



HAYSVILLE SENIOR CENTER



“Live Your Life & Forget Your Age!”

Volume 14 Issue 06

JUNE 2020

RE-OPENING PLAN

Below are some additional safety precautions we will be implementing:

1. The following activity is tentatively scheduled to begin June 8th; STEPS. All other activities will remain cancelled. Friendship Meals will remain carryout only until further notice.
2. The game room and group activities will reopen June 22.
3. No Birthday Dinner, Breakfast, trips or other large gatherings will be scheduled through the end of July.
4. If you or someone you have been around are ill - Stay home!
5. Check in for activities with staff at front office window.
6. Only Members will be allowed into the building, no guests!
7. No children regardless of being accompanied by a member.
8. Masks are suggested but not required.
9. Upon entering the Senior Center - Please use sanitizer and wash hands frequently.
10. Staff Only in offices and kitchen - No members allowed.
11. Social distancing will be enforced. If members disobey this rule, you will be asked to leave.
12. Lunch time - Two people to a table, please leave two chairs between each other. Please remain seated until staff dismisses each table to retrieve their meal.
13. Only one person is allowed into restrooms at a time.

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.

Inside this issue:

Bicycle Paint Party	2
June Birthdays	2
Farmers Market Vouchers	3
Advanced Voting	3
Medication Management	4-5
Fathers Day Word Search	6
Coconut Pie Recipe	6

No June Elderberry Pick Up



First Day Of Summer June 20th

The summer solstice is observed on either June 21 or June 22 of each year in the Northern Hemisphere. However, if it's a leap year, then it could also be on June 20. Today, the observation isn't as popular as it was in ancient times throughout Europe, the British Isles, China, Egypt, North Africa and Scandinavia.

What does the summer solstice mean? It is the day when the sun is at its furthest point from the equator, resulting in the longest day of the year depending on which hemisphere you live in. The word "solstice" originates from the Latin word *solstitium* which means "sun-stopping." This is because, the point in the sky where the sun appears to rise and set, well it stops...then reverses direction after this day. Interesting, huh?

The summer solstice has long been celebrated by cultures around the world and here is some of the Folklore that is known:

In Ancient Egypt, the summer solstice coincided with the rising of the Nile River. As it was crucial to predict this annual flooding, the Egyptian New Year began at this important solstice. In centuries past, the Irish would cut hazel branches on Solstice eve to be used in searching for gold, water, and precious jewels. Many European cultures hold Midsummer celebrations at the solstice, which include gatherings at Stonehenge and the lighting of bonfires on hilltops.

Then we have the ever popular Stonehenge in the Wiltshire plain of southwest England. This was built around 2800 B.C.E. by pre-Celtic people over a lengthy period of time. Most of us have either seen Stonehenge in person or in photos. It is made up of very large stone arches. Ancient tribes throughout Europe gathered here on the Summer Solstice. Why? If you stand in the center and face northeast along its axis, the 35-ton Heel Stone appears 256 feet away, making the approximate place on the horizon where the sun rises on the Summer Solstice.

The Chinese emperors of the past also observed the Summer Solstice. Their purpose was to stimulate the earthy, female *yin* forces. These rituals took place in The Forbidden City on the Altar of the Earth. Unlike the Round Mound (used for the Winter Solstice), this altar was square and had a staircase leading North, South, East and West.

Taken from Brownielocks and the Farmer's Almanac

Phyllis Hansen June 3rd
Charles Powers June 3rd
Dianne Schneider June 4th
Brenda Gibson June 5th
Carolyn Wood June 7th
Delma Carter June 8th
Betty Treat June 9th
Donna Davis June 10th
Barbara Mesnier June 10th
Flor Diaz June 12th



Margaret Savage June 12th
Tim Thurman June 14th
Sherry Kirkendoll June 15th
Walter Bilyew June 21st
Patsy Bastin June 21st
Jeff Stroud June 22nd
Nadine Palmer June 28th
Louise Ragland June 30th
James Brown June 30th
Margo Walker June 30th



We will be receiving the Kansas Senior Farmers Market Nutrition Program vouchers soon! Currently they are scheduled to be here around July 1st. Seniors 60 years or older and within the income guidelines are eligible to receive (1) booklet of vouchers. Vouchers are distributed on a first come, first serve basis. Vouchers can be used at any local Farmers Market and can not be redeemed for cash.

We currently do not have a schedule for when the Common Ground Mobile Market will be returning to the Haysville Senior Center, but we do know it'll be soon! We will announce as soon as we have these dates! Vouchers and cash are accepted.



DO YOU NEED TO VOTE BY MAIL?

With the Covid-19 pandemic on our minds, you may not realize that the primary election will be held August 4, 2020, Partisan Primary Election (Democratic Party and Republican Party) and the General Election will be held on November 3, 2020, Presidential General Election.

If you have moved, it will be necessary to complete a new voter registration and it must be received at the Election office no later than July 28, 2020. If you would like to apply for the advance voting ballot, also known as voting by mail, you will need to apply for that also.

Both of these forms are available at the Senior Center office. If you would like to pick one up, please check with us by phone first to determine if the center is open. 316-529-5903. Otherwise, we can mail these forms to you and you can submit them to the Sedgwick County Election Office.

Safely Managing Medications Is Essential For Senior Health

Most seniors take multiple medications throughout the day and it can be easy for a mix-up to happen. Studies show that 87% of seniors take one prescription drug, 36% take 5 or more, and 38% use over-the-counter medications. And taking medicine correctly is essential for treating your older adult's health conditions and managing symptoms. That's why medication management for seniors is so important. Putting a simple system in place and taking care of the basics helps seniors avoid common medication mistakes like taking the wrong drug, missing doses, or taking more than prescribed. We share 10 important tips for helping your older adult safely manage their medications and also share some helpful tools.

10 tips for home medication management for seniors

1. Gather all medications, vitamins, OTC meds, and supplements into one location

If they're all stored in different locations, it's easy to lose track of the prescribed medication, vitamins, over-the-counter medication, or supplements that are being taken. For example, some older adults might keep certain pills in the kitchen, some on their bedside table, and others in the bathroom medicine cabinet. It's especially important to include over-the-counter medications because they could still cause negative drug reactions when combined with prescription medications. A good habit is to gather *everything* into one place. That way, you can see exactly what is being taken, make sure similar prescriptions aren't being prescribed for the same health condition, and know when to dispose of expired medications. Use a separate bin for their backup medication supply or medicines that are only used occasionally.

2. Make sure medication is stored properly

In general, medication should be kept in a cool and dry place. That means the bathroom cabinet *isn't* a good place to keep meds – moisture and heat can affect drugs. Medications should also be kept safely away from children or pets. **Important:** For medication that requires specific storage, like refrigeration, follow the doctor or pharmacist's instructions.

3. Create and maintain an up-to-date medication list

To prevent negative drug interactions, It's essential to know exactly what medications your older adult is taking. That's why it's so important to always have an up-to-date list of their medications, vitamins, supplements, and over-the-counter medications. Be sure to record:

4. Pre-sort medications for the week

Staying organized is essential to good medication management for seniors. Using a pill organizer allows you to help your older adult pre-sort their medications for the week. The best type of pill organizer for your older adult is one with enough compartments for every dose they'll need throughout the day. If any pills need to be split, it may be best to do this ahead of time and include those halves in the pill organizer compartments. That way, your older adult won't need to fumble with a pill cutter or remember to split pills before taking them.

5. Double check for negative drug interactions

Many older adults are taking multiple medications, vitamins, over-the-counter medications, or supplements. That's why it's important to double-check to make sure none of them will cause negative drug interactions.

6. Make sure medication instructions are clear

With medications, it's absolutely essential to follow the doctor's instructions. That minimizes the risk of negative drug interactions, side effects, or reducing the drug's effectiveness. Make sure you and your older adult understand which medications are safe to take at the same time and which need to be spaced out to prevent negative side effects. For example, some medications need to be taken on a full stomach while others need an empty stomach. If there's any uncertainty, don't be afraid to ask the doctor for explanations and detailed instructions. It's their job is to make sure the medications will improve health and the only way that can happen is if they're taken correctly.

7. Set up a medication reminder and tracking system

With so many medications, it can be tough for seniors and caregivers to remember when to take each dose. A medication reminder system and tracking log can help your older adult know that they've taken the correct meds at the right times. A simple way of tracking when medications were taken is to take notes with paper and pen. You could create a simple chart with the medication name and dose, day, and time of day. As your older adult takes each dose, record it with a check mark or X. Filling out this chart helps both them and you know that doses weren't missed. Nobody will need to wonder – hmmm, was that morning dose taken already? To help remember when it's time to take medicine, there are different ways to set reminders. Some older adults might like to set a series of alarms on their mobile phone. Tech-savvy seniors might find a medication management app useful. If your older adult isn't tech-savvy and only takes a couple of doses per day, a basic alarm clock could work well. Some people make it a habit to take certain medications with certain meals. Keeping a routine helps them remember when to take which pills.

8. Understand the likely side effects of medications

It's important to understand the potential side effects and drug interactions for each medication. This helps you watch out for any health changes that could happen after your older adult starts a new medication, increases dose, or combines medications differently. If you do notice changes or problems, contact their doctor right away. Common side effects could increase fall risk, upset the stomach, cause pain or weakness, and more. Some side effects could even mimic other health conditions, including dementia.

9. Help seniors with Alzheimer's or dementia with their medication

If your older adult seems confused about their medicine or has been diagnosed with Alzheimer's or dementia, they will likely need help with their medication. Their cognitive impairment means that a reminder system may not be helpful enough. And taking medications incorrectly could cause serious harm to their health.

10. Plan ahead for medication refills

With long-term prescription medications, it's essential to get refills on time so your older adult won't run out and miss doses. The most convenient solution is to ask the doctor to prescribe a 90 day supply through a mail-order pharmacy. That way, the medication will be mailed and you'll only need to remember to re-order every few months. Many pharmacies also offer automatic refills and will notify you when the prescription is ready to be picked up. Some pharmacies may also have prescription delivery services so you won't have to pick them up. Be sure to mark the refill dates on your calendar so you'll always remember to order a refill and pick it up *before* your older adult runs out.

By DailyCaring Editorial Team

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Father's Day Word Search

How many of the following words can you find in the puzzle?

ATHLETIC FUNNY
BRAVE GOLF
DAD KIND
DADDY SPORTS
ESPN TENNIS
FATHER TIE
FISHING TOOLS
FOOTBALL

MARTY WESTMAN/MCT

X	R	D	F	U	I	E	L	C	F	C	R	E
W	B	L	A	S	T	R	O	P	S	N	D	K
E	O	D	S	A	Z	F	X	C	E	B	A	M
G	N	M	P	O	I	U	T	C	R	E	D	T
R	B	R	A	V	E	H	I	O	O	M	D	E
S	I	D	K	Y	J	T	B	S	S	H	Y	L
H	T	I	Q	N	E	F	A	P	L	L	Y	L
S	A	R	S	L	G	R	E	R	O	O	G	A
G	V	S	H	C	K	E	L	S	N	P	O	B
F	R	T	S	F	I	S	H	I	N	G	W	T
U	A	C	O	S	N	S	T	E	D	E	O	O
N	S	T	K	O	D	A	L	A	D	U	R	O
N	N	R	H	W	B	E	D	U	I	M	G	F
Y	O	T	I	E	T	I	N	C	T	W	N	U
A	F	U	S	R	R	H	W	E	S	P	N	W
O	T	E	N	N	I	S	T	I	U	S	E	R

Old Fashioned Coconut Cream Pie

Ingredients

- 1 cup sweetened flaked coconut
- 3 cups half-and-half
- 2 eggs, beaten
- $\frac{3}{4}$ cup white sugar
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla extract
- 1 (9 inch) pie shell, baked
- 1 cup frozen whipped topping, thawed

Directions

- Preheat oven to 350 degrees F.
- Spread the coconut on a baking sheet and bake it, stirring occasionally, until golden brown, about 5 minutes.
- In a medium saucepan, combine the half-and-half, eggs, sugar, flour and salt and mix well. Bring to a boil over low heat, stirring constantly. Cook, stirring constantly, for 2 minutes more. Remove the pan from the heat, and stir in $\frac{3}{4}$ cup of the toasted coconut and the vanilla extract. Reserve the remaining coconut to top the pie.
- Pour the filling into the pie shell and chill until firm, about 4 hours.
- Top with whipped topping and with the reserved coconut.



<https://www.allrecipes.com/recipe/12481/old-fashioned-coconut-cream-pie>