

MAY 2019



Andover Senior Center

The MONTHLY REVIEW

Andover Senior Center, 410 N. Lioba, Andover, KS 67002
Phone: 316.733.4441; asc-director@kscoxmail.com; Sonya Drake, Director

Baby Boomer...Senior....Who Are We Really?

2019 Board of Directors

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

Have you ever noticed when reading a menu there is always mention of senior pricing? Been to the zoo lately; if you are a senior you receive a discount on your ticket. Movie theatres, restaurants, retail stores, amusement parks...you name it, most places offer a discount for seniors. Do you hesitate accepting that discount? Do you ask for the manager to let them know that although you are a senior, you don't feel like a senior and therefore will not be using the discount offered?

We all enjoy receiving the discounts; what we don't enjoy is being referred to as seniors...We're not seniors; we're **BABY BOOMERS!** We don't feel old, we don't act old, we still enjoy having fun, laughing, going places, seeing friends and making plans...

Oh, so you **ARE** a **SENIOR**...well, let me ask you this...do **YOU** still enjoy having fun, laughing, going places, seeing friends and making plans? Do you still like knowing you have value, you are needed and appreciated? Sure you do...you might be a senior but you are much more than that.

It's funny to me because "seniors" and "baby boomers" are just words. They are labels we have given ourselves over time. Reality is, we are people who have become older (and in my opinion, wiser) and with that we have received a perk in the way of senior discounts.

The Andover Senior Center is a place for seniors **AND** baby boomers...it's a place for **PEOPLE** age 50 and older to come and enjoy being around other people for fellowship and fun at an affordable discounted price for **SENIORS** and/or **BABY BOOMERS!** Read our mission statement below; we are to foster fellowship and recreational enjoyment for seniors **AND** baby boomers.

So, here is my question for you this month...how can we, the Andover Senior Center communicate better to the Baby Boomers and Seniors in and around the Andover area that we are not old and boring...we are fun, happy, interesting people that enjoy being around other people and having fun? How do we share the word that for a \$10 membership here, they can enjoy so many activities, events, educational presentations and much, much more? Let me know if you have an idea or two; I'd love to hear them!

Sonya Drake, Director AND fellow Baby Boomer

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

WEEKLY ACTIVITIES AT THE CENTER!

HAPPY ANNIVERSARY

Rick & Robbie Franks 5/2
Wade & Donna Brodin
5/12
Joe & Susan Andrews
5/13
John & Linda Hope 5/29
Richard & Lisa Bultmann
5/30

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 MAY

May 2/10:00 Donuts w/ Chief Keller
May 3/11:45 "Staying Social; How to Do It Right", Shannon w/ Humana
May 6/9:30 Board Meeting
May 7/11:45 "Financial Planning for Long Term Care" presented by Ashley, Glenn Carr House
May 7/1:00 Kitchen Meeting for ALL Kitchen Teams
May 8/10:00 Commodities
May 8/11:45 "How to Save \$5,000 or More on Medicare" by LakePoint of Augusta
May 8/12:30-1:30 Nail Painting by Victoria Falls
May 8/1:00 BUNCO
May 9/9:30-10:30 American Legion Veteran's Morning Coffee & Donuts
May 9/11:45 "Assisted Living, Fact vs Fiction" by Andover Court Assisted Living
May 10/11:45 presentation by Scott, Getaway Easy Travel
May 11/9 AM—2 PM ASC Trunk Sale
May 14/11:45 presentation by James Johnston, Design Benefits
May 14 & 28/7-9 PM MN Whist
May 15/5-7 PM ASC Fried Chicken Fundraiser (Please note time change)
May 17/11:00 ASC General Membership Meeting
May 21/10-11 AM **"Hand In Hand" Caregiver Support Class presented by Stacia, Angels Care Home Health. This is a great class for ALL caregivers!**
May 22/9:30 Foot Lady for toenail care. Cost is \$25 per person, You must call Michelle Steinke 316.946.0722 and schedule an appointment.
May 23/10-11AM "Tips for Compliance on 3 Common Meds" presented by Stacia, Angels Care Home Health
May 24/11:45 "Don't get Scammed (Telephone & Internet Scams)" presented by Marci, Home Health & Hospice KS
May 30/11:45 "Preparing to Downsize" presented by K. Ambrose, Empowered Seniors
May 31/11:00 Birthday Cake for May Birthdays provided by LifeCare Center
May 31/11:45 presentation by Genie Brazell, Hempworx

HAPPY BIRTHDAY

Lena Arnn 5/1
Lori Eakes 5/3
Caroline Hale 5/5
Lorraine Tulimiero 5/5
Jean Norton 5/11
Del Chinn 5/14
Terry Davis 5/15
Don Vesper 5/15
James Dake 5/16
Bill Lewis 5/17
Sarah Lewis 5/17
Helen Martin 5/17
Janice Ramsey 5/18
Gayle Galligher 5/20
Mary Little 5/20
Angie Wormhoudt
5/21
Linda Whitacre 5/22
Delores Bushey 5/27
Debra Higgs 5/28

How to Save \$5,000 or More on Medicare

Please join us on **Wednesday, May 8th, 11:30**
as **LakePoint of Augusta & Steve Henry**
present:

How to Save \$5,000 or More on Medicare

As a senior we are all on a limited budget which means we are watching every penny we spend. Wouldn't it be nice finding a way to save money; especially through our Medicare plan that we need? Join us and learn how this might work for you!

Tips on Compliance of 3 Common Meds

It is estimated that 3 out of 4 Americans do not take their medications as directed. Is there damage or consequences for not taking your medications properly? Join us as Stacia shares:

"Tips on Compliance of 3 Common Meds"

will be held on **Thursday, May 16th 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:

May 21—Hand in Hand

June 18th—Grief

July—The Natural State of Doing

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

ATTENTION ALL BOOK LOVERS...

Recently the Andover Public Library donated several large print books AND audio books to the Andover Senior Center. If you love to read but struggle with reading the small print or would rather just listen to a story, you should stop in and see the variety of books we have available! All books and audio books are available to checkout!

Glen Carr House,
Part 3 of a 3 Part Educational Series
presented by Glen Carr House

Tuesday, May 7th, 11:45
The Ins & Outs of Long-Term Care Financial Planning: How to plan/pay for long-term care, how to protect your assets & different kinds of trusts available to protect assets.

Nail Painting
provided by
Victoria Falls
Wednesday, May 8th
12:30-1:30

This is FREE to all who would like their nails looking pretty for spring!



"Spence, I want you to be completely dishonest. How do I look?"

All About The Members!

CBD;

What is it and How can it help me?

Presented by Genie Brazell, Hempworx
Friday, May 31st, 11:45

Genie Brazell is an affiliate for Hempworx. Hempworx has amazing CBD products which all come from the hemp plant. It is a supplement that many people are using to change the way they feel. Genie will be coming to give information and testimonials about these products.



IS YOUR HOME SAFE????

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

Did you know more than 18,000 Americans die every year from injuries that take place in the home?



FREE

for
Andover/BuCo Dist. 1
Residents
Provided by:



To Schedule - Call:
(316) 733-1863

Call Capt. Rocky Craig, Andover Fire-Rescue, 316.733.1863 to schedule your FREE Home Inspection today!

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!**



ANDOVER SENIOR CENTER TRUNK SALE

MAY 11, 2019

9:00 AM—2:00 PM

Interested in joining us for a little spring cleaning! This is a great and EASY way to clean out closets, drawers, basements and put a little extra jingle in your pocket!

How does this work? Just reserve your spot, fill up your trunk with treasures (you may also bring a small table to set out) and come out for a good time! Cost for a parking space is \$10; we are limited to 30 spaces and filling up fast! Call or stop by the ASC office and reserve your spot today!

Elder Abuse/Part Four

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.

What is the Long-Term Effect of Abuse:

Most physical wounds heal in time. But, any type of mistreatment can leave the abused person feeling fearful and depressed. Sometimes, the victim thinks the abuse is his or her fault. Protective services agencies can suggest support groups and counseling that can help the abused person heal the emotional wounds.

For more information about Elder Abuse and where to get help:

Eldercare Locator

1.800.677.1116 (toll-free)

<https://eldercare.acl.gov>

National Center on Elder Abuse

1.855.500.3537 (toll-free)

ncea-info@aoa.hhs.gov

<https://ncea.acl.gov>

National Adult Protective Services Association

1.217.523.4431

www.napsa-now.org

National Domestic Violence Hotline

1.800.799.7233 (toll-free, 24/7)

1.800.787.3224 (TTY/toll-free)

www.thehotline.org/get-help

U.S. Dept. of Justice

1.202.514.2000

1.800.877.8339 (TTY/toll-free)

elder.justice@usdoj.gov

www.justice.gov/elderjustice

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

All About The Members!



Happy Birthday To You

Happy Birthday To You!

In celebration of all Andover Senior Center members who have a birthday in May,

birthday cake will be served

Friday, May 31st during lunch courtesy of LifeCare Center of Andover.

MARK YOUR CALENDAR!

WEDNESDAY

MAY 8TH

1:00-3:00 PM

BUNCO!

FRIDAY

MAY 17, 11:00 AM

GENERAL MEMBERSHIP MTING

WE WILL BE VOTING ON AMENDMENTS TO OUR CURRENT BY-LAWS. IF YOU ARE A MEMBER OF ASC, PLEASE PLAN ON ATTENDING...WE NEED YOUR VOTE!

American Legion, Post 406

The American Legion BINGO game will be Saturday, May 11, 4-7 PM. Come on over and join us!

The American Legion, Post 406 will host a Veteran's Coffee & Donuts Thursday, May 9th, 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, Post 406 will no longer be serving a Saturday morning breakfast. Currently they are working on other events they might offer in place of the breakfast. We will keep you updated on what is planned for the future!



ASC Bulletin Board

Spring is here...

Time to get up and active!

We all seem to become more health conscious when Spring rolls in and the fresh air is calling us. If you would like to start exercising but really don't want to exercise by yourself, we can help!

Monday, Wednesday and Friday
10:00-10:45 AM

Regular Exercise to DVD
"Older and Much Wiser Workout for Active Older Seniors".

Tuesday and Thursday
3:30-4:30 PM
Balance Class w/
WSU Physical Therapist Instructors.
We hope you will 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?

Flavored Rice
Flavored Pasta Salads
Fruit Cups
Lemonade Mix
Dawn Dishsoap
Paper Towels
Napkins
Plastic Ware
Paper Plates
Copy Paper



ANDOVER SENIOR CENTER SPOTLIGHT!



Above: Wow...we had some special celebrations going on in April! We celebrated Ruth's 99th birthday, wore blue shirts showing our support for Child Abuse Prevention Month and celebrated Eldon's 96th birthday!

Below: The Annual Spring Tea was a huge success. The decorations were beautiful, the food was delicious and all had a wonderful time! A big thank you to Karen for putting this together!



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)

(Signature)

Date signed _____

Thank You for Your Membership!



**Andover Area
Old Fashioned Senior Fair**

**Wednesday
JUNE 26, 2019**

4-6 PM

Andover Senior Center

Games, Prizes, Food,

Fun & Fellowship...

Come join us!



We Are On The Search...

We are looking for a volunteer or two in the following areas:

Volunteer to teach crafts the 2nd Monday of the month from 12:30-1:30

Volunteer to play the organ one day a week or month so we can enjoy the beautiful organ we have at the center.

Volunteer to organize and display greeting cards.

Volunteer to organize into a scrapbook the news articles and photos we have of the senior center through the year.

If you know of someone who might be interested, please let us know!

What's happening around town...



Getaway Easy
TRAVEL

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, May 10th** 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 past months, Scott shared tips with us on how to reduce stress when traveling by air and car as well as what REAL ID is and why it is recommended to have one. This month he'll be sharing tips on **"Traveling with Grandchildren."** You can also learn about their upcoming 2019 getaways.

ANDOVER SENIOR CENTER **FRIED CHICKEN FUNDRAISER**

The Andover Senior Center will be serving Fried Chicken for our May 15th Fundraiser. We are trying out a new time for our fundraiser and need your help to make this a success!

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 evening of by greeting our guests, making sure we have water, tea and coffee available throughout the event, come in the afternoon 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!

MAY 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
Reminder: Menu is subject to change!	The May Fundraiser will be Wednesday, May 15th from 5-7 PM. Please see attached flyer.	1 Turkey Clubhouse Salad Breadsticks Dessert	2 Cajun Oven Fried Chicken Mashed Potatoes Cookies	3 Biscuit & Sloppy Joe Casserole Chips Ice Cream Bars
6 Louisiana Chick- en & Okra Saute Flavored Rice Peaches	7 Skillet Fish w/ Corn Relish Salad French Fries Root Beer Float	8 Hash Brown Quiche Fresh Fruit Dessert	9 Southwestern Pork & Black Bean Stir- Fry Buttered Noodles Cake	10 Sour Cream Chicken Enchila- das Broccoli Jello
13 Tuna Divan Cres- cent Squares Salad Cooked Carrots 1/2 Banana	14 Pancakes Sausage Fresh Fruit	15 Green Bean & Chicken Casserole Hash Browns Dessert	16 Easy Jambalaya Corn Bread Green Beans Pudding	17 Corn Dog Casserole Tater Tots Salad Cake
20 Chicken Caesar Salad Crescent Roll Strawberry & Blue- berry w/ Whipped Cream	21 Scrambled Eggs Ham Fresh Fruit	22 Cook's Choice	23 Honey-Mustard Chicken & Carrots Baked Potato Fruit Cocktail	24 Pigs N the Blan- ket Chips Cole Slaw Brownies
27 ASC CLOSED FOR MEMORIAL DAY!	28 Cheeseburger French Fries Root Beer Float	29 Chicken & Wild Rice Soup Bread & Butter Dessert	30 Biscuits w/ Sausage -Apple Gravy Sliced Tomato Yogurt w/ Berries	31 Turkey, Bacon & Cheese Sandwich Potato Salad Pudding



MOVIE MONDAY'S IN MAY

MONDAY, MAY 6, 2019

O'Hara's Wife

Tragedy curtails Bob (Ed Asner) and "Harry" O'Hara's (Mariette Hartley) plans for a second honeymoon. For the first time in many years, enough time has been set aside for an extended vacation. During the excitement of their last-minute preparation Harry collapses to the floor unable to move or speak. Unable to cope with the death of his wife Bob finds himself no longer enjoying life. One day, Bob catches himself talking as though his wife were still there to hear him. A noise interrupts one of his "conversations" and a surprise ascends the stairs-one that forever changes his life and future.

MONDAY, MAY 13, 2019

NO MOVIE TODAY!

MONDAY, MAY 20, 2019

National Velvet

As long as young hearts endure, so will National Velvet and movies like it. In her starmaking role, Elizabeth Taylor plays Velvet Brown, a wide-eyed adolescent who, assisted by her jockey pal (Mickey Rooney), trains Pie, a horse she won in a raffle, for the Grand National Steeplechase. Of course, no girl can ride in the National can she? Yet Velvet, posing as a boy, assuredly does.

MONDAY, MAY 27, 2019

NO MOVIE TODAY; CLOSED FOR MEMORIAL DAY!

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
FRIED CHICKEN SUPPER
WEDNESDAY, MAY 15TH**

5:00-7:00 PM

**Fried Chicken
Mashed Potatoes & Gravy
Corn
Dinner Roll
Dessert
Tea or Water**

Suggested Donation/\$7.00

The Andover Senior Center is an IRS approved 501c3. We are financed by donations, memorials, fundraisers, grants and special events. We appreciate you dining with us on this special evening in support of the Andover Senior Center.

THANK YOU!



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

Bits & Pieces!

Empowered Senior Series:

Hosted by:

Randy & Katherine Ambrose

The Truth About...

May 16th/Staying Independent as You Age

June 13/Communicating with Adult Children

July 11/Home Health and In-home Care

August 8/Decluttering Your Home

September 12/Liquidating the Extra Stuff

October 10/Avoiding Scams and Protecting Your Assets

November 14/Living, Dying & Leaving a Legacy

December 1/All Things Senior Living (3:00-4:00 pm)

All classes are held from 10:00-11:30 AM (with the exception of December) at Botanica Wichita, 701 Amidon St., Wichita, KS
Call 316.686.4500 to reserve your seat!

FREE ADMISSION!

MARK YOUR CALENDAR!

**Friday, September 27th
Is the
Greater Andover Days
BINGO event
Sponsored by the
Andover Senior Center
More details to come!**

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...

Valuable is the work you do,

Outstanding in how you always come through.

Loyal, sincere and full of good cheer,

Untiring in your efforts throughout the year.

Notable are the contributions you make,

Trustworthy in every project you take.

Eager to reach your every goal,

Effective in the way you fulfill your role.

Ready with a smile like a shining star,

Special and wonderful– that's what you are!

