

Prime Times

News, Information and More From the Derby Senior Center

September 2014 611 Mulberry • 788-0223 • www.Derbyweb.com

Playing dominoes and carrying a big stick

By *Elsie Klish*

Many of you know already know Terry Haas who plays dominoes and “carries a big stick” at the Senior Center every morning. However, you may not know his wife Mary who is currently employed at Walmart in electronics.

Terry has had a very

interesting life and work history. He was born in 1945 and referred to himself as a Wichita-Derby brat. His Father worked at the Wilson Meat Packing Company in Alva, Okla., where his family lived initially, but moved to Wichita where he went to Kindergarten and first grade. He spent the second grade in Los Angeles, Calif., where he remembers walking to school under palm trees.

Fourth through seventh grades were at Derby where he remembers that Woodlawn Street was on the edge of town with one flashing light. He played in the youth baseball league sponsored by the Catholic, Presbyterian and Methodist Churches which were the only three churches in town. William Lake’s Western Auto store, located where the current Radio Shack is, provided the team T-shirts which had a Western Auto Patch on the back with a red baseball hat.

Terry recalled a special event in grade school, which is now the Derby Historical Museum, where all the girls brought box lunches for sale. He bought his soon to be girlfriend’s box who was Barbara Ford. Years later, while in basic training, his mother sent him a newspaper clipping when she became Miss Kansas.

Terry played the trumpet in band and graduated from Wichita Southeast High School in 1963. He joined the Army



Terry Haas

and remained stateside at Fort Leonard Wood, Mo., where his occupation specialty was “Combat Engineer,” but he ended his enlistment as a Drill Sargent. He attended WSU part time and earned a BS in Business after ten years of night school.

Terry worked at Beech Aircraft Co. as a sheet metal mechanic for two years, then at Cessna as a quality control inspector and cost analyst for five years. He also worked for Grumman Aircraft in Savannah, Ga., for two years as a senior

cost analyst and was involved with building the Gulf Stream Jet.

In 1979, Terry went to work for Boeing Co. in Wichita where he worked for 27-1/2 years. He started out as a cost analyst, worked in procurement, as a supervisor and as a manager. Terry worked on commercial aircraft, Air Force One, on the military side of business, on K135 refueling tankers, on B52 Bombers, drones, and avionics weapons systems.

He felt he was at the right time and right place at Boeing

and believes he worked with some of the most competent and capable people in the world. As part of his work, he got to see a lot of the world and traveled to 42 states - Germany, Netherlands, England, Scotland, Israel and Italy - on company business.

Terry retired in 2005 after Spirit Aerosystems bought out Boeing. Spirit implemented Terry’s plan to decrease the workforce in procurement, which to his surprise ended

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What’s inside this month

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Have you always wanted to go to Italy?
Check out page 9!

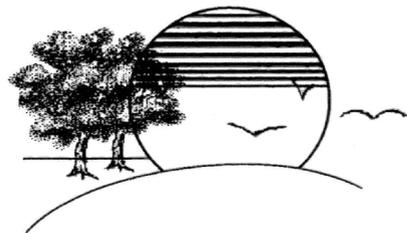
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September 2014

Mon	Tue	Wed	Thu	Fri
1 Labor Day!	2 8:10 Weight / Strength 9:10 Fitness & Flexibility 9:30 Bingo 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga 4:30 TNT 5:00 Line Dance 7:00 Community Dance	3 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:00 Board Meeting 10:00 Hooks & Needles 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 1:00 Conversation Starters 4:00 Yoga	4 8:00 Wii 8:10 Weight / Strength 8:30 Massage 9:00 Tappercise 9:00 New Member Orientation 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:30 Blood Pressure ✓ 11:00 Hearing Aid ✓ 11:30 Covered Dish 12:15 Frankie Valens 1:00 Joy of Singing 3:30 Line Dance	5 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
8 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:00 State Fair 9:10 Exercise w/ purpose 9:30 Take Charge of your Health 10:15 Arthritis Tai Chi Intermediate 1:00 Inspiring Women 1:30 Pilates 2:00 Live Well with "IT"	9 8:10 Weight Strength 9:10 Fitness & Flexibility 9:30 How to stay young to 100 10:45 Three Sisters Tea Room 10:00 Tap 11:00 Advance Tap 1:00 Wii 4:00 Restorative Yoga 5:00 Line Dance	10 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:00 Latch Hook Rug Class 10:15 Arthritis Tai Chi Intermediate 11:00 Just Lunch 1:00 Carving Class 3:00 Kindle the Memory Memorial Service 4:00 Yoga	11 8:00 Wii 8:10 Weight /Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing 1:00 Feed your Brain 3:30 Line Dance	12 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
15 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 9:30 Take Charge of your Health 10:15 Arthritis Tai Chi Intermediate 1:30 Pilates 2:00 Live Well with "IT"	16 7:00 Foot Care 8:10 Weight / Strength 9:10 Fitness & Flexibility 10:00 Mind Games 12:00 Friendship Club 1:00 Wii 2:00 Book Club 4:00 Restorative Yoga 5:00 Line Dance 7:00 Community Dance	17 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:00 Blood Pressure ✓ 9:30 Bingo 9:10 Exercise w/purpose 10:00 Latch Hook Rug 10:15 Arthritis Tai Chi Intermediate 1:00 Carving Class 1:00 "The Talk" 4:00 Yoga	18 8:00 Wii 8:10 Weight / Strength 8:30 Massage 9:00 Tappercise 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Joy of Singing 1:30 Birthday & Anniversary Celebration 3:30 Line Dance	19 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
22 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 9:30 Take Charge of your Health 10:00 Medicare Part D 10:15 Arthritis Tai Chi Intermediate 1:30 Pilates 2:00 Live Well with "IT"	23 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii 1:00 Senior Employment 2:00 Matter of Balance 4:00 Restorative Yoga 5:00 Line Dance 6:00 Bunco Babes 6:30 Alzheimer's Support Group 7:00 Jam Session	24 8:10 Cardio, Core & More 8:10 Zumba Gold 8:30 Massage 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:15 Arthritis Tai Chi Intermediate 12:30 AARP Driving 1:00 Carving Class 1:00 Senior Moment? Seizure Moment? 4:00 Yoga	25 7:30 Hidden Treasures of Kansas 8:00 Wii 8:10 Weight /Strength 8:30 Massage 9:00 Tappercise 9:00 Senior Expo 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 12:30 AARP Driving 1:00 Joy of Singing 3:30 Line Dance	26 7:10 Pilates 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:15 Yang Tai Chi
29 8:10 Cardio, Core & More 9:00 Arthritis Tai Chi Beginning 9:10 Exercise w/ purpose 9:30 Take Charge of your Health 10:15 Arthritis Tai Chi Intermediate 1:30 Pilates 2:00 Live Well with "IT" Sign-ups	30 8:10 Weight Strength 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 1:00 Wii 2:00 Matter of Balance 4:00 Restorative Yoga 5:00 Line Dance 6:00 Dine & Deal	September Activity Sign-Ups will open August 25 at 7:30 a.m.		



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Dee's Notes

September is National Senior Center Month and the theme is "Experts at Living Well." Take an opportunity to attend our valuable programs, activities, and services. Here are great ways to promote a positive image of aging from "Experts" who attend the Center.



Dee Williams

"Just enjoy being here in a positive environment where people are caring and encouraging."

"I come for the exercise and friendship; there's no pressure that you have to come, like joining a club."

"I come for the meal, exercise, to talk to people, and they treat me nice."

"It helps me with depression and gives me a safe place to visit."

"It's wonderful to have such a great place to come learn and keep healthy."

I'm excited! New classes - a great way to start the fall! First of all, Dr. Rui Ni, WSU Professor, will have his sidekick, "Ping Bot," at the Center teaching us to play ping pong with a robot. You will want to sign-up for the class because it helps increase eye-hand coordination - an essential part of our daily lives that helps our motor responses and visual responses that are critical in participating in driving and balance.

Now there's no need to think you can't play Ping Pong with a robot. Ping Bot is amazing, a nice robot for all levels of skills, and can help you succeed in many ways. What an opportunity for something new and fun! We need participants to help with Ping Bot, so see the staff if you are interested. Please read the article in the newsletter.

Another reason to play with Ping Bot is for your balance. Did you know that every 15 seconds, an older adult is seen in an emergency department for a fall-related injury?

Try something new and fun this year - be a volunteer for USD 260. Volunteers work as Reading Buddies, Greeters at Swaney Elementary and Derby High School, or perform with Readers Theatre. Come to the front desk for more information and volunteer opportunities.

September 23 is Falls Prevention Awareness Day. Sign-up for the "Matter of Balance" class starting that day and learn how you can keep from being an emergency room statistic. The eight-week class will be taught by Barbara and I, to include regular exercise, ping pong and written material. Lots of fun too!

Scam

A scam artist places a call to an unsuspecting person and the caller says he or she is testing mobile (cellular) telephone circuits or equipment. The called party is asked to press #90 or #09. If this happens END THE CALL IMMEDIATELY without pressing the numbers. Once you press #90 or #09 the company can access your SIM Card and make calls at your expense.

Do Not Resuscitate

How can I ensure that the EMT or paramedic responding to my emergency needs will honor my DNR (Do Not Resuscitate) wish? The best way to ensure that your wishes are honored is to complete the DNR form and have it signed by your physician and readily accessible when EMS help arrives. If you are concerned about the form being available at all times, you would be well-advised to obtain and wear a DNR medallion engraved with your DNR requirement. If you wish to place a DNR on file at the Senior Center, please provide a copy to a staff member.

Celebrate National Senior Center month - come enjoy and be "Experts at Living Well!"

- Dee

Bits & Pieces

Foot Care

Podiatrist, Dr. Weaver and his staff will be coming to the center on the third Tuesday of every month. Dr. Weaver has seen a wide variety of podiatric issues, as a result of his extensive education and experience. Central Kansas Podiatry Associates is a state-of-the-art podiatric practice. He and his staff will be able to treat your foot care needs, everything from fungal toenails, ingrown nails, corns, calluses, and diabetic foot care needs. Medicare and most insurance accepted. No insurance? No problem, call our office and speak with our billing specialist for information. Please call 316-269-3338 to speak with one of our friendly staff to make your appointment.

Bingo

Play bingo at 9:30 am on the first Tuesday and the third Wednesday of every month. Variety of prizes, cards 25 cents each, limit 2 cards.

Derby Senior Center Community Quilters

Calling all quilters! Join this fun group of ladies for a good cause doing what you love and giving back at the same time. The group will meet on Wednesdays from 1:00 to 3:00. Call 788-0223 for location. Once completed the quilts will be donated to various charities. Thank you to everyone who donated fabric.

Refund Policy

Refunds will be given for cancellations received seven (7) working days prior to a scheduled event. Refunds will not be given for cancellations less than seven (7) working days prior to event unless the tickets are resold. Patrons will be notified if your ticket is sold.

Friendship Club

This is a good opportunity to get together with other seniors. The club meets at 12:00 pm every third Tuesday here at the center to discuss different topics. In addition, on the first Tuesday of each month, the members of the club go out to eat locally at different restaurants. The time for lunch is 11:30 am. A schedule of restaurant dates and information is available at the front desk. No reservations necessary, you just need to show up! Men and women welcome!

Try It out Thursday New Member Orientation

We are happy to have new members and hope that you will get involved in our many activities. Come to an orientation held at 9:00 am on the first Thursday of every month in the conference room. It is a fun introduction to the Senior Center's programs and benefits, a chance to meet other members and includes a tour of the facilities.

Book Club

A story is always better if you have someone to share it with. What could be better than sharing it with a group of friends who have also read it? If you are interested in participating in a book club please come the third Tuesday each month at 2:00 p.m. Pick up a book list at the front desk.

Handyman Team

Cross of Glory Lutheran church has put together a "Handyman Team" to help fulfill its mission of serving God by serving others. The Handyman Team is a group of volunteers from the church and community who will provide small repairs to those in need at no cost. These repairs should be small and can range from something as simple as changing a light bulb or moving boxes to yard work. If you are interested in taking advantage of the Handyman Teams services, please visit the Derby Senior Center and fill out a request form. If you are unsure if your request is too big or too small, please see the example repair list located at the Senior Center front desk or call Cross of Glory Lutheran Church at (316) 789-8200. The Handyman Team will begin working in July.

Alzheimer's support group

Glen Carr House Memory Care Residence has partnered with the Derby Senior Center to host monthly Alzheimer's Support Group meetings. Get expert advice and share stories with families facing similar experiences. As a part of this partnership, Glen Carr House is offering free respite care for up to eight families who may need care for loved ones living with dementia while they attend the support group meetings.

~~ Continued ~~

~~ Bits & Pieces Continued ~~

Support group meetings are free and open to the public. They will be held on the fourth Tuesday of each month at 6:30 p.m. at the Derby Senior Center, just west of the intersection of Rock Road and Madison. For more information about the Alzheimer's Support Group meetings or the respite care, contact Teressa Hatfield at thatfield@oxfordseniorliving.com or register for the meetings by calling (316) 788-0223.

Calling all Quilters!

Experienced and beginner quilters are welcomed to join in on the fun. Come help us finish our donated quilt. Volunteers will teach beginners how to hand quilt. There will be a volunteer here on Monday from 10 to 11 and Wednesday from 9:30 to 10:30 a.m. to teach quilting. When the quilt is completed we will accept donations for tickets to be used for a drawing. The quilt will stay up for quilting until it is completed. Come in and enjoy a special time with a friend quilting.

Great Day of Service

Great Day of Service is FCC's opportunity to be the church on Sunday, Sept. 28th. The parishioners from First Christian Church want to help you. They have set aside a day of service, and are looking for the opportunity to help seniors. They are looking for all types of projects. Things like yard work, painting indoors or out, small repairs, picking up trash, hauling away things. They can do just about anything. They will find the right people for each job. They don't provide supplies such as paint, siding, plants, ceiling fans, but they bring tools to do yard work and fix things. They also have a team of people who haul off any debris. Come in to the Senior Center and fill out a project form and they will get in touch with you and let you know what they can and cannot do.

Derby Water Department Water Conservation Display

Coming soon to the Derby Senior Center! The City of Derby Water Department will be displaying water conservation and irrigation control devices for your home. The display will include a rain barrel, rain sensor, smart irrigation controller and soil moisture sensor. All of these items on display are part of Derby's rebate program and will demonstrate water conservation measures that will assist in lowering your water bills as well as conserving this precious resource we depend on for general health, drinking, cooking, bathing, gardening and lawn care.

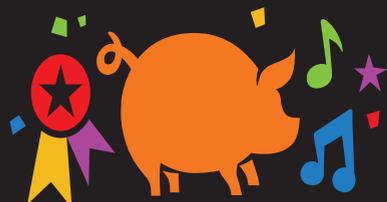
Welcome New Patrons

Gracie Adkins	Gail Haywood-Tucker	Carol Schroer
Betty Amey	Bob Hudson	Dwight Shinkle
Leon Amey	James John	Walter Siemers
Patricia Austin	Gerald Karr	Jane Sommerhauser
Catherine Baxter	Betty Litus	Tim Sommerhauser
Darrin Bostick	Chris Lucas	Kerry Swinney
Willie Childress	Jimmy Lucas	Mary Thornton
Kay Daniels	Charles McKinzie	Mike Thornton
Nadine Davis	Ruth McKinzie	Robert Titus
Carol Fuller	Linda Michau	Lori Truex
Steve Grieve	Deborah Packer	Ramon Valdez
Raymond Guthrie	Catherine Patterson	Ruth Valdez
Shirley Guthrie	Pamela Pyles	Ronald Zimmerman



Look who's volunteering
at the Senior Center!

Carolyn Lusk,
Doris Schwartz, Pat Sluder


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Upcoming Events

Registration is required for all activities

Ping-Pong Robot

Eye-hand coordination (EHC) is an essential part of our daily lives that allows us to synchronize our motor responses and visual processing, such as in sports, walking, and driving. Dr. Rui Ni's Visual Perception & Cognition (VPC) Lab at Wichita State University will introduce new training procedures to Derby Senior Center. These procedures have been found effective in improving adults' eye-hand coordination and visual functions that are critical in participating sports and driving. The VPC lab will help to set up a table-tennis (Ping-Pong) table and a Ping-Pong robot at Derby Senior Center. The robot will bring a whole new experience playing sports, as fun as, if not more than, playing Wii sports. Participants are being recruited to play with the robot for 20-30 minutes a day for 7-10 days. A series of visual assessments will be performed before and after the training procedure. See front desk for sign up information.

Dine & Deal

"What happens in Derby stays in Derby!" Be a winner at this fun filled evening of black jack, roulette, craps and wheel of fortune. Don't stay away if you don't know how to play, we will teach you! Join us for an exciting event complete with food samples from several local restaurants. Tickets include \$3,000 worth of gaming chips, food samples and drinks. You will also have a chance to win great raffle prizes! Sign up early so you don't miss this fun event!

Date: September 30

Day: Tuesday

Time: 6:00 pm

Location: Austin Room

Fee: \$10.00

"TNT" "Tuesday Nite Together"

"Tuesday Nite Together" is a board sponsored fundraiser. This event supports the senior center activities. Enjoy a home cooked meal of Shepherd's Pie, Jell-O Salad, Dinner roll and dessert. The 1.5 hour time frame (4:30-6:00pm) will permit a leisurely meal, time to chat with friends or perhaps meet a new person and help them feel welcome. Come and support

your Derby Senior Center! Sign up at the front desk, pay at the door.

Date: September 2

Day: Tuesday

Time: 4:30 to 6:00 pm

Location: Multipurpose Room

Fee: \$5.00 (suggested donation)

Community Dance

Join us for another great dance event! Our entertainment for the evening will be provided by Honky Tonk Time Band. Light refreshments will be provided. Whether you want to be out on the dance floor or just want to sit and listen to the music, there's a spot for you! Come early for TNT and enjoy a home cooked meal. Call 788-0223 for reservations.

Date: September 2

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

Covered Dish

Join us for a great lunch by the best cooks in town and enjoy entertainment too! This is a wonderful time to catch up with friends. We ask everyone attending to bring food to share and sign up by the Wednesday before. Everyone must pay \$2.00 to attend the luncheon. We are looking forward to seeing you there. Frankie Valens will be the entertainment.

Date: September 4

Day: Thursday

Time: 11:30 am

Location: Austin Room

Fee: \$2.00

Just Lunch

This adventure is always an exciting and unique experience. Sign up to dine at an undisclosed location that only the driver will know. Registration required.

Date: September 10

Day: Wednesday

Time: 11:00 am

Location: Depart from Library

Fee: \$3.00 plus lunch

Birthday / Anniversary Celebration

Come enjoy cake and ice cream as well as a fun game of bingo. We will have prizes and play for about an hour. You must sign up by noon on September 17.

Date: September 18

Day: Thursday

Time: 1:30 pm

Location: Austin Room

Fee: \$2.00

Community Dance

Join us for another great dance event! Our entertainment for the evening will be provided by Terry Crane and The Country Heartbeats. Light refreshments will be provided. Whether you want to be out on the dance floor or just want to sit and listen to the music, there's a spot for you!

Date: September 16

Day: Tuesday

Time: 7:00 – 9:30 pm

Location: Welcome Center

Fee: \$3.00 donation at door

Bunco Babes

If a girl's night out is what your craving, join us for some miss behaving..... Come roll the dice and have some fun. Bunco is a game of 100% luck and no skill. Simply try to throw three of a kind of a specified number when it's your turn to roll the dice and accumulate points. Played in teams of four with three dice. Anyone can learn this fun social game.

Date: September 23

Day: Tuesday

Time: 6:00 pm

Location: Game Room

Fee: \$2.00

Jam Session

An open call to all bluegrass and country musicians, join us for an evening of music, dancing, and fun! Don't play but like to dance or just sit back and listen? You're welcome too! Bring a neighbor, a friend, and a snack to share. Jam will now be the 4th Tuesday of every month.

Date: September 23

Day: Tuesday

Time: 7:00 pm

Location: Multi-Purpose Room

Fee: Free

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Health & Information

Registration is required for all activities

Joy of Singing

Looking for all singers! Here's a chance to get involved with a fun group and enjoy the benefits of singing. Studies have linked singing with a lower heart rate, decreased blood pressure and reduced stress. Join us for song, laughter and fun.

Group is led by Ross Hearn and meets once a week.

Date: September 4, 11, 18, 25

Day: Thursday

Time: 1:00 – 2:00 pm

Location: Classroom

Fee: Free

Take Charge of your Health

CPAAA will be offering Take Charge of Your Health – Diabetes Self-Management Education classes for seniors. Classes will cover healthy eating, being active, medications, monitoring, problem solving, healthy coping, & reducing risk for complications. Classes meet for 6 weeks, 1.5 hour sessions. Classes require a referral from your healthcare professional (can be picked up @ Senior Center) or you can call 660-5229 to request a referral to be faxed to your healthcare provider. Medicare pays 80% of the class & 20% is either your responsibility or will usually be paid by your supplemental insurance. For more information about this program call Monica @ 660-5229 or Joy @ 660-5217. Minimum class size of 2 required.

Date: September 8, 15, 22, 29

Day: Monday

Time: 9:30 am

Location: Conference Room

Fee: Requires referral

How to Stay Young

Join a member from the staff at Gage Chiropractic for this brief, fun and enlightening program. She will explain the many facets of a healthy lifestyle helping you make better lifestyle choices and incur fewer sick days. They will also be offering Infrared Spinal Screenings. One of the great breakthroughs in spinal care has been the development of infrared spinal thermography. This non-invasive procedure allows the operator to visually measure heat given off by the spine which can be a reliable indicator of spinal health. In effect, it can allow a problem area to be discovered before it has become a painful and costly condition to correct.

Date: September 9

Day: Tuesday

Time: 9:30 am

Location: Multipurpose Room

Fee: Free



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Dr. Jason Tauke



Dr. Michael Brown



Dr. Thomas Truong

The Derby Family MedCenter is proud to announce that Dr. Jason Tauke with Cardiovascular Consultants of Kansas, and Dr. Michael Brown with College Hill OB/GYN are now seeing patients at the Derby site. These additional physicians and services, as well as care from Dr. Thomas Truong with The Kansas Foot Center, are truly a blessing for Derby and its surrounding communities. Gone are the days of traveling around from site to site for quality care. It's right at your doorstep, here at Derby Family MedCenters.



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Feed Your Brain: Nutrition for Concentration and Focus

Your brain may be starved for better nutrition! Caroline from Natural Grocers will be here to help you identify if your food choices are working (or not) to support brain health, and what supplements can be supportive to combat brain fog, irritability, and lack of concentration. You will be amazed at how different life can be and your brain will thank you!

Date: September 11

Day: Thursday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Matter of Balance

This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Classes help participants learn to: view falls and fear of falling as controllable; set realistic goals for increasing activity; change their environment to reduce fall risk factors; and promote exercise to increase

strength and balance. Participants will be required to attend the 8 2-hour sessions. This class is taught by two certified coaches. Sign -up early maximum participants is 12.

Date: September 23, 30

Day: Tuesday

Time: 2:00 pm

Location: Multipurpose Room

Fee: Free

Senior Moment? or Seizure Moment?

Did you know that the largest proportion of new onset seizures occurs in individuals aged 55 and over? Since epilepsy is commonly under-diagnosed in older adults, this training also raises awareness of the signs and symptoms that may lead to an epilepsy diagnosis and appropriate treatment. Refreshments will be served.

Date: September 24

Day: Wednesday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Enrichment & Learning

Registration is required for all activities

Carving Class

Come join a senior carving group. Everyone welcome, beginners and experienced carvers. If you are interested in learning no need to purchase materials, equipment will be available and blanks will be provided for a small fee.

Date: September 3, 10, 17, 24

Day: Wednesday

Time: 1:00 – 3:00 pm

Location: Classroom

Fee: Free

Conversation Starters

The communication gap that occurred when children were teenagers, may repeat as seniors struggle to find the right words to talk to their kids about sensitive subjects. How do seniors tell their adult children they want to stay in

their own home versus going to a nursing home? How do older adults explain that they're becoming forgetful without sending their family into a panic? The "70/40 Rule®" is all about talking sooner rather than waiting until a crisis had occurred; the idea being that if you're 70, or your children are 40, it's time to start talking. And it's never too late to begin a meaningful conversation with the kids. Join Michael Steinberg from Home Instead for this informative session.

Date: September 3

Day: Wednesday

Time: 1:00 pm

Location: Conference Room

Fee: Free

~~ Continued ~~

DERBY ASSISTED LIVING



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Klein Ct.

E. Madison

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Save the Date for a Fun-Filled Senior Citizen Social

Where: Rose Hill Christian Church, 314 N. Rose Hill Rd.

October 18, 2014 • 4:30 - 7:30 p.m.

Join us for Dinner and Dessert
Door Prizes • Entertainment • Scavenger Hunt
and MUCH MORE!



This fun-filled event is brought to you by

Tricia Avila
Executive Agent SRES
Ph: (316)305-3682



Email: triciaavila@realtyexecutives.com

web: <http://TriciaAvila.com>

~~ Enrichment & Learning Continued ~~

Inspiring Women

She was born into poverty in rural Mississippi on January 28, 1954. Now she is known as a actress, talk show celebrity, producer and philanthropist. Who is she? Oprah Winfrey! Loretta Lyon will be the presenter.

Date: September 8

Day: Monday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

Latch Hook Rug Class

You will design and make individual, personalized 14" X 14" pillow toppers. Items needed for class are 15" X 15" piece of mesh (latch Hook); a latch hook, a 14" X 14" pillow form and a piece of fabric slightly larger than the topper. All other supplies will be provided. Barbara Bulger will be teaching class.

Date: September 10, 17

Day: Wednesday

Time: 10:00 am

Location: Conference Room

Fee: \$2.00

Kindle the Memory Memorial Service

Anyone who wishes to remember a loved one is invited to attend. Bring a photo or other memento to be included in our Book of Remembrance. Let us know in advance if you would like to have your loved ones name included in the service. The memorial service provided by Heartland Home Health Hospice. Call DSC at 788-0223 or Rocky at 788-7626 to sign up.

Date: September 10

Day: Wednesday

Time: 3:00 pm

Location: Multipurpose Room

Fee: Free

Mind Games

Pam Cartwright RN BSN, with Glen Carr House will be the here with exercises to keep your mind sharp. She will also talk about ways to prolong brain function.

Date: September 16

Day: Tuesday

Time: 10:00 am

Location: Conference Room

Fee: Free

"The Talk"

Jackie Hartman, from Smith Family Mortuaries will be here covering the steps on making your final wishes long before it happens. She will take you through a power point detailing the steps.

Date: September 17

Day: Wednesday

Time: 1:00 pm

Location: Multipurpose Room

Fee: Free

AARP Driver Safety Course

Join Don Anderson for an informative two-day class that teaches you to be aware of changes in your driving abilities that can start as early as 50 years of age. You will learn how to get rid of tailgaters, and much more. The class is also good for a three-year discount in Kansas with your auto insurance company.

Date: September 24 & 25

Day: Wednesday & Thursday

Time: 12:30 – 4:30 pm

Location: Austin Room

Fee: \$15 per person for AARP Members \$20 non-members

Senior Employment

The senior Employment Program is a job placement service for job seekers 55 years of age and over who reside in Sedgwick County and the surrounding areas. The program provides referrals for full-time, part-time, permanent, seasonal and temporary employment. Cherie Wenderott, Director of the Senior Employment Program of Senior Services, Inc. will be here with listings and to answer questions.

Date: September 23

Day: Tuesday

Time: 1:00 pm

Location: Conference Room

Fee: Free

Medicare Part D

It's time to think about Medicare Part D (prescription drug coverage). A representative from Central Plains Area on Aging will present information for open enrollment, October 15th thru December 7th. It is important to compare your current coverage to that available for the New Year. Plans and premiums change, so you may be able to save on your coverage for 2015.

Individual counseling sessions cannot start until October 15. Sign-up sheets for individual counseling sessions will be available October 1.

Date: September 22

Day: Monday

Time: 10:00 am

Location: Multipurpose Room

Fee: Free

Trips

Registration is required for all activities

State Fair

We're off to the Kansas State Fair in Hutchinson. Wear comfortable clothes and easy walking shoes for a full day of sightseeing, food and lots of fun. Cost includes entry fee and transportation in the van. Lunch will be on your own. We will leave the fair at 3:00 pm. Please sign up by September 3.

Date: September 8

Day: Monday

Time: 9:00 am

Location: Depart from Library

Fee: \$5.00 plus lunch

Day: Thursday

Time: 9:00 am

Location: Depart from Library

Fee: \$3.00 plus lunch

Hidden Treasures of Kansas

We are traveling to the small town of Hudson where our first stop will be the Stafford County Flour Mill. This is where the famous Hudson Cream Flour has been milled for over 100 years. We will enjoy a wonderful lunch from the Wheatland Café, before heading to Ellinwood. Here we will tour the underground tunnels where you will be fascinated with a glimpse into this historic Santa Fe Trail town's unique past, and see where citizens were once allowed to travel beneath Main Street. We will also tour the Wolf Hotel before heading back to Derby. There will be walking and stairs on this trip. All fees, transportation, snack and lunch are included.

Date: September 25

Day: Thursday

Time: 7:30 am

Location: Depart Library

Fee: \$45.00

Senior Expo

Senior Expo 2014 will offer free health screenings, many vendors with the latest information, fashion show, museum tours and much more. You can spend the day on your own visiting all five locations; Botanica, The Wichita Art Museum, The Wichita Gardens, Old Cowtown Museum & Exploration Place. Free shuttle service is provided between each site. Lunch on your own, available for \$6.00 at each site, we will leave immediately after the fashion show for home.

Date: September 25

Quality & Service ~ YOU DESERVE!

Starting our 11th year of service in 2014



Sig's Gourmet Meats is the old-fashioned butcher shop you grew up with - offering only the best USDA choice beef. *Need a special cut?* We will gladly do it. *Just want a small amount?* That's fine with us. Some things never change. Our commitment to serve you is one of those things.

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Healthy Active Living

Registration is required for all activities

Pilates class

Pilates is a form of exercise, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. Some of the top benefits of Pilates are becoming stronger, longer, leaner, and more able to do anything with grace and ease. We will start with a 10 minute warm up, Pilates for about 40 minutes and wrap it up with a 10 minute cool down. Done with a video

Date: September 5, 8, 12, 15, 19, 22, 26, 29

Day / Time: Monday 1:30 pm /

Friday 7:10 am

Location: Austin Room

Fee: \$1.00

Arthritis Tai Chi (Beginning)

Come in and meet Ken Mattoon and try out this great class. This beginning class will teach twelve basic forms and six advanced forms. Thousands of people with arthritis have gained pain relief and better quality of life from learning and practicing Tai Chi. Tai Chi is now known as one of

the most effective exercises for physical and mental well-being. Sun style, one of four widely recognized Tai Chi styles, is especially suitable and effective for arthritis. It increases flexibility, muscle strength, improves heart/lung activity, aligns posture, improves balance and integrates the mind and body.

Date: September 3, 8, 10, 15, 17, 22, 24, 29

Day: Monday & Wednesday

Time: 9:00 am

Location: Classroom

Fee: \$2.00 per class

Arthritis Tai Chi (Intermediate)

Thousands of people with arthritis have gained pain relief and better quality

of life from learning and practicing Tai Chi. Tai Chi is now known as one of the most effective exercises for physical and mental well-being. Sun style, one of four widely recognized Tai Chi styles, is especially suitable and effective for arthritis. It increases flexibility, muscle strength, improves heart/lung activity, aligns posture, improves balance and integrates the mind and body. Ken Mattoon is the instructor.

Dates: September 3, 8, 10, 15, 17, 22, 24, 29

Day: Monday & Wednesday

Time: 10:15 am

Location: Classroom

Fee: \$2.00 per class

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~~ Continued from Page 1 ~~

up including himself. He was interviewed by the *Wichita Eagle* for an article while all the changeover was taking place.

Terry has been married 48 years, but it took three women to get him there. He was married to his first wife for 20-plus years and they had a son Derek who has a son and daughter. Derek is a deputy with the Sedgwick Co. Sheriff department and has his own business, "Musical Reflections," a DJ Service. Terry is a non-profit-sharing participant in this business.

He was married to Jeanie briefly and then married Mary in April 1998. Terry met Mary while shopping at Dillons and asked for her phone number and the rest is history. They have been married 16 years.

Mary is Terry's Cajun Queen. She was born in Arkansas and raised in Louisiana. She had three sons and together they have ten grandchildren. She loves to travel, read and talks with her three sisters, the eldest being Pat Kopsel, almost daily. Mary and Terry thoroughly love all the time they get to spend with their grandchildren.

Terry's hobbies include walking, painting, reading, and dominoes which he learned from Myron Schwartz and John and Judy Duff. He learned to paint landscapes and still life in Cindy Roper's classes at the Senior Center.

His paintings are displayed in the finest homes in Derby, including his sister-in-laws, nieces, children, grandchildren and some of the women in the morning exercise class, including Rita Loopy. Terry says his grandchildren, Haven Lee and Christian Ivan, who live in Derby, keep him moving.

Terry agrees with Will Roger's statement that he "never met a person at the Senior Center he did not like." He feels it's a shame more people don't utilize the Senior Center because "it's a great place and keeps you from growing old."

Derby Senior Center Trip to Italy!

DEPOSIT DEADLINE IS SEPT. 19, 2014



Reflections of Italy • April 6 - 15, 2015

Highlights:

Rome, Coliseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Lugano, Switzerland and Como

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Wichita, Kansas 67206
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Zumba Gold

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are the elements the Zumba Fitness-Party is known for: the zesty Latin music, the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. It's a dance fitness class that feels friendly, and most of all, fun. Looking forward to seeing each of you there!! Class taught by Pat Thompson.

Dates: September 3, 10, 17, 24

Day: Wednesday

Time: 8:10 am

Location: Classroom

Fee: \$1.00

Line Dance Lessons

Have you ever wanted to step on the dance floor but didn't have the courage? Come learn BASIC line dance with Belinda Johnson and others. You will find its great exercise and a wonderful way to socialize. No partner needed!

Dates: September 4, 11, 18, 25

Day: Thursday

Time: 3:30 pm

Location: Classroom

Fee: \$1.00 per class

Wii

Get a Wii bit of exercise while having a great time. Wii is the latest way to enjoy your

favorite sport, golf, bowling, tennis just to name a few. Using the Nintendo's gaming system you can exercise and have fun at the same time.

Dates: September 2, 4, 9, 11, 16, 18, 23, 25, 30

Day / Time: Tuesday 1:00 pm /
Thursday 8:00 am

Location: Classroom 1

Fee: Free

Weight/Strength Training

Doctors and physical therapists recommend weight training as one of the best forms of exercise active older adults can engage in. Improve strength, flexibility, balance, and arthritic conditions with strength training. This class is for those who would like to participate in entry-level weight bearing and muscle strengthening exercise. Class is done with a video.

Dates: September 2, 4, 9, 11, 16, 18, 23, 25, 30

Day: Tuesdays and Thursdays

Time: 8:10 am

Location: Austin Room

Fee: \$1.00 per class

Exercise with a Purpose

This 30-minute exercise program was created by two individuals with twenty years of experience in the field of exercise science. The video is appropriate for all ages, and all fitness levels. You will learn how to enhance your balance for fall prevention.

Dates: September 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29

Day: Monday, Wednesday & Friday

Time: 9:10 am

Location: Austin Room

Fee: \$1.00 per class

Cardio, Core and More

Ready to get moving and build a strong core? This class will include some low impact aerobics along with exercises to provide you with a strong core and a little yoga and stretching thrown in. You will get a total body workout. This class will be done standing, sitting, and on the floor with the use of mats. Bring your own mat. Get ready to have some fun! Class is done with a video.

Dates: September 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29

Day: Monday, Wednesday & Friday

Time: 8:10 am

Location: Austin Room

Fee: \$1.00 per class

Restorative Yoga

This type of yoga works on joints, flexibility, balance and is good for fibromyalgia, chronic fatigue, arthritis and osteoarthritis. Denise Madison teaches how yoga can be done from a chair.

Dates: September 2, 9, 16, 23, 30

Day: Tuesday

Time: 4:00 pm

Location: Classroom 1

Fee: \$2.50 per class

Fitness & Flexibility

Pat Mize will be instructing this class; it is geared towards older adults to improve activity level for daily living skills. It is designed to increase your range of movement, strength, agility, balance and coordination. It will improve your overall fitness level and sense of well-being. This

is a low impact class, perfect for beginning level exercise! A chair will be used for seated and/or standing support. Come and have some fun and improve your overall health!

Dates: September 2, 4, 9, 11, 16, 18, 23, 25, 30

Day: Tuesday, Thursday

Time: 9:10 am

Location: Austin Room

Fee: \$1.00 per class

Yoga

Join Denise Madison for a relaxing and enjoyable session of gentle yoga, learning techniques to increase your flexibility, balance and muscle tone.

Dates: September 3, 10, 17, 24

Day: Wednesday

Time: 4:00 pm

Location: Classroom 1

Fee: \$2.50 per class

Massage

Mart Madison MT, NBC, Health & Serenity Massage Therapy has worked with the Derby Senior Center for 15 years. He has helped many seniors with releasing pain and discomfort through massage. Clients have adequate time and privacy before and after the massage. Appointments available on Wednesday and Thursday, call Mart at 788-0228.

Discounted Prices are as follows.

Half hour, upper body (or specific areas by request): \$23

One hour, full body (or specific areas by request): \$43

Blood Pressure Check-Ups

No appointment is necessary.

Date: 1st Thursday 10:30 am

3rd Wednesday 9:00 am

Location: Health Room

Fee: Free

Don't miss Dine & Deal! What happens in Derby, stays in Derby!

See page 5 under Upcoming Events



It's our pleasure to be a part of Derby

A great town – with great people ...

LIKE YOU!



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THE DERBY
INFORMER
If It's Derby News – We Know It!

Ongoing Activities

Monday

7AM-4PM Treadmill, Recumbent Bike
 8:10AM Cardio, Core & More
 9:10AM Exercise w/ Purpose
 10:15AM Arthritis Tai Chi
 1:00PM Bridge
 1:00PM Rummikub
 1:30PM Pilates

Tuesday

7AM-4PM Treadmill, Recumbent Bike
 8:10AM Weight Strength
 9:10AM Fitness & Flexibility
 9:30AM Bingo (1st Tuesday)
 12:00PM Friendship Club (3rd Tuesday)
 1:00PM Pitch, Dominos, Pinochle, Wii
 2:00PM Book Club (3rd Tuesday)
 4:00PM Restorative Yoga
 4:30PM "TNT" (1st Tuesday)
 5:00PM Line Dancing
 6:00PM Bunco (3rd Tuesday)
 7:00PM Senior Dance (1st Tuesday)
 7:00PM Community Dance (3rd Tuesday)
 7:00PM JAM Session (4th Tuesday)

Wednesday

7AM-4PM Treadmill, Recumbent Bike
 8:10AM Cardio, Core & More
 8:10AM Zumba Gold
 8:30AM Massage (by appointment)
 9:00AM Blood Pressure ✓
 (3rd Wednesday)

9:10AM Exercise w/ Purpose
 9:30AM Bingo (3rd Wednesday)
 10:00AM Board Meeting (1st Wednesday)
 10:00AM Hooks & Needles
 10:15AM Arthritis Tai Chi
 12:30PM Cribbage
 4:00PM Yoga

Thursday

7AM-4PM Treadmill, Recumbent Bike
 8:00AM Wii
 8:10AM Weight Strength
 8:30AM Massage (by appointment)
 9:00AM Tap
 9:00AM Try It Out Thursday
 (1st Thursday)
 9:10AM Fitness & Flexibility
 10:30AM Blood Pressure ✓ (1st Thursday)
 11:00AM Hearing Aid ✓ (1st Thursday)
 11:30AM Covered Dish (1st Thursday)
 1:00PM Canasta
 1:00PM Bridge
 1:00PM Joy of Singing
 1:30PM Birthday/Anniversary
 (3rd Thursday)
 3:00PM Line Dance

Friday

7AM-12:30PM Treadmill, Recumbent Bike
 7:10AM Pilates
 8:10AM Cardio, Core & More
 9:10AM Exercise w/Purpose

Daily Lunches

Good Neighbor Nutrition Program
 *Meals served Mon-Fri @ 11:30AM
Call Tues for Thurs & Fri Meals and Thurs for the next week's Mon- Wed meals. Call 788-0223 by 9:00AM for reservation.
 *Homebound service available

Outreach Services

Are you All Right Today: Reassurance calling ... call 788-0223 to put someone or yourself on this list to receive daily calls.

Loaner Equipment

Wheel Chair, Cane, Walker
 Up to 30 day check out

Transportation

Derby Dash runs curb to curb, 7:30AM to 4:30PM Monday through Friday by appointment in city limits of Derby. Reservations will be accepted as long as time slots are available. Call 788-7433 for additional information.

Volunteer

If you would like to be a volunteer at the Center we have many opportunities, from delivering meals and making phone calls, to being a class instructor. Please call 788-0223.

Personal, innovative, enriching memory care in Derby



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One call offers hope!

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City of Derby Senior Services Mission Statement:

The Derby Senior Services supports positive aging where educational, physical, and cultural programs enrich the lives of the individual and the community.

Goals:

1. To provide seniors with opportunities to volunteer and to participate in community services.

2. To improve the seniors quality of life in the community and at the center.

Objectives:

1. Increase involvement in the community.
 2. Implement a volunteer program at the Senior Services to assist with programs.
 3. Implement the Retired Senior Volunteer Program with assistance

from Sedgwick County.

4. Use an evaluation plan to ensure thriving programs and activities.
 5. Increase active living programs tailored to older adults' needs so they can stay in their homes longer.
 6. Upgrade the monthly newsletter to make it more attractive and professional.

Staff

City of Derby Senior Services
 Dee Williams, Administrator
 Laura Friend, Activity Coordinator
 Kim Hart, Administrative Assistant
 Sonya Dalton, Administrative Assistant

Derby Dash
 Sonya Dalton, Dispatch
 Chuck Jeffries, Driver
 Steve Williams, Driver
 Price Wachholz, Driver

Derby Senior Center • 611 Mulberry • 788-0223
 Open Mon-Thur 7 a.m.-5 p.m.; Fri 7 a.m.-1 p.m.

Derby Senior Services Advisory Board 2013 -2014

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