



Willow Creek Manor

1301 S Bleckley Dr. • Wichita, KS 67218 • (316) 683-5224

Willow Creek Manor Staff

Rachel Parker Manager
Erin Crabtree HUD Compliance
Dawn Daniels Maintenance Technician
Ruth Lara Housekeeper
Ruth Franklin Night Monitor

Important Information

Office Hours 10:00 a.m.–5:00 p.m.
Phone Number (316) 683-5224
Fax Number (316) 683-6407
Emergency Maintenance (316) 684-1400

Armchair Travels: Sydney, Australia

Sydney, Australia, offers more than just opera. Australia's most populous city, Sydney is also one of the most beautiful. Sydney Harbour is the site of the landmark Harbour Bridge and the iconic Sydney Opera House. The Opera House, which opened in 1973, is also home to dance and theater companies and a symphony. In addition to manmade structures, Sydney is full of natural beauty, from the beaches to the numerous parks in and around the metropolitan area. Housing more than 4.5 million people, Sydney is a dynamic city with a rich history.

Listen to Your Books

Not getting enough reading done? Check your library for audio versions of the books on your reading list. Listen to the CDs or tapes during walks, when relaxing or whenever you have a free moment. You'll be amazed at how many books you can breeze through.

May 2012



Keep the Color

To keep cut flowers fresh longer, add a teaspoon of baking soda to the water in the vase.

Wear It for Wisdom

Like the gardens and grass of spring, May's birthstone, the emerald, dazzles with a brilliant green. Some believe wearing an emerald brings wisdom and patience.

Wild World: Peregrine Falcon

The word "peregrine" means "wanderer"—an apt name for such a bird: Some nest on Arctic tundra and then winter in South America, flying 15,000 miles in a year. Yet they also have amazing homing instincts—some nests have been occupied for hundreds of years by successive generations. Peregrine falcons are superb hunters from the sky, dropping into dives that can reach 200 m.p.h. before they strike prey.

Keep Your Bones Healthy and Strong!

May is National Osteoporosis Awareness Month. Here are some tips to help keep your bones as healthy as the rest of your body:

Osteoporosis is sneaky. You can't feel your bones getting weaker. In fact, most of the time the first sign of osteoporosis is a broken bone. See your doctor about a bone mineral density test to determine the state of your bones.

Are you at risk? After the age of 30, bone mass decreases gradually with age. Women over 50 and men over 65 are most likely to develop osteoporosis. Family history is another indicator; if your parents or grandparents had osteoporosis, there's a greater risk you'll have it, too.

Keep strong and eat right. Your bones will be stronger if you get enough calcium and vitamin D and if you perform weight-bearing and muscle-strengthening activities. See your doctor for more advice.

Prevent falls. Stay physically active, have your vision and hearing tested and pay attention to the side effects of your medications—these are good ways to prevent falls and broken bones. Also, limit your alcohol intake and wear shoes with non-skid soles.

For more information, visit www.WebMD.com.



Hello, Sunshine!

The sunny spring weather is finally here and it's time to get outside. Spend some quality time with your grandkids doing a few of these fun activities:

Grow it. Plant a garden with tomatoes, cucumbers and radishes. Nourish the plants, and once they grow, make a salad for the rest of your family members to munch on.

Throw it. Teach your grandchild how to throw a mean fastball and then spend an afternoon together taking in a local baseball game.

Pitch it. Set up a tent in the backyard, at a local park or even in the living room. Spend a few hours trading ghost stories and stargazing.

Capture it. Walk around outside taking pictures of beautiful flowers. Then use the pictures as a reference to create look-alikes from tissue paper and pipe cleaners.

Chalk it. Draw a maze using sidewalk chalk and try to walk your way out of it.

Race it. Go to a local playground and create your own relay race out of the jungle gyms and swings. Time your grandchildren as they see who can finish first.

Don't Worry, Be Tappy!

National Tap Dance Day is May 25, which is also the birthday of Bill "Bojangles" Robinson, one of the greatest tap dancers ever.

Tap dancing has roots in Irish step dancing, English clog dancing, and African drum rhythms and dance movements. In the 1830s in New York City, different immigrant groups would gather to show off their dance skills. By the 1920s, tap had become an established dance form and entertained people at Harlem's Cotton Club and other venues.

Tap then moved into films. Robinson is known today for his dancing with Shirley Temple in several films in the 1930s.

Fred Astaire became a well-known dancer, appearing in movies in the 1930s through 1950s. Gene Kelly brought a more athletic style to dance in the 1940s and '50s in such films as "Anchors Aweigh" and "Singin' in the Rain."

These and other dancers, such as Sammy Davis Jr. and Gregory Hines, have helped keep alive the tradition of fast, rhythmic footwork. Probably the best-known contemporary tap dancer is Savion Glover, who has choreographed Broadway shows and movies, including "Happy Feet." The animated feature film starring tap-dancing penguins introduced tap to a whole new generation.

Gather 'Round the Campfire

Summer camp is not just for the young folks anymore. Seniors are finding they can have more fun at summer camp now than they did when they were kids.

Senior summer camps offer older people a chance to get away and enjoy summertime activities in the great outdoors. Offerings include: arts and crafts classes; yoga and meditation; nature walks; canoeing and rafting; talent and vaudeville shows; dances and professional entertainment.

Making new friends is an important part of summer camp, so activities like "human bingo"

get people to talk about themselves as part of the game. Some camps offer field trips, bring in special speakers and give awards at the end of camp. The goal of all is that campers have fun.

Contact your local senior services agency for more information about senior summer camps in the area. Then pack up your marshmallows and get ready for some good old-fashioned summertime fun!



An Eclipse Education

On May 20 this year, the Western U.S. will have the best view of an annular solar eclipse.

A solar eclipse occurs when the moon moves between Earth and the sun. There are several types of solar eclipses, including annular, total and partial.

Because the moon's orbit is oval-shaped, when it is farther from the Earth it appears smaller. An annular eclipse occurs when the apparent size of the moon is smaller than that of the sun, so the sun appears as a bright ring, or annulus, surrounding the moon.

When the moon is on the near side of its orbit and moves

between Earth and the sun, it will cause a total eclipse, completely blocking the sun for a few minutes.

A partial eclipse occurs when only a portion of the sun is covered.

Solar eclipses happen two to five times per year.

Never look directly at the sun during an eclipse. Even though it's tempting, looking at an eclipse without proper filters can cause permanent eye damage or blindness. A popular filter to use is number 14 welder's glass. You can also search the Internet for directions on how to make an eclipse viewer with a cardboard box or tube and aluminum foil.

Wit & Wisdom

"Gardens and flowers have a way of bringing people together, drawing them from their homes."

—Clare Ansberry

"No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden."

—Thomas Jefferson

"The love of gardening is a seed once sown that never dies."

—Gertrude Jekyll

"A garden, you know, is a very usual refuge of a disappointed politician. Accordingly, I have purchased a few acres about nine miles from town, have built a house, and am cultivating a garden."

—Alexander Hamilton

"If you have a garden and a library, you have everything you need."

—Marcus Tullius Cicero

"In my garden there is a large place for sentiment. My garden of flowers is also my garden of thoughts and dreams. The thoughts grow as freely as the flowers, and the dreams are as beautiful."

—Abram L. Urban

"I do some of my best thinking while pulling weeds."

—Martha Smith



A Way With Words

Many of the most important days in the history of our world were captured in front-page newspaper headlines. Take a look at the headlines on these important dates.

Date:	Publication:	Headline:
April 16, 1912	The New York Times	"Titanic Sinks Four Hours After Hitting Iceberg"
Oct. 25, 1929	Daily Mail	"Greatest Crash in Wall Street's History"
Nov. 22, 1963	Chicago Tribune	"Assassin Kills Kennedy"
July 21, 1969	Evening Standard	"The First Footstep"
Aug. 9, 1974	The New York Times	"Nixon Resigns"
Sept. 12, 2001	The Daily Telegraph	"War on America"

"Then & Now"

"This Month In History" May

1770: The French dauphin Louis marries Marie Antoinette.

1792: The forerunner of the New York Stock Exchange is established.

1806: Andrew Jackson wins a duel 22 years before being elected president.

1872: Victoria Woodhull is nominated as the presidential candidate of the Equal Rights Party. She is the first woman nominated for president.

1897: London bookshops begin selling copies of the vampire novel "Dracula" by Irish writer Bram Stoker.

1941: Cheerios land on the shelves, a hit with kids and parents alike.

1953: New Zealand mountaineer Edmund Hillary and his guide, Tenzing Norgay, become the first men to reach the summit of Mount Everest, the world's highest mountain at 29,029 feet.

1954: Roger Bannister, a 25-year-old medical student, becomes the first person to run the mile in less than four minutes. Bannister wins a mile race in Oxford, England, in 3 minutes and 59.4 seconds.

1977: "Star Wars" is released in theaters. The five subsequent Star Wars movies are also released in May.

1979: Margaret Thatcher is sworn in as the United Kingdom's Prime Minister.

1990: The Hubble Space Telescope transmits its first images from space.

1999: Susan Lucci, longtime star of "All My Children," wins her first Emmy award after 19 nominations.

2010: Betty White becomes the oldest person to host "Saturday Night Live" and is a rousing success.