

JUNE 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

"How lucky I am to have something that makes saying goodbye so hard."

- Winnie the Pooh

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

Inside this issue:

Activities	2
Activities	3
Members	4
Members	5
Bulletin Board	6
Happenings	7
Happenings	8
Lunch Menu	9
Movie Monday	10
Monthly Fundraiser	11
.Bits & Pieces	12

Blessed...I can't think of a better word to describe how I feel about the last three and a half years, getting to know and work with the Andover Senior Center, the Andover community and Butler County. It has been an adventure!

Would you mind being patient with me as I relive some of my favorite memories of my time here?

My first day was Monday, February 1st, 2016...little did I know that over the next few years I would truly know the life stories of many of our members. Stories I will treasure forever. Jean sharing her travels to China as a nurse; Mary, her love of Bridge; Joye, the love she has for her family; Gordon, his jokes and shenanigans; Eldon, talking about his days of square dancing and Arizona...I could go on and on. Looking out into the lunchroom, I see members who struggled when they first signed up at the center, making sure I knew they would not be coming every day but thought they would check the place out...they are now part of our "regulars" here at the center.

Working on fundraisers and having so many people in the kitchen, you could barely turn around without bumping into someone. My first fundraiser dressed up in a sombrero, poncho and face paint...I think this was probably the first time of many that our members knew I never miss an opportunity to have fun while getting people to smile. Of course some of my other favorite memories are doing the Hokey Pokey with our Balance Class and singing "Zippity Doo Dah" (off key or course), giving the BINGO group a hard time by calling an off letter and number and making sure no one was cheating at Pinochle or Pool...oh, it has been fun...it has been fun!

I've cried with many of you at the loss of loved ones, members who have been a part of this center for years...our extended family. I've listened to your concerns, fears, announcements of joy...I've prayed with you, laughed with you, met your family...became a part of your family. Thank you for sharing your lives with me.

I won't say goodbye...that sounds to final...I'll end by saying...until we meet again my extended family... take care and keep up the great work...you have an awesome center and I was proud to be a part of it!"

- Sonya Drake

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

HAPPY ANNIVERSARY

Miller, Lawrence &
Jennifer 6/3
Aarstad, Micheal & Dixie
6/6
Osborne, Larry & Karen
6/6
Kluess, Albert & Virginia
6/12
Sperlazza, Michael &
Treva 6/13
Craddock, Robert &
Louise 6/14
Dunbar, James & Adeline
6/14
Bushey, Roland &
Deloras 6/15
Kaplan, Bob & Carolyn
6/21
Liebherr, Gunter &
Sheilah 6/21
Vesper, Don & Dee 6/23
Jefferson, Bob & Cheryl
6/26

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 JUNE

June 3/9:30 Board Meeting
June 3/11:45 "Scams" presented by Marci Bacon, Home Health & Hospice/KS
June 5/11:45 presentation by Hearing Group
June 5/1:30 Andover Senior Center Kitchen Team Meeting
June 6/10:00 Donuts w/ Chief Keller
June 6/11:45 presentation by Andover Court Assisted Living
June 7/11:45 "Boosting Your Mood with Food & Fitness", Shannon w/ Humana
June 11/11:45 "Annuities" presentation by James Johnston, Design Benefits
June 12/10:00 Commodities
June 12/11:45 "Benefits of Owning a Pet as a Senior" by LakePoint of Augusta
June 12/12:30-1:30 Nail Painting by Victoria Falls
June 12/1:00 BUNCO
June 13/9:30-10:30 American Legion Veteran's Morning Coffee & Donuts
June 14/11:45 presentation by Scott, Getaway Easy Travel
June 18/10-11 AM **"Grief" Caregiver Support Class presented by Stacia, Angels
Care Home Health. This is a great class for ALL caregivers!**
June 19/11:00-1:00 ASC Monterrey Fundraiser **(Please note time change)**
June 20/10-11AM "Beat the Heat" presented by Stacia, Angels Care Home Health
June 21/11:00 ASC General Membership Meeting
June 21/11:45 presentation by Susan B. Allen Hospital
June 26/9:30 Foot Lady for toenail care. Cost is \$25 per person, You must call Michelle
Steinke 316.946.0722 and schedule an appointment.
June 26/4-6 PM Andover Area Seniors Old Fashioned Fair
June 27/9-11:30 Hearing Tests provided by Hearing Group (You must sign up for this
service; there is a sign up sheet in the Activity area)
June 28/11:00 Birthday Cake for May Birthdays provided by LifeCare Center June
28/11:45 "Managing Asthma During the Summer" presented by Marci, Home Health &
Hospice KS

HAPPY BIRTHDAY

Kaplan, Bob 6/1
Novak, Robert 6/1
White, Lee 6/1
Canady, Mary 6/4
Schaeffer, Harold 6/4
Stuenkel, Bill 6/6
Davis, Bill 6/7
Smith, Linda 6/8
Owens, Royal 6/10
Boone, Ken 6/13
Brown, Annabelle 6/15
Gregory, Frank 6/16
Durflinger, Donna 6/17
Brooks, Lyn 6/18
Coleman, Tracy 6/18
Eades, Bill 6/18
Osborne, Karen 6/18
Bohrer, Karen 6/21
Black, Roger 6/23
Andrews, Joe 6/24
Black, Brenda 6/25
Stevenson, Cathy 6/27

Benefits of Owning a Pet as a Senior

Please join us on **Wednesday, June 12th, 11:45**
as **LakePoint of Augusta presents:**

Benefits of Owning a Pet as a Senior

Did you know there are many healthy benefits in owning a pet as a senior?

Did you know it can improve your health and happiness? Come and learn with us the benefits of having a dog, cat or both!



Beat the Heat

Too much heat is very risky for seniors, especially if you have health problems. Join us as Stacia shares:

“Beat the Heat”

will be held on **Thursday, June 20th 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 summer!



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:

June 18th—Grief

July—The Natural State of Doing

August—Keeping the Peace

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

.What? What Did You Say? Huh?

Do you feel that is what you say on a regular basis? If so, wouldn't you like to know if you need a hearing aid? Life is much better when we can actually hear what is going on!

Hearing Group will be providing hearing tests, Thursday, June 27th from 9-11:30 AM. You must sign up for this service. Sign up sheet is located in the Activity area.

DONUTS WITH THE CHIEF

Join us **Thursday, June 6th, 10:00** as **Chief Keller** shares what's going on in and around Andover. We'll have the coffee on, ice tea made and Chief will be bringing the donuts...see you there!



Nail Painting provided by

Victoria Falls
Wednesday, June 12th
12:30-1:30

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



All About The Members!

Managing Asthma During the Summer

Hot, humid air may trigger asthma symptoms like coughing and shortness of breath. Learn how to keep summer asthma symptoms at bay by joining us:

Friday, June 28th

11:45 AM

Andover Senior Center

Marci Bacon, Home Health & Hospice/KS will be sharing with us the importance of taking care of our asthma during the summer so we can enjoy an active, outside summer season!

FREE BLOOD PRESSURE CHECKS

EVERY TUESDAY MORNING,

10:00-11:30 am, PROVIDED BY

INTERIM HOME HEALTH & HOSPICE

FREE CAREGIVER CLASSES

THIRD TUESDAY OF EVERY MONTH

10:00-11:00 AM

PROVIDED BY:

ANGELS CARE HOME HEALTH & HOSPICE

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

July 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!

Below is a few of the other lab tests they can perform that morning:

Basic Wellness Bundle: \$20, Glucose/Liid, A1C

CRP (C-Reactive Protein), \$5, Screening for inflammatory responses

Vitamin D: \$15, Nutritional significance and osteoporosis

TSH: \$10, Identification of thyroid disease

PSA: \$5, Monitors patients with risk of prostate cancer

Insulin: \$18, Useful for management of diabetes

Getting Your Meds for Less

If you've filled a prescription recently, you know how expensive medications can be. Some cost hundreds or even thousands of dollars, leaving many people unable to afford their medicines. A GoodRX survey found that one-third of americans had skipped filling a necessary prescription due to cost.

Luckily, there are several different ways to reduce your costs, making your prescriptions more affordable.

1. **Ask for the generic.** When your doctor writes your prescription, he may write you a script for a brand-name medication, since that's how they're commonly known. If that's the case, be sure to ask for a generic version at the pharmacy rather than the name-brand drug. The generic version works just as well as the name brand on but can cost a fraction of the price.
2. **Comparison shop.** Many people have a local pharmacy that they go to for every prescription due to its convenience. However, sticking to just one store can cost you.
3. **Use a discount pharmacy card.** If you don't have insurance, or your insurance won't cover a particular medication, don't dig into your savings or hand over your credit card. Instead, use a discount pharmacy card.
4. **Check for manufacturer coupons.**
5. **Apply for assistance programs.**
6. **Request a sample.**
7. **Shop online.**

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 June,
birthday cake will be served
Friday, June 28th during lunch
courtesy of LifeCare Center of Andover.**

MARK YOUR CALENDAR!

**MN WHIST IS CANCELLED
JUNE—SEPTEMBER.**

**TOE NAIL CARE
WEDNESDAY, 9:30 AM
YOU MUST CALL AND MAKE AN
APPOINTMENT!**

I see trees of green, red roses too

I see them bloom for me and you

*And I think to myself, What a Wonderful
World.*

- Louis Armstrong



American Legion, Post 406

**The American Legion BINGO game
will be Saturday, June 8th & June 22,
4-7 PM. Come on over and join us!**

**The American Legion, Post 406 will
host a Veteran's Coffee & Donuts
Thursday, June 13th, 9:30-10:30 AM. If you are a vet-
eran or somehow related to a veteran, you are encour-
aged to attend and "chew the fat" with fellow veterans!**



ASC Bulletin Board

BINGO!

The Andover Senior Center offers BINGO Friday afternoons, 1-2 PM. We have many people who come to play the game, have fun and possibly go home with a prize or two.

The BINGO prizes we give out are donations that members and others around our community donate to the center specifically for this weekly game.

Interested in donating prizes but not sure what to donate? Here is a few suggestions for BINGO prizes:

Fresh Fruit/Veggies (please don't bring over until day of BINGO)

Microwave Meals, Snackables, Canned Meats
Chips, Cookies, Candy, Snacks, Soda Pop

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?

Copy Paper
Monetary Donations for
Toner (Printer)
Jello
Butter
Frozen Veggies
Frozen Fruits
Coffee, Regular and/or Decaf
Tea Bags
Paper Plates



ANDOVER SENIOR CENTER SPOTLIGHT!



Above: We mixed things up a bit by having our May fundraiser as an evening meal but boy oh boy...it was a HUGE success! We had more people than chicken...but that's ok, we will plan accordingly for our next Fried Chicken Fundraiser!

Below: A BIG thank you to the 1st graders at Martin Elementary School for the lovely May Day baskets they made for our seniors. We love them!



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!

Thank you to our participants:

ABC Plumbing, American Sr. Benefits, Angels Care
Home Health, Glen Carr House, Harry Hynes Hospice,
HearingLife, Heartland Research, Heritage Funeral
Home, Home Health & Hospice/KS,
Interim Home Health, LakePoint Augusta,
Regent Rehab, Rosewood Cottage and
Susan B. Allen Hospital



New Medicare Supplements:

Medigap Plan M could be beneficial for people who don't anticipate any hospital stays or surgeries in the near future. It may also be good for those who frequently visit the doctor. Other highlights of Medigap Plan M include no co-payments for office or emergency room visits, full coverage of all basic Medicare benefits and 50% coverage of Medicare Part A deductible. It doesn't cover any of the Medicare Part B deductible or Medicare Part B excess.

Medigap Plan N can be a good option for those who seek low out-of-pocket expenses and no network restrictions and other options.

If you would like to know more about these supplements, please contact Steve Henry, LBC,
316.686.5433

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, June 14th** 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 about upcoming trips! Throw on your shades, grab the suntan oil and camera and head this way to learn more about some cool trips taking place this year.

**ANDOVER SENIOR CENTER
MONTERREY FUNDRAISER**

The Andover Senior Center will be serving Monterreys for our June 19th 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!

JUNE 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
3 Cheeseburgers French Fries Root Beer Floats	4 Sauerkraut & Hot Dogs Fried Potatoes Corn Cake	5 Biscuits & Sausage Gravy Scrambled Eggs Cantaloupe & Honeydew Dessert	6 Salad Pork Tenderloin Baked Potato Zucchini Coins Cake	7 Taco Salad Spanish Rice Watermelon
10 Chicken Enchilada Refried Beans Cilantro Rice Peaches	11 Pulled Pork Sandwich Cucumbers & Onions Potato Salad Brownies	12 Salad Spaghetti Garlic Bread Green Beans Dessert	13 Tuna Salad Wrap Chips Cheaters Boston Crème Pie	14 Sloppy Joes Potato Chips Pork N Beans Applesauce
17 Salad Baked Fish Filets Peas & Carrots Hot Rolls Chocolate Pudding	18 Hamburger Patty Mac & Cheese Green Beans Sherbert	19 MONTERREY FUNDRAISER!	20 Cook's Choice	21 Chicken Salad Sandwich Fried Potatoes Corn Fruit Cocktail
24 Red Beans & Rice w/ Sausage Coins Broccoli Strawberry Shortcake	25 Chicken Quesadilla Black Bean Salad Spanish Rice Vanilla Pudding w/ Wafers	26 Salad Tater Tot Casserole Green Beans Dessert	27 Ham N Beans Cornbread Blueberry Sundae	28 Salad Beef & Noodles Roasted Potato Wedges Brussel Sprouts Ice Cream Sand.
				Reminder: Menu is subject to change!



MOVIE MONDAY'S IN JUNE

MONDAY, JUNE 3, 2019

Hachi, A Dog's Tale

Based on a True Story

A film based on one of the most reassured and heartwarming true stories ever told. Richard Gere stars as Professor Parker Wilson, a distinguished scholar who discovers a lost Akita puppy on his way home from work. Despite initial objections from Wilson's wife, Cate, Hachi endears himself into the Wilson family and grows to be Parker's loyal companion.

MONDAY, JUNE 10, 2019

NO MOVIE TODAY!

MONDAY, JUNE 17, 2019

Patch Adams

Meet Patch Adams, a doctor who doesn't look, act or think like any doctor you've met before. For Patch, humor is the best medicine, and he's willing to do just about anything to make his patients laugh—even if it means risking his own career. Based on a true story, Patch Adams combines sidesplitting humor with an inspiring story that transcends the traditional comedy.

MONDAY, JUNE 24, 2019

Still Mine

This is a love story based on actual events that proves love is the ultimate triumph. Determined to build a more suitable house for his wife Irene, whose memory is failing, Craig Morrison is met with resistance from an overzealous government inspector. Facing a possible jail sentence, and with Irene becoming increasingly ill, Craig races to finish the house in this beautiful story filled with heart and humor.

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, JUNE 19TH, 2019

11:00 AM TO 1:00 PM

at the

Andover Senior Center

410 N. Lioba

Andover, KS

FOR A DELICIOUS LUNCH!

Monterrey & Dessert

Tea or Coffee

Cans of pop are available/.50 cents

Suggested Donation is \$5.00

WE HOPE TO SEE YOU THERE!

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...

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...

Brain Teasers

First I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside, what did I eat?

- 1: What can you hold without ever touching or using your hands?
- 2: A man is pushing his car along the road when he comes to a hotel. He shouts, "I'm bankrupt!" Why?
- 3: Imagine you are in a dark room. How do you get out?
- 4: A girl who was just learning to drive went down a one-way street the wrong way but didn't break the law. How come?
- 5: Which word in the dictionary is spelled incorrectly?
- 6: A sundial has the fewest moving parts of any timepiece. Which has the most?
- 7: What is always coming but never arrives?

Answers:

1. Ear of corn 2. Breath 3. He's playing Monopoly 4. Stop imagining 5. She was walking 6. Incorrectly 7. Hour Glass with a thousand grains of sand 8. Tomorrow