources to help caregivers manage their responsibilities while safeguarding their own well-being. Recognizing these challenges is essential. Caregivers need support and resources to maintain their own health. Acknowledging the strain and seeking help through support groups, counseling, and respite care is crucial. During National Family Caregivers Month, let's honor these dedicated individuals and offer the support they deserve. Recognizing their commitment is vital to sustaining their ability to provide the love and care their loved ones depend on.

## WHAT DID IT COST?

Try to guess the cost of these items in the year 1960.



**Sweet Potato Casserole**

\$ \_\_\_\_\_



**Pumpkin Pie**

\$ \_\_\_\_\_



**Green Bean Casserole**

\$ \_\_\_\_\_



**Cranberry Sauce**

\$ \_\_\_\_\_



**5lb Turkey**

\$ \_\_\_\_\_



**Pecan Pie**

\$ \_\_\_\_\_

Sweet Potato Casserole \$1.02, Pumpkin Pie \$0.75,  
Green Bean Casserole \$0.63, Cranberry Sauce  
\$0.34, Turkey \$3.06, Pecan Pie \$0.86

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.



# Meet your licensed Medicare sales agents

## With all these agents, Humana has this town covered

When you want to talk about Medicare Advantage plans, it'll be easy to find somebody to listen.

## For any Medicare help you need

If you're looking for information, want to enroll or add coverage, these agents are ready to help. So is Humana. Humana goes the extra mile to help you get the care you need. That might mean doing something unexpected, like helping you find the right doctor. Humana calls that human care.

## Call a licensed Humana sales agent



**Lexi Giannetti**

**316-895-0001 (TTY: 711)**

**8 a.m. – 5 p.m.**

**LGiannetti@Humana.com**



**Humana**®

**A more human way  
to healthcare™**

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Applicable to H0028. At Humana, it is important you are treated fairly. Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language. English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 877 - 320 - 1235 (TTY: 711). Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 877 - 320 - 1235 (TTY: 711). 繁體中文 (Chinese): 注意:如果您使用 繁體中文, 您可以免費獲得語言援助服務。請致電 877 - 320 - 1235 (聽障專線:711)。

Y0040\_GHHXDEEN\_23\_AD\_M



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

Hello!

I am going to repeat last month's Message! It's Medicare Season once again! Open Enrollment starts October 15, 2023 and ends December 7, 2023 so don't forget to make your appointment to enroll if you haven't yet and are able to!

It's also the time of giving! For the 4-CTR COMMUNITY HOLIDAY GIVE BACK this year we are going to be supporting the HumanKind Ministry.

The mission of HumanKind Ministries is to provide outreach, shelter, affordable housing, basic needs, and supportive services to those experiencing housing insecurities or poverty in Sedgwick County. This year we are wanting to help collect the following requested items: Non-perishable food such as soup, proteins, and peanut butter and cereal **Continued on pg 5**

### Ongoing Activities

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

#### Monday

8:00-11:00 Competitive Pickleball - Gym  
8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00-11:00 Wanda's Exercise - Rm 2  
12:30-4:00 Open Pickleball - Gym  
1:00-2:00 Lunch Bunch (Nov. 20)

#### Tuesday

8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00-11:00 Exercise - Gym  
10:00-11:00 Book Club (Nov. 14) - Rm 3  
11:00-12:00 Tai Ji Quan - Gym  
1:00-2:00 Job Club - Rm 3  
2:00-3:00 Bible Study - Rm 3

#### Wednesday

8:00-9:30 Competitive Pickleball - Gym  
8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00-11:00 Wanda's Exercise - Rm 2  
10:00-11:00 Seated Yoga - Gym  
12:30-4:00 Open Pickleball - Gym

#### Thursday

8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00-11:00 Exercise - Gym  
11:00-12:00 Tai Ji Quan - Gym  
12:00 TX Hold 'em - Billiards Rm  
1:00 Writer's Craft (Nov. 9) - Rm 3  
1:00 Flying Saucers (Nov. 9) - Gym

#### Friday

8:00-11:00 Competitive Pickleball - Gym  
8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
9:00 First Friday Coffee (Nov. 6)  
10:00-3:30 Foot Care (Nov. 17)  
10:00-11:00 Wanda's Exercise - Rm 2  
12:00-3:00 Party Bridge - Rm 2  
12:30-3:00 Hand & Foot (Nov. 10 & 17) - Rm 3  
12:30-4:00 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**



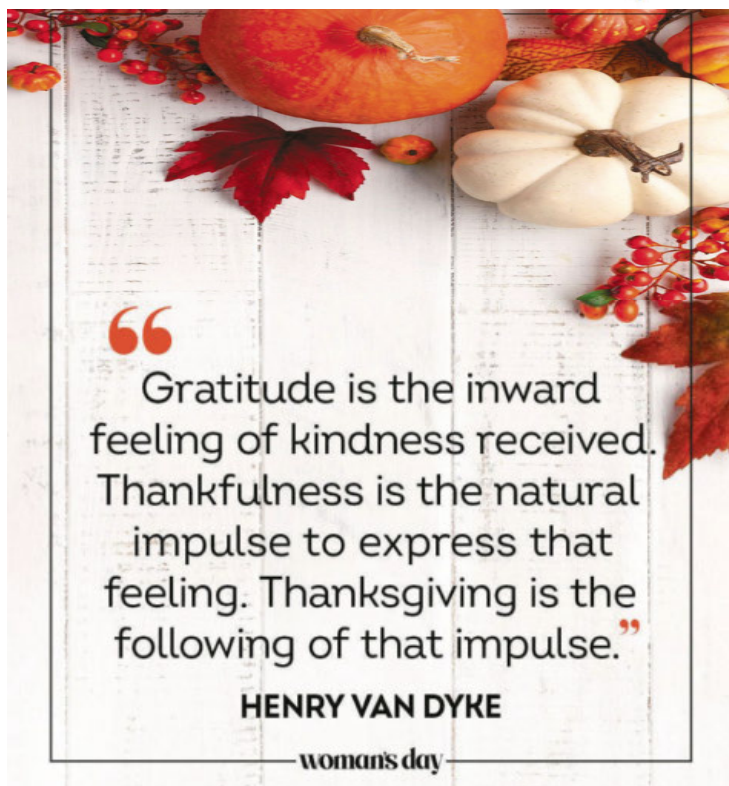


## DOWNTOWN SENIOR CENTER

### DIRECTOR'S NOTES CONTINUED

and Men's and Woman's Bath and Body Work soap and lotion sets. There will be a collection bin reception at the Downtown Center. If you would like to donate the soap and lotion sets but aren't able (or don't want to go the Bath and Body works) you can make a donation towards the items and I will go by the store before the drop time and date. I am a coupon ninja and always get a great deal around the holidays! We will be collecting items from November 1st thru December 8th, 2023.

THANK YOU FOR YOUR KIND HEARTS & GENEROSITY! Hopefully we can make a difference for people in our community!



**More Of Me**



Design by Monica Baker  
(316) 993-4622 • Monicab535@gmail.com

**Hats with Hair**  
East Kellogg Flea Market  
6801 S Kellogg Dr. 67207

**NeighborWorks**  
CHARTERED MEMBER

**Menonite Housing**  
Menonite Housing Rehabilitation Services, Inc.

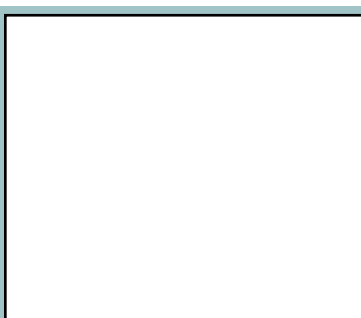
Equal Housing Opportunity

Main Office: 2145 N. Topeka, Wichita  
**316.942.4848**



**LEASING NOW!**

Menonite Housings newest edition to affordable housing for seniors will be Harvest Pointe. Harvest Pointe will consist of one and two bedroom units is located in Newton, KS near 1st & Boyd



Save time for what you love.



**OXFORD VILLA**

Active Senior Apartments | [OxfordVilla.com](http://OxfordVilla.com)



**EXPERIENCE YOU NEED.  
RESULTS YOU CAN TRUST.**

**MORE INFORMATION**

**McCurdy**  
REAL ESTATE & AUCTION

[MCCURDY.COM](http://MCCURDY.COM)  
316.867.3600

**Fresh Paws Mobil Wash**



**Dog & Cat Wash**  
Deshedding • Dry Skin • Flea & Tick  
Nile File & Muzzle Upon Request  
**Skunk Removal**  
Includes Wash & Treatment



**TEXT OR CALL  
To Schedule Today!**  
**(785) 782-7750**

**\$5 OFF  
Per Wash**  
Good For Up To 4 Pets

Entire coupon must be used in one visit.  
Offer Expires 7/14/23  
BEST Of Kansas  
Call or Text  
**(785) 782-7750**





# DOWNTOWN SENIOR CENTER

## EDUCATIONS:

- **November 2nd @ 1:00pm - Writer's Craft:** Basics of Writing a Series
- **November 13th @ 1:00pm - Adult Protective Services Elder Abuse Informational**
- **November 14th @ 10:00am - Book Club**
- **November 15th @ 12:00pm - Sip and Swipe Café:** Apple iPhone
- **November 20th @ 12:00pm - Angels Home Health Care:** *Understanding your Medications*
- **November 29th @ 12:00pm - Sip and Swipe Café:** Samsung and other Android cell phones

## CRAFTS:

- **November 8th @ 2:00pm - Thanksgiving Mystery Craft:** We have 2 new event sponsor's putting together a Thanksgiving craft for the Downtown center and they want to keep it a surprise! Join us to see what Stefanie Morris of Well Care and Steve Strain have planned for us!
- **November 27th @ 2:00pm - Autumn Themed Door Hangers:** with Dez from Oxford Villa

## CANCELATIONS & CLOSINGS:

- **November 22nd - Center Closes @ 3:00pm - All Activities End @ 2:30pm**
- **November 23rd - Closed for Thanksgiving**
- **November 24th - Closed for Thanksgiving**
- **November 30th @ 10:00am - Exercise Cancelled**
- **November 30th @ 11:00am - Tai Ji Quan Canceled**

## UPCOMING EVENTS & ACTIVITIES:

- **November 3rd @ 9:00am - First Friday Coffee:** Krispy Donuts 460 N West St
- **November 10th @ 8:30am - 4:00pm - Veterans Day Cookies:** Calling all Veterans! We are giving extra cookies out at Downtown! Everyone is welcome to snag these special treats but veterans get extra because it's all about you that day!
- **November 16th @ 1:00pm - 3:00pm - Thankful Heart Chicken Noodle Dinner @ Linwood Senior Center:** Please join us for Linwood & Downtown Senior Center's annual "THANKFUL HEART CHICKEN NOODLE DINNER". Cost is \$3 per person at Linwood please pay and RSVP by 4:00pm on 11/13. Menu: You will get a bowl full of Cherise's chicken noodle soup and a scoop of Linda's mashed taters in the bottom of the bowl! We will have salad, and crackers as well. And a cookie for dessert! This is yummy, we'd love for you to join us, but only if we know you are coming, so we don't run out of food! Downtown and Linwood are working together to get things ready for you, please come and let's count our blessings! Sponsors are Strain Senior Services and Wellcare.



- **November 20th @ 1:00pm - Lunch Bunch:** Home Grown Kitchen 2835 N Maize Rd
- **November 30th @ 9:00am - 1:00pm - Foster Grandparents**





# DOWNTOWN SENIOR CENTER

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



## SUPPORT THE ADVERTISERS

that Support our Community!



# LINWOOD SENIOR CENTER

"Living in a state of gratitude is the gateway to grace."

~Arianna Huffington

"You are never too old to play in the leaves!"

Happy THANKSGIVING!!!

Oh my, have you ever really dissected the words of "Happy Thanks-giving?" What does happy really mean, joyful, contented, jubilant, delighted. Thanks means, gratitude, recognition, and giving means offering, rewarding, contributing, distributing. When you put them all together are you participating in the saying? Are you happy and thankful and giving? If not, it may be time to change our ways,...so we can become the type of people that have kind, and grateful hearts! This month we want to celebrate that thankful spirit. We are having our "Grateful Heart Chicken Noodle Dinner" you don't want to miss the fellowship or the food on this one! Also we are having some great crafts and are excited to bring back the Kansas Extension Office series called "Fresh Conversations" which will bring us new and healthy recipes monthly. We also have some great educations, with the City as

**Continued on pg 9**

## Ongoing Activities

**Please RSVP for ANY Activity - Call: 263-3703 - Open M-F from 8am to 4:30pm**

### Monday

8:00 Hip Hikers Walking Club  
9:00 Stronger Seniors  
10:00 Bible Study (Nov. 6 & 20)  
11:30 Friendship Lunch  
1:30 Computer/Job Assistance w/ James  
2:00 Medicare Pt D Counseling

### Tuesday

9:00 Pickleball  
9:00 Stronger Seniors  
10:00 Foot Care (Nov. 28)  
10:00 Scrapping/Coloring with the Best  
11:30 Friendship Lunch  
1:30 Movie Time (Nov. 7, 14, 21 & 28)

\*See Schedule)

### Wednesday

8:00 Hip Hikers Walking Club  
9:00 Stronger Seniors  
9:00 Advisory Council (Nov. 29)  
11:00 Birthday Party (Nov. 15)  
11:30 Friendship Lunch  
12:00 Pinochle with Friends (No Computer Lab)  
12:45 Arthritis Exercise  
2:00 Craft Educations (\*See Schedule)

### Thursday

9:00 Pickleball  
9:00 Stronger Seniors  
9:30 Writer's Craft (Nov. 2)

10:00 Bingo  
11:30 Friendship Lunch  
12:00 Pinochle with Friends (No Computer Lab)  
12:45 Beg. Line Dance  
1:45 Inter. Line Dance  
3:00 Dime Bingo

### Friday

8:00 Hip Hikers Walking Club  
9:00 Stronger Seniors  
10:15 Educational Programs (\*See Schedule)  
11:30 Friendship Lunch  
12:00 13 Point Pitch  
1:00 Games of Fame  
3:00 Medicare Pt D Counseling

**Daily/Anytime  
Walking and Computer Lab**

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**





## LINWOOD SENIOR CENTER

### Director's Notes Continued

one of the Neighborhood Inspectors is coming to share some insight and wisdom for challenges in the neighborhood. We are also bringing in a program where you can find ways of relieving swelling (lymphedema) in your legs. Finally, we are bringing back Foot Care and Grief Support Group, so don't miss all the good things we have at Linwood to be thankful for!

Gratefully Yours, Cherise & Crew

We will be closed the following days to celebrate Veteran's Day on **Friday, November 10th** and Thanksgiving we are closing at **3:00pm on Wednesday, November 22nd** and closed **Thursday & Friday the 23rd & 24th.**

**HAPPY THANKSGIVING!!!**

Please Join Us For Linwood & Downtown Senior Center's Annual

### "THANKFUL HEART CHICKEN NOODLE DINNER"

**Thursday, November 16th @ 1:00pm**

**Cost is \$3 per person at Linwood please pay and RSVP by 4:00pm on 11/13.**

**Menu:** You will get a bowl full of Cherise's chicken noodle soup and a scoop of Linda's mashed taters in the bottom of the bowl! We will have salad, and crackers as well. And a cookie for dessert!

This is yummy, we'd love for you to join us, **but only if we know you are coming**, so we don't run out of food! Downtown and Linwood are working together to get things ready for you, please come and let's count our blessings!

**Sponsors:** Strain Senior Services and Wellcare

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Bill Clough**

wclough@lpicommunities.com

(800) 950-9952 x2635

### ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502



We offer a variety of health & fitness products to meet the needs of every person, including SENIORS!

*Locations in Wichita*

## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)



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

Senior Services Inc. of Wichita, Wichita, KS

D 4C 02-0994



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

### MOVIE TIME - Tuesdays @ 1:30pm

11/7 - "Night at the Museum 3 - Secret of the Tomb"



11/14 - "The Road to Perdition" Tom Hanks

11/21 - "Trial & Error" Comedy with Michael Richards' (Kramer)

11/28 - "All the King's Men" Black & White 1949 winner of 3 academy awards

Popcorn is on us! Drinks are on you! **RSVP please.** \*Movie subject to change, if unable to attain. (No "Movie Out" this month, due to Thanksgiving!)

### WRITING CRAFT - November 2nd @ 9:30am

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

**Program:** Series - Basics of Writing a Series

**Exercise Words:** ramble - radish - rhinoceros - rug - red

**General Prompt:** Write about a trip of your dreams.

**Poem Prompt:** Write about dreaming.

### CRAFT/ART CLASS EDUCATION:

**\*There may be a minimum number for the classes so don't forget to RSVP & pay!!!**

**November 7th, 14th, 21st & 28th @ 10:00am, "Scraping/Coloring with the Best"** - Come and bring your pictures and scrap book and coloring materials. We will be working on some neat pages and artwork. \*We also have some materials available, so call!

**November 1st @ 2:00pm, "Mystery Craft!"** - Join us for a make it take it treat! FREE!!! RSVP ASAP!

**November 8th @ 2:00pm, "Button Pumpkins"** - Join us to make a fun little pumpkin to display. Cost is \$5, RSVP and pay by 11/6.



**November 15th @ 2:00pm, "Bowl Covers"** - Cost is \$5! Limited to 6 people! Betty Jacobs & Gail Lane to lead. Great for gifts or for yourself! RSVP and pay by 11/13.



### EDUCATIONAL PRESENTATIONS:

**\*Held on Fridays @ 10:15am (unless otherwise stated). Must RSVP a day ahead of the presentation to let us know you are coming! THANKS!**

**November 3rd, "Neighborhood Inspections - What to Expect!"** - Kalyn Netheroot, Administrator with Neighborhood Inspection. Come and find out about what the city does with regard to nuances and other concerns in your neighborhood. Call to RSVP 263-3703.

**November 10th, Center Closed for Veteran's Day**

**November 13th, "Fresh Conversations Ground Beef Pasta Primavera"** - Presenter Amy Draut, County Extension Agent, Sedgwick County Extension Office KSU. Come and learn how to make some wonderful meals that are healthy too! Tasting too! (\*This class is on a MONDAY! Will be meeting for 9 months.)

**November 17th, "Lymphedema - and other Swelling Challenges, How to Get Relief"** - Presenter is Denise Witherington of Elite Compression.

**November 23rd & 24th, Center closed for THANKSGIVING!** - Hope you have a wonderful day, "counting your blessings, instead of your sheep!" \*If you are reading this and know what movie the above line pertains to in quotes, call Cherise and give the name of the movie, first 3 people to guess correctly win a candy bar of YOUR CHOICE!

### FAMILY RECIPES & PICTURES!

Don't forget we have our recipe book to get ready. We want recipes you love, holiday recipes and recipes that have been handed down in your family. Share them and your traditions with us, so we can create new memories in our homes!!! Call for more information, or pick up the info at the Linwood front desk.



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

### SPECIAL EVENTS & ACTIVITIES:

**Hip Hikers Monthly Walk** – Call 263-3703 to find out where, when, and why! And if we are having breakfast together!

**November 6th @ 11:00am, “Luncheon Lovelies & Romeo Club”** – We are celebrating “National Nachos Day!” Join us! We are eating at “TACO BELL”, 3725 N Harry. RSVP to Cherise 263-3703 by day of @ 9:00am.

**November 9th, VETERANS STOP BY** so we can give you a gift and thank you for your service! **WE LOVE & APPRECIATE THE SACRIFICES YOU HAVE MADE IN SERVING YOUR COUNTRY!!!**

**November 13th @ 2:00pm - 3:00pm, FRESH CONVERSATIONS CLASS STARTING AT LINWOOD** – Come and join us to learn some new healthy recipes for you to use at home! Amy Draut from Sedgwick County Extension Office will show us how to make Ground Beef Pasta Primavera! RSVP is a must, call 263-3703 for more info!

**October 15th - December 12th, Medicare Pt D Counseling Appointments Are Available** – Call 263-3703 for more information. This is important to do to see if you can get your medications cheaper, for the 2024 year. This is for people that primarily do not have advantage plans. Call 263-3703 for more information.

**LINWOOD FOOTCARE STARTING AGAIN! CALL FOR APPT!** – We are starting up foot care again, with Cheryl Onek and Benjamin Jones. Cheryl have several years of experience and they are skilled in trimming toenails, corns and callouses. They even give a foot massage at the end of your appointment. Cost is still \$25.00 per foot care session with membership, which is the same cost we had prior to the Covid situation! If no membership, the cost paid to front desk is \$2 per appointment plus the \$25 that goes to the provider. Please call 263-3703 for your appointment. Next date is November 28th appointment times start at 10:00am. Your tootsies will thank you for it, and then you can go “wee, wee, wee all the way home!”

### ON-GOING GROUPS:

**BIBLE STUDY** - Scheduled for November 6th & 20th @ 10:00am.

**GRIEF SUPPORT GROUP** - We are starting up again on Monday, November 27th at 1:30pm. Chaplain Greg Schmidt with Traditions Health (formerly Serenity) will be sharing with us how to navigate losses in our lives. He will be talking about how to manage the season without our loved ones. Join us, Greg is a wonderful support for us here, all members are welcome!



### 4-CENTER COMMUNITY HOLIDAY GIVE BACK



This year we are going to be supporting the HumanKind Ministry.

The mission of HumanKind Ministries is to provide outreach, shelter, affordable housing, basic needs, and supportive services to those experiencing housing insecurities or poverty in Sedgwick County. This year we are wanting to help collect the following needed items:

- New or like-new kid's coats (greatest need: sizes youth large and up) and winter accessories
- New or handmade blankets
- Non-perishable food such as soup, proteins, peanut butter and cereal

**We will be collecting items from November 1st thru December 8th 2023.**

**THANK YOU FOR YOUR KIND HEARTS & GENEROSITY!!!** Hopefully we can make a difference for people in our community!

### HOLIDAY FUN!!!

Join Us for Old Cowtown Empire House Player's Melodrama - **“What's In Store or Beating the Holiday Gold Rush!”**



**Sunday, December 10th, from 2:00pm - 3:45pm at Cowtown**



Cost \$15 per person, pay by November 27th to Linwood Sr Ctr. Afterward we are planning on having dinner together at Braums!





## NORTHEAST SENIOR CENTER

Hello Everyone...Happy Veteran's Day, Happy Thanksgiving, and Happy whatever else happens in November!

Praying all is well with you and your family. Since we are in November and this month is considered the month of Thankfulness. I want to take a moment to thank everyone that volunteers (teaching a class, helping with parties, etc.) at the center, and those that donate needed supplies such as candy, bottled water, and snacks. It is greatly appreciated. Without you the senior center could not do what we do. You all are truly a blessing in more ways than you will ever know. Thank you! Thank you! Thank You!

With that said, this month we will have our 4 Center Community-Give Back for the Holidays, Veteran's Day Celebration, and we will also be stepping into the world of Arts-N-Crafts. More details can be found in the Upcoming Activities/Events section. **Continued on pg 15**

### Ongoing Activities

**PLEASE CALL: 269-4444 IN ADVANCE TO PARTICIPATE IN ANY ACTIVITY**

**\*Nonmembers must pay a \$2 daily participation fee to participate - NO EXCEPTIONS!**

#### Monday

9:30 WSU WellRep Exercise Class  
10:30 Diamond Dotz  
11:30 Aging Projects Friendship Meals  
12:30 Strength & Stability Exercise Class with Joe Samaniego from CPAAA  
1:30 Educational Presentation (Nov. 13)

#### Tuesday

10:30 Keep It Moving Exercise Class  
11:30 Aging Projects Friendship Meals  
1:30 Educational Presentations (Nov. 7 & 14)

#### Wednesday

9:30 WSU WellRep Exercise Class  
10:45 Creative Coloring for the Soul  
11:30 Aging Projects Friendship Meals  
12:30 Line Dance (2nd & 4th Wednesdays only)  
12:30 Being Kind to Others - Hospice Helpers (1st Wednesday each month)  
12:30 Strength & Stability Exercise

Class with Joe Samaniego from CPAAA

#### Thursday

10:30 Keep It Moving Exercise Class  
11:30 Aging Projects Friendship Meals  
12:00 Quilters' Treasures  
1:00 Card Games (Bid Whiz & Spades)

#### Friday

9:30 WSU WellRep Exercise Class  
10:30 Diamond Dotz  
11:30 Aging Projects Friendship Meals  
12:30 Strength & Stability Exercise Class with Joe Samaniego from CPAAA  
1:30 Educational Presentation (Nov. 3)

#### **AVAILABLE DAILY:**

**Computer Lab**

**Dominoes (usually starts around 12:00)**

**Exercise Equipment Room**

**Wii Games (available in the afternoons)**

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

### September Word Search Winner

Rita Murphy

### Holiday Closing:

Northeast Senior Center will be **CLOSED** Thursday, **November 23rd** and Friday, **November 24th**, 2023 in observance of **Thanksgiving Holiday**.



Thank you to all that donated food and participated in our Fall Hat Fashion Show (Sept. 22).

### Upcoming Activities/Events:

- **Living Well with Diabetes** - This Diabetes Support Group is cancelled for the remainder of 2023; because of no attendance. If the interest returns, I will reschedule again sometime in 2024.

- **\*Start Date: Wednesday, November 1st - End Date: Friday, December 8th - 4 Center Community - Give Back for the Holidays "Collecting Items for HumanKind Ministries"** HumanKind Ministries provides outreach, shelter, affordable housing, basic needs, and supportive services to those experiencing housing insecurities or poverty in Sedgwick County. All four senior centers (Downtown, Linwood, Orchard Park, and Northeast) will be collecting items from HumanKind's Wish list. Please call the senior center for the list of items that we will be collecting; or stop by the front desk to pick up a copy. All items must be **"NEW"**.
- **Wednesday, November 1st at 12:30pm - Being Kind to Others** - Hospice Helpers group will meet to make crafts for Hospice patients.
- **Friday, November 10th from 2:00pm - 3:30pm - "Veteran's Day Celebration"** - Please join us as we honor our Veteran's over a bowl of chili with crackers and a few rounds of SINGO (Sing-A-Long Bingo). Yes, that is correct we are doing Sing-A-Long Bingo again. **Continued on pg 15**



*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
- 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**





## Delicious Desserts

Find and circle all of the desserts 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!**

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

AMBROSIA  
APPLE CRISP  
APPLE PIE  
BAKED ALASKA  
BAKLAVA  
BANANA SPLIT  
BREAD PUDDING  
BROWNIES  
BUTTER TARTS  
CARROT CAKE  
CHEESE CAKE  
CHOCOLATE CAKE

CINNAMON ROLLS  
CREME BRULEE  
CREPES  
ECLAIRS  
EMPANADAS  
FLAN  
FRUIT CRUMBLE  
FUDGE  
GELATO  
GINGERBREAD  
ICE CREAM  
JELLY ROLLS

LEMON BARS  
MACAROONS  
MERINGUES  
MONKEY BREAD  
MOUSSE  
NUT BRITTLE  
PARFAIT  
PASTRIES  
PAVLOVA  
PEACH COBBLER  
PINEAPPLE DELIGHT  
PLUM SQUARES

RAISIN PUDDING  
RUM BALLS  
SORBET  
STRAWBERRY SHORT CAKE  
STRUDEL  
SUNDAE  
TIRAMISU  
TORTES  
TRIFLE



Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>  
Copyright © 2022 Puzzles.ca





# NORTHEAST SENIOR CENTER

## Director's Notes Continued

One last thing before I forget, just a friendly reminder that Medicare Open Enrollment ends December 7th. If you are interested in looking at your coverage plan and available options, please stop by the center or call (316) 269-4444 to schedule your appointment. I am SHICK (Senior Health Insurance Counseling for Kansas) trained and available by appointment to help you with the basics of Medicare Part D.

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

Carnesha Tucker – Center Director

## Upcoming Activities Continued:

If you have never tried it out this is your chance. Sponsored by Trina Teter with Interim Healthcare and Monica Ingalls with Aetna. Please RSVP!

- **Monday, November 20th at 1:30pm - “Afternoon Arts-N-Crafts: Fall Mason Jar Craft”** - We are finally stepping into the world of Arts-N-Crafts. Join us as we venture into making a Fall Mason Jar Craft. The cost is \$5 for supplies. We are also asking you to bring your Patience. There is a limited number of jars. So, **PLEASE RSVP, and have payments in by 11/13.**
- **Tuesday, November 21st at 1:30pm - “True Colors Paint Party”** - Since we are finally stepping into the world of Arts-N-Crafts. We figure we might as well venture out a little further into painting. Join us as we paint pre sketched canvas pictures. Please stop in the center to see the examples and order your paint kit at that time. Since we are ordering in advance. There will be no extra paint kits available. Each paint kit will include a pre sketched canvas, paints, instructions and a picture of the example painting. The cost per kit is \$10. **PLEASE RSVP, and have payments in by 11/13. NO EXCEPTIONS,** because we have to order the kits. Feel free to call the center (316) 269-444 with questions or concerns.
- **Wednesdays at 10:45am - Creative Coloring for the Soul** - Our Coloring Class is growing! We invite you to stop in and see a new way to have a stress free relaxing good time. **PLEASE RSVP!**



- **Monday, Wednesday, & Friday at 12:30pm Strength & Stability Exercise Class** - This is a 1 hour general fitness class for all fitness levels that focuses on building strength, improving balance, and having fun. Each class will include a warm-up, cardiovascular fitness, resistance exercises, cool-down and stretching for a well-rounded exercise routine. This class is taught by Joe Samaniego – Certified Instructor with special training, from Central Plains Area Agency on Aging.

## Educational Presentations:

- **Friday, November 3rd at 1:30pm - “Safe and Steady® Fall Prevention Program”** - Join us for a discussion on Visiting Angels’ Safe and Steady® Fall Prevention Program; which is focused on helping your elderly loved one’s reduce the risk of slips, trips, and falls at home and decrease the chance of serious injuries that could result in hospitalization, loss of independence, permanent disability, or even death. Presented by Visiting Angels Living Assistance Services owner Heather Brown, HCC/MC, and CDS. **PLEASE RSVP!**
- **Tuesday, November 7th at 1:30pm - “Caring for the Caregiver”** - Caring for someone is hard work in itself; however in order for you to have the strength to care for someone else, you must take care of yourself first. Join us as we learn how to care for ourselves, so that we can be strong enough to care for others. Presented by Gentiva Hospice, **PLEASE RSVP!**
- **Monday, November 13th at 1:30pm - “Free Laundry Day”** - Join us to get free laundry detergent and also learn about the New 2024 Medicare Benefits with Aetna. Sponsored by Monica Ingalls with Aetna. **PLEASE RSVP** to get your Free Laundry Detergent!
- **Tuesday, November 14th at 1:30pm - “Stress Support: Stress Fighting Foods”** - Chronic stress causes us to gain belly fat, can shrink our brain cells and destroys our immune system. While removing stress from your life may not be entirely possible, there are foods that help support a calm mood and healthy stress response. Join us as we learn more about these stress fighting foods. Presented by Aubrey Vereecke, Nutritional Health Coach with Natural Grocers. **PLEASE RSVP!**



## ORCHARD PARK SENIOR CENTER

Fall Greetings Everyone!

Of course, November is when we celebrate Thanksgiving. As I am typing this, I am sitting in a chair next to my oldest son's hospital bed at Mayo, feeling so grateful that he has made it through two very long and invasive surgeries within one week's time.

My son's name, for those of you that don't know him, is Max. Approximately a year ago, he started complaining that his back was hurting. We had him to several doctors over the course of the last year but nobody was able to find the source and they kept chalking it up to the sports that he plays. Fast forward to this past August, we finally saw an Orthopedic Doctor and he prescribed an MRI. About 45 minutes after the MRI had been completed, our Primary Physician called and said that they found a mass on Max's spine. Since, that day, which was August 3rd, our world has been turned upside down and has been a whirlwind of tests, doctor visits and hospital stays. They originally thought that the tumor was cancerous but after a painful 12 days of waiting on results, we learned that it was not.

As of today, the tumor has been completely removed and we will hopefully be **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 Healthy Lifestyles Group  
12:00-4:00 Open Pool Tables  
1:00-3:00 Hand & Foot Card Game (Nov. 6 & 20)  
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  
12:00-4:00 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  
12:00-4:00 Open Pool Tables  
1:00-1:30 Chair Exercise for Beg.

#### Thursday

9:00-10:00 Co-Ed Exercise  
10:00-10:30 Exercise for Arthritis  
12:00-4:00 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  
11:00-12:00 Enhance Fitness video with Joe Samaniego from CPAAA (all fitness levels)  
12:00-4:00 Open Pool Tables  
1:00-3:00 Pickleball in the Gymnasium  
1:00-4:00 Canasta Card Game (Nov. 3 & 17)

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

**November 2nd @ 9:00** – The “Egg-cellent” Breakfast Club – Meet at “Home Grown” 2835 N. Maize Rd. #195 - This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

**November 2nd @ 11:00-11:45** – **\*Rescheduled from October\*** Vicki Flores, Interior Designer, will be here to present “How to Make Your Home Safer and More Comfy.” Please RSVP.

**November 3rd @ 2:00-3:30** – Join Starla Criser (Author) on a writing adventure. Come take part in this class which will capture and celebrate life's most meaningful moments by writing about them and preserving your memories for future generations to come. A sort of journaling type class, if you will.

**November 6th @ 11:00-11:30** – Kelly Alderson with Via Christi Research will be here to let you

know what kind of research is available for several different diagnosis. She will bring a Door Prize so please join us for her presentation and be sure to sign-up for her give-a-way.

**November 6th @ 2:30-3:30** – BINGO with Chelsie from “Medicare with Jake” – Bring your Bingo Dobbers and your Good Luck Charms and come play Bingo with us. Prizes will be given for the winners.

**November 7th @ 10:30-11:00** – Leslie with the “Senior Companion” Program at the Mental Health Association will be here to talk about her program and will offer a light breakfast as well. Please RSVP.

**November 8th @ 10:00-4:00** – Foot Care by Ben and Cheryl – Toenail Trimming for Diabetics and others who have difficulties doing their own toes. **MUST SIGN UP** **Continued on pg 18**

### Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**SUPPORT OUR ADVERTISERS!**



**TheisRealty**



Jeff Theis • 316-519-3700 Jim Richond • 316-258-6282

### For ALL Your Real Estate Needs

Call Jeff or Jim for a **FREE MARKET ANALYSIS** of your home

MEMBERS OF THE SENIOR CENTER

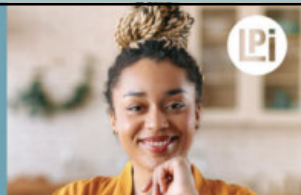
**Ask about our senior discount!**

### WE'RE HIRING!

**AD SALES EXECUTIVES**

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



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

Senior Services Inc. of Wichita, Wichita, KS

F 4C 02-0994





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

FOR APPOINTMENT. Call 942-2293 to schedule or see Kelli or Jackie at Orchard to sign up.

**November 9th @ 10:00-11:30** – Meet at Botanica for “Empowered Seniors” presentation. Botanica: 701 Amidon. Please RSVP.

**November 9th @ 10:45-11:15** – “Fresh Conversation for Seniors” with Amy Druat from The K-State Extension Office – Healthy Aging (An 11 Part Series which will take place the 2nd Thursday each month with a new topic each time.)

**November 10th – CLOSED FOR VETERAN'S DAY! WE WOULD LOVE TO GIVE A HUGE SALUTE TO ALL OF OUR VETERAN'S TODAY!**



**November 10th @ 10:00** – Meet at the Tank Museum (House of Tank Heavy Armor Museum) – 502 E. 33rd St. N. – Please join us to tour this unique museum that I just learned of this year.

**November 10th @ 1:30** – Drum Ball with Cathy Swift from Home Health and Hospice of Kansas – This is a fun exercise bringing together a yoga ball and drumsticks for movement and rhythm. Space is limited so please be sure to RSVP.

**November 14th @ 10:30-11:30** – Come make a festive craft with Des from Oxford Grand. We always have a great time when she is here so be sure to sign up and make a fun decoration to take home. Please RSVP.

**November 15th @ 1:00** – Meet us at Village Inn at: 7020 W. Central for “Free Pie” Day. A minimum purchase of a drink will qualify you to receive a free piece of pie. Always a fun time! Please RSVP.

**November 17th @ 1:00** – Movie TBD. Concessions will be provided. I have some chair cushions for comfort here at the center but please feel free to bring one with you if you would like. Please RSVP.

**November 21st @ 10:30-11:30** – Coffee Chat – This group meets up for good ol’ conversation. Even if you aren’t a coffee drinker, it’s still fun. Great place to meet new friends or visit with old ones. Chelsie with Medicare with Jake will be providing our donuts. Please call to RSVP.

**November 22nd @ 1:30-2:30** – Turkey Trot to celebrate Thanksgiving – Come and walk a lap around the beautiful Orchard Park. All Participants will receive a medal and an ice cream drumstick.

**November 23rd – WE WILL BE CLOSED FOR THE THANKSGIVING HOLIDAY. ENJOY YOUR DAY WITH FRIENDS AND LOVED ONES AND PLEASE KNOW HOW THANKFUL I AM FOR EACH AND EVERYONE OF YOU!**

**November 24th – CLOSED FOR THE THANKSGIVING HOLIDAY! GOBBLE TIL YOU WOBBLE!**



**November 28th @ 11:30** – “Good Grub Lunch Club” – Meet at “Stroud’s Restaurant – 3661 N. Hillside. I thought this could be like a late “Thanksgiving” type meal, gathering with old friends and new friends and being THANKFUL for one another. All are welcome! Please RSVP.

**November 29th @ 10:00-10:30** – Marria with Aging Projects would like to share information about “Friendship” Meals that are served during lunch, M-F at Orchard Park Recreation Center and how the programs works. She will have a “sample” meal on display and there will be a give-a-way. **This presentation will be in the dining room area of Orchard Park.**

**November 30th @ 1:00** – THEATER GROUP – Meet at The Boulevard Theater to see one of the latest movies together. Movie TBD. The Movie is \$7.00 + tax and if you would like the popcorn/drink combo it is \$5.00 + tax. We will meet at 12:45 to ensure good seats. Please RSVP.



## ORCHARD PARK SENIOR CENTER

**CALLING ALL POOL PLAYERS!** We are recruiting Pool Players for Week-Day Afternoons, Noon-4:00. If you love to play pool and are looking for something to do in the afternoons, then head to Orchard Park. We would love to have you!

**\*REMINDER\* PLEASE BE SURE TO RSVP FOR ALL EVENTS. THIS WILL ENSURE THAT WE HAVE A SPOT FOR YOU AND THE SUPPLIES NEEDED FOR CERTAIN ACTIVITIES. THANK YOU SO MUCH!**

**\*WE HAVE HAD REQUESTS TO START PINOCCHLE 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!**

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

CARVE  
COLONY  
CORN  
CRANBERRY  
DINNER  
FEAST  
GRAVY  
HOLIDAY

MEAL  
PILGRIM  
PRAYER  
STUFFING  
THANKS  
TRADITIONS  
YAM

### Director's Notes Continued

heading home to Wichita by the end of this week.

So this November... I am grateful that our Max is going to be okay. I am grateful for my Faith that has gotten me through some of the darkest of days. I am grateful for Mayo Clinic/Hospital and all of their terrific staff. Especially, our leading surgeon, Dr. Peter Rose, his nurse Lori and all of the surgical staff that made this happen. I am grateful for my family. For my Husband who has gone through all of the pain and agony with me. My Parents and our other son, Hayden and our 2 dogs (Pig and Piper) for holding down the fort while we have been in Minnesota. I am grateful for all of our friends and family and even those that we don't know, who have been praying and supporting us every step of the way. I am grateful for my co-workers and volunteers who have stepped up and helped me at the Senior Center in my absence. Last, but definitely not least, I am grateful for each and every one of you. If you have called, sent a text, stopped to ask how we are doing, brought us goodies - Please know how appreciative we are of your care and concern for our family. I could not ask for a better group of people to be surrounded by each week.

I feel like I am a grateful person in general, but this year at our Thanksgiving table, I will be extra grateful to be home, to be surrounded by loved ones and to celebrate that Max is on the mend and able to enjoy his last couple of years of high school.

I hope you all enjoy your Thanksgiving and surround yourself with all of the people and things that you love.

Happy Thanksgiving and Love to you All,

- Kelli





200 S. Walnut  
Wichita, KS 67213-4777

Return Service Requested

PRESORT STANDARD  
US Postage  
PAID  
Permit #542  
Wichita, KS

## Applebee's Give Back Fundraiser



JOIN US ON  
**NOVEMBER 21ST**

AS WE RAISE FUNDS FOR  
SENIOR SERVICES OF WICHITA

Select from five Applebee's menu items ALL DAY, any way (dine in or pick up order) and Applebee's will donate 50% to Senior Services of Wichita

- Three-Cheese Chicken Penne
- Fiesta Lime Chicken
- Classic Bacon Cheeseburger
- Chicken Tender Platter
- Grilled Chicken Caesar Salad

**Hours: 11 AM - 11PM**  
**(316) 223-7177**

**3025 N Rock Rd, Wichita, KS 67226**