



# ANDOVER SENIOR CENTER

JULY 2020

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**Kelli Larose, Director**

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## Welcome to July,

I wanted to share a couple thoughts because I've heard so many of my members talk about how difficult it is to see grandchildren less or simply not at all. I'm so sad you can't hug them, cuddle them, rock them or simply spend precious life minutes without fear that one of you could spread the virus to the other. There are 2 close substitutions for hugs to get you through; smiles and shared laughter. If you live in the moment, you know how great it is to see your grandchildren smile and laugh. If you are separated by living in different states, consider getting a journal and using this time to write them letters about your life. Tell them your stories, and your hopes and dreams for your second generation legacies. One day, your little people, teenagers, young adults and grown children will come to the phase in their lives where they will cherish the wisdom and history you left for them. Many of you are able to write to great grandchildren and great-great grandchildren! I truly believe you are our wisdom, our storyline, our beginning. You hold immeasurable value to your children, grandchildren, great grandchildren and on and on. You can help navigate a better future for Seniors by sharing with us your ideas on how we can make the future better. And, the present. Stay well and know that you are the compass. Keeping you all in my thoughts.

Kelli Larose



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

# JULY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Center Closed	4 <i>Fourth of July</i>
5 <b><u>TO GO MEALS ONLY THIS WEEK</u></b>	6 To-go meals resume	7	8 <i>Commodities</i> 9:30 Coffee Hour 11:30 Lunch 1:00 Bridge	9 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	10 9:30 Coffee Hour 11:30 Lunch	11
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19 <b><u>TO GO MEALS ONLY THIS WEEK</u></b>	20 9:30 Coffee Hour 11:30 Lunch	21 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	22 9:30 Coffee- Hour 11:30 Lunch 1:00 Bridge	23 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	24 9:30 Coffee Hour 11:30 Lunch	25
26 <b><u>TO GO MEALS ONLY THIS WEEK</u></b>	27 9:00-11:00 Coffee Hour 11:30 Lunch	28 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	29 9:00-11:00 Coffee Hour 11:30 Lunch 1:00 Bridge	30 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	31 9:00-11:00 Coffee Hour 11:30 Lunch	<b>THURSDAYS 7:00 Pitch Pool Players RESUME</b>

## JULY 2020 - Menu

Lunch is a suggested donation of \$5.00. Please call in your order the day before or the day of by 9:30. We appreciate your support and look forward to serving our members and community members!

Mon	Tue	Wed	Thu	Fri
29 Hot Turkey and Stuffing Open Faced Sandwich Corn Peach Crisp	30 Broccoli Cheese Soup Cheesy Biscuits Cucumber and Tomato Salad Fresh Strawberries	1 Karen's Monterrey Fresh Fruit Cookie	2 Beef Hot Dog Potato Salad Pickle Spear Strawberry Shortcake w/ Fresh Blueberries	3 <b>CLOSED IN OBSERVATION OF JULY 4th</b>
6 Sour Cream Beef Enchiladas Cilantro Rice Sweet Peppers w/ Ranch Lemon Bars	7 Baked Chicken Breast / Salad Corn Casserole Pie	8 Meatloaf Baked Potato Broccoli Dessert	9 Baked Fish Sweet Baby Carrots Mashed Potatoes Pina Colada Cheesecake Bars	10 Sloppy Joes Sun Chips Pork N Beans Kelli's Baked Apples and Cranberries
13 Salad Spaghetti w/ Meat Sauce Garlic Bread Carrot Cake	14 Patty Melt Roasted Potatoes Green Beans Apple Tart	15 Pulled Pork Sandwich Cucumbers & Onions Brownies Dessert	16 Salad Tater Tot Casserole Brussel Spouts in Garlic Parmesan Butter Pink Salad	17 Kelli's Chicken Salad w/Crackers Fresh Veggies Fresh Fruit Salad
20 Sausage Breakfast Casserole Fruit Cinnamon Roll	21 Chef Salad w/ Crackers Apple Slices w/ Peanut Butter and Honey	22 Chicken Chow Mein Casserole /Salad Corn Peach or Cherry Cobbler	23 Chicken Fried Steak Mashed Potatoes and Gravy Green Beans Smores Dip and Graham Crackers	24 Salad Beef & Noodles Roasted Potato Wedges Clementine slices
27 Meatloaf Singles Mashed Potatoes Gravy Crock Pot Corn Kelli's Baked Apples and Cranberries	28 Club Sandwich Sun Chips Roasted Squash Chocolate Raisin Pie w/Whipped Cream	29 Salad Lunch Broccoli & Cauliflower Frogeye Jello Salads Dessert	30 BBQ Beef Sandwich Coleslaw Deviled Eggs Watermelon	31 Broccoli Cheese Soup Croissant Spinach Salad Banana Pudding with Fresh Banana and Whipped Cream

**GET INVOLVED \* CONNECT****A PENNY FOR YOUR THOUGHTS**

We are always looking for additional activities, classes, education, and community speakers despite COVID and its many challenges. When we are able to open the Center again we know we must provide social distancing and a safe space for you to enjoy and gather with your friends and other members. We will continue to offer dine in lunches and speakers that you know well and maybe not have met. The calendar is included in this newsletter so that our members and anyone new to our newsletter can get an idea of what we offer. The June 13th date is not a reopen date set in stone. The Board is monitoring the pandemic and its effect on our community and Sedgwick county. We can still look at planning new activities, enhancing the current schedule and continue to engage with our partners to ensure they know how much we value them and want to see them back!

**WE VALUE YOUR FEEDBACK!!** Many of you have been attending this Center for years before I came on as Director. I would like for you to share your favorite activities we provide and some that you would like brought to the Center. Since the Center is closed until further notice, I would like to hear your feedback, concerns, etc. Please know that Chief Keller, and our regularly scheduled partners will return. The County Commissioners and Department of Aging Administration visit will be rescheduled.

**Ongoing Volunteer Opportunities at ASC**

- \* ANSWERING PHONES AND TAKING MESSAGES FROM 1:00 PM - 4:00 PM MONDAY– FRIDAY. THIS OPPORTUNITY IS OPEN TO MEMBERS ONLY. YOU DO NOT HAVE TO VOLUNTEER FOR THE ENTIRE BLOCK OF TIME. PLEASE REACH OUT TO KELLI IF YOU ARE AVAILABLE.
- ⇒ GREETING GUESTS AS THEY SIGN IN AND DIRECTING NEW MEMBERS, COMMUNITY PARTNERS TO THE OFFICE IF NEEDED.
- ⇒ HELPING START, CONTINUE OR FINISH AN ORGANIZATION PROJECT TO MAKE BEST USE OF OUR CENTER. DIRECTIONS WILL BE PROVIDED AND MOST PROJECTS WILL INCLUDE SORTING ITEMS.
- ⇒ KITCHEN VOLUNTEERS MONDAY– FRIDAY CALL OFFICE FOR

MEMBERSHIP \* SAFE GUARDS

BUILDING OPEN REQUIREMENTS

- ⇒ **YOU MUST ENTER THE BUILDING WITH A MASK ON. REMEMBER TO KEEP ONE IN YOUR POCKET OR CAR SO THAT IT IS NOT LEFT BEHIND.**
- ⇒ **TEMPERATURES WILL BE TAKEN AT THE DOOR TO ENSURE WE ARE NOT SPREADING GERMS**
- ⇒ **NO MORE THAN 4 PEOPLE SEATED AT A ROUND TABLE. THIS IS A STANDARD FOR LUNCH, ACTIVITIES SUCH AS ROCK PAINTING AND CARD PLAYING. IF YOU ARE A CARD PLAYER PLEASE CREATE A PLAN THAT ALLOWS YOU TO PLAY WITH 4 TO A ROUND TABLE.**

- ⇒ **IF YOU ARE FEELING UNWELL PLEASE STAY AT HOME**
- ⇒ **WASHING HANDS IS THE BEST DEFENSE AGAINST GERMS. WE WILL PROVIDE HAND SANITIZER IN HOUSE. THE BEST OPTION IS TO BRING A SMALL PERSONAL BOTTLE.**
- ⇒ **WE CANNOT PROVIDE A NEW-MASK TO YOU EVERY TIME YOU VISIT. IT IS YOUR RESPONSIBILITY TO KEEP THE MASKS GIVEN TO YOU (DISPOSABLES CAN BE WASHED)**

POOL ROOM BEST PRACTICES	<b>YELLOW INDICATES PRACTICE FOR ALL</b>
	<ul style="list-style-type: none"> <li>- everyone wears a mask or stays 6 feet apart or puts a mask on that they keep around their neck when not 6 feet apart</li> </ul>
	<ul style="list-style-type: none"> <li>- everyone sits in the same seat</li> </ul>
	<ul style="list-style-type: none"> <li>- everyone keeps his own chalk for his cue stick somewhere by his chair</li> </ul>
	<ul style="list-style-type: none"> <li>- one person uncovers the pool table and also puts it back alone, with no help from others, using sanitizer before doing each.</li> </ul>
	<ul style="list-style-type: none"> <li>- ASC pool cues used are wiped down by each pool player using them before and after each pool playing session</li> </ul>
	<ul style="list-style-type: none"> <li>- when the game is over and it's time to rack the balls only one person removes the balls from the pockets and racks the balls AFTER HE HAS USED SATITIZER ON THE HANDS. Also, when someone "scratches" this same person removes the balls from the pockets and "spots" them on the table. He also is responsible. Everyone can take turns or at the start of the pool playing session a single person is designated to do these tasks.</li> </ul>

Welcome to Summer 2020- a summer like no other. Staying active and maintaining a healthy brain can be a challenge in these times. I want to share a few tips to help you maintain positive mental health.

**Eat well-** Be sure your plates are colorful with plenty of fruits and vegetables, foods low in cholesterol and saturated fat. Eat fruits and vegetables that are in season- such as watermelon, apricots, cucumbers and zucchini just to name a few.

**Stay Active-** put on that mask and take a walk. We all know exercise is good for you; but do you know just how good? Exercise helps fight dementia, reduces stress, increases endorphins (the chemicals that make you happy), increase relaxation, sharpens memory skills, shall I continue? It may also help shed a few pounds.

Be sure to get adequate **sleep-** the average person requires between 7-9 hours per night. Sleep is good for everything, your mental health, your physical health, even your waistline!

**Stay Socially Connected-** With the quarantine restrictions finally easing up we are starting to see a light at the end of the tunnel. For many of us it may be necessary to continue our quarantine; staying away from loved ones and friends and deeply missing the hugs of those we love. Pick up the phone, reach out, let them know you are there to listen and maybe you need someone to listen to you.

Stay positive, take care of yourself and stay connected.

Melissa Sherry-Fitzwater  
Director of Community Relations  
St. Anthony's Behavioral Health Hospital  
Admissions (316) 869-0507  
Cell (316) 201-8995  
[www.st-anthonyshospital.com](http://www.st-anthonyshospital.com)



## FUNDRAISING \* ENGAGE \*



**JUNE TRUNKSALE  
RAISED \$401.00 . SPECIAL  
THANKS TO THOSE WHO  
RENTED SPACE AND  
SHOPPED WITH US!  
LARRY AND KAREN  
OSBORN'S BRAT'S WERE  
A HIT! DIXIE, RALPH,  
KURT AND PENNY,  
LONNIE AND OUR HIGH  
SCHOOL VOLUNTEER  
CHELSEA WORKED VERY  
HARD! THANK YOU!**

**HAVE YOU CHOSEN A NON-PROFIT TO  
SUPPORT BY SHOPPING AT DILLONS?**

WE RECEIVE QUARTERLY CHECKS (FREE MONEY) WHEN YOU ELECT ANDOVER SENIOR CENTER AS YOUR CHOICE OF NON-PROFIT. OUR LAST CHECK CAME THE END OF APRIL AND WE RECEIVED \$180.00 CHECK FROM KROGER! TO ENROLL YOUR SHOPPER'S CARD, YOU MAY GO ONLINE TO COMMUNITY REWARDS AND ELECT OUR NON-PROFIT OR THE NON-PROFIT OF YOUR CHOICE! IF YOU ARE NOT CURRENTLY ENROLLED IN COMMUNITY REWARDS AT DILLONS PLEASE CONSIDER SUPPORTING OUR COMMUNITY ELDERS AND SENIORS! IF YOU DO NOT HAVE ACCESS TO THE INTERNET, YOU MAY VISIT CUSTOMER SERVICE OR STOP BY THE ASC OFFICE AND KELLI WILL BE THRILLED TO SET YOU UP! MY GOAL FOR JULY 5 NEW SUPPORTERS!

**AARP TAX SITE AT ASC AND ALL  
OTHER LOCATIONS WILL NOT BE  
REOPENING THIS YEAR.**

I have been notified that AARP tax sites will not be reopening this year. As you may know, the Andover Senior Center provides this service annually. Homestead Filers have until October 15th, 2020 to file.

We have a few individuals who have called to ask if we know of volunteers that would be willing to come to their homes and assist with their taxes. In most situations, these Seniors are not able to pay for tax assistance. Please consider volunteering for even one individual!

**HOMESTEAD FILERS HAVE A NEW  
DEADLINE OF OCTOBER 15TH, 2020**

**DID YOU KNOW...**

The Andover Senior Center is an **IRS approved 501c3!** We are financed by donations, memorials, fundraisers, grants and special events.

We **VALUE** your membership and **CELEBRATE** donations to our Center. **THANK YOU!**