

Heartland Games Returns With Track & Field At Friends University.

After a year off from special event fundraising *The Heartland Games*, presented by *Humana Healthcare*, returned with a bang on Saturday, June 5th at the annual track & field meet.



Over 50 athletes competed in sports that included shot put, discus throw, javelin and several running events. Not exclusive to Wichita, *Heartland Games* hosted athletes from other parts of the state, Oklahoma, Texas, Iowa, Missouri and one person who traveled all the way from Tennessee. Age diversity was also evident amongst the athletes. A 10 year old athlete competed alongside his father while the oldest participant was 91 years young. All athletes competed in their respective age brackets.



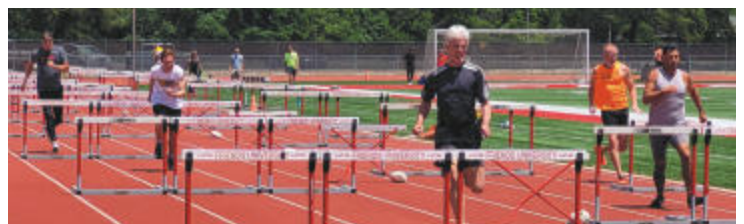
Heartland Games originated as a series of fundraising competitions to help support operations at all 4 senior centers and to spotlight the strength and abilities of older adults.

“Senior Services is committed to helping active seniors stay connected to, and engaged with, each other” says Karen Dao, Director of Programs “The track meet is so fun and very inspiring to watch. It’s amazing how fit and strong these athletes are, many of them are past the age of 65. They prove that age is just a number.”

One such athlete, 91 year old Jerry Reiserer, continues to live the dream.

With his daughter cheering him on from the sidelines, Jerry participated in shot put, discus, javelin, standing long jump, high jump, and 50m dash this year. All were events he has excelled in most of his life!

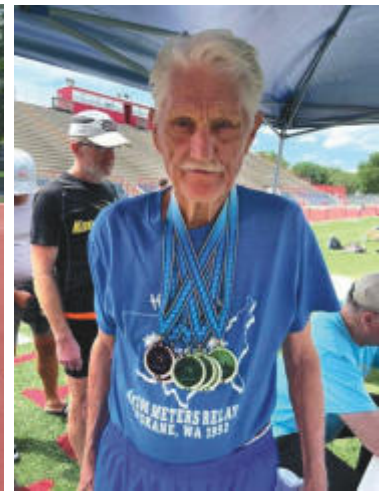
Another athlete, Joe Hoover, served as Meet Director. At 75 years young Joe participated in track during his school years and returned to competitions at the tender age of 56. Joe, along with longtime athlete Steve Wilson, 71, stepped up as co-directors when Larry Staton, the meet’s original director, was called away unexpectedly. Says Joe of the Heartland events “I greatly enjoyed helping run the meet. Couldn’t have done it without all the support from Steve! Larry lined up great officials and organized the meet so well from behind the scenes. Friends University was wonderful donating equipment and services; and the athletes were so friendly and easy to work with. We had many comments about how smoothly the meet went so all of the above share in the credit!”



Senior Services Executive Director Laurel Alkire agrees. “Our track athletes are amazing. Not only are they strong and competitive, they are also gracious and appreciative

Continued on pg 3

Jerry Reiserer, 70 Years Of Competition



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.





Heartland Games Returns - Continued

supporters of Senior Services. We enjoy seeing them and watching the competitions each year.”

The next event slated for *Heartland Games* is the 5K Walk/Run on Sunday, September 12, 2021 in front of the main offices of Senior Services at 200 South Walnut. The certified course takes runners through Delano just south of the river. The 3rd Annual event is open to all ages.

Those wishing to sign up can do so by visiting this site: <https://runsignup.com/Race/KS/Wichita/Heartland5K>.

To view results and standings from the Track & Field Meet or learn more about the Heartland 5K, visit the Senior Services website at: <https://seniorservicesofwichita.org/hg/>.



Senior Services Would Like To Thank Our Heartland Games Sponsors

Presenting Sponsor:

Humana Healthcare

Humana.

Field Sponsor:

Friends University

Individual Sponsors:

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Larry Staton

Joe Hoover

Steve Wilson

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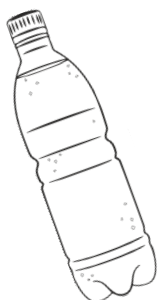


DOWNTOWN SENIOR CENTER

Hello all - It's July! We are so excited that we are open 5 days a week now. Be sure to check days and times on events. We are still moving activities around in hopes to make a better schedule for everyone. Note we will **ONLY** be having Pickleball on Monday and Fridays. We will be bringing back Competitive Pickleball on Monday and Friday Mornings from 9am-12pm. Open pickleball will now be on Monday and Fridays from 1pm-3pm. We have moved Party Bridge back to every Friday from 12pm-3pm. Hand and Foot cards moved back to 2nd, 4th, & 5th Fridays from 12:30pm-3:00pm. We will now be having Mexican Train Dominoes back to every Tuesday from 1pm-3pm. One other event that will be returning is our Foster Grandparents group. Be sure to check the schedule and let your friends know if you attend an activity that has changed times or days. Be sure to stop by on July 21st at noon to get a hot dog for national hot dog day. With July comes the heat. Here are a few tips and tricks to stay hydrated.

***SPECIAL NOTE* WE WILL NOT HAVE EXERCISE IN THE GYM ON JULY 21ST AND 29TH**

- Jennifer



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

Sudoku #871 (Easy)

Sudoku #871 (Easy)

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

BEAT THE HEAT!
Stay hydrated without overdoing fluids

FLUID INTAKE
When you are on dialysis, fluid (water) builds up in your blood between treatments. Here's some helpful info on fluid management. Ask your dietitian how much fluid you should have each day.

Things to keep in mind...

- ASK** your doctor or pharmacist if any of your medications cause dry mouth.
- DRINK** slowly out of smaller cups.
- CHEW** sugar-free gum.
- CHILL** or freeze fruit for a refreshing snack.
- FREEZE** juice in an ice cube tray and eat it like a popsicle.
- CHOOSE** unsalted snacks.
- SUCK** on a lemon slice or sugar-free sour candy.

REMEMBER!
Ice cream, Jell-o, soup and other liquid-based foods count as fluids, too--be careful to watch your intake of fluids.

DROPS OF ADVICE

American Kidney Fund

Downtown Senior Center • 200 S Walnut, Wichita, KS 67213 • (316)267-0197
Hours: 8:00 a.m. - 4:30 p.m. • Director: Jennifer Fox • jenniferf@seniorservicesofwichita.org
Registration Required for ALL Center Activities • Membership: \$25 per year



Sudoku

Sudoku #871 (Medium)

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



BE SURE TO COVER THE ANSWER WHILE PLAYING

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

Sudoku #871 (Medium)

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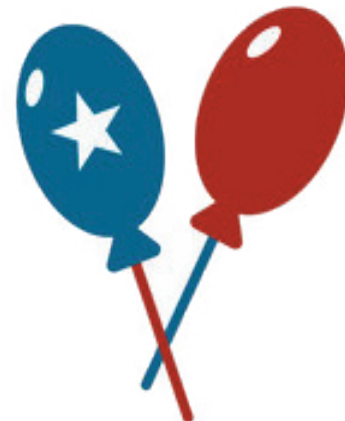
Schedule Of Ongoing Activities

Monday

- 9:00-11:00 - Competitive Pickleball (24 people MAX) - Gym
- 9:00-3:00 - Open Billiards (12 people MAX)
- 9:00-3:00 - Open Fitness (2 people MAX)
- 1:00-3:00 - Open Pickleball (24 people MAX) - Gym

Tuesday

- 9:00-3:00 - Open Billiards (12 people MAX)
- 9:00-3:00 - Open Fitness (2 people MAX)
- 10:30-11:30 - Exercise - Gym
- 11:00-1:00 - Book Club (2nd) - See Jennifer for meeting place
- 11:30-12:30 - Tech Tuesday (2nd & 4th) - Gym
- 1:00-3:00 - Dominoes (12 people MAX) - Room 2
- 2:00-3:00 - Bible Study (12 people MAX) - Room 3



Wednesday

- 9:00-3:00 - Open Billiards (12 people MAX)
- 9:00-3:00 - Open Fitness (2 people MAX)
- 10:00-11:30 - Advanced Spanish (12 people MAX) \$5/class due to instructor
- 10:30-11:30 - Exercise - Gym
- 1:00-2:30 - Intermediate Spanish (12 people MAX) \$5/class due to instructor

Thursday

- 9:00-3:00 - Open Billiards (12 people MAX)
- 9:00-3:00 - Open Fitness (2 people MAX)
- 9:00-1:00 - Foster Grandparents (last Thursday of the month)
- 10:30-11:30 - Exercise - Gym
- 11:30-12:30 - Education (2nd & 4th) - Gym
- 1:00-3:00 - Writing Craft 1st full week of month (12 people MAX) - Room 3

Friday

- 9:00-11:00 - Competitive Pickleball (24 people MAX) - Gym
- 9:00-3:00 - Open Billiards (12 people MAX)
- 9:00-3:00 - Open Fitness (2 people MAX)
- 12:00-3:00 - Party Bridge (12 people MAX) - Room 2
- 12:30-3:00 - Hand & Foot 2nd & 4th & 5th (12 people MAX) - Room 2
- 1:00-3:00 - Open Pickleball (24 people MAX) - Gym





Special Events

July 13th @ 1:00pm: Barbershop Music Day - come learn the history of Barbershop music and singalong to some familiar songs. We will be having popcorn while we enjoy videos from a variety of bands.

July 21st @ 12:00pm: National Hotdog Day - come enjoy a hotdog on us. Please RSVP so we know how many to cook.

Craft Classes

July 14th @ 1:00 - Craft - **Faux Wood Cutting Board** - Photo or Recipe Holder. \$5 per person due by July 9th. This class will be in-person - please pay and RSVP as we have space for 12 in-person by the 9th.



Education Classes

July 8th @ 11:30 - Education - A Healthy Heart for Life - Gym

July 8th @ 1:00 - Writing Craft - When and How of Editing - Room 3

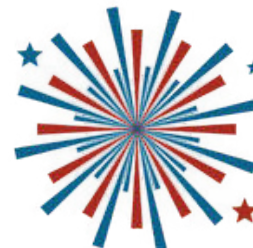
July 13th @ 11:00 - Book Club - **Meet at Monarch** - The Lost Roses by Martha Hall Kelly

July 13th @ 11:30 - Tech Tuesday - Pinterest and what it is? - Gym

July 13th @ 1:00 - Legal Advisor - Estate Planning: Trusts

July 22nd @ 11:30 - Education - Hydration - Gym

July 27th @ 11:30 - Tech Tuesday - Siri and Hey Google - Gym



NO EXERCISE IN GYM ON JULY 21ST AND JULY 29TH

**BE SURE TO STOP BY THE DOWNTOWN SENIOR CENTER OFFICE
TO PICK UP OUR MONTHLY CALENDAR TO MARK AND
KEEP ALL YOUR ACTIVITIES STRAIGHT.**



LINWOOD SENIOR CENTER

“May we think of freedom, not as the opportunity to do as we please, but as the opportunity to do what is right.”

~ Peter Marshall ~

Happy 4th of JULY!

I absolutely love July. The 4th is one of my favorite holidays to celebrate. We in America still celebrate **FREEDOM**, and it was paid for with a price, a very costly price of American lives. After the year of feeling confined, from the Covid Virus, I hope **YOU** are feeling a little more **FREE!** I know July is a time for fireworks, lemonade, picnics, potato salad and cool, juicy watermelon! I hope you can join us for some fun!



Some of our fun endeavors for the month include the return of Dime Bingo and Pitch. We also have some terrific craft classes. We are holding a class on Ombre nails, which is a graduated coloring of your nails, also we are making bird feeders, mandala stones, and a neat flower pot friend that you can put in the garden. There is a demo from our Pat Collins called From Curtians to Coverups! We are continuing our Diamond Dots Crafting and we will also be having some terrific educational classes, such as Identifying Low Vision Concerns & Fall Risks, Heart Health & Food Safety Tips, we also are going to talk about Healthy Mental Health, and Eating Foods that Help You Hydrate. So, as always, we welcome you to your senior center! **Our hours are 9-3 and we are open M-F! Please RSVP for the fun!**

Thank you!

-Cherise, and the volunteer team

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

“Movie Madness” on Tuesdays now at 1pm!

July 6, “RV” This is a comedy starring Robin Williams and his family as they go on vacation and get into some funny situations.

July 7, (1-3pm)
Summer Series:
“Different Techniques of Nail Painting/Ombre Nails” featuring Dawna Gieger. Dawna will teach us how to do a



graduated color scheme on our nails. Cost is \$7 for supplies, (less than a manicure). You will get four sets of the best quality polish. Must come with a clear base coat on to the class. RSVP by July 2, (8 people). This is a great series!

July 8, Writing Craft *NOTE CHANGE FOR AM MEETINGS DUE TO HEAT! Will be on Thursday from 9:30-11:30am.*

Writing Craft, Starla Criser Instructor
Program: When and how of editing.

Exercise Words: fireplace - lettuce - gorilla - skipping - hard

General Prompt: DOG: You’re a dog, describe your

Continued on pg 9

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: \$25 per year



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

interaction with your human.

Poem Prompt: FRUIT: Write an ode to your favorite fruit.

July 12, at 10am Early AM Bookclub – discussion on “The Nightingale” by Kristin Hannah.

July 13, The Luncheon Lovelies & ROMEO Club will be celebrating “National French Fry Day” at Spangles on 1818 E Pawnee at 11am. RSVP! About \$6 per meal. RSVP to 263-3703.

July 13, “The Best Exotic Marigold Hotel” this is a fun movie about cash strapped retirees who have decided to go to a retirement resort in India; romance, and friendship occurs.

July 19, Bible Study at 10am Pastor BJ Bennet leading. We had to move the date due to the July 4th holiday.

July 20, “Charlie and The Chocolate Factory”, Join us for a fun classic and for some Trivia and Lollipops after the movie. *We will be having lollipops to celebrate National Lollipop Day!*

July 27, “Murder She Said” – ahhhh the famous Miss Marple series, based on Agatha Christie’s 4:50 from Paddington, Miss Marple poses as a housemaid to clean up a murder case. For those of you detectives, this is fun. *For all movies we have Pop/Popcorn for a BUCK \$1. Truly the BEST movie deal in town! *Movie subject to change, if unable to attain.

Continued on pg 11

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ONGOING ACTIVITIES: Please RSVP For ANY Activity To Reserve A Spot For You! Thanks! Call: 263-3703

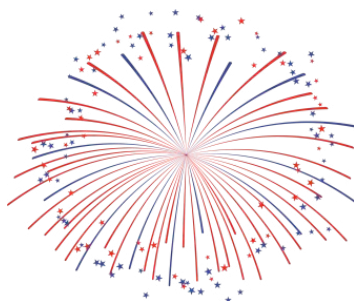
Monday

- 9:00 am - Stretching
- 9:30 am - Dynabands
- 10:00 am - Bible Study (First Monday/Third Monday)
- 10:00 am - Early AM Bookclub (Second Monday)
- 11:15 am - Friendship Lunch
- 2:00 pm - Grief Support Group (Third Monday)



Tuesday

- 8:30-10:30 - Pickleball
- 9:00 am - Stronger Seniors
- 11:15 am - Friendship Lunch
- 1:00 pm - Movie Madness



Wednesday

- 9:00 am - Arthritis Exercise
- 10:00 am - Bingo (RSVP 12 limit) - *Not 3rd Wed. due to Birthday Party*
- 11:15 am - Friendship Lunch
- 12:00 pm - Pinochle with Friends (RSVP 8 limit) - *no computer lab - room in use*
- 1:00-3:00 - Craft Educations *See schedule for FUN!*

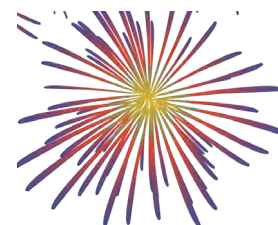
Thursday

- 8:30-10:30 - Pickleball
- 9:00 am - Stretching & Dynabands
- 10:00 am - Sweating with the Oldies
- 11:15 am - Friendship Lunch
- 12:00 pm - Pinochle with Friends (RSVP 8 limit) - *no computer lab - room in use*
- 1:00 pm - Dime Bingo (RSVP 12 limit)



Friday

- 9:00 am - Stronger Seniors
- 10:15 am - Special Educational Programs
- 12:00-3:30 - 13 Pitch Tournament (WELCOME BACK!)



Daily/Anytime: Walking and Computer Lab (RSVP)

Monthly 10:00 Advisory Council (Second Wednesday)

10:30 Birthday Party the third Wednesday of the month





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

CRAFT EDUCATIONS:

July 12, (1-3pm) Mandala Rock/Bag Painting \$5, featuring Linda Overman, Instructor. We had such a great success with the earlier class, we needed to have another. It is very relaxing,...so come and learn the ancient painting techniques of sanskrit painting, which is a circle or geometric design. It has symbolism and a meditative quality to the artwork. Please RSVP and pay by July 9th.

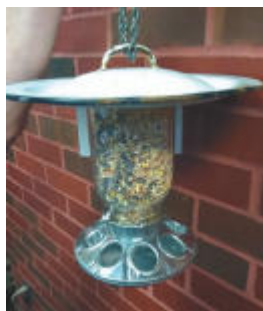


July 14, (1-3pm) Pat's COVER-UP Demonstration, come and see how to make a quick easy cover-up! See picture! *Register and come, we will draw for a FREE cover-up for those that are attending. RSVP!



July 19, (1-3pm) DIAMOND DOTS - Come fellowship and bring your dot project you are working on, or purchase one of ours! You will be glad you did.

July 21, (1-2pm) BIRD FEEDER - by Gail Lane & Betty Jacobs. Cost is \$5. Must RSVP and pay by July 16th (6 limit). This is a great little feeder, that any person who recycles will be proud of!



July 21, (11am) Birthday Party Celebration, come and celebrate the July Birthdays!

July 28, FLOWER POT DOLL, join Kay Hood and Pat Collins, as they show you how to add FLOWERS & FUN to your décor/garden. Cost is \$8 and you need to RSVP and pay by July 21st.



EDUCATIONAL PRESENTATIONS:

***Must RSVP and let us know you are coming! THANKS! All presentations are held at 10:15am on Friday unless otherwise stated.**

July 9, "Eating to Stay Hydrated", presented by Cherise Langenberg.

July 16, "Identifying Low Vision & Fall Challenges" Presentation by Stacy Fuller of Envision. Don't miss this if you have vision issues. They will also talk about grants/opportunities for you to get devices that may help you!

July 19, (2-3pm) GRIEF SUPPORT GROUP Join us as we bond together, share our stories, and learn how to navigate our grief. Chaplain Greg Schmidt will be leading the group. Call for more info!

July 23, "Heart Health and Safe Food Choices" Presentation by Mary Hiebert of Central Plains Area on Aging. Join us for some great info to keep you healthy!

July 30, "Healthy Mental Health" this is presented by Rachel Avila, RN, from Via Christi, let's focus on your wellness!





NORTHEAST SENIOR CENTER

Hello Everyone! Happy Summer!

Well I pray all is well. I know you may have noticed the ongoing activities are at different times than what we normally have scheduled. As well as some of our ongoing activities are not even listed. Due to social distancing and sanitizing between activities we were only able to start out with a few activities. Now that the senior centers are opening more days we are able to add more activities. However, I have contacted many of the people that help with some of the ongoing activities and those participants are not ready to return to the senior center at this time; which means those activities that they may have helped with will not be able to take place at this time. So I have to go with what is working and add what I can where I can. Know that I am trying to find and implement activities that covers a little of everything...so please bear with me. I am working on adding new activities as well as working on bringing back ones that have went well in the past. In the meantime, if you do not see something that catches your interest, please let me know and I can work towards adding it to the schedule. I want to also let you know if something that I add does not work after some time I usually take it off the schedule. Just because something goes over well at one center does not mean it will go over well at another...Remember we do have 4 Senior Centers; which your \$25 membership allows you to participate in any of the four. Please feel free to venture out if need be.

With that said, now that we are in summer and we will be getting out and about more, this is the time of year that a person can become dehydrated really fast. So water is going to be more important than ever during this season. I do not know about you, but I know I do not drink near the amount of water that I should. This is something that I am working on. For this month I wanted to share how important water is and what happens when you do not get enough...So let's talk about water! It has always been said by our health care providers to Drink Water, Drink Water, and Drink Water! Do you truly understand why it is so important and what happens when we do not get enough water? Many think that they drink enough liquids throughout the day and that should cover them. Drinking coffee, tea, soft drinks and other beverages increase the water loss because they are diuretics and cause perspiration. Also alcohol and tobacco consumption further increase loss. Did you know not drinking enough water you can become dehydrated? Dehydration is the result of your body not having enough water. Since water is essential to so many bodily functions, dehydration can be very dangerous. Water is so important, it helps our body have energy. Without it you can become fatigued and have lack of energy. When you are dehydrated, your body has to work harder to circulate your blood, which is largely made up of water. As a result, you get tired faster. Drinking water also helps soften stools, making them easier to pass. If you don't drink enough water, your stools will tend to be harder, increasing your risk of constipation. Did you know dehydration plays a part when it comes to excess weight and obesity? When the body becomes thirsty we drink liquids to fill the need, but unfortunately it also contains unnecessary calories that contribute to weight gain. More often than we realize, we try to quench

Continued on pg 15

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: \$25 per year



Finding Comfort Grieving Support Group

Wednesday, July 21st at 10:30am

This group will **meet in-person** at Northeast Senior Center
Courtesy of Harry Hynes Hospice

Education Classes

Thursday, July 1st at 11:45am – “Benefits of Community Service/Volunteering”

Thursday, July 8th at 11:45am – “5 Benefits of Technology to Share with Seniors
and Their Caregivers”


Thursday, July 15th at 11:45am – “Effective Stress Management Activities
for Seniors”



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Ongoing Activities

(YOU MUST CALL IN ADVANCE TO PARTICIPATE IN ANY ACTIVITY)

Monday

- 10:00 am - Computer Room, Exercise Equipment Room
- 10:30 am - Diamond Dotz, Dominoes
- 11:30 am - Aging Projects Friendship Meals
- 1:00 pm - Wii Games, Dominoes

Tuesday

- 9:30 am - Chair Yoga (By Video)
- 10:00 am - Computer Room, Exercise Equipment Room
- 10:30 am - Exercise Class, Dominoes
- 11:30 am - Aging Projects Friendship Meals
- 1:00 pm - Wii Games, Dominoes



Wednesday

- 10:00 am - Jewelry Making Class, Computer Room, & Exercise Equipment Room
- 10:30 am - Dominoes
- 11:30 am - Aging Projects Friendship Meals
- 11:45 am - Bible Study
- 12:30 pm - Line Dance (2nd & 4th Wednesdays only)
- 1:00 pm - Dominoes



Thursday

- 9:30 am - Chair Yoga (By Video)
- 10:00 am - Computer Room, Exercise Equipment Room
- 10:30 am - Exercise Class, Dominoes
- 11:30 am - Aging Projects Friendship Meals
- 11:45 am - Education
- 12:00 pm - Quilters' Treasures
- 1:00 pm - Card Games (Bid Whiz & Spades), Dominoes



Friday

- 10:00 am - Computer Room, Exercise Equipment Room
- 10:30 am - Wii Games
- 10:30 am - Diamond Dotz, Dominoes
- 11:30 am - Aging Projects Friendship Meals
- 1:00 pm - Wii Games, Dominoes





Northeast Director's Notes - Continued

thirst by eating instead of drinking water. Water also helps create saliva. When you are dehydrated your saliva, which is largely made up of water, decreases. Your risk of developing mouth infections and cavities increases because you don't have enough saliva to rinse your mouth properly. Water regulates your body temperature, lubricates and cushions your joints, spinal cord, and tissues. It also helps fight off illness, improves blood oxygen circulation, aids in digestion and cognitive function. These are some of the many things associated with the importance of drinking water.

Now that I have shared some of the many reasons why water is important, I would like to leave you with some side effects of not drinking enough water. Not drinking enough can contribute to: headaches, chapped lips, low blood pressure, sore

muscles, heat stroke, dizziness, irritability, poor oral health, bloating, more wrinkles, chronic bad breath, and frequent sugar cravings.

Sources:

www.msn.com/en-au/health/medical/16-alarming-side-effects-of-not-drinking-enough-water

www.healthline.com/health/food-nutrition/why-is-water-important

Hopefully, I was able to share with you something new that sparked your attention to drinking more water. If not, at least you are now aware of things that may take place when you do not get enough water. Well, either way...In the meantime and between time, Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker - Center Director



Hydration

- | | |
|------------------------|---------------|
| education | fruit |
| performance | dehydration |
| work related accidents | gatorade |
| declining productivity | powerade |
| cognitive performance | sport drinks |
| decision making | electrolytes |
| dizziness | hyponatremia |
| lightheaded | overhydration |
| dry mouth | exercise |
| reusable water bottle | rehydrating |
| urine color | fatigue |
| skin turgor | sweating |
| thirsty | water |
| | drinking |
| | hydration |

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

Happy July Everybody!

We are finally open Monday through Friday this month but still have limited daily hours of 9:00-3:00. We are making lots of progress though! I am happy we have re-opened and love seeing all of your smiling faces.

July is such a fun month! There are picnics, walks outside, swimming and how can I forget – “Capture the Sunshine” Week, which is the 3rd week in July.

Speaking of sunshine, July is also “UV Ray Awareness” Month. Please be sure you protect your skin and eyes from the damaging effects of the sun.

Here are some things you can do to minimize the risk that comes with sun exposure:

- 1. Cover Up:** Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and sunglasses - for eye protection.
- 2. Stay in the Shade:** The sun’s glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.
- 3. Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration’s (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.
- 4. Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it’s important that you apply at least one ounce (a palm full) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

The sun has many positive benefits as well, such as: sleep improvement, reduction of stress, maintenance of strong bones, helps to keep weight off, strengthens your immune system, fights off depression and can give you a longer life. Just be sure to keep exposure to bare skin at a maximum of 30 minutes.

Stay safe, have fun and have a bright, sun-shiny month!



Orchard Park Senior Center • 4808 W. 9th, Wichita, KS 67212 • (316)942-2293

Hours: 8:00 a.m. - 4:30 p.m. • Director: Kelli Nuss • kellin@seniorservicesofwichita.org

Registration Required for ALL Center Activities • Membership: \$25 per year



Upcoming Events & Activites - Please RSVP to 942-2293

July 2nd @ 11:30-12:30 – Join us for 4th of July Treats and an Information Session about the Regent – compliments of Janos with the Regent.

July 9th @ 10:00-11:00 – Coffee Talk – Come join your friends for a cup of coffee and great conversation.

July 9th @ 1:00-2:00 – Drum Ball Exercise Class – Compliments of Brian with Home Health and Hospice of Kansas (This is the newest and latest exercise craze – come give it try).

July 16th @ 11:30-12:30 – Innovative Vein – Please come hear how Dr. Cheatum can assist you with vein issues or cosmetic issues regarding your veins.

July 23rd @ 1:00-3:00 – Movie – “The Peanut Butter Falcon” follows a young man with Down Syndrome who escapes from an assisted living facility and befriends a wayward fisherman on the run (2019 American Comedy Drama). Rated PG-13. Please bring a seat cushion for extra comfort if you would like.

July 30th @ 1:00-3:00 – Let’s Scrapbook! Have unfinished scrapbook’s sitting around that aren’t finished? Bring them to Orchard for a Scrapbooking Party. You will need to bring your own books and any supplies you want to use but there will also be some items on hand to add to your book.



*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





Ongoing Activities - Please RSVP To Participate

Monday

- 9:00-10:00 - Co-Ed Exercise - Limit of 8
- 10:00-11:00 - Orchard Park Walking Buddies (This is a new walking group. Come join us for a morning walk around Orchard Park.)
- 10:00-12:00 - T.O.P.S. (Take Off Pounds Sensibly) - (**Weigh-in is 9:30-9:45**)
- 12:00-3:00 - Open Pool Tables - Limit of 6
- 1:00-3:00 - Monday Mover's Cardio Co-Ed Exercise - Limit of 8 (**NEW CLASS!**)

Tuesday

- 9:00-10:00 - Co-Ed Exercise - Limit of 8
- 10:00-11:00 - Co-Ed Exercise - Limit of 8
- 12:00-3:00 - Open Pool Tables - Limit of 6
- 1:00-3:00 - Mexican Train Dominoes



Wednesday

- 9:00-10:00 - Co-Ed Exercise - Limit of 8
- 10:30-12:00 - Computer Lab
- 12:00-3:00 - Open Pool Tables - Limit of 6
- 2:00-3:00 - Afternoon Co-Ed Chair Exercisers - Limit of 10 (**NEW CLASS!**)

Thursday

- 9:00-10:00 - Co-Ed Exercise - Limit of 8
- 10:00-11:00 - Co-Ed Exercise - Limit of 8
- 12:00-3:00 - Open Pool Tables - Limit of 6
- 1:00-3:00 - Mexican Train Dominoes
- 1:00-3:00 - Pickleball in the Gymnasium (**No Pickleball on 7/22 - Gym Unavailable**)
- 1:30-3:00 - Drawing - Limit of 10

Friday

- 9:00-10:00 - Co-Ed Exercise - Limit of 8
- 12:00-3:00 - Open Pool Tables - Limit of 6





Word Search

States of the United States - Word Search

Can you find all of the US states in this word search? The words in this word search are hidden across, down, and diagonally, with no backwards.

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

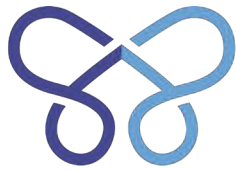
ALASKA
ARIZONA
ARKANSAS
COLORADO

DELAWARE
FLORIDA
HAWAII
IDAHO

MARYLAND
MISSOURI
NEBRASKA
NEWYORK

OHIO
RHODEISLAND
SOUTHCAROLINA
TEXAS

UTAH
VERMONT
WESTVIRGINIA
WYOMING



Senior Services

OF WICHITA

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Wichita, KS 67213-4777

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Presented By Humana Healthcare

Sunday, September 12, 2021

Senior Services of Wichita

200 S Walnut, Wichita, KS

Endorsed by RACE 4 FREEDOM (R4F), the largest local charity 5K in Wichita, Heartland 5K hosts runners of all ages with an emphasis on those over the age of 50. Through this generous partnership, the first 150 runners to sign up for Heartland receive \$5.00 off registration for R4F and qualify for a finishers medal if they complete both races. The 10th annual Race 4 Freedom takes place on Saturday, September 11, 2021.

*Currently running an *early bird special* (\$30) before July 4th.*

<https://runsignup.com/Race/KS/Wichita/Heartland5K>



2 GREAT RACES | ONE AWESOME WEEKEND!

BACK TO BACK

Register for the Heartland 5K and receive \$5 off Race 4 Freedom.
First 150 participants will receive a back to back medal!

