



HAYSVILLE SENIOR CENTER

OCTOBER 2016 VOLUME 10 ISSUE 10

MEET THE NEW SENIOR CENTER ASSISTANT



Meet Zari Davis, our new assistant here at the senior center. Zari was born and raised in Wichita, Kansas and is currently a graduate student at Wichita State University, pursuing a degree in Aging Studies. "This program focuses on a wide range of issues that face the population as we age. I became interested in aging after being a CAN at a long term care

facility. There I learned what a positive experience the aging process can be. I am so excited to be a part of the Haysville Senior Center." says Zari. Please join me in welcoming Zari to the center.

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TRICK OR TREAT STREET

October 31st 4:30 to 6:30



This year the Senior Center will be handing out treats to all the little ghosts and goblins trick or treating up and down Main Street. We will have a table set up at The Chamber of Commerce (at the old Vickers Station). If you would like to donate one (1) bag of candy, please bring it to Kim. If you would like to pass out candy or just come up to see the kids you are welcome to join us.



Tuna Baked Potatoes

Ingredients (2 serving)

- 2 large potato (scrubbed)
- 1 can of tuna
- 2 tablespoons sour cream or yogurt
- 1/2 cup of grated cheese
- 2 tablespoons of chopped vegetables your choice (e.g. green or red pepper, celery, onion etc.)



Directions

Recipe provided by www.seniorchef.co.nz

1. Pre-heat oven to 400 degrees F
2. Bake potato for 45-60 minutes or microwave on high for 3-4 minutes until soft
3. Cut potato length wise and scoop out cooked flesh into bowl, leaving 1/2 cm thickness of skin
4. Mash potato until fluffy, and add sour cream, tuna, cheese, and your choice of vegetable (mix well)
5. Put mixture back into potato skin and bake an additional 10 minutes, cool and enjoy!
6. Let cool and enjoy!

Tip: Refrigerate left-over tuna , and use for a sandwich the next day!



We would like you to meet Gerald. He lives in the front office window, when you come in. He devours something called “Box Tops” for education. These box tops are found on various products such as cereals , paper products, waste bags, refrigerated items, canned foods and much more. Each coupon is worth 10 cents each, and can be donated to a participating school. They will use the money earned through these box top coupons, to buy anything it needs for their school. Every box top helps, so if you see these coupons on any items around your home, please feed them to Gerald. He is very hungry!



1. An eligible school can earn up to **\$20,000** of cash per year from box top coupons, starting every year on March 2nd.
2. Box tops do expire! So make sure to check the expiration date before donating them.
3. A Box top coupon can not be used if it is badly damaged, or if the expiration date, and/or acronym is not legible. Please make sure to cut carefully around the dotted line!



NOW TAKING APPOINTMENTS!!!!

Kim and Jonell are now taking appointments to review your Medicare choices for 2017. There is no cost to look over the choices you have for medical and drug coverage policies. We will research the companies that are offering coverage in the state and let you make the decision. If you want a change, we can enroll you during your appointment. If you want to stay with the same policy, at least you'll know you have looked over the options. Appointments are offered any day the office is open from 9 a.m. to 4 p.m. Most appointments take approximately 1 hour or less. You will need to bring your Medicare card as pictured above and your medications so we can enter it into the computer and find the best choices for you. The deadline to make your choice will be December 7 so don't wait until the last minute to make that appointment. If you have questions, Kim will be glad to answer them. Call the center at 529-5903 to make your appointment.

KISSES FOR CANCER

As some of you may remember, every October we have a fundraiser for cancer. This year is no different. To raise funds, we will be offering **kisses**, the Hershey's version, folks. We'll have small bags available to make a donation for. At the end of the day, we will send all money donated to the Leukemia/Lymphoma Society. Let's all join together and buy some kisses.



DRUG TAKE BACK DAY OCT. 22

Check your medicine cabinet for any expired medicine, even over the counter medication. Kim can collect these at the center and turn them in Friday, Oct. 23 if it helps you.

HAVE YOU MOVED ??? OR ARE YOU REGISTERED TO VOTE??

If you have moved, even within the same voting area, you need to register with your new address. Kim has registration cards or applications for advance voting in her office. If you have moved, your registration card must be postmarked by October 18 in order for you to vote for the November 8, 2016 election. There will also be advance voting opportunities at the Haysville Library prior to November 8. If you have any questions, please check with Kim or Zari.



Haysville Genealogy Group

is celebrating

Family History Month

by hosting an

Open House

When: October 8, 2016

2-4pm

Where: Haysville Community Library in the Genealogy Department (lower level)

What to Expect:

- Vignettes of group members' family members
- Information about the Group
- Research Displays
- Cookies & Punch
- Kids Family Tree Activity
- Tour of the Genealogy Department

Overcoming Barriers to Exercise

- 1. Find Time**– Exercise first thing in the morning if possible. If not, try to find three 10-minute periods to exercise through- out the day.
- 2. Stick with it-** New activities can keep your exercise regimen interesting. Try to stick with it at least 6 months if you can. You can also do activities you already enjoy, and just pick up the pace while doing them for added exercise benefits.
- 3. Don't make it expensive**– Invest in quality non-skid shoes that you can wear to exercise in. You can also save money by making your own weights , by using soup cans, or water bottles. For free or low-cost exercise programs check your local parks and recreation centers, and your local senior center.
- 4. Finding energy**– Regular and moderate exercise can increase you energy level. It can also help you manage stress. Over time, you will also be able to do your exercises easier, faster, and longer than before.

Courtesy of the National Institute on Aging at NIH

For more information please go to www.nia.nih.gov/Go4Life

Quote of the Month :

Old Minds are like old horses: you must exercise them if you wish to keep them in working order.

- John Quincy Adams



Outdoor Safety While Exercising

- Take an ID and/or cell phone with you
- Let others know when your going, and when you expect to return.
- Only exercise in well-lit places with other people around.
- Take a flashlight or wear reflective material on your jacket or shoes if you walk in the early morning or evening.
- Be sure that drivers can see you.
- Look for smooth stable surfaces alongside roads.



DID YOU KNOW.....



October is National Popcorn Poppin' Month

Oct. 1.....International Day of
Older Persons
Oct. 4.....National Taco Day
Oct. 7.....World Smile Day
Oct. 12.....Columbus Day
Oct. 15.....I Love Lucy Day



Oct. 17.....National Bosses Day
Oct. 22.....National Nut Day
Oct 28.....Intl. Bandanna Day
Oct. 30.....Candy Corn Day

VETERAN'S CELEBRATION



The November birthday dinner will be honoring all Veterans. Please note that we will be holding this dinner **1 week earlier on the first Friday of the month** since the center will be closed on November 11th in observance of Veteran's Day.

Please make sure that you have called and made your dinner reservations no later than October 28th to allow us to purchase enough turkey for the entrée. **NO** reservations will be accepted after October 28th. When making your reservation, please let Kim or Zari know if you/or your spouse are a veteran. If your birthday is in November, we will still be celebrating your birthday at the dinner.

UPCOMING BIRTHDAY DINNERS

October 14 - Fried Chicken followed by Medicare Basics .. Know Your Choices presented Kenny Swart with your questions following.

November 4th - **ATTENTION...This is a week early** due to the City of Haysville Observance of Veterans Day, we will be closed on November 11th. The dinner will be celebrating Veterans is planned **but we need host/hostesses.**

December 9th –Ham will be the entrée followed by Jingle Bell BINGO. More information to follow.



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October 10
the Senior
Center will be
closed.

HOWEVER, meals will
be served. Richard will
open the center in the
morning and will close
the center when he is
finished in the kitchen.

1. The match
2. Wrong
3. A Bed

ANSWERS



Fire Prevention Week

This year's Fire Prevention Week campaign, **“Don't Wait – Check the Date! Replace Smoke Alarms Every 10 Years,”** represents the final year of our three-year effort to educate the public about basic but essential elements of smoke alarm safety.

Why focus on smoke alarms three years in a row? Because NFPA's survey data shows that the public has many misconceptions about smoke alarms, which may put them at increased risk in the event of a home fire. For example, only a small percentage of people know how old their smoke alarms are, or how often they need to be replaced.

As a result of those and related findings, we're addressing smoke alarm replacement this year with a focus on these key messages:

- Smoke alarms should be replaced every 10 years.
- Make sure you know how old all the smoke alarms are in your home .
- To find out how old a smoke alarm is, look at the date of manufacture on the back of the alarm; the alarm should be replaced 10 years from that date.

www.fpw.org



THINGS TO PONDER?????

1. If you had one match to light a kerosene lamp, fireplace and wood burning stove, which do you light first?
2. What word is always pronounced wrong?
3. What has one head, one foot and four legs?

Answers shown above.