

FEBRUARY 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

I WOULD LOVE TO HEAR FROM YOU...

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

Did you know that the Andover Senior Center has requirements we must meet in order to maintain our Multi-Purpose Center I status? We do; every quarter I have to submit a report showing that we are meeting those requirements in order to continue that status or more simply put...in order for us to continue being a full-time senior center.

One of the requirements we must meet is bringing in a certain amount of educational programs/workshops/speakers. Right now we have some outstanding speakers and topics that have been very helpful to many members who attend...but...I'd like to know some topics regarding health, finance, pets...and the list could go on and on....that you would like to see offered.

Outside the office door is a "Suggestion Box" where I am hoping you will place your ideas of topics you would like to see offered throughout the year. Come on, be a part of our planning program...share your ideas, your thoughts...be a part of the **TEAM**...because your ideas **DO** matter!

- Sonya Drake, Director

Inside this issue:

Activities	2
Activities	3
Members	4
Members	5
Happenings	6
Happenings	7
Bulletin Board	8
Lunch Menu	9
Mbrshp Application	10
Around Town	11
.Around Town	12
Movie Monday	13
Bits & Pieces	14

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**

Cornelison,
Harlin & Virginia 2/1
Sharpley, John & Sally
2/13
Benoit,
Rolland & Pauletta 2/23

**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 & Fun Seekers
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 FEBRUARY****HAPPY BIRTHDAY**

Stanley Keck 2/3
Carol Roberts 2/3
Jane Messing 2/6
Marjorie Woodall 2/6
Phyllis Winn 2/7
Mary L. Russell 2/8
Myra Stout 2/11
James Dunbar 2/12
Victoria Valenzuela
2/13
Cordell Larsen 2/14
Sharon Lodovici 2/15
Rick Franks 2/15
Julia Agudelo 2/19
Genetha Shackelford
2/22
Glenn Williams 2/22
Bob Coupland 2/23
Joan Hepburn 2/23
Linda Hope 2/24
MaryAnn Thompson
2/24
Janet Knight 2/26

Feb 1/10-Noon Shannon w/ Humana

Feb 4/9:30 Board Meeting

Feb 5/11:45 presentation by Ryan Bippert, Edward Jones

Feb 5/12:30 Caregiver Support Group

Feb 5 & 19/7-9 PM MN Whist

Feb 6/11:45 presentation by Don Durflinger, Silver Haired Legislature

Feb 7/10:00 Donuts w/ Chief Keller

Feb 8/11:45 presentation by Scott, Getaway Easy Travel—**Cancelled**

Feb 11/12:30 Crafts with Jessica, Sedgwick Plaza

Feb 13/10:00 Commodities

Feb 13/11:45 “Fall Prevention” presentation by LakePoint of Augusta

Feb 13/1:00 BUNCO

Feb 14/9:30-10:30 American Legion Veteran’s Morning Coffee (donuts provided)

Feb 14/12:30 “Cheesecake in a Mug” Easy Cooking Class w/ Rolland

Feb 15/11:00 ASC General Membership Meeting

Feb 15/11:45 “10 Tips for a Healthy Heart” by Pam Cartwright, Susan B Allen Hospital

Feb 18/ASC **CLOSED FOR PRESIDENT’S DAY**

Feb 19/10-11 AM **“Communication & Dementia” Caregiver Support Class presented by Stacia, Angels Care Home Health. This is a great class for ALL caregivers!**

Feb 19/11:45 presentation by Stacy, Dignity Memorial

Feb 20/11 AM—1 PM Chili & Cornbread Fundraiser

Feb 21/10-11AM “Heart Disease” presented by Stacia, Angels Care Home Health

Feb 22/11:45 “Let’s Talk About You” presented by Marci, Home Health & Hospice KS

Feb 27/9:30 Foot Lady for toenail care. Cost is \$25 per person, You must call Michelle Steinke 316.946.0722 and schedule an appointment.

FALL PREVENTION

Please join us on **Wednesday, February 13th, 11:30** as **LakePoint of Augusta** presents:

"Fall Prevention"

Did you know that one in four Americans aged 65+ falls each year? Did you know that falls are the leading cause of fatal & non-fatal injuries for older Americans?

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

Heart Health

The adult heart beats about 100,000 times each day. Every minute, your heart pumps about 5 quarts of blood through a system of blood vessels that's over 60,000 miles long. Want to learn how to keep this important organ healthy? Then join us for the below:

Heart Health will be held on **Thursday, February 21st 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!

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:

February 19th— Communication and Dementia

March 21st—Legal Issues and Dementia

April 18th—Caregiver Stress

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

BUNCO!

As it is played today, **BUNCO** is a social dice game involving 100% luck and no skill...*BUT*...is **LOADS & LOADS of FUN!!!!**

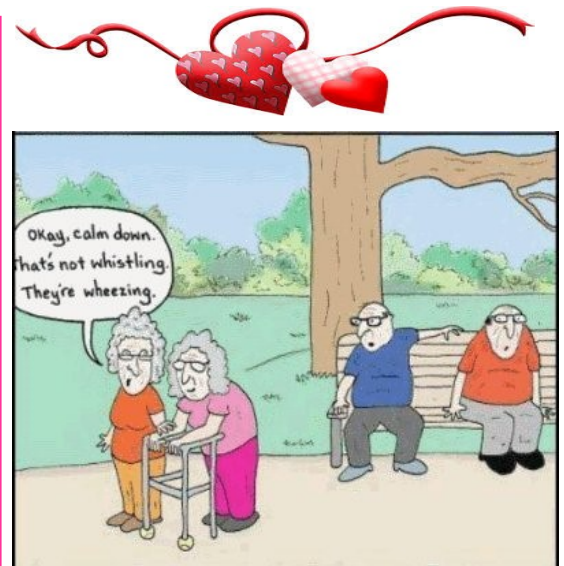
Join us the second Wednesday of every month from 1-3 PM for a rowdy game of **BUNCO**...you'll be glad you did!

BUNCO will be Wednesday, February 13th from 1-3 PM. Cost to play is \$3.00 which is applied to prizes you could win...come on, join us and have some **FUN!**

Can you help us???

The Andover Senior Center is in search of someone who would be interested in serving as the **Historian** for the center. This volunteer position would work on clipping past articles and pictures from newspapers and putting into scrap books. It would also entail someone taking past photos, writing names and dates if possible on backs of photos and putting them into photo albums.

The history of the Andover Senior Center goes back several years and we would hate seeing all the memories that have been made throughout the years get lost...would you be willing to help us?



All About The Members!

Dillon's Shopper Plus Card = ASC Rewards

Do you have a Dillon's Shopper Plus Card? Are you interested in using it to help the Andover Senior Center raise money for our in-house lunches and meal deliveries?

If you have a Dillon's Shopper Plus card, you can bring it into the center and I can enroll you into the Community Rewards program provided by Dillon's. By participating in this program, you will be able to swipe your card and have points automatically go to the Andover Senior Center. At the end of each quarter, Dillon's will issue the center a check depending on the amount of points we received for that quarter. This money helps us buy groceries so we can continue serving delicious meals to our members & guests!

LUNCH IS READY!

Did you know that we serve lunch at 11:30, Monday through Friday right here at the Andover Senior Center? We do...and it's delicious!

We also have a meal delivery service so that those members and/or guests that cannot come to the center for lunch can still enjoy a good home-cooked meal!

In-house meals are a suggested donation of \$3.00. If there are leftovers; you may purchase a takeout meal for \$2.00. Meal deliveries are a suggested donation of \$4.00. We also ask those who are receiving meal deliveries to join the Andover Senior Center (\$10 per year).

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!**

Butler County RSVP Program

You've gained a lifetime of experience. Now is the time to put our skills and talents to good use by volunteering through RSVP.

With RSVP, you choose how and where you want to serve. You choose the amount of time you want to give. And you choose whether you want to draw on your skills or develop new ones..

How you can help through RSVP:

Freezer Meals/Meals on Wheels/Commodities/Shopping For Seniors

Butler County Respite Scholarship Program

This program offers relief to primary caregivers of elderly persons and of early onset Alzheimer's patients. Scholarship will fund overnight stays in facilities, adult day care programs, and in-home respite. It is a suggested donation only program. This allows caregivers to have more time for themselves.

The Butler County Department on Aging serves all citizens of Butler County who are age 60 or over. If you are interested in the above programs or to learn more about what the Butler County Dept. on Aging provides, you may contact them at 316.775.0500.

Elder Abuse/Part Two

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.

Money Matters:

Financial abuse happens when money or belongings are stolen. It can include forging checks, taking someone else's retirement and Social Security benefits, or using another person's credit cards and bank accounts. It also includes changing names on a will, bank account, life insurance policy, or title to a house without permission from the older person. Financial abuse is becoming a widespread and hard-to-detect issue. Even someone you've never met can steal your financial information using the telephone or email. Be careful about sharing any financial information over the phone or online—you don't know who will use it.

Healthcare fraud can be committed by doctors, hospital staff, and other healthcare workers. It includes overcharging, billing twice for the same service, falsifying Medicaid or Medicare claims, or charging for care that wasn't provided. Older adults and caregivers should keep an eye out for this type of fraud.

What Are Signs of Abuse?

About 1 in 10 adults over age 60 are abused, neglected, or financially exploited. Some signs of abuse: trouble sleeping, seems depressed or confused, loses weight for no reason, becomes withdrawn. If you see signs of abuse, try talking with the older person but most importantly, get help!

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

All About The Members!

COOKING CLASS 101...

Would you like to learn how to make "Cheesecake in a Mug" ???

Rolland Benoit, an ASC member will be holding class February 14th from 12:30-1:30 PM in the lunchroom showing us how to make this simple but delicious treat! You don't need to bring a thing...we'll provide the food and the fork for tasting! Come on, let's have



MARK YOUR CALENDAR!

MN WHIST

TUESDAY, FEBRUARY 5 & 19

7-9 PM

PITCH

EVERY THURSDAY

7-9 PM

BALANCE CLASS

W/ WSU TRAINER

TUESDAYS & THURSDAYS

3:40-4:30 PM

American Legion, Post 406

The American Legion BINGO game will be Saturday, February 9th, 4-7 PM. Come on over and join us!

The American Legion, Post 406 will host a Veteran's Coffee & Donuts Thursday, February 14th, 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!

Saturday, February 23rd, 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 & Fun Seekers

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

12:30-1:30

Open for anyone
giver looking to
and concerns
ers. *Come on over,
for you to join us!*

every month

who is a care-
share ideas
with oth-
we'd love

**CANCELLED
FOR FEBRUARY!**

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?



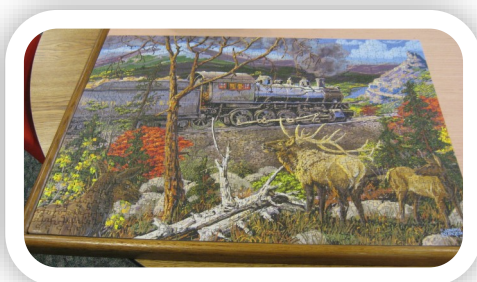
BINGO Prizes such as: bath soap, toilet paper, paper towels, crossword puzzle books, soups

Instant Puddings/any flavors

Cupcake Liners

Flavored Rice and/or Pastas

ANDOVER SENIOR CENTER SPOTLIGHT!



Above: I believe this puzzle took the longest to put together, at least since I have been at the senior center (3 years). Isn't it beautiful!

Below: Here are a few pictures of our successful and delicious Monterrey Fundraiser! I don't know about you but I think the cooks are up to something...



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

Join us

February 11th, 12:30 - FREE
craft at Andover Senior Center

February 19th, 9:30 - 10:30 -
FREE Veterans and Spouse
Breakfast, Sedgwick Plaza

February 21st, 9:30-10:30 -
FREE Brunch N Learn, Sedgwick



SEDGWICK PLAZA
A GRACE MGMT COMMUNITY

2455 N. Woodlawn, Wichita, KS 67220

Contact Jessica with questions

(316) 409-3397 jreyes@sedgwickplaza.com

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

OMEGA
Senior Living
LakePoint Communities Managed by
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

This month, on Friday, February 8th, Scott Ramsey with ***Getaway Easy Travel*** will not be joining us for our lunch discussion. He will be gone on a Caribbean cruise to Aruba with a group. The Butler County Senior Centers have partnered with ***Getaway Easy Travel*** to create custom group travel experiences for you. In recent months, Scott has rolled out several upcoming trips including a 3-day spring Winery/Brewery Tour, a 6-day getaway to Memphis/Nashville and a 3-day trip to Branson in November for Christmas. Information about all of these trips is posted on the doors of the north closet. There are also flyers available. Take advantage of these great opportunities to getaway on a trip in 2019!

ANDOVER SENIOR CENTER **CHILI & CORNBREAD FUNDRAISER**

The Andover Senior Center will be serving Chili & Cornbread for our February Fundraiser. This will be a great winter weather food which is exactly what we need!

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 chili & cornbread.

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.

Our fundraisers are huge events for the center and it takes all of us to make it a success! Thank you!

February 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 Polish Sausage Soup Bread & Butter Ice Cream Sand- wich
4 Ham Sandwich Baked Beans Deviled Eggs Cookie	5 Enchilada Casse- role Spanish Rice Fruit Cocktail	6 Salad Country Fried Steak Mshd Potatoes & Gravy Corn Dessert	7 Chicken Pot Pie Fresh Fruit Mini Cupcakes	8 Vegetable Beef Soup Bread & Butter Chocolate Pud- ding
11 Sausage, Kale Soup Cornbread Peaches	12 Pulled Pork Sand- wich Potato Salad Pink Salad Lil Debbie Cakes	13 Chili Cheese Dogs Tater Tots Dessert	14 Salad Sliced Turkey w/ Gravy Sweet Potato Casse- role Peas Cupcakes	15 Sloppy Joes Chips Deviled Eggs Ice Cream Sand- wich
18 Andover Senior Center is closed for holiday!	19 Salad Easy Meatloaf Mshed Potatoes & Gravy Brussel Sprouts Applesauce	20 ASC Fundraiser CHILI & CORNBREAD	21 Cook's Choice	22 Salad Macaroni & Cheese Green Beans Vanilla Pudding w/ Bananas
25 Turkey Sandwich Macaroni Salad Pickle Spear Cookies	26 Salad Cheesy Beef Gou- lash Corn Fried Potatoes Cherry Jello	27 Potato Soup Bread & Butter Dessert	28 Avocado Scrambled Eggs Sausage Patties Biscuits & Jelly Fresh Fruit	Reminder: Menu is subject to change!



MOVIE MONDAY'S IN FEBRUARY

MONDAY, FEBRUARY 4, 2019

The Ghost & Mr. Chicken

Looking to score a break as a newspaper reporter and impress beautiful Alma Parker (Joan Staley), milquetoast typesetter Luther Heggs (Don Knotts) pitches a story about his small town's haunted house. When his editor (Dick Sargent) insists Luther spend a night alone in the spooky mansion, where a grisly murder-suicide had taken place decades earlier, the timid reporter learns that the house contains a supernatural resident who doesn't like visitors.

MONDAY, FEBRUARY 11, 2019

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

MONDAY, FEBRUARY 18, 2019

ASC CLOSED FOR PRESIDENT'S DAY

MONDAY, FEBRUARY 25, 2019

Life With Father

In late 19th-century New York City, stockbroker Clarence Day (William Powell) strives to maintain order in his bustling household. Despite his attempts to be the chief authority over his four sons, his wife, Vinnie (Irene Dunne), is the one who truly keeps order in their home, much to Clarence's chagrin. To gain more respect, Clarence reluctantly considers making changes that will benefit everyone, including his own baptism. This slice-of-life comedy was based on a popular Broadway play

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 CHILI & CORNBREAD FUNDRAISER LUNCH

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

WEDNESDAY, FEBRUARY 20TH

11:00 AM TO 1:00 PM

at the

Andover Senior Center

410 N. Lioba

Andover, KS

FOR A DELICIOUS LUNCH!

There is nothing better than a good 'ol bowl of
hot chili on a cold winter day! Well, we're ready
to warm you up with some great chili, amazing
company and all around good time!

**Chili
Cornbread
& Dessert**

Tea or Coffee

Cans of pop are available/.50 cents

Suggested Donation is \$5.00

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

Bits & Pieces!

MARCH MADNESS

Yes, it's that time again where we are asking you to wear your team colors and join us for a healthy round of Basketball competition!

This is our **THIRD Annual Senior Center Basketball Tournament** and we want you to join us! **Thursday, March 28th, 10:00 AM.** Practice begins March 1st. There will be individual shootouts and teams. Wear your team shirts/colors throughout March and on the day of the tournament. Prizes will be awarded. No one is too old to play, so come on, let's have some fun!

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.

In the event of inclement weather...

When the Andover Public Schools close due to inclement weather, the Andover Senior Center will also be closed on that day(s). The center closing will also be posted on the local news stations.

Just a reminder...

The Andover Senior Center will be CLOSED, Monday, February 18th in honor of President's Day.

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...

Do You Remember...

Receiving a spanking when you were little that you did not think you deserved?

An exciting vacation you had as a kid growing up?

How you entertained yourself while growing up without any radio or TV?

The first carnival you went to? What was your favorite ride or game?

The house you lived in as a kid?

Learning how to drive?

Doing something ornery to your brothers and/or sisters?

Your favorite toy or book when you were young?

Going to a school dance? Did you dance?

A food you didn't like when you were younger that your mom still made you eat?

A special joy you experienced when you were young that still makes you smile today?