

THE GOLDEN YEARS

The El Dorado Senior Center Monthly Newsletter



JANUARY POTLUCK PARTY!

Wow! We had an incredible 76 attendees at our last event—thank you for making it such a success! Can we break 80 this time?

Date: Monday, January 6th

Time: 6:00 PM

Main Course: White Chicken Chili & Cowboy Soup

Entertainment By: Kathy Morrow and Theresa Bachman

This month, we're adding a special touch with Kansas-inspired music to celebrate our roots. Bring your best sides and desserts to pair with the soup and chili, and let's make it another unforgettable evening.

Let's make this potluck our biggest yet—see you there!

**210 EAST SECOND AVE.
EL DORADO, KS
67042**

**PH: 316-321-0142
FX: 316-321-1525**

KTRAINA@ELDOKS.COM

**OFFICE HOURS:
M/W/F: 9:00 A.M. - 5:00 P.M.
T/TH: 9:00 A.M. - 3:00 P.M.**

2025 BOARD & STAFF

**PRESIDENT: TBD
VICE PRESIDENT: MARY MAYS
TREASURER: JUDY PARKS
SECRETARY: TBD
MEMBER AT LARGE: SUZIE CAWTHORN
MEMBER AT LARGE: TBD
MEMBER AT LARGE: TBD
MEMBER AT LARGE: TBD
MEMBER AT LARGE: ANN TEMPLETON
DIRECTOR - KRISTINA TRAINA
KITCHEN - SUZIE WOLL**

**FOLLOW US ON OUR NEW
FACEBOOK PAGE.
EL DORADO SENIOR CENTER**



NEW YEAR, NEW MOVES: GET FIT AND HAVE FUN!



Hello, 2025! It's time to shake off those winter blues, stretch those muscles, and dive into a brand-new year of health and happiness. At the Senior Center, we've got just the right mix of low-impact exercise classes to keep you moving, grooving, and feeling your best. So grab your sneakers, and maybe a friend—it's time to kick-start your resolutions!

Monday & Friday Morning Walks

When: 9:00 AM

Why Walk? Did you know that just 30 minutes of walking adds up to about a mile? That's a mile closer to better heart health and stronger bones.



Tuesday Afternoon Tai Chi: "Afternoon Zen"

When: 2:00 PM

Why Tai Chi? This 45-minute video-based class is perfect for improving balance and reducing stress. Fun fact: Tai Chi has been shown to improve flexibility and may even help you sleep better.

Wednesday Back to Balance

When: 10:00 AM

Why Balance? A strong sense of balance can help prevent falls and keep you confident on your feet. In just 30 minutes, this class will have you feeling like the star of a balancing act—with no circus required!

Thursday Morning Tai Chi with Eudora Sheldon

When: 9:30 AM

Why Eudora's Class? With over 15 years of teaching experience, Eudora will guide you through low-impact movements designed to improve strength and serenity.



Friday Aerobics

When: 10:00 AM

Grab a pair of 1- to 5-pound weights (or none at all—it's up to you!) for this energizing 30-minute class. Aerobics builds endurance, strengthens muscles, and keeps your joints happy. Remember, any movement is progress, so take it at your own pace!

We can't wait to see you there. Together, let's make 2025 a year of fun, fitness, and friendship!

MONTHLY TIP: January - Daylight Exposure

Natural light boosts vitamin D, enhances mood, regulates circadian rhythm, and increases serotonin levels. Spend time outdoors daily, or sit near a window with open blinds. Trim trees or bushes blocking sunlight to brighten your home.



The church held a "Marriage Seminar" and the Priest asked Luigi, as his 50th wedding anniversary approached, to share some insight into how he managed to stay married to the same woman all these years. Luigi replied to his audience, "Well, I tried to treat her well and spend money on her. But the best thing I did was take her to Italy for our 20th anniversary."

The Priest said "Luigi, you are an inspiration to all husbands here today. Please tell the audience what you plan for your wife for your 50th anniversary." Luigi proudly replied "I'm gonna go and get her."





HAPPY BIRTHDAY TO OUR WONDERFUL SENIORS!



Another year older, another year wiser! Let's celebrate the birthdays of all our amazing seniors. Whether you're celebrating a milestone or just another year of life, you deserve to feel special. Remember, age is just a number, and life is a journey to be enjoyed. So, let's make this year's birthdays extra special with lots of love, laughter, and good company!

- | | | | |
|----------------|----------------|-------------------|--------------------|
| Gary Alexander | Steve Fellers | Marilyn Moynagh | Maris Simmons |
| Sue Biddle | Myrna Jensen | Starlene Nearhood | Sherri Stenseng |
| Carolyn Bisel | Carla Knoop | Donna Ollek | Peter Storandt |
| Darrell Bisel | Marvin Krekel | Robert Proctor | Terry Stubblefield |
| Bob Blackmore | Crystal Light | Steve Reynolds | Millie Turner |
| Craig Cipra | Marilyn Ligon | Sue Reynolds | John Watson |
| Judy DeMint | Kimberly Lucas | Joe Ruiz | Ann Wimberly |
| Norma Eller | Marcia McCoy | Connie Schmidt | Gerald Younker |
| | | | Phoebe Zimmermann |

**“Please don’t retouch my wrinkles. It took me so long to earn them.”
— Anna Magnani**

“You know you’re getting old when you get that one candle on the cake. It’s like, ‘See if you can blow this out.’” — Jerry Seinfeld

WELCOME TO THE CLUB!

We’re thrilled to welcome our newest members to the El Dorado Senior Center! Every new face brings fresh stories, laughter, and the opportunity to make lifelong friends. Whether you’re joining us for lunch, activities, or just great company, we’re excited to have you in our vibrant community.

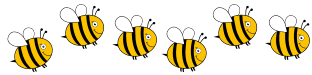
Check out the newest additions to our family below, and be sure to say hello when you see them around!

- | | | |
|-----------------|----------------|--------------------|
| Melissa Behrens | Julie Evans | Connie Probert |
| Steve Cost | Kirt Evans | Diane Stubblefield |
| Lowell Dennis | Arminda Garcia | Terry Stubblefield |
| Susan Dennis | Doris Kieser | Sue Thomas |

HOLIDAY SCHEDULE REMINDER: MARK YOUR CALENDARS!

Just a friendly reminder that we will be **CLOSED** on December 31st and January 1st for the New Year. We will also be closed on Monday, January 20th in recognition of Martin Luther King Jr. Day.

THE BUZZ



DISCOVER THE JOY OF DRAWING - HOW TO DRAW A STRAIGHT LINE

The Senior Center is excited to introduce a new drawing class, perfect for beginners and those looking to refresh their artistic skills. Led by a talented local artist, Kate Rhoads, who recently moved to El Dorado from Emporia, this class is a wonderful opportunity to explore creativity and connect with others who share an interest in art.

Kate has been passionate about drawing and painting since childhood. After studying painting and design at KU and participating in various art events, including Emporia's First Friday gatherings, she brings a wealth of experience and enthusiasm to this class. Now retired, she has been painting steadily for 15 years and is eager to share her knowledge and love of art with our community.

The class will meet every Wednesday at 9:30 AM, starting in January, with a new topic introduced each month. January's focus will be on foundational skills such as pencil control, drawing straight lines, values, shading, and basic perspective. Each session will build on these skills, offering participants a supportive environment to learn and grow.

No prior experience is necessary—just a willingness to try and practice. Drawing is a skill that can be learned by anyone, and this class is designed to make it fun and accessible. Whether you're a complete beginner or an experienced artist looking to revisit the basics, this is a great chance to explore your creative side.

Join us and discover the joy of drawing!

JANUARY CRAFT OF THE MONTH: FINISH WHAT YOU STARTED!

Happy New Year! January is all about fresh starts... but let's be honest, how many "fresh starts" are sitting unfinished in your craft closet? This month, we're kicking off with a resolution-friendly theme: Finish Your Current Project.

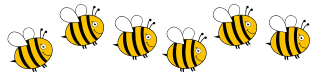
That scarf you promised to finish last winter? Those half-painted birdhouses waiting for a little love? Bring them all to the Senior Center on the 2nd Monday of January at 9:30 AM, and let's turn "someday" into "done-day."

We'll provide the space, encouragement, and maybe even a little gentle teasing to help you conquer your craft pile. Start the year off right by finally checking something off your list—because a finished project is the best project!

Time to Renew Your Membership!

For just \$10, swing by the office and renew your membership to stay in the loop with all the perks! Plus, you'll get a snazzy new membership card featuring our brand-new logo. Members enjoy benefits that non-members only dream about—so don't miss out! Renew today and keep the good times rolling!

THE BUZZ



NEW IN JANUARY: PITCH & CORNHOLE

Looking for some friendly competition and a great time? We've got you covered!

Pitch on Thursdays at 1 PM



Think you've got the winning hand? Join us every Thursday afternoon for a game of Pitch. It's the perfect way to show off your card-playing skills, catch up with friends, and maybe even earn a little bragging rights. Don't be shy—shuffle on in and grab a seat!

Coffee & Cornhole on Fridays at 9:30 AM



Start your Friday morning with a good cup of coffee and a friendly game of cornhole. Bring your A-game and your best aim—this isn't just tossing bean bags; it's a showdown! Whether you're a seasoned pro or just looking for some fun, we guarantee good vibes, great laughs, and maybe a little healthy trash talk.

So, what are you waiting for? Grab a friend (or come solo!) and join the fun. Game on!

FREE TAX PREP WITH AARP FOUNDATION TAX-AIDE

Tax season is just around the corner, but don't worry—we've got you covered! The AARP Foundation Tax-Aide program offers free tax preparation, with a special focus on older adults with low to moderate incomes.

Sign-ups start January 2nd

Give us a call at 316-321-0142 or stop by the office to secure your spot. Appointments will fill up fast, so don't wait too long!

Details:

Dates: Tuesdays, February 4th to April 8th

Times: 9:00 AM to 3:15 PM

Duration: 1-hour time slots



Let the pros handle the paperwork while you sit back and relax—taxes don't have to be stressful when you have the right help!

VOLUNTEERS NEEDED: WE CAN'T DO IT WITHOUT YOU!



Can you staple paper? Fold napkins? Make copies? Brew coffee? Boil water (haha, we had to ask)? If you said yes to any of these—or even if you're just willing to try—we need YOU!

Our amazing volunteers are the heartbeat of the Senior Center. Without them, this place wouldn't be the warm, welcoming community we all love. Whether you have a little time or a lot, there's a role for everyone.

Not sure if you're up to the task? Don't worry! If you can't do something yet, we'll teach you. And if stapling or coffee-making isn't your thing, we'll find a job that suits your skills. Trust us, there's always something to do!

Stop by the office or give us a call to sign up. Let's keep the magic of the Senior Center alive—together!

THE BUZZ

BOARD MEETING HIGHLIGHTS: TRANSPARENCY FOR OUR MEMBERS

Welcome to the newest addition to our newsletter—a dedicated space to keep you informed about what happens at our monthly board meetings. Transparency is important, and we want all our members to stay in the loop about the decisions and discussions shaping our Senior Center.

Director's Report

Kristina Traina shared some exciting updates during the meeting:

- Membership Growth: We've grown to 362 members as of December 16, 2024, with 52 new members joining us recently!
- Fundraising Success:
 - The Monday Monterrey Luncheon on December 16 served 37 people, raising \$307.
 - The December Potluck brought in \$175.50 with 76 attendees.
 - The Holiday Bingo Event had 44 participants, raising an impressive \$560.68. Thank you to everyone who attended and to our wonderful community sponsors!
- Community Outreach: We collected 17 hats and mittens for Head Start, who were thrilled with the donation. We look forward to partnering with them in the spring for a craft day with their 3-5-year-olds.

Addressing Member Feedback

A suggestion from the suggestion box raised concerns about announcements being made before meals, causing delays in food service. After discussion, the board confirmed:

- Announcements will continue to be made before meals, as members are more attentive and engaged at this time.
- To ensure fairness, we'll maintain a drawing system for table order and call tables in spaced intervals to avoid long waiting periods.

Old Business

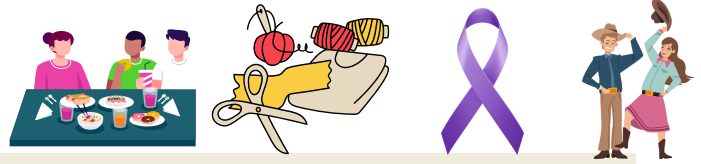
1. Board Meeting Start Time: Changing the start time to 9:00 AM was tabled until the new board is official.
2. Increased Membership Meetings: Members wishing to address the board should speak with the director or a board member to be added to the agenda. Special meetings can also be called for member concerns.
3. Work Sessions: Tabled until the January meeting with the new board.
4. Bed Bug Policy: A draft policy, developed with input from Shaw's Pest Control, will be reviewed at the next board meeting.
5. 5th Sunday Fundraiser: The board finalized volunteer roles and agreed board members will provide desserts.

New Business

1. Board of Directors Election: A "Save the Date" will be sent for a board orientation session.
2. Dances/Bands Discussion: Kristina will reach out to members involved in organizing dances to discuss their future.
3. Kitchen Counter Door Proposal: The current proposal from Overhead Door was higher than expected. Kristina will continue seeking bids from other contractors.

Thank you to everyone who has participated in events, fundraisers, and suggestions to help us improve and grow. Together, we're making the Senior Center a welcoming and active community.

ACTIVITIES SCHEDULE



DAILY
COFFEE 9:00 A.M.
LUNCH 11:30 A.M.
OPEN GAMES 2:00 P.M

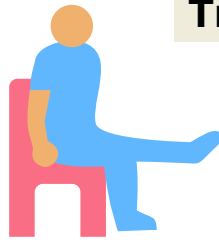


MONTHLY
1st Monday - Potluck 6 P.M.
2nd Monday - Craft Corner 9:30 A.M.
3rd Monday - ALZ/Dementia Support Group 5:30 P.M.
3rd Tuesday - Know It All Trivia - 2 P.M. North Side

Don't forget

FREE ACCESS TO WIFI AND COMPUTERS DAILY.

BRING IN YOUR SENSITIVE DOCUMENTS FOR FREE SHREDDING.



WEEKLY

MONDAY	<ul style="list-style-type: none"> • Morning Movers: Walk, Talk and Roll 9:00 A.M. • Aerobics 10:00 A.M. • Mexican Train Dominoes 12:30 P.M.
TUESDAY	<ul style="list-style-type: none"> • Bible Study 10:00 A.M. • Bingo 12:30 P.M. • Midday Zen Tai-Chi 2 P.M. NEW
WEDNESDAY	<ul style="list-style-type: none"> • How to Draw a Straight Line 9:30 A.M. NEW • Back to Balance 10:00 A.M. • Hand & Foot 12:30 P.M. • Prairie Port Seniors (Pitch, Hand & Foot) 1:00 P.M.
THURSDAY	<ul style="list-style-type: none"> • Tai Chi 9:45 A.M. • Mexican Train Dominoes 12:30 P.M. • Pitch 1 P.M. NEW
FRIDAY	<ul style="list-style-type: none"> • Morning Movers: Walk, Talk and Roll 9:00 A.M. • Coffee & Cornhole 9:30 A.M. NEW • Aerobics 10:00 A.M. • Hand & Foot 12:30 P.M.



STAY IN THE LOOP

📱 Text Reminders: Sign up for text message reminders by simply letting the office know.

✉ Email Newsletters: Want our newsletter delivered straight to your inbox? Swing by the office to join the list!

JANUARY LUNCH MENU

MONDAY - FRIDAY

11:30 A.M.

\$5 SUGGESTED DONATION

**Menu Subject to Change Without Notice*

Tired of the same old lunch?
Join us for fresh, homemade
meals made with love!
Call (316) 321-0142 to place
your order at least one day
in advance.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>All meals served with dessert.</p>		<p>1 NEW YEAR'S DAY CLOSED</p>	<p>2 Assorted Soups 1/2 Grilled Cheese</p>	<p>3 Pizza Garden Salad</p>
	<p>6 Swiss Steak Mashed Potatoes Green Beans</p>	<p>7 Open Faced Sloppy Joes Potato Salad</p>	<p>8 Broccoli Cheese Soup Cornbread</p>	<p>9 Chicken Fajita Pasta, Rice Glazed Carrots</p>
<p>13 Hamburgers Potato Salad Baked Beans</p>	<p>14 Turkey & Stuffing Casserole Sweet Potatoes</p>	<p>15 Cowboy Soup Rolls</p>	<p>16 Chicken Fettuccini Alfredo Garden Salad</p>	<p>17 Lasagna Garlic Bread Salad</p>
<p>20 MARTIN LUTHER KING JR. DAY CLOSED</p>	<p>21 Polish & Kraut Broccoli Salad</p>	<p>22 Meatloaf Baked Potato Buttered Corn</p>	<p>23 Chili Dogs Coleslaw</p>	<p>24 Shrimp Quiche Buttered Potatoes Harvard Beets</p>
<p>27 MONTERREY FUNDRAISER 11:30 A.M \$8</p>	<p>28 Baked Chicken Cheesy Potatoes Buttered Peas</p>	<p>29 Asian Pork Roast w/ Rice Green Beans Almondine</p>	<p>30 Spaghetti Garden Salad Garlic Bread</p>	<p>31 Fried Catfish Steak Fries Beans & Bacon</p>



REMINDER! POTLUCK IS JANUARY 6T AT 6 PM

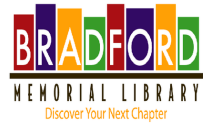


KNOWLEDGE NUGGETS



- On January 1, 45 BC, the Julian calendar took effect as introduced by Julius Caesar.
- On January 1, 1863, US President Abraham Lincoln issued the Emancipation Proclamation, declaring the freedom of all slaves in Confederate-held territory.
- On January 2nd, 1975, the popular television game show "Wheel of Fortune" premiered on NBC. The show is still running today, making it one of the longest-running American TV shows.
- On January 8th, 1835, the United States government paid off its entire national debt for the first and only time in its history. President Andrew Jackson had managed to bring the debt down from \$58 million to zero.
- January 14th, 1907, saw actress Anita Stewart become the first film actor to place her hand and footprints in cement at Grauman's Chinese Theatre. This act began a long-standing Hollywood tradition.
- January 17th is also known as Ditch New Year's Resolutions Day, a humorous day celebrated by those who cannot maintain their New Year's resolutions and choose to abandon them.
- January 29th is Kansas Day, an observance that commemorates the state's admission to the Union in 1861.

BRADFORD MEMORIAL LIBRARY SERVICES



LARGE PRINT BOOKS

The Bradford Memorial Library brings in large print books for our members to check out. These books are kept in the office and are swapped out monthly, so there's always something new to read!

Can't Get Out of the House?

No problem! Butler County Library Outreach delivers books right to your door. If you're interested in receiving this service or know someone who would benefit, call Outreach at 316-321-3363 or email services@bradfordlibrary.info.

Issues with Your Eyesight?



El Dorado Senior Center presents TALKING BOOKS! This service, provided by the Library of Congress, National Library Service, and Kansas State Library, makes it possible for those with low vision or physical limitations to enjoy thousands of books and magazines for free!

Access Books Easily



- Use your phone, tablet, or computer to download audiobooks.
- Order books in braille.
- Get a FREE player to use at home with audiobooks mailed directly to you.

For more information or to start using Talking Books, call the ESC office at 316-321-0142 today!

SENIOR RESOURCES

THRIVE NOW AT THE SENIOR CENTER

We are excited to announce that Thrive has opened an office at the El Dorado Senior Center! Thrive is here to assist you with navigating online resources and completing forms for benefits such as: Social Security, Medicare, the Healthcare Marketplace, insurance, Medicaid, food assistance, disability, LIEAP and more.



Medicare Advantage Open Enrollment

Medicare Advantage Open enrollment is Jan. 1-March 31, during this time (only) people who ALREADY have an advantage plan can switch to another advantage plan or change back to original Medicare.

LIEAP Information

LIEAP application season opens early this year, from November 18th to March 31st at 5 PM. The program helps with electricity, home gas service, and wood burning. Applications can be printed or completed online.

Presumptive Eligibility Specialist Services

Helping parents (of children under 19), children, and pregnant individuals get immediate Medicaid coverage if eligible. This service might be useful for your family members.

Contact Information

To make an appointment with Andrea Campbell or Heather Patterson from Thrive, please call Andrea at 785-230-8809 or email her at Andrea@thriveallencounty.org or Heather 316-737-8170, heather@thriveallencounty.org. **PLEASE NOTE - Andrea and Heather will be out of the office January 8th and 20th**

LEARN AND GROW WITH US

At the Center, we're here to help you reach your goals, keep learning, and stay independent. We offer various resources, classes, support groups, and seminars to support you.

Have something you'd like to learn? Want to get more familiar with your smartphone or computer? Share your ideas in the suggestion box or talk to Kristina directly!

Kristina can also help you find our new Senior Center Facebook page.

PREVENTING ELDER ABUSE

Elder abuse, neglect, and exploitation are serious issues that can affect anyone. It's crucial to address them promptly and compassionately.

If you or someone you know is experiencing any form of abuse, please reach out for help. Contact the Butler County Prevention of Elder Abuse at 1-800-279-3655 or 316-322-4254. Your call will be confidential, and support is available.

GRIEF SUPPORT GROUP

If you're seeking comfort and support through grief, join the Heartfelt Grief Support Group at Family Worship Center, 701 S. Atchison, El Dorado.

Meetings are held on the 2nd and 4th Tuesdays of each month from 6:30 to 7:30 PM. Please use the NW parking lot and entrance.

SENIOR RESOURCES

FOOT CARE CLINIC BY HERMES HEALTHCARE



Hermes HealthCare offers a convenient Foot Care Clinic right here at the senior center! To schedule an appointment for a pedicure, please call 316-260-4110. These services are covered by Medicare.

DATES:

January 3	January 17	February 7
March 7	March 21	April 11
May 9	May 23	June 13
July 11	July 25	August 15
September 12	September 26	
October 17	November 14	
November 28	December 19	

COMMODITIES DISTRIBUTION

We are pleased to announce the upcoming Commodities Distribution!

Distribution will take place on the **North Side** from **1 PM - 2 PM** on the following dates in 2025:

January 8	February 12
March 12	April 9
May 14	June 11
July 9	August 13
September 10	October 8
November 12	December 10

To submit an application for the Supplemental Food Program, please call the United Methodist Open Door Program office at (316) 267-0511.

Please pick up your commodities on the date to avoid any inconvenience. Timely pickup is crucial to ensure everyone receives their items smoothly.



EL DORADO ALZHEIMER'S SUPPORT GROUP



Presented By: Alzheimer's Association
Central & Western, KS

Who Joins a Support Group?

People of all ages and backgrounds join support groups. They seek support, knowledge about the disease, and ways to help each other with Alzheimer's challenges.

Why Join a Support Group?

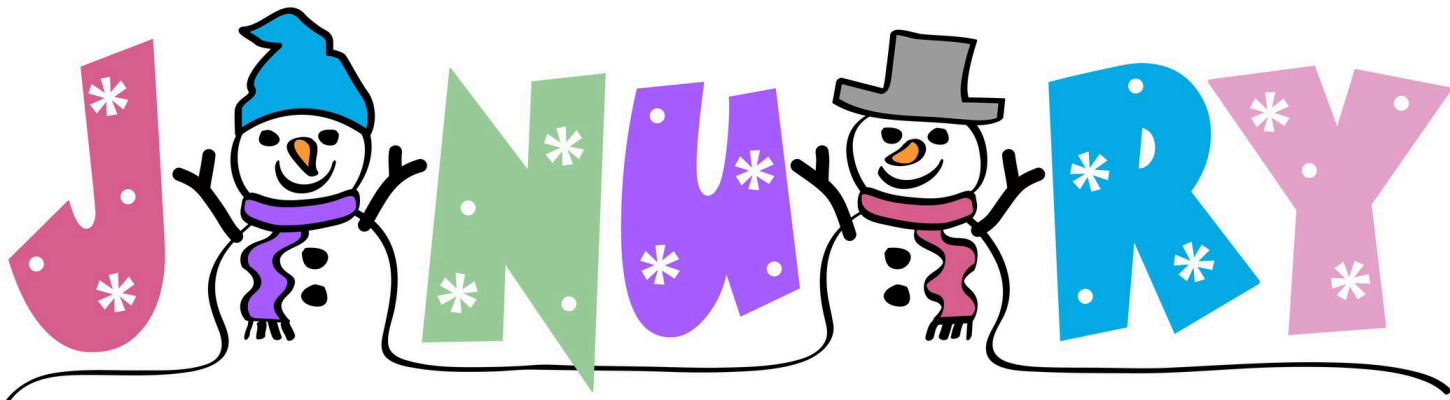
Support groups are vital for both caregivers and patients. They provide education on managing Alzheimer/Dementia care, reducing stress, and improving the well-being of everyone involved. Research shows that support groups help caregivers cope better and keep patients living at home longer. Contrary to belief, groups are uplifting and a great place to find both support and laughter.

JOIN US!

3rd Monday Each Month
5:30 PM
El Dorado Senior Center
210 East 2nd
El Dorado, KS 67042

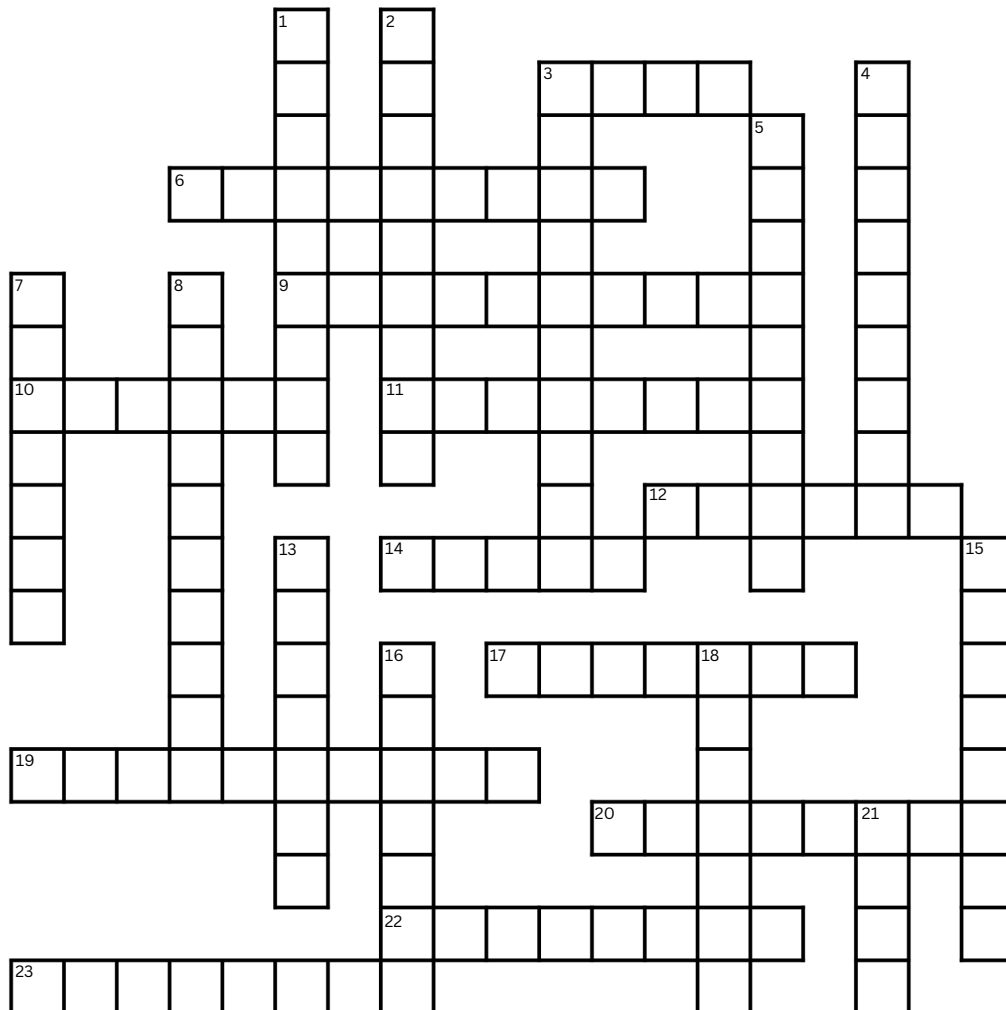
QUESTIONS?

Roxann Cool
roxann_cool@hotmail.com
or call the ESC
316-321-0142



ACROSS

- 3. Wintry precipitation common in January
- 6. January's birth flower
- 9. Restlessness from staying indoors
- 10. Season in full swing during January
- 11. Zodiac sign for late January birthdays
- 12. January's birthstone
- 14. Icy coating on January mornings
- 17. Frosty figure built after fresh snowfall
- 19. Wintertime activity on frozen ponds
- 20. Comforting chocolate drink for cold days
- 22. Christian feast day on January 6th
- 23. Cozy coverings for chilly nights



DOWN

- 1. Zodiac sign for early January birthdays
- 2. Arctic mammal taking January swims
- 3. Unique ice crystals falling from winter skies
- 4. Cozy spot for gathering on cold evenings
- 5. Popular destination for winter sports enthusiasts
- 7. January 1st celebration

- 8. Winter plunge for warm relaxation
- 13. First month of the new year
- 15. Severe January snowstorm
- 16. Frozen water droplets hanging from roofs
- 18. Hand warmers for snowy days
- 21. Typical January weather condition

Happy New Year



Celebration

- Party
- Sparkle
- Calendar
- Clock
- Tradition
- Holiday
- Dream

Noisemaker

Midnight

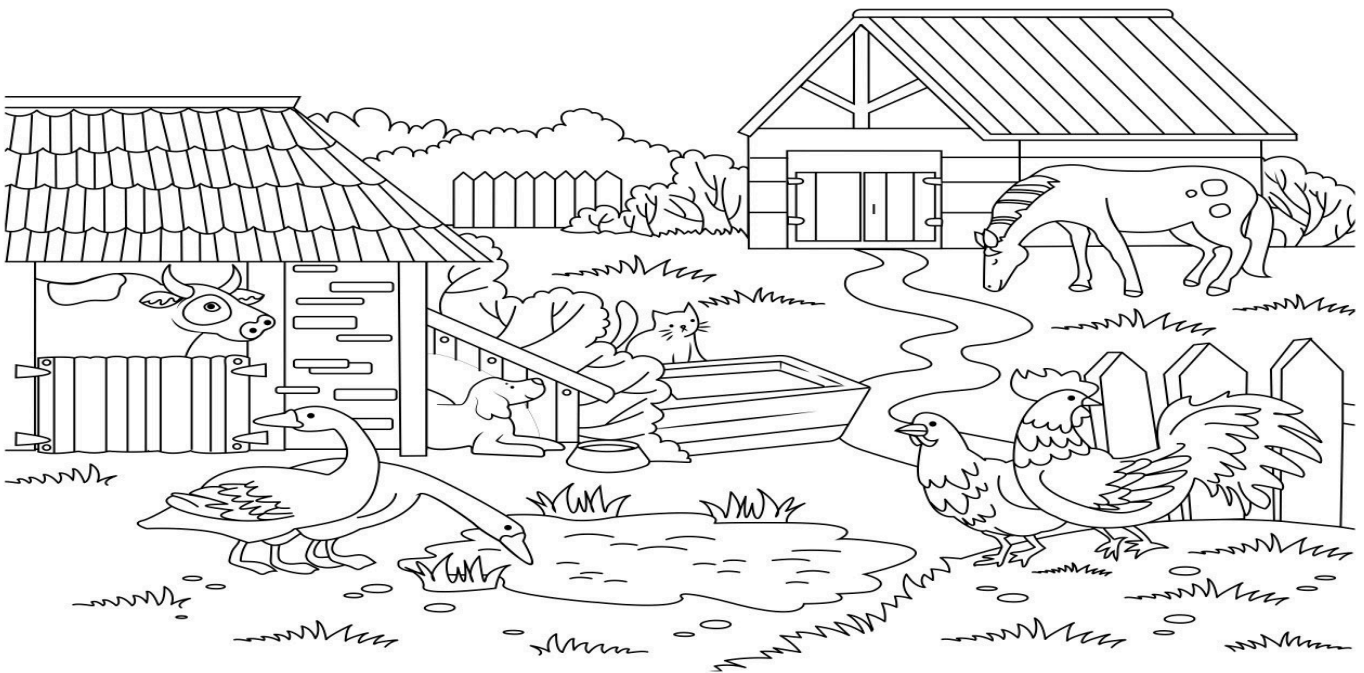
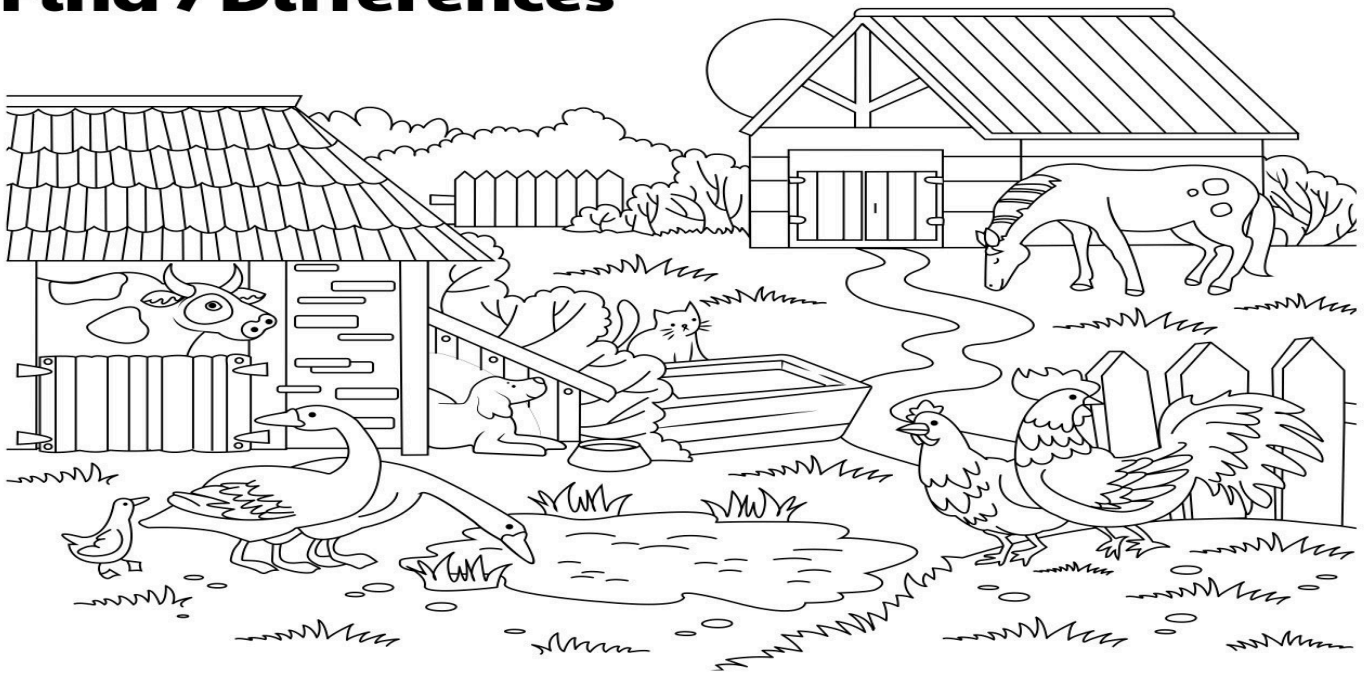
- Confetti
- Festive
- Parade
- Cheers
- Goals
- Beginning
- Countdown
- Balloon

Resolution

- Fireworks
- January
- Ball
- Toast
- Ring
- Hope
- Party Hat
- New Year



Find 7 Differences



RIDDLES

(Answers in Director's Note)

Riddle: I run without legs, I require no rest. I keep you in check, and help you invest.
What am I?

Riddle: I am heavy but light, found in your hands. I can hold many things, yet sometimes
take a stand. What am I?

Riddle: I can be a burden or a chance for a spark, I can weigh you down or ignite your
mark. What am I?

Riddle: I can be broken without being held, I am often discussed but rarely compelled.
What am I?

LEADERSHIP LENS: A NOTE FROM THE DIRECTOR

Welcome to the new year, everyone! January, the month where we're all supposed to have our resolutions neatly lined up in our briefcase and ready to go, right? You know the ones—get healthier, work on self-improvement, and maybe... just maybe, less peanut butter cups? But let's be honest, those resolutions often start strong and then... well, they're out the window come February. We've all been there!



As for me, I've got my list too—things like going to bed earlier, putting down my phone at home, and squeezing in more walks (definitely a promise I'm going to try hard to keep). But the biggest resolution I'm excited about is the one that doesn't just impact me but all of us here at the center. It's a responsibility I'm proud to take on—building deeper connections with all of you, getting to know your stories, your dreams, and what really matters to you.

I feel incredibly blessed to work with such an amazing group of people. The opportunity to share my gifts with all of you in this new role is something I've longed for, and now I have the chance to make that change. So, here's the real resolution I'm setting for myself this year: spending more time with you—whether that's over a cup of coffee once a week (starting small, of course!) or joining you for lunch outside my office (okay, maybe just once, but hey, progress!). I'm even hoping to join in on a workout session with the diehards here... though I do hope they go easy on me!

And yes, I've already marked my schedule to spend more time connecting with you all. But here's the deal—I want to hear from YOU. What would make this place even better? What do you want to see more of here at the center? And I'll tell you right now—no, I can't have the firefighters here weekly... good try though! 😊 If you have any suggestions or ideas, I encourage you to let me know. Let's work together as a team so that we can keep making the center the best-kept secret in Butler County.

If you'd rather not talk face-to-face, feel free to drop your thoughts in the suggestion box—just remember to include your name so we can chat about it. After all, it's your center too, and I'm here to listen.

Here's to a year full of growth, fun, and even more peanut butter cups (maybe just a few less)! Let's make this year amazing, together.