



Sign up for June programs begins
Monday, June 3

Email us about the newsletter at:
rcseniorcenter@gmail.com

Email us about programs/activities at:
rcseniors@sbcglobal.net

Find us on Facebook at
Riley County Seniors' Service Center

June 2019

The Prime Times

GROW GREEN RESULTS

Thank you to the many people who donated to our endowment on Grow Green Day on April 22. We raised \$15,570, exceeding the amount raised last year and we had the third largest number of individual donations in the event. Our endowment is over \$89,000. **Again, thank you so much!**

FABRIC SALE RESULTS

We made \$908.25 on the fabric sale on May 15. This amount is amazing considering we sold most fabric for \$1/yd. Thank you so much for your donations and your purchases. At the end of the day, the remaining fabric and notions went to the Ogden Friendship House and Fenceline Fabrics.

NEW DISHES & NEW CHAIRS

Lunch is now being served on new blue dishes. If you remember, the kitchen held several fundraisers for the new dishes and then lunch participants had an opportunity to vote on the color. We finally found the right color we wanted. Come have lunch and see the new dishes!

We had an anonymous donation which enabled the Center to purchase 16 new chairs. The new chairs are in the Commons Area and 16 of the existing chairs replaced well worn chairs in the Dining Room. **A big thank you for this donation!**

JULY BLUE MOON THEME

In anticipation of the Fourth of July, we'll be collecting **red, white, and/or blue items in June**. Please look in your cabinets and drawers and see if you have anything red, white, and/or blue to donate and start bringing them to the Center the first of June. Thank you again for your donations/purchases.

SHORT EARNS CARES DEMENTIA SPECIALIST (CDS) CERTIFICATE

Community Care Coordinator, Whitney Short, completed all the requirements for the CARES Dementia Specialist program. It recognizes individuals for completing dementia care training (6 courses; 32 modules; 32 hours) and passing the credentialing exam. ***Congratulations, Whitney!***

June 2019

DO YOU QUALIFY FOR A SENIOR FOOD BOX?

The Commodity Supplemental Food Program (CSFP) provides food and nutrition education to income eligible seniors. Each box contains 10 foods available through CSFP. Groups of food may include beans/ rice/pasta, canned fruit/fruit juice, canned meat, canned vegetables, evaporated/nonfat dry milk, cereal and cheese.

The program is open to seniors, age 60 and older, with a monthly income less than 130 percent of the federal poverty level.

To apply, you must show proof of identity and age (acceptable forms of ID include: driver's license, birth certificate, and medical card with birth date); proof of residency (examples include: utility statement or first class mail from a federal, state, or local government agency); and proof of your gross monthly income (before expenses; if you receive social security, please bring a copy of your social security statement).

For more information, contact the Center at 537-4040.

TECHNOLOGY ASSISTANCE AT THE PUBLIC LIBRARY

For the months of June and July, Technology Assistance will relocate to the Manhattan Public Library. The Library has partnered with the Flint Hills Volunteer Center's Youth Volunteer Corps to offer tech assistance. Please call the Manhattan Public Library at 537-4610 for details.

THE ARTS

Art Studio

Mondays, June 3, 17 & 24 from 1:00-3:00 (no Art Studio on June 10)

Art Studio is a dedicated time and place to work on a project of your choice. The Center has a collection of brushes, acrylic paints, and canvases for your creative use. Our Art Studio Leader, Cheri Graham, will be available to aid in instruction, technique, or inspiration. Attend one class or all three! **Please sign up by the Friday before each class.** If there is not a minimum of five (5) signed up, the class will be cancelled for that Monday. The cost is \$3/person regardless of the number of classes you attend. **Please pay at the front desk when you sign up.** This modest fee helps to cover the cost of paints and provides each participant with a canvas.



Center Singers

Every Friday at 12:45

The Center Singers meet each Friday at 12:45. Anyone is welcome to join and you do not have to commit to a schedule. Just show up on the Fridays that you are available.

POTLUCK - TUES., JUNE 25 AT 11:30



"Anything Goes" is the theme for our next potluck on **Tues., June 25 at 11:30**. Sign up for a main dish, side dish, salad, or dessert. We are also low on our inventory of disposable, divided rectangular plates so if cooking is not your strength, you can still participate by donating these plates. **Please call 537-4040 no later than Fri., June 21 if you plan to join us.**

ROUTE 66 ARRIVAL - FRI., JUNE 7 AT 11:45

The fitness classes are planning their virtual arrival at the Santa Monica Pier on Fri., June 7. We will be serving root beer floats and will complete our last prize drawings for the virtual walk. All the fitness participants have done an amazing job and covered the 2,400 mile journey in two short months. Keep it up and look for a new fitness challenge for the months of July and August.

BEACH MUSEUM'S ARTFUL PROGRAMS AT THE CENTER

Artist Profile: Francis Davis Millet

Wed., June 12 at 1:00

Kim Richards, Education Specialist from the Beach Museum will profile the life of an American artist, Francis Davis Millet. He was a reporter, painter, muralist, and author before his death on the sinking of the Titanic in 1912. Richards always brings a slide show presentation that is both fun and informative. Sign is required with a minimum of five (5) attendees. **Deadline to sign up is Mon., June 10.**

ARTFUL Memories

Thurs., June 20 from 11:00-12:00

Caregivers and their loved ones are encouraged to attend this facilitated discussion. Each session will use a technique called Visual Thinking Strategies (VTS) which uses art as the focus of discussion. The session is led by Kim Richards, Education Specialist from the Beach Museum of Art. **Caregivers must attend with their loved ones and sign up is required. The maximum number of participants is seven (7) pairs/14 individuals. Deadline to sign up is Tues., June 18.**

CROCHETING CAPS & CAMARADERIE AMONG FRIENDS

TUES., JUNE 25 AT 1:00

This group is off to a wonderful start as they are busy crocheting hats that will be donated to chemotherapy patients as well as newborns and young children. Anyone is welcome to join, however they will only meet one time in June. Simple patterns are provided and all you need is a basic ability to crochet along with a crochet hook (preferably G, H or I) and one skein of baby yarn or soft worsted weight yarn (no wool). Caron Simply Soft or Hobby Lobby's "I Love This Yarn" works well. Please sign up no later than Thurs., June 20 if you plan to join the group so we can have enough copies of the pattern ready. This is a fun, friendly, and casual group who enjoys crocheting and conversation.

FREE SERVICES BY LOCAL PROVIDERS - THURS., JUNE 13

Eyeglass adjustment & cleaning at 11:00 - provided by *Vision Source - Optical Perspectives.*

Hearing aid cleanings at 11:30 - provided by *Dr. Katie Bunker, Advanced Audiology.*

Blood pressure checks at 11:30 - provided by *Interim Healthcare.*

Just a reminder - these providers donate their time to the Center each month and their availability is subject to change based on staffing needs at their respective businesses. Sometimes cancellations are unavoidable. We (and they) appreciate your patience and understanding.

JUNE PRESENTATIONS & PROGRAMS

Pre-Planning Arrangements

Doug Hamilton, Memorial Counselor & Lori Herman, Coordinator

Valley View Memorial Park

Tues., June 11 at 10:30

Hamilton and Herman will talk about the importance of preplanning arrangements before a loss of life occurs. They will share tips for ways to save on funeral costs as well as the many benefits of planning ahead. **Please sign up by Thurs., June 6 if you plan to attend.**

Coffee Talk with MATHIS Physical Therapy

Wed., June 12 & 26 from 9:30-10:00

Join us on Wed., June 12 to talk about “Standing Up from Falling” and again on Wed., June 26 when the topic will be “More Balance, Less Falls.” The discussions will be led by Practice Liaison, Garret Seacat with a Mathis Physical Therapist attending one discussion each month.

Please sign up by the Monday prior if you plan to attend.

Native Stone Scenic Byways

Mary Mertz

Tues., June 18 at 10:30

“The Native Stone Scenic Byway (NSSB) is a 75-mile route that provides riders with panoramic views of the valleys and hills that attest to the beauty of Kansas. The NSSB includes various stretches of roads where historic limestone fences are still standing. Running from the quaint town of Dover to the Konza Prairie Overlook just south of Manhattan, many points of interest can be found. This presentation will highlight these and inspire you to take the drive for yourself.” **Please sign up by Thurs., June 13.**

A Virtual Downtown Manhattan Walking Tour

Allana Parker, Curator of Design, Riley County Historical Museum

Wed., June 26 at 1:00

Downtown Manhattan is listed on the National Register of Historical Places, covering a six-block area and comprised of sixty-one buildings. In this presentation, we will take a closer look at some of the unique buildings, stories, and characters from downtown Manhattan’s history. Parker has served as Curator of Design at the Museum since 2012. **Please sign up no later than Mon., June 24 if you plan to attend. A minimum of eight (8) is required for the presentation to be held.**

HAPPY 100TH BIRTHDAY, LAZONE GRAYS!

Long-time Center member, **Lazone Grays**, will celebrate his **100th birthday on Tues., June 4**. Lazone typically comes to the Center in the mornings, so stop by that morning and wish him a **HAPPY BIRTHDAY!** We have heard there may be birthday cake that day!

JUNE SENIOR FOOD BOX PICK-UP & DELIVERY

Pick-up and delivery of Senior Food Boxes will be on **Mon., June 17**. See page 2 for information about the Senior Food Box Program.

LUNCH BUNCH - HAPPY VALLEY CHINESE RESTAURANT THURS., JUNE 13 AT 11:30 (note the time change)

Member Request! Let's plan to meet for lunch at Happy Valley Chinese Restaurant on Thurs. June 13 at 11:30 (please note the time change). Happy Valley is located at 2307 Tuttle Creek Blvd #A in the Blue Hills Shopping Center. **Please sign up by Tues., June 11 if you plan to join us.**

TRAVELING LUNCH BUNCH - WILLIE'S HIDEOUT IN ST. GEORGE THURS., JUNE 27 AT 11:30

Member Request! We had a great experience on our last venture to Willie's Hideout so we decided to do it again. You can check out their full menu and prices online. Please sign up by Tues., June 25 so we can make a reservation for seating. Willie's Hideout is located at 201 First Street in St. George (they are tucked away on old Hwy 24 between Manhattan and Wamego, just next to the Kansas River).

JUNE TOUR

Axe to Grind (925 Enoch Lane)

Fri., June 14 at 10:00

Join us for a tour of Manhattan's new Axe to Grind. *Find out all about the new trend of axe throwing and why it has quickly become one of the fastest growing sports entertainment venues. Axe Throwing may sound a little crazy, but anyone can learn how to throw an axe and make it stick! There are a lot of benefits and rich history behind the sport of axe throwing and as intense as it may look, axe throwing is relatively easy to learn. Most people who come in have never thrown before and by the end of their session, they're hitting bull's eye. IT'S FUN & EASY! The truth is, anyone can throw an axe. The secret to being good is it's all in your form, not your strength.* We will not be doing any axe throwing ourselves; we will just enjoy a private tour and demonstration. **Please sign up by Wed., June 12.**

OUR BUSINESS MEMBERS

These organizations/businesses support the Center through a \$100/year membership. We appreciate their support. Please thank them when you have a chance.

Advanced Audiology	Dental Associates	Orazem & Scalora Engineering
Angels Care Home Health	Dunne's Pharmacy	Pawnee Mental Health Services
Angels At Home Care	Bill Wolf, Edward Jones	Peoples State Bank
At Home Assisted Care	Gail Urban, Edward Jones	Professional Planning Services
Barton Co. Com. College (Ft. Riley)	Flint Hills Heart, Vascular & Vein Clinic	Sink, Gordon & Associates
Barry's Drug Center	Great Clips	Stonecreek Family Physicians
Bayer Construction	Heartland O & P	Stoneybrook Health & Rehabilitation
BD4 Distributing	Homecare & Hospice	Sunflower Bank
Best Pest Control	Homestead Assisted Living	The Manhattan Mercury
BHS Construction	Jon Murdock Auto	The Trust Company, Inc.
Briggs Auto Group	KS State Bank	Thermal Comfort Air
Candlewood Health Mart Pharmacy	Kaw Valley Green Houses	Via Christi Village Manhattan
Cardinal Insurance	Little Apple Toyota Honda	Varney and Associates CPAs
Charlson Wilson Bonded Abstractors	Manhattan Duplicate Bridge Club	Vision Source
Coldwell Banker Realty Group One	Manhattan Medical Group	Welcome Club Manhattan
Community First National Bank	Meadowlark	The Wilson Company
Dannatt Rentals		Witt Eye Centers

Riley County Seniors' Service Center
301 N. 4th St.
Manhattan, Kansas 66502

June 2019

Non-Profit Organization
U.S. Postage PAID
Permit 412
Manhattan, KS 66502

COMMUNITY CARE CORNER by Whitney Short, Care Coordinator

ALZHEIMER'S ASSOCIATION REMOTE LEARNING SERIES (No sign up required)

WED., JUNE 12 FROM 12:30-1:30

Topic: Home Safety

ALZHEIMER'S SUPPORT GROUP FOR CAREGIVERS

MON., JUNE 10 AT 1:30

Caregivers Support Group provides emotional, educational, and social support to members through monthly meetings. Connect with others who share the same experiences and struggles in caring for a loved one with a dementia diagnosis. **No sign up required.**

TAP TO TOGETHERNESS

TUES., JUNE 4 AT 12:30 (please note new time)

Those with dementia and their caregivers join with KSU dance professor Julie Pentz and small children with parents from Parents as Teachers in a 15-20-min fun, guided dance experience. **Please sign up by Thurs. May 30.**

ARTful MEMORIES

THURS., JUNE 20 FROM 11:00 - 12:00

Beach Museum Presenter: Kim Richards

Book Recommendation by Whitney: *Caring for a Loved One with Dementia* by Marguerite-Rao, LCSW. A Mindfulness-Based Guide for Reducing Stress and Making the Best of Your Journey Together.

June 2019