

AUGUST 2019



2019 Board of Directors

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- * Dixie Aarstad
Vice President
- * Pat Huck/Treasurer
- * Rita Herl
Secretary
- * Wade Brodin/Trustee
- * Ralph Rust/Trustee
- * Glenn Williams/
Trustee
- * Karen Osborne/
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Andover Senior Center

The MONTHLY REVIEW



JEANNIE...WHO??

Look Who is new to our family...

I am a Native of Kansas. Attended all of my primary years of school in Augusta. I studied at Augusta High School and Butler County College. I am married to my wonderful soul mate, George. We have three adult children and I am blessed to be "Gigi", to four beautiful grandchildren. I enjoy entertaining, because, who doesn't love a good party!

"Day by day I realize more and more that nothing really matters in this world except love—the love we receive from others and the love that we give in return" —Helen Steiner Rice

-This is how I feel...true treasure is in the heart. My heart is here with you...Who?...YOU! I love people. I can feel the love in each one of you as you graciously welcome me into your family!

Thank YOU...Who?...

Yes, each of YOU that's **who!**

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

HAPPY ANNIVERSARY

Hicks, David & Linda
8/12
Linden, Robert
& Brigitte
8/18
Thompson, Al & Mary
Ann
8/23
Stuenkel, Bill & Pat
8/31

HAPPY BIRTHDAY

Notz, Dolores 8/1
Daniel, Ralph 8/4
Gobel, Don 8/5
Boone, Diane 8/6
Crowell, Don 8/6
Gile, Dennis 8/11
Sperlazza, Michael 8/12
Gobel, Helen 8/13
Dimercurio, Karen 8/17
Elliot, Kurt 8/17
Stout, Lee 8/17
VanNordstrand, Martha
8/19
Cunningham, Ken 8/20
Coupland, Nancy 8/22
Kluess, Albert 8/22
Ground, George 8/23
Schulze, Susie 8/26
Orange, Virginia 8/27
Schwein, Ruby 8/27
Bultmann, Richard 8/29
Jefferson, Cheryl 8/30
Knight, Carl 8/30
Minton, Barbara 8/30
Carlson, Lynda 8/31
Ralston, LeMoine 8/31

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 Lunch
12:30-1:30 Memory Café & Fun Seekers
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
12:15 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!

☺ DID YOU KNOW:

On Aug. 5, 1957, rock 'n' roll television show "American Bandstand" goes national with teens dancing and rating records on a scale from 35 to 98. The show was broadcast from Philadelphia to 67 ABC affiliates across the country. Dick Clark was host, a slot he held for 27 years.

SPECIAL ACTIVITIES IN AUGUST

Aug 1/10:00 Coffee and Donuts with the Chief
Aug 5/9:30 Board Meeting - *members welcome to attend*
Aug 6/6:00-8:00 National Night Out - Burgers and Bingo
Aug 7/1:30 Kitchen Meeting - *all volunteers please plan to attend*
Aug 8/ 11:30-12:30 Q & A with ASC Vice-president
Aug 9/11:30-12:30 Get Away - "Easy Travel Ideas"
Aug 13/11:30-12:30 Design Benefits
Aug 14/10:00 Commodities
Aug 14/10:30-11:30 Nail Painting by Victoria Falls
Aug 15/10:00-11:00 Angels Care Home Health
Aug 16/11:00 ASC General Membership Meeting
Aug 16/1:00 Bingo with guest caller Ashley!
Aug 21/11:00-1:00 Monterrey Lunch **FUNDRAISER**
Aug 22/11:30-12:15 Serenity Hospice "Looking for Volunteers"
Aug 27/11:45 Glen Carr House "Financial Planning"
Aug 28/Foot Care: by Michelle
Aug 30/11:30-12:30 Birthday Celebration Cake provided for August Birthdays

Donuts with the Chief**Join us****Thursday****August 1st at 10:00 am****Glen Carr House****Financial Planning****Tuesday, August 24th, 11:45 am****Strong Bones & Muscles for Healthy Aging**

Our bone health changes as we are aging, and so do our muscles and joints. Join us as Stacia shares:

“Strong Bones & Muscles for Healthy Aging”**Thursday, August 15th from 10-11 AM**

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!

ANDOVER NATIONAL NIGHT OUT**TUESDAY, AUGUST 6, 2019****Our theme will be****“Burgers & Bingo”****6:00pm-8:00pm**

**Nail Painting
provided by
Victoria Falls**



**Wednesday, Aug. 27th
NEW TIME: 10:30-11:30**

**This is FREE to all who would like
their nails looking pretty**

CAREGIVER SUPPORT PROGRAM

Most families are unprepared for the drastic changes in their life brought on by various diseases and conditions. 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.

Upcoming *topics for this 16 Class Course are:*

August 20—Keeping the Peace**September 17—The Behaviors**

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

All About The Members!

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?

Tea Bags
Lemonade
Jello
Pudding
Canned Soups
Individual Size Fruit Cups
Dawn Dish Soap
Clorox Wipes
BINGO prizes such as chips, cookies, candy,



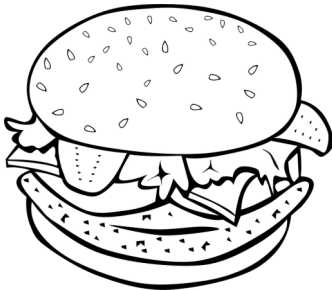
Come and celebrate
the August Birthday's with us
from 11:30 - 12:30 on the 30th!

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!**

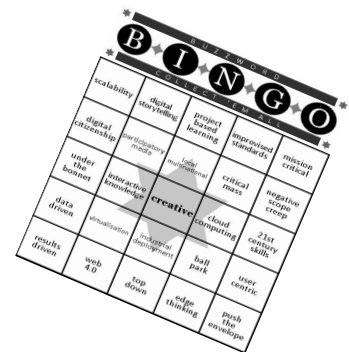
MARK YOUR CALENDAR!

TUESDAY, AUGUST 6TH, 2019
ANDOVER NATIONAL NIGHT
OUT
AT THE
ANDOVER SENIOR CENTER.
THEME WILL BE



Burgers and Bingo

This is a fun event held every year in the summer where your neighbors gather as well as the Andover Police and Fire Dept to get to know each other better. We hope you will join us!



Is There a Virtual Doctor in the House?

Back in the 1940's, 40% of physician visits were house calls. This trend declined over the next two decades, but now it's resurfacing in a whole new way. Your doctor can now visit you at home-virtually. Using your smartphone, tablet, or any similar electronic device that has a camera, you can visit a doctor without leaving home. This method, called telemedicine, is exploding in the United States. According to the American Telemedicine Association, at least 200 telemedicine networks now serve 3,500 sites. Of course, telemedicine is not appropriate for complaints such as wounds, chest pains, or broken bones. However, virtual visits offer many advantages for an initial visit if you have a minor, temporary health issue, such as cold or flu, sore throat, headache, back pain, diarrhea or vomiting, rash, or pink eye.

What are the advantages of telemedicine? Convenience is major, especially if you live in a rural area or if leaving home is difficult. In addition, you save driving time, and you avoid sitting in a doctor's waiting room, exposed to other patients' illnesses.

Further, your doctor can easily monitor any chronic condition you have, such as high blood pressure, and you can often get a second opinion from an expert no matter where that health care professional lives.

Finally, telemedicine saves money. According to Berkeley Wellness at the University of California, doctors often charge less than half the cost of an office visit for a telemedicine consultation.

If you think telemedicine might work for you, contact your health insurer to see whether they offer this technology.

This article was provided by LBC Medicare News, April 2019.

If you would like more information or would like to receive other news articles regarding Medicare, please contact Steve Henry, Liberty Benefit Consultants, 316.686/5433/

All About The Members!

Just a Reminder

NEW

Andover Senior Center Members

Receive a FREE lunch ticket

courtesy of Senior Center of Andover.

Invite a friend to join TODAY!



FOOT CARE

Nail Trimming

Corns

Calluses

Michelle Steinke will be here

August 28th at 9:00 AM

Come in the morning and have

Happy Feet All Day Long



American Legion, Post 406

The American Legion BINGO game will be Saturday, August 10th & 24th 4-7 PM. Come on over and join us!

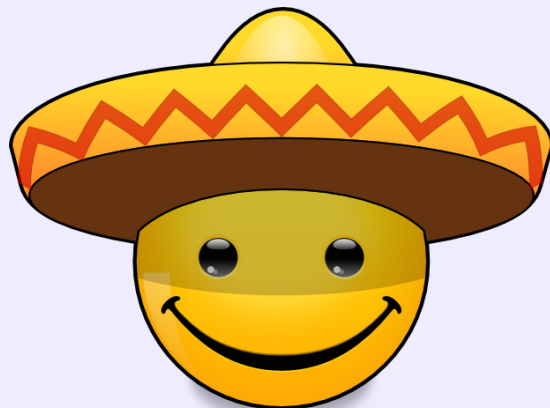
The American Legion, Post 406 will host a Veteran's Coffee & Donuts Thursday, August 8th, 9:30-10:30 AM. If you are a veteran or somehow related to a veteran, you are encouraged to attend and "chew the fat" with fellow veterans!



ASC Bulletin Board

Monterrey Lunch

August 21st 11:00am to 1:00pm



ANDOVER SENIOR CENTER SPOTLIGHT!



Above: Everyone loves the Monterrey Fundraiser! We will share a laugh or two and enjoyed seeing friends, old and new! Of course, our Kitchen team is a little too serious...or not...and we always count on Margit along with her helper Cole to make sure there is enough for everyone!

August 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.

Reminder: Menu is subject to change!

COME JOIN US FOR LUNCH!

Mon	Tue	Wed	Thu	Fri
			1 Turkey Bacon & Chez Sandwich Potato Salad pudding	2 Sauerkraut & Hot Dogs Fried Potatoes Corn Strawberry Short Cake
5 Ham & Cheese Sandwich Blackbean/Corn Salsa w/chips	6 Seasoned Grilled Chicken Breast Green Beans Salad	7 Hash Brown quiche Fruit	8 Sour Cream Chicken Enchilada Corn	9 Hamburgers/ Hot Dogs Surprise Sides Cake
12 BBQ Pulled Pork Mac and Cheese Chips Cookie	13 Chicken Casserole Salad Fruit	14 Meatball Cheesy Corn Noodles Fresh fruit Pudding	15 Turkey & Cheese Sandwich Chips Cake	16 Meaty Spaghetti w/ Salad Sweet treat-Cooks Choice
19 Baked Steak Baked Potatoes French Cut Green Beans Brownies	20 Meatloaf Mashed Potatoes Corn Cake	21 Monterrey Day 11:00-1:00 \$5.00 per Person Fundraiser	22 Soft Taco's w/refried beans Sweet treat-Cooks Choice	23 Sloppy Joes Chips Pudding
26 Rotisserie Chicken Cole Slaw Dinner Roll Cake	27 Chicken Caesar Salad Crescent Rolls Fresh Fruit	28 Bang Pork Short Ribs Baked Beans Cookie	29 Biscuits and Gravy Scrambled Eggs	30 Taco Salad Birthday Cake Provided by Park-west



MOVIE MONDAY'S

**MOVIE MONDAY
CANCELLED
THE MONTH OF
AUGUST...
WE'LL SEE YOU IN
SEPTEMBER!**



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!