

# THE GOLDEN YEARS

The El Dorado Senior Center Monthly Newsletter



## APRIL POTLUCK PARTY!

Our monthly Potluck Dinner is just around the corner, and you won't want to miss this one! Not only will we have a delicious spread of homemade dishes, but we're also in for a special treat with a live performance of "I'm Herbert."

This lighthearted comedy sketch features two older folks reminiscing (or at least trying to) about their past marriages, flings, and adventures—though their memories aren't exactly what you'd call sharp! The result? A hilarious and heartwarming performance that will have you laughing out loud.

**Date:** Monday, April 7th

**Time:** 6:00 PM

**Main Course:** Smoked Ham

**Guest:** Mike Shryock and Rose Wilson

**Performing:** I'm Herbert

**Sponsor:** Beijing's Bistro



Please bring a non-perishable food item to help with Bingo! These items will go towards keeping Bingo fun and exciting for everyone.

Of course, no potluck is complete without a little extra excitement! Our 50/50 raffle and door prize drawing will be happening! After all, who doesn't love a little friendly competition with their meal?

**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: ROXANN COOL  
VICE PRESIDENT: MARY MAYS  
TREASURER: JUDY PARKS  
SECRETARY: JANET SPENCER  
MEMBER AT LARGE: SUZIE CAWTHORN  
MEMBER AT LARGE: TBD  
MEMBER AT LARGE: SUSAN JOHNSON  
MEMBER AT LARGE: MARK SOMERVILLE  
MEMBER AT LARGE: BARBARA HIGGINS**

**DIRECTOR - KRISTINA TRAINA  
KITCHEN - JAMES SCOTT**

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





# 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!

Phyllis Anderson	Mary Graves	Sharon Mangels	Diane Stubbelfield
Jean Brockway	Carolyn Ives	Donna McCoy	Jerry Thorburn
Gail Christeson	Jane Anne Kaster	Jeanne Meyer	Marsha Todd
Paul Christy	Doris Kieser	Danny Morrow	Shirley Winters
Carl Cooley	Brian Koontz	Susie Patterson	

**Now that I've gotten older, everything's finally starting to click for me. My knees, my back, my neck ...**

**You're not getting old; you're becoming a classic.**

**With old age comes wisdom ... and early-bird specials!**

## 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!

Douglas Bishop	Joseph Cook	Marsha Griggs	Loresa Lewis
Mary Burger	Carl Cooley	Carol Hall	Robert Meyer
Larry Burger	Rita Dishon	Laverne Hosler	Jeanne Meyer
Gail Christeson	Don Durflinger	Frank Kaster	Tina Porter
Dale Coiner	Donna Durflinger	Jane Anne Kaster	Bethel Posey
Pat Coiner	David Dysinger	Mike Kelly	Robert Quigley
Judith Cole	Lueata Evenson	Cynthia Leap	Martha Rowley
Darlene Conner	Jerry Evenson	Maurice Leap	Bert Smith
Brenda Cook	Sharon Fox	Gregg Lewis	Emilio Trujillo
			Dennis Voyles

### MONTHLY TIP: April - Get outside!

Bring a friend or loved one along for a stroll or outdoor activity—it's a great way to stay socially connected while enjoying the beauty of spring!

# THE BUZZ

## CITY MANAGER LISTENING TOUR – YOUR CHANCE TO SHARE!

We're excited to welcome City Manager, David Dillner to the Senior Center on **Thursday, April 10th at 11:45 AM** for his "City Manager Listening Tour". This is a fantastic opportunity for you to ask questions, share your thoughts, and voice any ideas you have about our beloved city of El Dorado.

Whether you're curious about city projects, wondering why certain things are done a certain way, or have concerns you'd like to address, the City Manager wants to hear from you!

This informal, open discussion is the perfect chance to make your voice heard and get direct answers to your questions. Don't miss out on this great opportunity to connect with city leadership and be a part of shaping the future of our community.

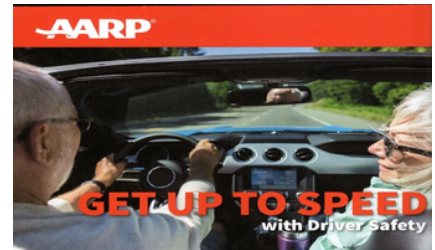
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## AARP SAFE DRIVING COURSE

Join Jodi Pew on **Thursday, April 17th, 2025, from 10 AM – 2:30 PM** for a classroom-only Safe Driving Course! No driving test required—just helpful tips to keep you safe and possibly lower your insurance.

Topics include:

- ✓ Refreshing road rules & driving techniques
- ✓ Handling left turns, right-of-way & roundabouts
- ✓ Proven methods for safer driving



Cost:

AARP Members: \$20 (with card)

Non-Members: \$25

Lunch available for a \$5 donation

Register: Call the office 316-321-0142 or come in!

Bring: Cash/check, driver's license, AARP card (if applicable)

Seats are limited—sign up today!

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## SPRING FLING SENIOR RESOURCE FAIR

Join us on **Wednesday, April 30, 2025, from 9:00 AM to 2:00 PM** for the largest senior-focused event in Butler County! With over 100 booths at the Butler County Community Building and the Civic Center in El Dorado, this is a great opportunity to explore resources, connect with organizations, and gather valuable information. A handicap-accessible shuttle will run from the Senior Center for easy access.

We'll have a booth at the fair and need volunteers to help at our table. If you're interested, please contact the office. We'd love your help!



I went to see the doctor about my short-term memory problems – the first thing he did was make me pay in advance

“The worst time to have a heart attack is during a game of charades.” – Demetri Martin

“I looked up my family tree and found out I was the sap.” – Rodney Dangerfield .



## THE BUZZ



### SKETCH & DOODLE W/KATE: WHERE STRAIGHT LINES ARE OPTIONAL!

For those of us who still struggle with drawing a straight line (myself included!), fear not—Instructor Kate has officially rebranded her class to "Sketch & Doodle w/Kate!"

Meeting **every Wednesday at 9:15 AM**, this class welcomes all skill levels, from confident artists to those who still think stick figures are a challenge. Whether you love to sketch, scribble, or simply enjoy good company, this is the perfect place to let your creativity flow—crooked lines and all!

### APRIL CRAFT OF THE MONTH: EASTER BASKET STUFFING!

Spring is here, and we're spreading a little extra joy this season! For our April Craft of the Month, we'll be assembling Easter Baskets for the children at HeadStart and Sunlight Children's Services.

Join us on **Monday, April 14th, at 9:30 AM** in the Craft Room as we put together 35 baskets filled with goodies for little ones in need. Many hands make light work, so we'd love all the help we can get!

### BRUSHIN' UP WITH CHELSEY! 🎨

We're excited to welcome a new artist, Chelsey Thornhill, to the Senior Center for a fun and creative painting class! Join us on **Monday, April 14th, at 1:30 PM** on the Northside as Chelsey leads us in painting a loving bright pot of cacti that you can put your artistic touch on!

**Cost is just \$5**, and spots are limited, so be sure to sign up ASAP to reserve your spot. Whether you're a seasoned painter or picking up a brush for the first time, this class is sure to be a great time!



### THE CENTER IS GIVING BACK THIS EASTER!

Spring is here, and it's the perfect time to spread kindness and joy! We are delighted to once again, partner with HeadStart and SunLight Children's Services to create special Easter baskets for their little ones.

#### How You Can Help:

We are collecting donations to fill 35 Easter baskets for children ages 0-6.

#### Wish List:

Easter baskets, Basket filler, Plastic Easter eggs, Candy, Toothbrushes, Plastic Rings, Stickers, Fidget items (bracelets, small toys, etc.)

Please bring your donations to the Senior Center no later than **9A April 14th**.

### BINGO BONANZA WITH MARK JOHNSON – JOHNSON AGENCY!

Get ready to daub and dabble in some serious Bingo fun! On **Tuesday, April 22, at 12:30 PM**, Mark Johnson from Farm Bureau Agency and his crew are bringing their top-tier Bingo-calling skills and some fantastic blackout prizes!



Expect laughs, friendly competition, and plenty of chances to win. So grab your lucky charms, round up your Bingo buddies, and get ready to yell BINGO!

# THE BUZZ

## MARK YOUR CALENDARS – SPECIAL LUNCH GUESTS!

On **Tuesday, April 15th**, our County and City Commissioners will be here to dine with us, and we need YOU to help us give them a warm welcome!

This is our chance to show off how much our lunch program has grown and how much we love our Senior Center. Let's fill the lunchroom and make a great impression! Arrive at **11:15 AM** to grab your table, meet your local representatives, and enjoy a great meal together. **Don't forget to RSVP for your lunch!**

Let's show them what a strong, vibrant, and united community we are!

## LUNCH & LEARN SERIES

Spring is a time of renewal, and at the El Dorado Senior Center, it's also a time to learn and grow together. This month, we are honored to welcome Denise Vann with the Alzheimer's Association as our guest for April's Lunch & Learn on **Friday, April 11, at 11:45 AM**.

Alzheimer's disease affects millions of families, bringing challenges that can feel overwhelming. But knowledge is power, and Denise will be here to share important insights on the history of the Alzheimer's Association, the vital work they do, and how they support individuals and caregivers. She'll also provide helpful tips on recognizing early signs of Alzheimer's, what resources are available, and who to reach out to for help.

If you or a loved one has ever wondered about memory loss, what's normal and what's not, or how to navigate the challenges that come with Alzheimer's, this is a wonderful opportunity to ask questions and learn from an expert in a supportive setting.

## GET READY TO DANCE THE NIGHT AWAY!

Mark your calendars because Jess Dean and The Country Plus Band is coming back on **Friday, April 18th at 6:30 PM!** For just a \$5 entry fee, you'll enjoy a fantastic evening of live music, good company, and plenty of toe-tapping fun.

Whether you're catching up with old friends or making new ones, it's sure to be a night to remember. So grab your dancing shoes and join us for an evening filled with great tunes and even better company!

## TECH TIME THURSDAYS

Do you ever feel like your phone is smarter than you? Well, you're not alone! But don't worry—help is on the way!

Introducing Tech Time Thursdays at the Senior Center! Our friends from Cricket will be setting up shop on the **2nd and 3rd Thursdays** of the month to help you tackle those tricky tech troubles. Mark your calendars for **April 10th and April 17th at 10:30 AM**, no appointment needed!

Got questions about your iPhone, Android, or even that mystery flip phone you refuse to part with? Bring it in! Their friendly customer support rep will be here to answer your questions, help you navigate your device, and maybe even teach you a trick or two.

# THE BUZZ



## BOARD MEETING HIGHLIGHTS: TRANSPARENCY FOR OUR MEMBERS

### April 2025 Board Meeting Highlights

#### Treasurer's Report:

- Beginning Balance: \$16,522.90
- January Income: \$6,973.75
- Expenses: \$7,235.72
- Ending Balance: \$16,260.93

#### Director's Report:

- New Members: 37 (14 returning)
- Total Renewals: 309
- Total Members: 346

#### Old Business:

- Rolling Kitchen Door installation scheduled for March 25 at 1:30 PM.
- Spring Fling Update: Gambino's pizza provided for easy clean-up; center will stay open with volunteers needed.
- Committees: Fundraising, Events, and Decorating committee chairs will be announced at the membership meeting.

#### New Business:

- Custodial Pay Increase: Raised from \$12.00 to \$13.00 per hour (Approved).
- Computer Upgrades: 1 PC upgrade needed at \$835.00 (To be installed by summer).
- New Board Member: To be selected by President Roxann Cool after Joe Hunter's resignation.

#### New Programs:

- City Manager Listening Tour - April 10, 11:45 AM
- Lunch N Learn - April 11, 11:30 AM (Denise, Alzheimer's Association)
- Tech Time for Cell Phone Help - April 10 & 17, 10:30 - 11:30 AM
- Golden Dolphin Club - June 4 - July 30, 6:30 - 7:30 PM
- Bingo Called by Mark Johnson (Farmers Insurance) - April 22 (with prizes!)

#### Upcoming Events:

- Potluck Dinner - April 7
  - Main Course: Smoked Ham
  - Guest Speaker: Mike Shryock and Rose Wilson
- County Commissioners' Luncheon - April 15 (Board members encouraged to attend).

#### Miscellaneous:

- Diamond Tours: Let's plan a trip!
- Bingo Update: 44 participants, \$47.50 raised.
- Potluck Donations: Suggested non-perishable food items for Bingo prizes.
- Easter Baskets: Donations needed for HeadStart & Sunlight Children (Dental items, stickers, bracelets preferred).
- Volunteers Needed: Help with stocking, cleaning, greeting visitors.
- Coffee Groups: Bring your own cups to reduce costs.
- Craft Room Material Sale: Quilt to be made for sale; remaining fabric to be sold (\$5 for 2 yards)

Thank you for supporting the El Dorado Senior Center! Volunteers and donations help keep our programs running smoothly. Let's continue making our center a great place for our community!

# APRIL LUNCH MENU




**MONDAY - FRIDAY**

**11:30 A.M.**

**\$5 SUGGESTED DONATION  
PICK-UP MEALS AVAILABLE!**

*\*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
31	1 Derehtoms Kaets Dehsam Seotatop & Yvarg	2 Roasted Pork Garlic Roasted Potatoes	3 BBQ Sandwich Potato Salad Broccoli Crunch Salad	4 Chef's Choice
7  Tuna Salad Sandwich Chips	8 Swiss Steak Mashed Potatoes & Gravy Baked Greens	9 Chicken & Wild Rice Soup Grilled Cheese Sandwich	10 Hamburgers Mac 'N Cheese	11 Catfish or Fish Sticks Crinkle Fries
14 Ham 'N Beans Cornbread	15 Lasagna Garden Salad Breadstick	16 Chili Dogs Chips Mac Salad	17 Chicken Cobbler	18 Baked White Fish Tater Tots
21 MONTERREY FUNDRAISER 11:30 A.M. \$8	22 Roast Turkey Mashed Potatoes & Gravy Sweet Potato Casserole	23 Biscuit Hamburgers 3 Bean Salad	24 King Ranch Beef Pea Salad	25 Shrimp Basket Crinkle Fries
28 Goulash Corn	29 Garlic Butter Ranch Beef Dish Marinated Veggies	30 Pizza	<b>ALL MEALS SERVED WITH DESSERT.</b>	

**REMINDER! POTLUCK IS APRIL 7TH AT 6 PM**




# APRIL ACTIVITIES CALENDAR

Check out this month's lineup of fun and friendship! From exciting events to everyday favorites, there's something for everyone. Mark your calendars and join the fun!

Let's Get Social!



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Bingo - 12:30 P Open Games - 2 P</p>	<p><b>2</b></p> <p>Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Yoga - 10:45 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand &amp; Foot - 12:30 P Open Games - 2 P</p>	<p><b>3</b></p> <p>Coffee - 9 A Tai-Chi - 9:30 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P</p>	<p><b>4</b></p> <p>Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Lunch - 11:30 A Hand &amp; Foot - 12:30 P Open Games - 2 P</p>
<p><b>7</b></p> <p>Coffee - 9 A Walking - 9 A Aerobics - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Open Games - 2 P Potluck - 6 P</p>	<p><b>8</b></p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A BP Checks - 11:30 A Bingo - 12:30 P Open Games - 2 P</p>	<p><b>9</b></p> <p>Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Yoga - 10:45 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand &amp; Foot - 12:30 P Open Games - 2 P</p>	<p><b>10</b></p> <p>Coffee - 9 A Tai-Chi - 9:30 A Tech Time - 10:30 A Lunch - 11:30 A City Manager Listening Tour - 11:45 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P</p>	<p><b>11</b></p> <p>Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Lunch - 11:30 A Lunch N' Learn - 11:45 A Hand &amp; Foot - 12:30 P Open Games - 2 P</p>
<p><b>14</b></p> <p>Coffee - 9 A Walking - 9 A Aerobics - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Open Games - 2 P Paint Class - 2 P</p>	<p><b>15</b></p> <p>Coffee - 9 A Coffee w/a Cop - 9:30 A Bible Study - 10 A Lunch - 11:30 A Bingo w/Ben - 12:30 P Open Games - 2 P</p>	<p><b>16</b></p> <p>Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Yoga - 10:45 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand &amp; Foot - 12:30 P Open Games - 2 P</p>	<p><b>17</b></p> <p>Coffee - 9 A Tai-Chi - 9:30 A AARP Driving - 10 AM Tech Time - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P</p>	<p><b>18</b></p> <p>Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Lunch - 11:30 A Hand &amp; Foot - 12:30 P Open Games - 2 P Dance - 6:30 P</p>
<p><b>21</b></p> <p>Coffee - 9 A Walking - 9 A Aerobics - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Open Games - 2 P ALZ/Dementia - 5:30 P</p>	<p><b>22</b></p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Bingo w/ Farmers - 12:30 P Open Games - 2 P</p>	<p><b>23</b></p> <p>Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Yoga - 10:45 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand &amp; Foot - 12:30 P Open Games - 2 P</p>	<p><b>24</b></p> <p>Coffee - 9 A Tai-Chi - 9:30 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P</p>	<p><b>25</b></p> <p>Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Lunch - 11:30 A Hand &amp; Foot - 12:30 P Open Games - 2 P</p>
<p><b>28</b></p> <p>Coffee - 9 A Walking - 9 A Aerobics - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Open Games - 2 P</p>	<p><b>29</b></p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Bingo - 12:30 P Open Games - 2 P</p>	<p><b>30</b></p> <p>Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Yoga - 10:45 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand &amp; Foot - 12:30 P Open Games - 2 P</p>		

## KNOWLEDGE NUGGETS



- April is the fourth month of the year in the Gregorian and Julian calendars. Its length is 30 days.. in the northern hemisphere usually considered the second month of spring.
- American retail giant Wal-Mart was incorporated on April 1, 1969. Founded by Sam Walton, the company has since become the world's largest retailer by revenue
- On April 6, 1896, the first modern Olympic Games were held in Athens, Greece, after a 1,500-year hiatus. The event marked the revival of the ancient games and was organized by the international Olympic Committee founded by Pierre de Coubertin in 1894.
- On April 6, 1917, the United States officially entered World War I by declaring war on Germany. Although not a fun fact, it is important to remember this day as a turning point in American history and the events that would shape the 20th century.
- On April 18, 1775, Paul Revere began his famous ride to warn the American colonists of the approaching British troops. His ride became an iconic event in American history, inspiring the poem "Paul Revere's Ride" by Henry Wadsworth Longfellow.
- April 30, 1975, marked the Fall of Saigon, which signified the end of the Vietnam War. Thousands of frantic Vietnamese sought refuge in the US with Operation Frequent Wind, the largest helicopter evacuation ever recorded.

## 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](mailto: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.



## 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](mailto:Andrea@thriveallencounty.org) or Heather 316-737-8170, [heather@thriveallencounty.org](mailto:heather@thriveallencounty.org).

## NEW CANCER SUPPORT GROUP

At the El Dorado Senior Center, we believe in the power of community and the strength that comes from supporting one another. That's why we're looking to start a Cancer Support Group. Whether you are currently battling cancer, are a survivor, or are walking alongside a loved one on this journey, we want you to know you are not alone.

This group will be a safe space to share experiences, find encouragement, and offer support to one another. We are currently gauging interest and would love to hear from you! Please let the office know if you'd prefer to meet monthly or twice a month, and what days and times work best for you. Our goal is to make this group as accessible and helpful as possible for everyone who needs it.

You are important, you are strong, and you are supported. Let's come together and lift each other up.

## 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:

**May 9      May 23**  
**July 11     July 25**  
**September 12      September 26**  
**November 14**

## 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:

**April 9**  
**May 14**  
**July 9**  
**September 10**  
**November 12**  
**June 11**  
**August 13**  
**October 8**  
**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.

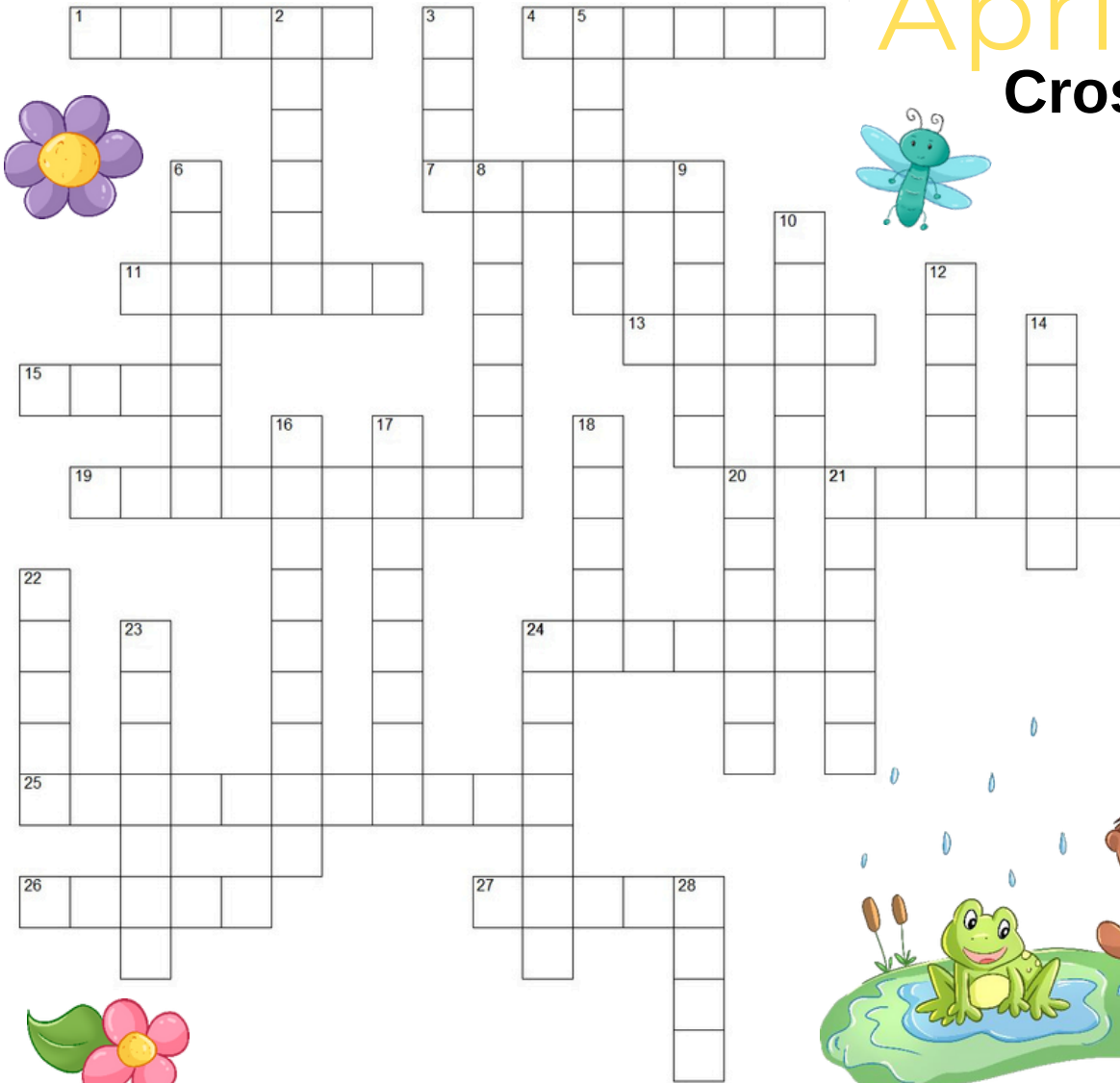
### JOIN US!

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

# April Crossword



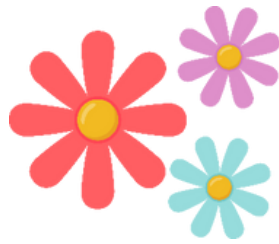
## Across

1. April is a key month for \_\_\_\_ planning and preparation
4. In April, temperatures begin to rise, signaling the start of \_\_\_\_ weather
7. April is the beginning of this season
11. April is the \_\_\_\_ month of the year
13. April's birth flower
15. In April, many people begin outdoor \_\_\_\_ projects
19. April often brings an increase in \_\_\_\_ and outdoor events
21. As April progresses, many people begin to plan their \_\_\_\_ vacations
24. April marks the beginning of the \_\_\_\_ season for baseball
25. April's weather is known for its sudden \_\_\_\_ changes
26. April is a time when many students prepare for \_\_\_\_ exams
27. Many people celebrate birthdays in April, making it a popular month for \_\_\_\_ gatherings

## Down

2. One of April's holiday, often featuring bunnies and eggs
3. April often sees the first \_\_\_\_ of the year
5. April is National \_\_\_\_ Month
6. April showers bring May \_\_\_\_
8. April is a popular month for \_\_\_\_ and outdoor activities
9. April is a popular month for \_\_\_\_ sales
10. April is a popular month for \_\_\_\_ festivals
12. In April, trees begin to \_\_\_\_ as they come back to life
14. April's zodiac sign
16. April marks the return of many \_\_\_\_ species
17. April's longer days mean more \_\_\_\_ for outdoor recreation
18. In April, many people begin to \_\_\_\_ winter clothing
20. April often sees an increase in \_\_\_\_ allergies
21. April is a peak month for \_\_\_\_ competitions
22. In April, many people begin to \_\_\_\_ their gardens
23. Birthstone for April
24. April is a month for \_\_\_\_ and rejuvenation
28. In April, many communities host \_\_\_\_ sales and flea markets

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.



*APRIL*  
**Word Search**



APRIL	H	T	J	N	I	B	O	R	K	F	C	K	K	K	M	M	L
ARBOR DAY	L	E	A	S	T	E	R	Y	X	I	J	S	C	M	K	S	L
BLOOM	R	D	P	E	R	S	A	E	N	R	P	R	R	I	E	T	I
BLOSSOM	V	L	C	J	N	D	R	C	T	R	H	O	L	E	H	L	D
BUNNY	L	T	D	N	R	I	I	E	I	I	W	D	D	Z	R	C	O
BUTTERFLY	P	H	T	O	H	P	H	N	W	H	K	L	M	A	G	J	F
CATERPILLAR	K	U	B	Q	X	F	G	S	T	O	I	R	I	R	B	P	F
CHICK	L	R	D	K	F	N	L	R	N	N	H	N	A	U	I	V	A
DAFFODIL	A	M	G	D	J	B	A	O	G	U	B	S	T	L	R	Q	D
EARTHWORM	W	X	A	L	L	E	L	S	W	O	S	T	U	Q	L	R	A
EASTER	K	V	R	I	W	E	B	O	W	E	E	T	P	O	N	D	L
FLOWERS	T	K	D	R	V	L	U	T	S	R	R	B	L	O	O	M	L
GARDEN	U	M	E	P	B	M	N	J	F	S	H	S	Z	M	D	Y	E
GRASS	O	R	N	A	L	X	N	L	K	M	O	M	V	N	U	R	R
HATCHING	R	A	L	K	Z	P	Y	D	M	K	R	M	L	V	M	N	B
KITE	P	I	M	B	R	A	L	L	I	P	R	E	T	A	C	C	M
MUD	S	N	G	H	G	H	D	R	G	N	I	H	C	T	A	H	U

- PICNIC
- POND
- PUDDLE
- RAIN
- RAINBOW



- ROBIN
- SEEDLINGS
- SHOWERS
- SPRING

- SPROUT
- SUNSHINE
- TULIP
- UMBRELLA



## LEADERSHIP LENS: A NOTE FROM THE DIRECTOR

Well, folks, it's been real. It's been fun. But...it's time for my next adventure.

APRIL FOOLS! Did you really think I could leave this place? Not a chance! This isn't just a job—it's home. And you all? You're not just friends; you're family. How many people can say that about their workplace? I count myself among the lucky ones because I wake up every day excited to come here, to share laughs, stories, and maybe even a little mischief (but just a little, I promise!).



Speaking of surprises, April showers bring May flowers—both in my garden and in life. Every year, flowers pop up that I swear I never planted. Either my memory is slipping, or Mother Nature has a sense of humor! But isn't that just like life? Sometimes, we get surprises—good or bad—but through it all, we have to keep the faith, give grace, and trust that things will bloom in their own time.

Life moves fast—especially around here! I think I need a new pair of running shoes just to keep up. But even in the hustle and bustle, I remind myself to slow down and "smell the roses." The little moments—laughter over lunch, a warm hug, a shared story—are the ones that truly matter.

This season of renewal and hope reminds us to embrace fresh beginnings, and with Easter upon us, it's the perfect time to try something new. Whether it's a new hobby, a new friend, or just a new way of looking at things, take a step outside your comfort zone. And don't forget—take time to de-stress, take time to laugh, and most importantly, take time to simply enjoy life.

And speaking of de-stressing, here are a few easy ways to keep calm and carry on: Take a deep breath (or five!), go for a short walk, listen to your favorite music, sip a cup of tea, or even just close your eyes for a moment of peace. Laughter is also the best stress reliever, so tell a joke, share a funny story, or just come spend time at the center—we always have plenty of smiles to go around!

With love, laughter, and a touch of mischief,

Your Director ❤️ 

See you at the center!