

HAYSVILLE SENIOR CENTER

“Live Your Life & Forget Your Age!”

Volume 15 Issue 03

March 2021

Facility Safety Precautions

Update 2.16.21.

- Most daily activities have resumed – adjustments/changes will be made when deemed necessary.
- No Foot Care clinic in March or April
- The Game Room is open and available for your enjoyment during regular business hours.
- Friendship Meals will remain carry-out only until further notice.
- No Birthday Dinner, Breakfast, trips or other large gatherings will be scheduled until further notice.
- Facility rentals now available to members only. Additional disinfecting fee and facility restrictions required.
- Food Bank & Commodity distributions remain available. Please call for additional information.

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- Mask and temperature checks are required upon entering the building.
 - Please use sanitizer at main entrance and wash hands frequently.
 - Check in for activities with staff at front office window.
 - Only Members will be allowed into the building, no guests!
 - No children regardless of being accompanied by a member.
 - If you or someone you have been around are ill - Stay home!
 - Staff Only in offices, kitchen, storage and food pantry. - No members allowed.
 - Social distancing will be enforced. If members fail to abide by this rule, you will be asked to leave.

Staff will continue routinely disinfecting regularly used surfaces for your protection. Please help us safely and slowly reopen to the public. Please call 529-5903 with questions.

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Haysville Hustle News

Shamrock Shopping Trip



Feeling the luck of the Irish?

Come shopping with the Haysville Hustle.

We are planning a trip to Walmart and Kohl's in Derby on
Wednesday, March 10th at 10am.

We will spend an hour at each location. If you only want to go to one shopping destination, let us know when you book your pickup and we can make those arrangements.

Cost is \$4 round trip from Haysville to Derby.

Call the Haysville Hustle at 316-529-5903 or come by the Senior Center at 160 E Karla Ave to schedule a pickup at your home. All rides need to originate within the Haysville City limits.

Hurry spots will fill up fast!

*For each petal on the shamrock, this brings a wish your way:
Good health, good luck, and happiness for today and every day.*



Hustle FAQs

- Where can the bus drive too?

All rides must originate from Haysville city limits. We can drive riders to 47th and Broadway (Dillons, CSL Plasma, and Dollar Tree) or 63rd and K-15 (Walmart, Lowes, and Kohl's). We are a curb-to-curb service so will pick up directly in front of your home or apartment.

- How much does a ride cost?

The Haysville Hustle will only accept pre-purchased tokens as payment for a ride. One \$2.00 token will serve as payment for a one-way ride. Tokens can be purchased at Haysville Senior Center, 160E Karla (Cash or Check Only) or Haysville City Hall, 200 W Grand (Cash, Check or Credit Cards accepted). Tokens also can be purchased over the phone and will be delivered by the Hustle driver upon the passenger's first ride.

- Who can ride the Hustle?

Anyone within the Haysville city limits can ride. We require registration forms completed before riding on the Hustle. 24 hour advanced notice is recommended. Reservations can be made the same day if space is available.

- What hours does the Hustle operate?

The Hustle service hours are 8:00-4:30pm, Monday through Friday.



Central Plains Area Agency on Aging (CPAAA) has partnered with **GetSetUp** to provide **FREE** interactive online classes for anyone 55+ to help you stay active and engaged, learn new things, and support positive and healthy aging.

You can access the site at <https://www.cpaaa.org/virtual-classes>.

Every class is **FREE** – use Coupon Code **CPAAA** at: www.getsetup.io/partner/CPAAA . Make sure to use the Coupon Code for access to the free classes.

Look What's New!



Stationary Bike Pedal Cycle

Perfect for knee mobility and leg circulation.

Resistance mechanism to allow work out that fits your needs and ability.

Tracks your distance.

This will be located in the Game Room.
TV nearby to pass your time.



3 & 5 pound hand weights available to incorporate into the STEPS & Chair Yoga exercise classes.

Please leave out anytime you use these to allow proper sanitation.

Located in cabinet in large activity room.

5 Benefits of Technology to Share with Seniors and Their Caregivers

Technology has come a long way over the progression of our loved one's lifetimes. They have witnessed everything from men landing on the moon to dramatic medical improvements and the rise of an Internet-dependent society. Our loved ones also bear witness to the ways technology is changing the face of aging. We can impact our loved ones quality of life by sharing these five tech solutions that may help to keep them healthy, safe and socially connected while making caregiving tasks less stressful for family members.

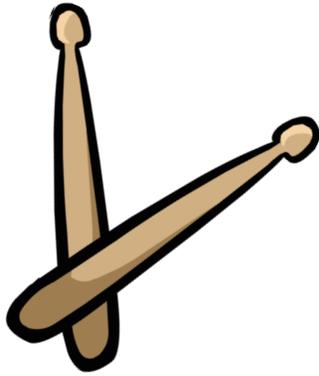
1. **Social Connection– Video Chat and Social Media Keeps Seniors in Touch with Long-Distance Loved Ones.** According to United Healthcare's 2012 100@100 survey of centenarians, staying socially engaged is just as important to healthy aging as genetics and maintaining a healthy body.
2. **Safety-Seniors Living Alone Can Get Help with the Push of a Button.** Surveys consistently show that 80-90 percent of seniors want to stay in their own home as they age. A number of technological solutions can make doing so safer for them. Any senior that lives alone should have a Personal Emergency Response System (PERS).
3. **Exercise– Video Games Get Seniors' Bodies and Minds Moving.** Many nursing homes and assisted living communities have already recognized the recreational and exercise benefits that Nintendo's Wii sports games offer to elderly adults. Seniors living at home could also benefit by owning a Wii or other video game system controlled by motion.
4. **Medication Management– Smartphone Apps Can Help Prevent Medication Errors.** Pill boxes help, but technological solutions that also provide reminders and "time to refill" alerts could potentially aid adherence to the prescribed medication schedule. Seniors and their caregivers can take advantage of the RxmindMe or Personal Caregiver medication reminder smartphone apps to reduce missed medications and prevent medication errors.
5. **Health Tracking– Online Tools Simplify the Process of Maintaining and Accessing Seniors' Health Information.** Smartphone apps and cloud-based health information tracking systems can help seniors and their family caregivers keep information such as medical history, physician contacts, medication schedules, and health conditions organized and handy.

CPAAA– The Caregiver Connection– 07-2020

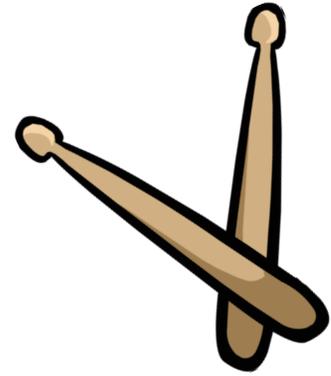
Linda Cook– March 1st
Steve Bell– March 3rd
Velma Newell– March 9th
Johnny McPherson– March 13th
Nancy Stotler– March 17th
Sharon Hodges– March 25th
Randy Diffenbaugh– March 30th



New Exercise Class Announcement!



Drumming Seniors A FUN WAY TO EXERCISE



Friday's Beginning March 19th
at 10:00 a.m.

This group class combines music and drumming (using drum sticks and a stability ball) to introduce a fun approach of achieving your fitness and wellness goals!

This class may be done both sitting or standing.

No Previous Musical Experience Needed



Haysville Senior Center

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St. Patrick's Day Lime Poke Cake

Cake:

1 cup (2 sticks) unsalted butter, softened, plus more for greasing pan

2 1/2 cups all-purpose flour

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon fine salt

1 1/4 cups buttermilk, well shaken

2 teaspoons pure vanilla extract

2 cups granulated sugar

3 large eggs, lightly beaten

One 3-ounce box lime gelatin

Topping:

2 cups heavy cream, cold

1 tablespoon granulated sugar

2 teaspoons pure vanilla extract

Green sanding sugar, for sprinkling

DIRECTIONS

Position an oven rack in the lower third of the oven and preheat to 350 degrees F. Butter the bottom and sides of a 9-by-13-inch pan.

Whisk the flour, baking powder, baking soda and salt in a medium bowl; set aside. Whisk the buttermilk and vanilla in a spouted measuring cup; set aside.

Beat the granulated sugar and butter in a stand mixer (or a large bowl if using a hand mixer) at medium speed until very light in color and fluffy, about 5 minutes, scraping down the sides of the bowl as needed. With the mixer still running on medium, slowly add the eggs and beat until fully incorporated. Reduce the speed to the lowest setting; with the mixer running, add 1/3 of the flour mixture, then 1/2 of the buttermilk mixture, then 1/2 of the remaining flour mixture, then the remaining buttermilk mixture, then the remaining flour mixture. Scrape down the sides and beat until well mixed.

Spread the batter into the prepared pan. Bake until golden brown and a toothpick comes out clean when inserted in the center of the cake, about 30 minutes, rotating the pan halfway through. Let cool for 30 minutes in the pan. Use a large fork to poke holes an inch apart in the top and all the way through the cake.

Bring 1 cup water to a boil, pour over the gelatin in a medium bowl and stir until completely dissolved, about 2 minutes. Stir in 1/2 cup cold water. Pour the mixture evenly over the cooled cake. Refrigerate for 2 hours. Put a large bowl (for whipping the cream) in the refrigerator.

Remove the cake from the refrigerator. Whip the cream with the granulated sugar and vanilla in the chilled bowl until fluffy. Spread it over the cake and sprinkle the sanding sugar on top. Slice and serve.