

JANUARY 2019



Andover Senior Center

The MONTHLY REVIEW

Andover Senior Center, 410 Lioba, Andover, KS 316.733.4441, asc-director@kscoxmail.com
Hours of Operation: Mon-Fri, 9:00 AM—5:00 PM; Sonya Drake, Director

WELCOME ANDOVER SENIOR CENTER

2019 Board of Directors

- * Rolland Benoit
President
- * Dixie Aarstad
Vice President
- * Pat Huck/Treasurer
- * Rita Herl
Secretary
- * Wade Brodin/Trustee
- * Ralph Rust/Trustee
- * Glenn Williams/
Trustee
- * Karen Osborne/
Past President

2019 OFFICERS!

Rolland Benoit/President

Dixie Aarstad/Vice President

Pat Huck/Treasurer

Rita Herl/Secretary

Wade Brodin/Trustee

Glenn Williams/Trustee

Ralph Rust/Trustee

You are the face of the Andover Senior Center.
You represent us within the Andover community.
You have volunteered to be a voice for all ASC members and I know
you will do a great job!
-Sonya Drake, Director

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Tax Preparation at Andover Senior Center

Kansas Tax-Aide Volunteers are busy studying to become certified by AARP and the IRS in order to help you with your taxes starting Friday, February 1st through April 12th, 2019.

The days and times for appointments are as follows:

Mondays—9:00AM—11:00AM

Wednesdays—12:00PM—3:30PM

Fridays—12:00PM—3:30PM

This is a **free service** and most importantly of all, you do not need to be a member of AARP to have your Federal, State or Homestead taxes prepared and electronically filed. Starting **January 18th**, you may call **316.247.1292**, leave your name and phone number and someone will call you back to set up an appointment.

So, gather all your documents, call for an appointment and have your taxes prepared by trained and certified tax volunteers!

Our mission is to foster fellowship and recreational enjoyment for the seniors in our community.

HAPPY ANNIVERSARY

Roger & Brenda Black
1/2
Dan Rapson & Jane
Messing 1/2
Jack & Sherry
Huenergardt
1/19
James & Beth Grainger
1/20
Tommy & Mary Little
1/20
Stanley & Sandra Keck
1/24
Carl & Janet Knight
1/28
Glenn & Janel Williams
1/29

WEEKLY ACTIVITIES AT THE CENTER!

Mondays:

10:00 Exercise
11:30 Lunch/Please see menu
12:45-2:30 Movie Monday

Tuesdays:

10:00 Blood Pressure Check
10:00 Piano Music w/ Mike
11:30-1:30 Memory Café
11:30 Lunch
12:15 Pinochle
1:00 Pool Players
3:30-4:30 Balance Class

Wednesdays:

10:00 Exercise
11:30 Lunch/Please see menu
1:00 Bridge Players

Thursdays:

11:30 Lunch
12:30 Knife & Scissor Sharpening/Watch
Battery replacement, \$2
12:15 Pinochle
12:30 Quilting Club/Busy Hands (Any type
of handwork)
1:00 Pool Players
1:00 Scrabble/Board Games
3:30-4:30 Balance Class
7:00 Pitch/Pool Players

Fridays:

10:00 Exercise
11:30 Lunch /Please see menu
1:00 Prize Bingo



*You can come over anytime-these are
just regular scheduled activities!*

SPECIAL ACTIVITIES IN JANUARY

Jan 1/ASC CLOSED...HAPPY NEW YEAR!

Jan 1/12:30 Caregiver Support Group—**No meeting this month due to holiday.**

Jan 2/1:30 Kitchen Team Meeting

Jan 3/10:00 Donuts w/ Chief Keller

Jan 7/9:30 Board Meeting

Jan 8 & 22/7-9 PM MN Whist

Jan 9/10:00 Commodities

Jan 9/11:45 presentation by LakePoint of Augusta

Jan 9/1:00 BUNCO

Jan 10/9:30-10:30 American Legion Veteran's Morning Coffee (donuts provided)

Jan 10/12:30 "Bacon Cheddar Grits" Easy Cooking Class w/ Rolland

Jan 11/11:45 presentation by Scott, Getaway Easy Travel

Jan 14/12:30 Crafts with Jessica, Sedgwick Plaza

Jan 15/11:45 presentation by Stacy, Dignity Memorial

Jan 15/10-11 AM **Kickoff Caregiver Support Class presented by Stacia, Angels Care Home Health (see page 3 for title of class. This is a great class for ALL caregivers!)**

Jan 16/11 AM—1 PM Monterrey Fundraiser

Jan 17/10-11AM "Fall Prevention" presented by Stacia, Angels Care Home Health

Jan 18/11:00 ASC General Membership Meeting

Jan 18/11:45 Presentation by Pam Cartwright, Susan B Allen Hospital

Jan 21/ASC CLOSED FOR MARTIN LUTHER KING DAY

Jan 23/9:30 Foot Lady for toenail care. Cost is \$25 per person, You must call Michelle Steinke 316.946.0722 and schedule an appointment.

Jan 25/11:45 "Don't Worry, Be Happy" presented by Marci, Home Health & Hospice KS

Jan 29/3:30-4:30 Balance Class begins again w/WSU Instructor

HAPPY BIRTHDAY

Linda Avery 1/3
Dan Rapson 1/3
Teresa Bishop 1/4
Penny Elliott 1/4
Frances Jean Nelson 1/6
Joann Venneman 1/6
Gordon VanHooser 1/9
Connie Blake 1/11
Susan Andrews 1/13
Sue Mideke 1/13
Charlotte Hendrick 1/15
Kim Bushey 1/17
Tessa Sanborn 1/17
Rosemary Uhlenhop 1/17
Emery Gay 1/18
Karen Handsaker 1/19
Thomas Baconrind 1/20
Connie Hale 1/20
Sharon Goeken 1/21
Rowena Underwood 1/22
Shirley Cooper 1/25
Betty King 1/31

LAKEPOINT AUGUSTA

Please join us on **Wednesday, January 9th** during lunch as **LakePoint of Augusta** presents:

?

Learn more information about ?

Invite a friend or family member; this is great information for all!

Cancelled until February 2019!

mation

Fall Prevention

Did you know there is a right way and wrong way to fall? Did you know there are things you can do to prevent yourself from falling? Want to hear more about this topic and how it can help you? Then join us for the below:

Fall Prevention will be held on **Thursday, January 17th from 10-11 AM** at the Andover Senior Center in an interactive setting where you can ask questions and share concerns.

Angels Care Home Health provides educational classroom topics the 3rd Thursday of every month. Their goal is to assist us in staying healthy through education. Join us...it might help you have a healthy and happy 2019!

WE WOULD LIKE YOU TO RENEW FOR 2019!

The new year is here and the Andover Senior Center has great plans for new activities and events this year! Your membership helps keep the Center open and available for all who would like to participate in the fun and educational events offered.

Membership dues are **\$10 per person for 2019**. Not sure when you should renew? Call or stop by the office and we'll check for you.

Come on; don't miss out on the fun in 2019!

Did you know***January is Be Kind To Food Servers Month?***

So...this is for you Kurt Elliott, Margit Gibbons, Pauletta & Rolland Benoit, Karen Osborne, Dixie Aarstad, Ed O'Donnell, Jake & Abigail Turner, Janel Williams, Lonnie Long & Jim Horner and all those who help place lunch at each table...

THANK YOU!

**CAREGIVER SUPPORT PROGRAM**

Most families are unprepared for the drastic changes in their life brought on by various diseases and conditions. Kicking off this month, Angels Care Home Health will provide classroom topics the **3rd Tuesday every month, 10:00-11:00 AM**, that address a wide range of challenges common to families coping with Dementia, Alzheimer's and other diseases. The first set of topics for this 16 Class Course will be:

January—Understanding Alzheimer's Dementia

February— Communication and Dementia

March—Legal Issues and Dementia

There will be more topics to come...**DON'T MISS OUT!**



All About The Members!

Won't You Join Us For Lunch?

Did you know that the cooks at the Andover Senior Center are members who have volunteered to help in the kitchen? They are and the best part...they are GREAT COOKS!

Why don't you join us for lunch; it is served Monday through Friday from 11:30 until we run out of food. A suggested donation of \$3 gets you a full meal, dessert and drink...you can't do better than that!

Not able to come in for dinner...no worries, if you live in the Andover area we can deliver a meal to you for a suggested donation of \$4.

Check out our menu on page 9 and come join us for lunch...it's delicious!

You are important to us!

Just a reminder that the Andover Senior Center offers a FREE Blood Pressure Check Tuesday mornings from 10:00 AM to 11:30 AM.

Connie, Interim Healthcare & Hospice performs blood pressure checks for FREE...if this is something you want or should be tracking...stop in and see us!

While you are here, you can enjoy our live piano music performed by Mike. It's a great way to relax before and after your BP check!



DID YOU KNOW...

The Andover Senior Center is an IRS approved 501c3! We are financed by donations, memorials, fundraisers, grants and special events. We appreciate your membership and donations to our Center. **THANK YOU!**

Shopping for Seniors

This program is volunteer based through the **RSVP Program, 316.775.0500**. It is designed to assist seniors who cannot shop for themselves but are capable of giving their grocery order over the telephone to volunteers who then pass the list to volunteer shoppers. Highlights of this program include: There is no cost to participants (except for cost of their groceries). Volunteers carry the groceries into the home.

Butler County Transportation

The Butler County Transit Program through the Butler County Department of Aging is a general public transportation program that offers a variety of routes throughout the county to help meet your travel needs. All general public transportation vehicles are handicapped accessible. Butler County Transit does not furnish wheelchairs.

Currently the general public transportation rides in the Andover area are available by reservation Monday through Friday from 8:30-3:00.

To make a reservation or get information on fares, please contact the Transit Program at 316.775.0500.

Elder Abuse/Part One

Abuse can happen to anyone—no matter the person's age, sex, race, religion, or ethnic or cultural background. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. This is called elder abuse.

Abuse can happen in many places, including the older person's home, a family member's house, an assisted living facility, or a nursing home.

Types of Abuse:

Physical Abuse happens when someone causes bodily harm by hitting, pushing, or slapping.

Emotional Abuse, sometimes called psychological abuse, can include a caregiver saying hurtful words, yelling, threatening, or repeatedly ignoring the older person. Keeping that person from seeing close friends and relatives is another form of emotional abuse.

Neglect occurs when the caregiver does not try to respond to the older person's needs.

Abandonment is leaving a senior alone without planning for his or her care.

Sexual abuse involves a caregiver forcing an older adult to watch or be part of sexual acts.

Who Is Being Abused?

Most victims of abuse are women, but some are men. Likely targets are older people who have no family or friends nearby and people with disabilities, memory problems, or dementia.

Abuse can happen to any older person, but often affects those who depend on others for help with activities of everyday life—including bathing, dressing, and taking medicine. People who are frail may appear to be easy victims.

<https://www.nia.nih.gov/health/elder-abuse>

All About The Members!

COOKING CLASS 101...

Would you like to learn how to make “**Bacon Cheddar Grits**” single serving meal in a mug???

Rolland Benoit, an ASC member will be holding a class January 10th from 12:30-1:30 PM in the lunchroom showing us how to make this simple but delicious meal! You don't need to bring a thing...we'll provide the food and the fork for tasting! Come on, let's have some fun!



MARK YOUR CALENDAR!

MN WHIST
TUESDAY, JANUARY 8 & 22
7-9 PM
PITCH
EVERY THURSDAY
7-9 PM



American Legion, Post 406

The American Legion, Post 406 will host a Veteran's Coffee & Donuts Thursday, January 10th, 9:30-10:30 AM. If you are a veteran or somehow related to a veteran, you are encouraged to attend and “chew the fat” with fellow veterans!

The American Legion BINGO game will be Saturday, January 12th, 4-7 PM. Come on over and join us!

January 26th, 8-11 AM is the monthly American Legion Breakfast! They will be serving biscuits & gravy, scrambled eggs, pancakes, coffee and orange juice for a suggested donation of \$5.00 per person. The breakfast is delicious, the company is great so don't miss out!



ASC Bulletin Board

Andover Senior Center Memory Café

Tuesdays, 12:30-1:30

This is for anyone who would like to play games, answer trivia and/or life questions and do activities to help keep your brain active.

Caregiver Support Group
1st Tuesday of every month
12:30-1:30

Open for anyone who is a caregiver looking to share ideas and concerns with others.

Come on over, we'd love for you to join us!

Andover Senior Center Wish List!

The Andover Senior Center has a running list of items we use on a weekly basis. Would you be willing to donate an item or two from the below list?



Soda Pop: Pepsi, Dr. Pepper, Coke, Root Beer

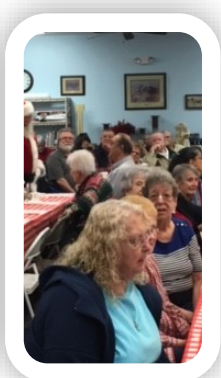
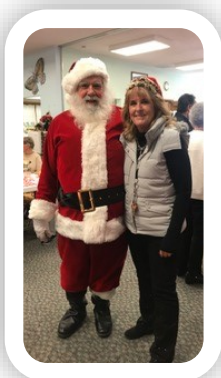
Coffee: Regular & DeCaf (filters too)

Printer Paper

Puddings/Jellos—All Flavors

Cake Mixes

ANDOVER SENIOR CENTER SPOTLIGHT!



What a GREAT Christmas gathering! We had a Secret Santa cook a wonderful meal for us, ASC members brought in all kinds of side dishes and desserts, we officially installed our 2019 Officers, had live music played while we dined, and yes, even Santa stopped in to say hello...what a way to ring out the year!!!!



ANGELS CARE HOME HEALTH WISHES YOU A
Happy New Year!

Here is what we can do

- Skilled Nursing
- Fall Prevention
- Wound Care
- Therapy (Physical, Speech, Occupational)
- Communication Between You & Your Doctor
- Care Connections
- Pre-Palliative Care Program
- Hospital Transitional Care Programs
- Disease Management Programs & Education
- Medication Management & Education
- Community Classroom Education
- Caregiver Support Education

100% medicare coverage

Angels
Care Home Health
An AngMar Managed Company

Wichita and surrounding areas
316-636-4000
angelscarehealth.com

Come join us
For
CRAFTS W/ JESSICA,
SEDGWICK PLAZA
MONDAY,
JANUARY 14TH
12:30-1:30

Great time to visit, learn more about Jessica and Sedgwick Plaza and get a little crafty...we hope you join us!

What's happening around town...



In Home Care & Assistance

**Home Care and Senior Care Services
for Wherever You Call Home!**

**Call for a free information packet
today!**

rightathome.net/Wichita

316.721.6001

**7348 West 21st/Suite 101/Wichita,
KS 67205**

LAKEPOINT
Augusta

Call Today for your
Complimentary
Lunch and Tour!
1.316.775.6333

Assisted Living • Skilled Nursing

In caring for our seniors, nothing is more important than a community of people to connect with and experience life with. LakePoint Communities offers more than a place to live. It offers compassionate care by dedicated professionals and resident-centered care designed to engage residents in purposeful communication and camaraderie with their neighbors.

LakePoint Communities Offers:
In-house Therapy Service
In-house Physicians
Activities Centered Around Individuals

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Omega Senior Living

Experience LakePoint Where We Make Life Easier
www.LakePointnc.com

		We strive to offer a "PLAN" approach to each and every client, insuring that ALL needs are met.
<ul style="list-style-type: none"> • Medicare Supplements • Final Expense/Burial • Part D Prescription Drug • Dental & Vision • Long Term Care 	(316) 992-7412 TOLL FREE (833) 467-7526 www.eseniorplan.com 550 N 159th St East, Wichita, KS 67230	

**WE'RE A LITTLE BIT COUNTRY,
WE'RE A LITTLE BIT ROCK N ROLL...
AND WE'RE A WHOLE LOT OF FUN!**

Bob Abbey Memorial Jam Session
March 18, 2019/PLEASE NOTE THE DATE!
7-9:30 PM

Please join us for our monthly jam session! It's fun, it's free, you can sing, you can dance, you can play an instrument or you can just enjoy the company of others while listening to great music!

The Jam Session is free but we do ask that you bring some type of finger food (salads, little smokies, veggies, cookies, etc.) for our break with the band at 8:00 PM. We'll provide the drinks...and the fun!

What's happening around town...



P.O. Box 33, Mulvane, KS 67110
316-747-4446

Specializing in Custom Group Travel Experiences

Everyone likes (and deserves) a getaway from the daily routine every once in a while. Join us for lunch, **Friday, January 11th** when guest speaker Scott Ramsey with **Getaway Easy Travel** will be with us to talk about his group travel opportunities. **Getaway Easy Travel** specializes in custom group travel experiences. In October, Scott shared tips on how to reduce stress when traveling by air. This month he'll share secrets to stress free travel by car as well as some helpful hotel tips. Learn about their upcoming getaway for the holidays as well as next spring and have one more opportunity to complete a travel survey to provide us with information about the type of getaways in which you are interested.



ANDOVER SENIOR CENTER MONTERREY FUNDRAISER

The Andover Senior Center will be serving Monterrey's for our January Fundraiser. Monterrey's always seem to be a big hit to the Andover Community which means we should have several people attending this lunch.

If you would like to help us with the fundraiser, here is a list of ways you can:

Bring a dessert the morning of fundraiser so that we make sure there is enough for everyone.

Make a monetary donation to help purchase the ingredients needed to make the monterreys.

Volunteer to help the day of by greeting our guests, making sure we have water, tea and coffee available throughout the event, come in the morning of and help set up the center to accommodate our guests, help cook the meal and lastly, help with clean-up.

This is a huge event for the center and it takes all of us to make it a success! Thank you!

January 2019 - Menu

Lunch is a suggested donation of \$3.00 If possible, please RSVP by 9 or 9:30 the morning of - 733-4441. Meal Delivery is a suggested donation of \$4.00.

COME JOIN US FOR LUNCH!

Mon	Tue	Wed	Thu	Fri
	1 ASC CLOSED... HAPPY NEW YEAR!	2 Taco Soup Cornbread Dessert	3 Salad Fish Filets Green Beans Fried Potatoes Butterscotch Pud- ding	4 Chili Cornbread Apple Crisp
7 Bacon Scrambled Eggs Biscuit Fruit Cocktail	8 Apple-Mustard Chicken Tenders Collard Greens Sweet Potato Fries Strawberry Jello	9 Bacon Cheeseburger Chowder Bread & Butter Dessert	10 Salad Creamy Beef & Potatoes Crackers Root Beer Floats	11 Sloppy Joes Chips Deviled Eggs Cookies
14 Patty Melts French Fries Pickle Spear Peaches	15 Pancakes Sausage Fresh Fruit Blueberry Muffin	16 ASC FUNDRAISER MONTERREY DINNER!	17 Cook's Choice	18 Salad Chicken Nuggets Peas & Carrots Chocolate Pudding
21 ASC CLOSED... MARTIN LUTHER KING DAY	22 Simple Salisbury Steak Mashed Potatoes & Gravy Spinach Sherbert	23 Salad Hot Turkey Open Face Sandwich Green Beans Dessert	24 Salad Macaroni & Cheese Mixed Veggies Cookies	25 Salad Spaghetti Corn Bread & Butter Spice Cake
28 Ham & Beans Cornbread Chocolate Sun- dae	29 Salad Potato Soup Crackers Cookies & Ice Cream	30 Salad Goulash Potato Wedges Corn Dessert	31 Hashbrown Quiche Banana White Cake w/ Strawberry Frost- ing	Reminder: Menu is subject to change!



MOVIE MONDAY'S IN JANUARY

MONDAY, JANUARY 7, 2019

Jack Frost

Michael Keaton is a rock 'n' roll dad who gets one last chance to fine-tune his life—and prove that ice guys finish first—in this wild fantasy-adventure frosted with a blizzard of special effects! On the verge of making it big, long-struggling musician Jack Frost realizes he's missing something vital: time with his wife and young son Charlie.

MONDAY, JANUARY 14, 2019

No movie today...It's "Crafts with Jessica, Sedgwick Plaza" Day!

MONDAY, JANUARY 21, 2019

ASC CLOSED FOR MARTIN LUTHER KING JR. DAY

MONDAY, JANUARY 28, 2019

National Lampoon's Christmas Vacation

This holiday season Clark Griswold vows his clan will enjoy "the most fun-filled old-fashioned family Christmas ever." Before you can sing "Fa-la-la-la-lah," he decks the halls with howls of folly in the perennial favorite National Lampoon's Christmas Vacation. Seeing is believing!

Movie Monday begins around 12:45 (after lunch). We have coffee, tea, water or sodas (suggested donation of .50) to drink and sometimes we even have snack! Worried about being able to hear the movie? Most of our movies have the close captioning available.

Come join us, the movie is about to start!





ANDOVER SENIOR CENTER

MONTERREY LUNCH!

The Andover Senior Center invites ***YOU***
to join ***US***

WEDNESDAY, JANUARY 16TH

11:00 AM TO 1:00 PM

at the

Andover Senior Center

410 N. Lioba

Andover, KS

FOR A DELICIOUS LUNCH!

We might not have a musical trio, sombreros or cooking jalapeno's...but...we are serving a great lunch!

Monterrey & Dessert

Tea or Coffee

Cans of pop are available/.50 cents

Suggested Donation is \$5.00

WE HOPE TO SEE YOU THERE!



"What kind of club will this club be if everyone in it acts just like me?"

Bits & Pieces!

MEMBERSHIP DUES

Membership due reminders will be sent out the first week of January for January and February renewals. There will be a Membership application enclosed with your reminder; if nothing has changed regarding your address, phone number, etc., please write "No change" on application and return with your dues.

Medical Information Cards

For those of you who have recently joined Andover Senior Center, we offer laminated Medical Information Cards that list important information about you in the event you have a medical emergency. This card is **FREE** and offered to all ASC members and guests. If you would like a Medical Information Card, please see Sonya in the office.

Volunteers Needed:

We are looking for a few people willing to come in **Monday-Friday afternoons (1:00-3:00)** to help answer phones and greet guests coming in to visit the center. If you would be interested in serving as a volunteer, please visit with Sonya in the office.

There is a lovely organ at the Andover Senior Center just looking for someone to come play a song or two on it. If you know how to play, we would love to visit with you about coming in a couple of times a month and playing some music for us!

What does being a "Member" of the Andover Senior Center mean besides enjoying the programs and benefits of membership?

It means as a member you have a vested interest in seeing that the center is used in a beneficial way to both members and the community. Ways that you can (and are) doing this is by participating in activities, helping out with simple chores such as dishes after lunch, changing a light bulb, bringing beautifully prepared desserts and salads for the Friday lunches and being personally responsible for picking up after yourself and others after activities. Volunteering to do specific duties such as cooking meals, leading an activity or working an event are things that will make the operation of the Center more cost effective and allow us to offer more varied activities that all can enjoy. There are lots of opportunities to help & have a good time!

Points To Ponder...

You're Getting Older If You Can Remember...

Being sent to the drugstore to test vacuum tubes for the TV or radio.

When Kool-Aid was the only other drink for kids, other than milk and-soda pop.

When boys couldn't wear anything but leather shoes to school.

When it took five minutes for the TV to warm up.

When all your friends got their hair cut at the kitchen table.

When nearly everyone's mom was at home when the kids got there.

When nobody owned a pure-bred dog.

When a dime was a decent allowance, and a quarter a huge bonus.

When you'd reach into a muddy gutter for a penny.

When girls neither dated nor kissed until late high school, if then.

When your mom wore nylons that came in two pieces.

When all your teachers wore either neckties or had their hair done, every day.