



# 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

### 2019 Board of Directors

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- \* Dixie Aarstad  
Vice President
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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!

## WEEKLY ACTIVITIES AT THE CENTER!

### HAPPY ANNIVERSARY

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



### 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

#### **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

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!!!!**

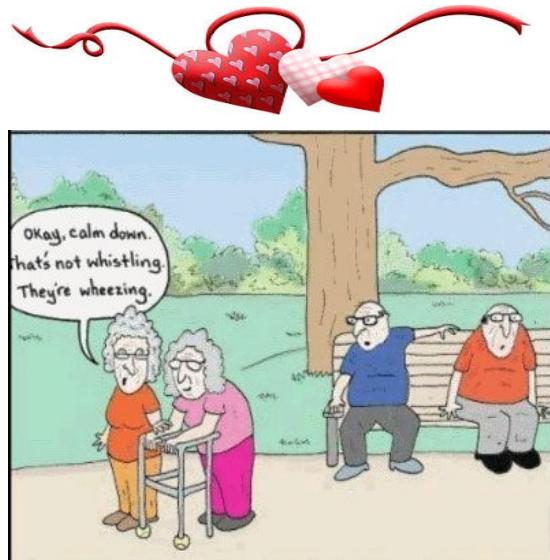
Join us the second Wednesday of every month from 1-3 PM for a rowdy game of **BUNCO**...you'll be glad you did!

**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

**CANCELLED  
FOR FEBRUARY!**

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

## 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



LakePoint Communities Managed by  
Omega Senior Living

Experience LakePoint Where We Make Life Easier  
[www.LakePointnc.com](http://www.LakePointnc.com)



**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 8<sup>th</sup>, 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
<b>18</b> <b>Andover Senior Center is closed for holiday!</b>	19 Salad Easy Meatloaf Mshed Potatoes & Gravy Brussel Sprouts Applesauce	<b>20</b> <b>ASC Fundraiser</b> <b>CHILI &amp; CORNBREAD</b>	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	<b>Reminder: Menu is subject to change!</b>



## 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?