

APRIL 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

2019 Board of Directors

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

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ANDOVER LADIES SENIOR SPRING TEA

APRIL 25

2:00-4:00 PM

COME DRESSED FOR A PARTY: HATS REQUIRED

We have a choice of hats available if you need to borrow one.

Special program planned for the afternoon!

Please sign up at the Center for this event.

Limited seating-25

Your are welcome to bring a friend or a daughter.

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. Last day for tax preparation 2019 at the Andover Senior Center will be **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.

WEEKLY ACTIVITIES AT THE CENTER!

HAPPY ANNIVERSARY

Coupland, Bob & Nancy
4/20
Durflinger, Don & Donna
4/29



HAPPY BIRTHDAY

Tom Piacenza 4/2
Joanna Britt 4/3
Esther Cherry 4/3
John Sharpley 4/5
Nancy Venburg 4/7
Ingeborg Sullivan 4/12
Ruth Broyles 4/18
Bennett Grate 4/18
Ruth Helena 4/19
Jennifer Miller 4/19
Jim Harris 4/20
David Elworth 4/24
Eldon Graham 4/25
Tommy Little 4/25
Lawrence Miller 4/28

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 APRIL

Apr 1/9:30 Board Meeting
Apr 2/11:45 "Caring for the Caregiver" presented by Ashley, Glenn Carr House
Apr 3/11:45 presentation by The Regent Rehab
Apr 4/10:00 Donuts w/ Chief Keller
Apr 5/11:45 "Food and You: What's aging got to do with it?" presented by Shannon w/
Humana
Apr 9 & 23/7-9 PM MN Whist
Apr 10/10:00 Commodities
Apr 10/11:45 "Finances, Medicaid & Other Payment Sources" presentation by LakePoint
of Augusta
Apr 10/1:00 BUNCO
Apr 11/9:30-10:30 American Legion Veteran's Morning Coffee & Donuts
Apr 11/11:45 "Super Foods" presented by Oxford House
Apr 11/12:30 "Broccoli Cheddar Soup" Easy Cooking Class w/ Rolland
Apr 12/11:45 presentation by Scott, Getaway Easy Travel
Apr 15/7:00-9:30 PM Bob Abbey Memorial Jam Session
Apr 16/10-11 AM "**Caregiver Stress**" **Caregiver Support Class** presented by Stacia,
Angels Care Home Health. This is a great class for ALL caregivers!)
Apr 17/6:30-8:00 AM Health Screenings provided by Susan B. Allen Hospital
Apr 17/11 AM—1 PM Monterrey Fundraiser
Apr 18/10-11AM "Home Health 101" presented by Stacia, Angels Care Home Health
Apr 18/11:00 GENERAL MEMBERSHIP MEETING **Please note date change this month!**
Apr 19/**ANDOVER SENIOR CENTER CLOSED FOR GOOD FRIDAY**
Apr 23/11:45 Legal Issues for Seniors & Other Information, Clark "CR" Nelson
Apr 24/9:30 Foot Lady for toenail care. Cost is \$25 per person, You must call Michelle
Steinke 316.946.0722 and schedule an appointment.
Apr 25/2-4 Andover Senior Center Spring Tea
Apr 26/11:45 "It's Tax Time/Money Management" presented by Marci, Home Health &
Hospice KS

Finances, Medicard & Other Payment Sources

Please join us on **Wednesday, April 10th, 11:30** as **LakePoint of Augusta presents:**

"Finances, Medicaid & Other Payment Sources"

What are your payment options should you need to go to LakePoint Augusta for Rehab? What about if you are moving someone into the nursing home? Come find out these answers and more!

See you there!

Home Health 101

Do you know the definition of Chronic Wounds? Do you know what the disrupting factors of chronic wounds are? Want to learn more about this topic...

Then join us for the below:

"Home Health 101"

will be held on **Thursday, April 18th 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:

April 16th—Caregiver Stress

May 21—Hand in Hand

June 18th—Grief

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

HAVE YOU RENEWED YOUR MEMBERSHIP WITH THE ANDOVER SENIOR CENTER?

If the time is getting near for your membership to be renewed, you will receive a request for renewal in the mail.

Not sure if you received the letter, no problem, just stop by the office and we'll check it out for you!

Glen Carr House,

**A 3 Part Educational Series
presented by Glen Carr House**

Tuesday, April 2nd, 11:45

Caring for the Caregiver: Caregiver statistics, tools for caregiver fatigue, resources within the community, managing stress & online resources.

Tuesday, May 7th, 11:45

Financial Planning for Long-Term Care:

How to plan/pay for long-term care, how to protect your assets & different kinds of trusts available to protect assets.



CRAZYCOOTS.COM

By Dan Gibson



I'm bored...Wanna go down to the mall and bump into people's ankles with our scooters?

All About The Members!

Legal Issues for Seniors, What's Going on in Andover and Much More!

Tuesday, April 23, 11:45 AM

**Presented by Clark "CR" Nelson, Attorney, Clark R. Nelson Law Office
& Andover City Councilman**

This presentation will be a great learning experience on what is going on regarding legal issues for seniors, the status of projects going on in Andover and future developments. Andover is a growing community and we hope you will join us so we are "in the know" as we grow!

Clark "CR" Nelson was born in 1948 and raised in Wichita, KS, moving to Andover in 2000. He received his education from Wichita State (B.A. Accounting, 1970); Law degree from Washburn University, with honors, 1973, including an editor for the Law Journal. He has practiced law for over 45 years, concentrating on business, including corporate, real estate and engineering issues. He and his wife have been married for 48 years, enjoy 3 kids and 7 grandkids. They are members of St. Vincent de Paul Church in Andover and enjoy playing golf whenever the weather permits. He was a member of the City of Andover Planning Commission for 4 years, before becoming an Andover City Councilman in January, 2006, currently serving as Council President. He has worked on essentially every committee that exists, including long range planning, site plan, fire and police advisory.

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!**

Lipid Profile (Cholesterol Screening) & Hgb A1C Levels

April 17th, 6:30-8:00 AM

Andover Senior Center

Provided by Susan B. Allen Hospital/

Pam Cartwright RN BSN Director of Community Services

A great opportunity to obtain your cholesterol and A1C levels at a low price. **\$20 at time of service for lipid profile, A1C and fasting glucose.** Other lab requests available at an additional low cost (You may discuss at time of screening). They will share information on heart health and diabetes prevention and awareness to assist you in maintaining a healthy lifestyle and help with your goals to keep and/or get your results in normal range. Follow-up screenings will be available every quarter (June, September & December) at the Andover Senior Center. This is a great opportunity to keep aware of our health...we hope you will join us **AND** share this opportunity with others!

Diabetes Support Group Meetings

Have you been diagnosed with diabetes? Are you or a care partner interested in taking steps toward better self care?

Susan B. Allen Hospital offers a support group for those with diabetes, whether you have or have not attended the Diabetes Self-Management Education program.

Interested in attending these classes? Call 316.322.4542 for more information.

Elder Abuse/Part Three

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.

Caregiver Stress-You're Not Alone:

Caring for an older person can be rewarding. It's also demanding, difficult, and often stressful work. The caregiver may need to be available around the clock to fix meals, provide nursing care, take care of laundry and cleaning, drive to doctors' appointments, and pay bills. Often, family caregivers have to give up paying jobs to make time for these new responsibilities.

It may be hard to keep a positive outlook when there's little hope of the older person's physical and mental condition improving. Over time, the demands and stress of caregiving can take their toll. A caregiver might not even know he or she is being neglectful or abusive.

If you are a caregiver, make sure you have time to reset and take care of your needs. You can ask a family member or friend to help out for a weekend, or even for a few hours, so that you can take some time for yourself. Some community service organizations provide caregivers a break, called respite care. Visit the ARCH National Respite Network and Resource Center's National Respite Locator (or Butler County Dept. on Aging) to find respite services in your area. Caregiving support groups may also help. Exercise could even help with stress.

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

All About The Members!

COOKING CLASS 101...

Would you like to learn how to make "Broccoli Cheddar Soup" ???

Rolland Benoit, an ASC member will be holding class April 11th 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 some fun!



MARK YOUR CALENDAR!

**WEDNESDAY
APRIL 17
6:30-8:00 AM
WELLNESS SCREENING!**

**THURSDAY
APRIL 18, 11:00 AM
GENERAL MEMBERSHIP MTG
PLEASE NOTE THE CHANGE OF DATE,
WE WILL BE VOTING ON AMENDED
BY-LAWS. HOPE TO SEE YOU THERE!**

American Legion, Post 406

The American Legion BINGO game will be Saturday, April 13th, 4-7 PM. Come on over and join us!

The American Legion, Post 406 will host a Veteran's Coffee & Donuts Thursday, April 11th, 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, April 27th, 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

MARK YOUR CALENDARS!

**Saturday, May 11th
9:00 AM—2:00 PM**

TRUNK SALE AT THE ANDOVER SENIOR CENTER!

Set up will be 8:00 AM the morning of the 11th. Tear down will be at 2:00 PM as soon as event is over.

Cost to rent a parking space for this event is \$10. Spots are limited; if you are interested in participating please contact Sonya at the office.

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/Any Flavors
Tea Bags
Coffee/Regular & Decaf
Salad Dressings/Any Flavors
Pudding and/or Jello
Croutons
Cake/Cookie Mixes**

ANDOVER SENIOR CENTER SPOTLIGHT!



Above: What fun!!!! Jake & Abigail, Futurity along with United Healthcare, brought in an artist to teach us how to paint a picture on canvas...it was a blast and we hope to do it again soon!

Below: March was a crazy busy month! We made Easter Egg Bunnies, celebrated Twila's birthday and had a delicious Irish Stew, Beer Bread & Dessert Fundraiser...who says this center isn't rockin' and rollin'!



Office Use Only:
Last Name:
First Name:

Paid: _____
CK _____ Cash _____
Receipt # _____

Andover Senior Center Membership Form

Date: _____ Name: _____ Date of Birth: _____ Anniversary: _____
New Member: _____ Renewal: _____ Honorarium (*Free*): _____
(Note: Membership is \$10 per person per year) (Note: Honorary Members must be 90 years of age or older)
Address: _____ City: _____ Zip Code: _____
Cell Phone: _____ Land Line Phone: _____ Email: _____
May we send you our newsletter by email? Yes _____ No _____
Are you willing to volunteer in kitchen? Yes _____ No _____ Maybe _____
Are you willing to volunteer with Fundraisers? Yes _____ No _____ Maybe _____
Are you willing to volunteer with Activities/Events? Yes _____ No _____ Maybe _____
Talents/Hobbies/
Interests: _____

Emergency Contact (other than spouse) that Andover Senior Center should contact in the event of an emergency:

Emergency Contact Name: _____ Relation: _____ Phone: _____
Emergency Contact Name: _____ Relation: _____ Phone: _____
Your photo may be taken during events. By becoming a member, you grant Andover Senior Center permission to use your photo for publicity purposes.

(Printed Name) _____
Date signed _____

(Signature) _____

Thank You for Your Membership!

Today

Mend a quarrel. Search out a forgotten friend. Dismiss suspicion and replace it with trust. Write a love letter. Share some treasure. Give a soft answer. Encourage youth. Manifest your loyalty in a word or deed.

Keep a promise. Find the tie. Forego a grudge. Forgive an enemy. Listen. Apologize if you were wrong. Try to understand. Flout envy. Examine your demands on others. Think first of someone else. Appreciate, be kind, be gentle. Laugh a little more.

Deserve confidence. Take up arms against malice. Decry complacency. Express your gratitude. Worship your God. Gladden the heart of a child. Take pleasure in the beauty and wonder of the earth.

Speak your love. Speak it again. Speak it still again. Speak it still once again.

**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**April 15th, 2019****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!!!



Getaway Easy
TRAVEL

P.O. Box 33, Mulvane, KS 67110

316-747-4446

Specializing in Custom Group Travel Experiences

This month, on Friday, April 12th, Scott Ramsey with **Getaway Easy Travel** will be joining us during lunch to share about some of the fantastic trips he has planned for 2019. 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
MONTERREY FUNDRAISER**

The Andover Senior Center will be serving Monterrey's for our April 17th Fundraiser. This is probably our most popular lunch fundraiser!

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 Monterrey's.

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!

APRIL 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 Hamburgers French Fries Root Beer Floats	2 Sweet Potato Hash Biscuits & Jelly 1/2 Banana Mini Fruit Pies	3 Creamy Ham & Beans Cornbread Dessert	4 Salad Fish Filets Flavored Rice Peas & Carrots Snack Cakes	5 Taco Burger Refried Beans Spanish Rice Vanilla Pudding w/ Wafers
8 French Spring Soup Bread & Butter Sliced Peaches	9 Fried Chicken Mashed Potatoes & Gravy Green Beans Cake	10 Chicken Salad Sandwich Side Salad Grapes Dessert	11 Breakfast Casserole Fresh Fruit Ice Cream & Cookie	12 Ham & Cheese Sliders Simple Pasta Sal- ad Fruit Cocktail
15 Simple Mac & Cheese Sausage Coins Broccoli Strawberries & Ice Cream	16 Farmer's Casserole Biscuits & Jelly Strawberry Jello w/ sliced peaches	17 MONTERREY FUNDRAISER TODAY!	18 Cook's Choice	19 ANDOVER SENIOR CENTER IS CLOSED TODAY FOR GOOD FRIDAY!
22 Dorito Taco Salad Bread Sticks Tropical Fruit Salad	23 Creamy Paprika Pork w/ Egg Noo- dles Brussel Sprouts Rolls Cinn. Applesauce	24 Cranberry Turkey Wrap Cole Slaw Sweet Potato Fries Dessert	25 One Pot Dinner Corn Hot Rolls & Butter Cake	26 Simple Egg Salad Sandwich Chips Creamy Cucumber Salad Ice Cream Sand- wich
29 BLT Wraps Chips Deviled Eggs Cookies	30 Scrambled Eggs Sausage Patties Cinnamon Rolls			Reminder: Menu is subject to change!



MOVIE MONDAY'S IN APRIL

MONDAY, APRIL 1, 2019

The Man From Snowy River

An ambitious rancher (Kirk Douglas) sets his sights on the hills of the awesome Snowy River country. Buried somewhere in that pristine wilderness, protected by treacherous terrain and bands of wild, stampeding horses, is a fortune in unmined gold. Before the rancher can stake his claim, however, his world is turned upside down when a cowboy steals his daughter's heart and uncovers a secret in those hills more precious than any treasure.

MONDAY, APRIL 8, 2019

NO MOVIE TODAY!

MONDAY, APRIL 15, 2019

His Girl Friday

As a flawed and utterly irresistible newspaper editor, Cary Grant lets loose his funny side in this madcap romantic comedy about an erstwhile couple who meet, fall in love, fall out of love, and finally fall in love again.

MONDAY, APRIL 22, 2019

Little Women

With her husband off at war, Marmee is left alone to raise their four daughters—her “little women.”. There is the spirited Jo; conservative Meg, fragile Beth and romantic Amy. As the years pass, the sisters share some of the most cherished and painful memories of self-discovery, as Marmee and Aunt March guide them through issues of independence, romance and virtue.

MONDAY, APRIL 29, 2019

Return to Snowy River

Australia's breathtaking Victoria Alps set the backdrop for this spectacular epic sage. A fast-paced action-packed story of a stormy romance caught up in a violent feud between landowners.

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, APRIL 17, 2019

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!

IS YOUR HOME SAFE????

Get a **FREE** In-Home Safety Inspection provided by Andover Fire-Rescue!

No matter your age, your health and safety is a priority to us at Andover Fire. This complimentary safety inspection is to allow us to provide you with the knowledge and tools to make your home a safe and hazard free environment.

The following is a brief overview of the areas of your home that AFR will offer to inspect during the in-home safety inspection.

IN-HOME CHECKLIST ITEMS

During your in-home safety inspection your firefighters will offer to check the following items:

Check all cords

Rugs, Runners and Mats

Smoke Detectors

Electrical Outlets and Switches

Space Heaters/Wood Burning Equipment

Emergency Evacuation Plan

IN-HOME AREAS TO CHECK:

Kitchen/Living Room/Family Room/Telephone Area/ Passageways/Bathrooms/ Bedrooms/Basement/Garage/ Workshop/Storage Areas/Stairs

Interested in receiving your **FREE** inspection? Contact Rocky Craig, Andover Fire-Rescue at 733.1863.

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...

Complete the phrase

Bread and _____	Adam and _____
Mutt and _____	Abbott and _____
Laurel and _____	Gilbert and _____
Salt and _____	Meat and _____
Astaire and _____	Fire and _____
Milk and _____	Burns and _____
High and _____	Amos and _____
Up and _____	Rodgers and _____
Black and _____	Cain and _____
Pen and _____	Right and _____
Romeo and _____	Day and _____
Sears and _____	Jiggs and _____
Bacon and _____	Above and _____