

THE GOLDEN YEARS

The El Dorado Senior Center Monthly Newsletter



MAY POTLUCK PARTY!

The Silver Haired Legislature is a unique organization made up of Kansans aged 60 and over who are elected by their peers to represent older adults in their communities. They meet annually in Topeka to identify key issues facing seniors, draft proposed legislation, and advocate for policies that benefit older Kansans – including recent efforts that restored millions in funding to keep seniors living independently.

Leroy will share what the SHL does, how it impacts you, and how you can get involved or make your voice heard. It's a great chance to learn about senior advocacy right here in Kansas!

Date: Monday, May 5th

Time: 6:00 PM

Main Course: Taco Meat & Shells

Guest: Leroy Burton - KS Silver Haired Legislator

Sponsor: Heritage Funeral Home

Plus – don't miss our 50/50 raffle and door prize drawings! Everyone loves a little friendly fun to top off a great meal.

Join us for good food, great company, and an evening of learning and laughter!



**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: TERI BOWLIN

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!

Marjorie Barnett	Tammy Fellers	Rosa Morton	Bill Shook
Larry Burger	Diane Foster	Terry Phillips	Sylvia Traylor
Clay Delmez	Frank Kaster	Wayne Plank	Don Vesper
Lowell Dennis	Doug King	Connie Probert	Norman Wilks
Terrance Doherty	Richard King	Marilyn Shepherd	

Today is the fifth anniversary of my wife's thirty-ninth birthday.

There are three ways to tell if you are getting old: first, a loss of memory; second. . .

You know you are old when you're told to slow down by your doctor and not the police.

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!

Estela Bonilla	Karrie Henderson	Kay Reekie	Bill Shook
Phyllis Capps	Deb Herndon	Rita Richards	Dinah Trickey
Deb Chadwick	Debbie McClure	Teresa Schlenz	Jan Wheeler
Ali Halabi	Bruce McCune	Gary Schuldt	John Wheeler
Marilyn Hamilton	Mary McCune	Joyce Shook	

MONTHLY TIP: May - Mental Health Awareness

take advantage of Mental Health Awareness Month by focusing on self-care and well-being. This can include prioritizing sleep, exploring new hobbies, expressing love, or even indulging in a treat like dark chocolate, which is linked to improved alertness. Another tip is to plan for the summer by getting your home in order, such as spring cleaning, making plans for outdoor activities, and ensuring you have the necessary supplies for the season.

THE BUZZ

CELEBRATING OUR VOLUNTEERS

The week of April 21-25 was National Volunteer Week, and we took a moment—though it’s never enough—to recognize the amazing individuals who pour their time, energy, and hearts into the El Dorado Senior Center.

On Tuesday’s Bingo Day, we celebrated our volunteers with a small token of appreciation—gift cards—and a big dose of gratitude. But truthfully, no gift can truly express how essential our volunteers are to everything we do. They take out the trash, clean the bathrooms, prepare and serve lunches, set up programs, teach classes, answer phones, wrap silverware... you name it, they do it—with smiles and a willingness that makes this place feel like home.

Our volunteers are the heartbeat of this center. They are the reason we are such a vibrant, welcoming, and supportive space for our community.

We are always in need of extra help, especially when our regular volunteers are away. If you’d like to lend a hand, please stop by the office, call 316-321-0142, or email ktraina@eldoks.com.


Thank You to Our Amazing Volunteers:

Teri Bowlin	Tonnie Grunder	Pat Hunter	Judy Parks
Suzie Cawthorn	Viona Harris	Joe Hunter	Alice Proctor
Roxann Cool	Tia Harris	Susan Johnson	Kate Rhoads
Brad Cool	Connie Hastings	Pam Keen	Nelda Robinson
Dana Duncan	Jeff Heyboer	Mary Mays	Mark Somerville
Ronnie Folden	Barbara Higgins	Jimmie Nimmo	Janet Spencer
		Peg Nolan	Sherri Stenseng


You are the heart of the center—thank you for all you do!

FABRIC SALE AT THE SENIOR CENTER!

 We’re clearing out our fabric stash, and it’s a crafter’s dream!

 2 Yards for Just \$5!

Everything must go—don’t miss your chance to stock up!

 Details:

-  First come, first served
-  Must be a Senior Center member to purchase
-  Pay in the office

Get it before it’s all stitched away!

TORNADO SHELTER REMINDER

Just a quick reminder—the north side of the Senior Center has an ADA-accessible storm shelter. If you use a wheelchair, walker, cane, or have difficulty with steps, you are welcome to come to the shelter during tornado warnings when sirens are going off.

The City of El Dorado will be here to unlock the doors and ensure you have a safe place to go. Stay safe, friends!

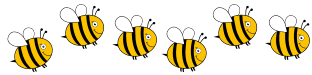


“I have been told that insanity is hereditary. Parents get it from their children.”

Q: Which came first, the chicken or the egg?
A: The chicken of course, God couldn’t lay an egg.



THE BUZZ



JUNE CRAFT OF THE MONTH: TEA-RIFIC CREATIONS!

Join us on **Monday, May 12th at 9:30 AM** in the craft room for a perfectly brew-tiful morning as we paint and decorate tea cups and plates.

No artistic talent? No problem! We'll have patterns and templates ready to help bring your designs to life—no stress, just creativity and fun.

As always, Craft Club is completely FREE and open to all Senior Center members. Come sip some inspiration and paint a little joy into your morning. These charming pieces make sweet gifts or special keepsakes.

HATS OFF TO STYLE!



Get ready to top off your day with some fashionable fun! Amy K Designs is joining us on **Tuesday, May 13th at 1:00 PM** for a fabulous Hat Decorating Party, and you won't want to miss it.

From chic pillbox hats to casual trucker caps, newsboy styles to sunny straw hats, we've got something for every head—and every personality!

Cost: Just \$5 – the Senior Center is covering the rest as a special treat for our amazing members. Sign up in the office to save your spot!

Let your creativity bloom and leave with a custom hat that's as unique as you are. Whether you're feeling vintage, glam, or just plain sassy—we've got the perfect topper for you!

A NEW DATE, SAME GREAT DANCE!

Hold onto your hats and mark your calendars, because May's Dance is switching things up! That's right – instead of our usual Friday night shimmy, we'll be cutting a rug on **THURSDAY, May 15, from 6:00 PM to 8:30 PM.**

Joining us for this toe-tapping good time is none other than Rusty Rierson, a crowd favorite and Kansas country music gem! Whether you're a seasoned two-stepper or just enjoy tapping your toe from the sidelines, you're in for a real treat.



Open to the public – \$5 cover charge at the door

Come early, stay late, and let the music move you. Whether you're here to dance the night away or relax and soak in the sound, Thursday night at the center is the place to be.

BRUSHIN' UP WITH CHELSEY!

Get ready to dip your brushes and let your creativity roll—because Brushing Up with Chelsey returns on **Tuesday, May 27th at 1 PM** on the north side of the Center!

This time, we're painting the cutest little camper you ever did see!



Only \$5—sign up in the office to reserve your seat.

Seats fill up faster than a coffee pot at bingo, so don't wait!

LUNCH 'N LEARN SERIES



HONORING NURSES WITH HEART & TRADITION

We are honored to welcome Brenda Cook from the Nurses Honor Guard of Wichita for a very special Lunch 'n Learn at the El Dorado Senior Center on **Friday, May 9th at 11:45 AM.**

The Nurses Honor Guard offers a moving tribute to nurses who have passed, recognizing their lifetime of caring and compassion. Through a beautiful and solemn ceremony inspired by Florence Nightingale, these volunteers ensure that a nurse's legacy is remembered and celebrated with the dignity they deserve.

Brenda will share the history and mission of the Honor Guard, along with heartfelt stories from their ceremonies. It's a chance to reflect on the deep impact of those who dedicate their lives to healing others.

We invite you to join us for an afternoon of community, gratitude, and meaningful connection.

UNDER THE HOOD WITH SUPERIOR AUTO CARE

We're shifting gears for our next Lunch 'n Learn and heading under the hood! Join us as we welcome Superior Auto Care for a hands-on and informative session designed especially for our senior drivers on **Tuesday, May 13th at 11:45 AM.**



From checking your oil to understanding dashboard warning lights, the experts at Superior Auto Care will share practical tips, tricks, and maintenance advice to help you feel more confident behind the wheel and better prepared for the road.

This is a great opportunity to ask questions, learn about preventative care for your vehicle, and get valuable insight from trusted local professionals who care about keeping you safe and informed.

Whether you're a longtime driver or just want to learn a little more about what's going on under the hood, you won't want to miss this!

KANSAS CARE CONNECT

Join us **Friday, May 16th at 11:45 AM** featuring Kansas Care Connect, a team dedicated to helping individuals manage chronic conditions and staying healthy at home.



Kansas Care Connect partners with physicians—or works independently—to bridge the gap between doctor visits. Through monthly check-ins, remote monitoring, and supportive services like health coaching and pharmacy support, their goal is to keep you well, connected, and out of the hospital.

They're also here to answer questions, connect you to community resources, and help make sure all your providers are on the same page.

Bring your questions!
(Covered by Medicare and most Advantage plans.)

THE BUZZ



BOARD MEETING HIGHLIGHTS: TRANSPARENCY FOR OUR MEMBERS

May 2025 Board Meeting Highlights

Treasurer's Report:

- Beginning Balance: \$16,269.93
- January Income: \$10,426.71
- Expenses: \$7,235.72
- The City transferred operating funds of \$65,000.00.
- Ending Balance: \$83,779.80

Director's Report:

- New Members: 19 (4 returning)
- Total Members: 385

Old Business:

- Rolling Kitchen Door installed
- Spring Fling Update: Brochures will be available in the 4-H building. Kristina is asking for help to set up the event.
- Committees: Fundraising, Events, and Decorating committee updates:
 - Wedding Dress Tea - June 20th. Charge \$5.00 for the event.
 - Halloween Party - October
 - Veterans Angel Tree - November
 - Holiday Bingo - December
 - Decorating Teacups and Center pieces.

New Business:

- Director is working on kitchen budget and pulling quarterly numbers, non-grocery items from grocery items.
- Table flooring bid till May and getting a second bid from Village Decorative in Augusta was decided.
- Director presented the Sale of Unused ESC Property

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 - May 5
 - Main Course: Taco Bar
 - Guest Speaker: Program Leroy and Silver Haired-Legislature
 - Sponsor: Heritage Funeral Home

Miscellaneous:

- United Way Warehouse: Waiting on 501C3 to go once a month.
- Speakers for upcoming Potlucks.
- County Budget Due May 15th, (2026)

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!

MAY 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
ALL MEALS SERVED WITH DESSERT.				
5  Chicken Salad Sandwich	6 Ham & Potato Casserole	7 Polish & Kraut	1 8 Chicken & Dressing Casserole	2 9 Hamburgers & Tater Tots
12 Grilled Ham 'N Cheese	13 Chicken Fried Steak Mashed Potatoes & Gravy	14 Beef Stroganoff	15 Hot Dog	16 Lasagna, Garden Salad & Garlic Bread Tuna Melt Sandwich
19  MONTERREY FUNDRAISER 11:30 A.M \$8	20 Loaded Baked Potato	21 Alfredo Stuffed Shells	22 Sloppy Joes	23 Patty Melt Garlic Roasted Potatoes
26 MEMORIAL DAY CLOSED	27 Chicken Enchilada Casserole	28 Hobo Casserole	29 Veggie Soup with Grilled Cheese	30 Baked White Fish



REMINDER! POTLUCK IS MAY 5TH AT 6 PM



MAY ACTIVITIES CALENDAR

Let's Get Social!

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!



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</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>2</p> <p>Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Lunch - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P</p>
<p>5</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>6</p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Bingo - 12:30 P Open Games - 2 P</p>	<p>7</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 & Foot - 12:30 P Open Games - 2 P</p>	<p>8</p> <p>Coffee - 9 A Tai-Chi - 9:30 A Tech Time - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P</p>	<p>9</p> <p>Coffee - 9 A Cornhole - 9:30 A Aerobics - 10 A Lunch - 11:30 A Lunch N' Learn - 11:45 A Hand & Foot - 12:30 P Open Games - 2 P</p>
<p>12</p> <p>Coffee - 9 A Walking - 9 A Craft Club - 9:30 A Aerobics - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Open Games - 2 P</p>	<p>13</p> <p>Coffee - 9 A Bible Study - 10 A BP Checks - 11:30 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Bingo - 12:30 P Hats w/ Amy - 1 P Open Games - 2 P</p>	<p>14</p> <p>Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Cancer Support - 10:30 A Yoga - 10:45 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P</p>	<p>15</p> <p>Coffee - 9 A Tai-Chi - 9:30 A Tech Time - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P Dance - 6 P</p>	<p>16</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 & Foot - 12:30 P Open Games - 2 P</p>
<p>19</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>20</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>21</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 & Foot - 12:30 P Open Games - 2 P</p>	<p>22</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>23</p> <p>Coffee - 9 A Cornhole - 9:30 A Aerobics - 10 A Lunch - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P</p>
<p>26</p> <p>MEMORIAL DAY</p> <p>CLOSED</p>	<p>27</p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Bingo - 12:30 P Paint Class - 1 P Open Games - 2</p>	<p>28</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 & Foot - 12:30 P Open Games - 2 P</p>	<p>29</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>30</p> <p>Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Lunch - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P</p>

KNOWLEDGE NUGGETS



- May 1st, 1840: The first adhesive postage stamp, the Penny Black, was issued in Great Britain, forever changing the way we send mail.
- On May 5th, 1961, the United States launched its first manned space mission. Astronaut Alan Shepard piloted the Freedom 7 spacecraft in a 15-minute suborbital flight, becoming the first American to travel into space.
- May 6 is celebrated as National Nurses Day in the United States, honoring the hard work and dedication of nurses and the beginning of National Nurses Week
- May 7th, 1915: The British ocean liner RMS Lusitania was sunk by a German U-boat, killing more than 1,100 passengers, including 128 Americans. This event greatly influenced the United States' decision to enter World War I two years later.
- May 12, 1935: The first MLB night game was played between the Cincinnati Reds and the Philadelphia Phillies. This historic event took place at Cincinnati's Crosley Field and marked a turning point for the sport.
- May 20th, 1873: Levi Strauss and Jacob Davis receive a patent for their blue jeans invention, the first pair of rugged work pants with copper rivets, originally designed for laborers and miners, now a universally iconic piece of clothing.
- The Gateway Arch, a United States national monument and symbol of westward expansion, was dedicated on May 25, 1968, in St. Louis, Missouri.
- May 27th marks the anniversary of the first ascent of Mount Everest in 1953. Sir Edmund Hillary and Tenzing Norgay became the first climbers to reach the summit of the world's tallest peak.

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 – SERVICES ENDING AUGUST 25, 2025

We are grateful to have hosted Thrive at the Center, offering assistance with navigating online resources and completing forms for important benefits like Social Security, Medicare, the Healthcare Marketplace, Medicaid, food assistance, disability, LIEAP, and more.



Additionally, Presumptive Eligibility Specialist services have been available through Thrive to help children, parents, and pregnant individuals get immediate Medicaid coverage when eligible – a valuable resource for many of our community members and their families.

However, due to federal funding cuts, Thrive’s services at the Senior Center **will be ending August 25, 2025**. If you need assistance, please make an appointment before this date so we can ensure you get the support you need.

Andrea Campbell will be out of the office quite a bit in May, including the dates 5/1, 5/14, 5/23, and from May 26-30 for a conference. We highly encourage anyone needing assistance to make an appointment in advance to ensure availability – walk-ins may not be guaranteed.

Andrea Campbell – 785-230-8809 | andrea@thriveallencounty.org
 Heather Patterson – 316-737-8170 | heather@thriveallencounty.org

We're here to help while we can – please don't wait until the last minute to reach out!

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.

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:

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.

SENIOR SUPPORT GROUPS

NEW CANCER SUPPORT GROUP

At the Center, we believe in the power of community and the strength that comes from supporting one another. That's why we're starting a Cancer Support Group – a space where individuals can come together to connect, share, and support one another through all stages of the cancer journey.

Whether you are currently undergoing treatment, are a survivor, or are supporting a loved one, you are welcome. You are not alone.

- **The group will meet on the 2nd Wednesdays of each month**
- **From 10:30 AM to 11:30 AM in the Craft Room**

This group offers a safe and supportive environment to talk openly, exchange helpful resources, and build lasting connections.

There's no need to register – just come as you are.

If you have any questions, feel free to call us at (316) 321-0142.

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.



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

Merry Month of May



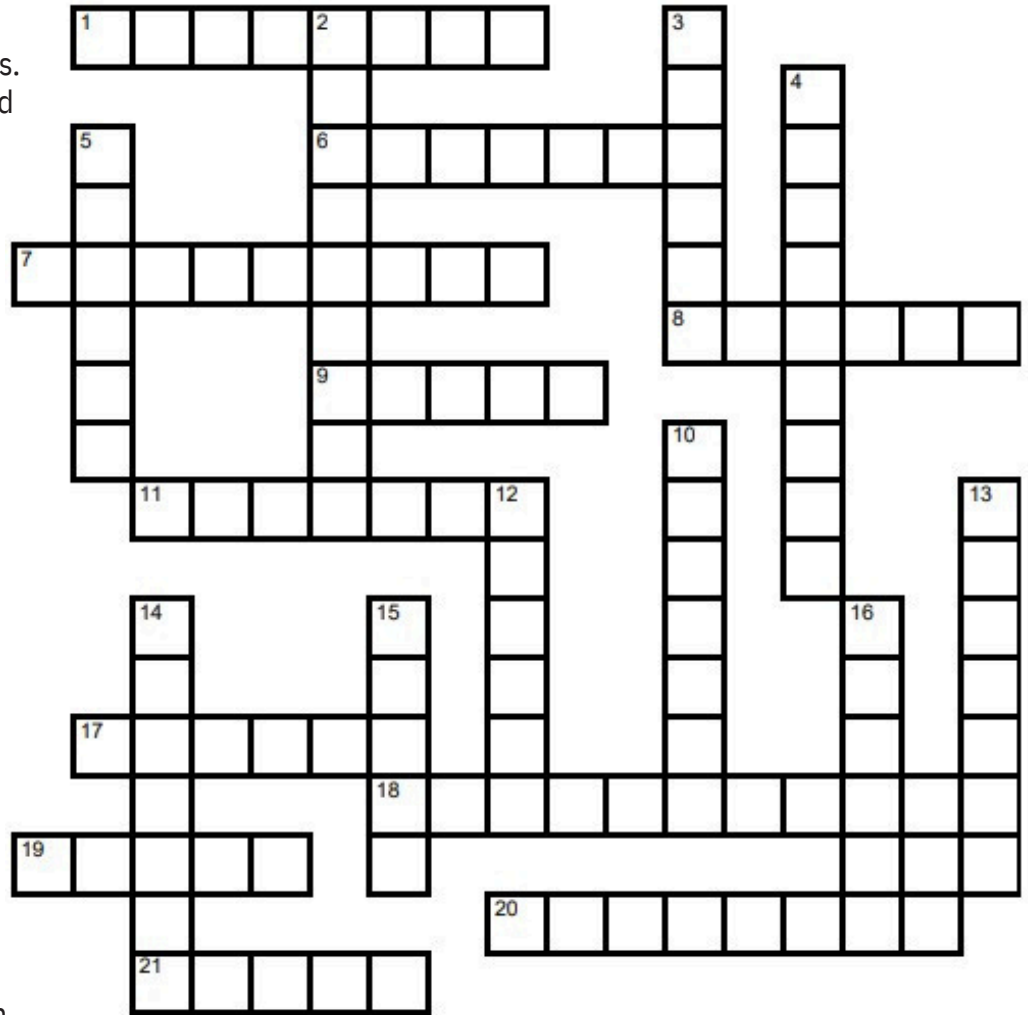
ACROSS

- 1. Sport played on a diamond.
- 6. ___ Appreciation Day falls on Tuesday of the first full week in May.
- 7. Buzzing insect.
- 8. Astrological sign for the end of May (twins).
- 9. May is the ____ month of the year.

- 11. Small red insect with black dots.
- 17. She is celebrated on the second Sunday in May.
- 18. Annual Mexican celebration on May 5th.
- 19. Most lawns are this color in May.
- 20. Celebrated on the last Monday in May: ___ Day.
- 21. Plant these and you may get some flowers.

DOWN

- 2. What a caterpillar becomes.
- 3. Season in which May falls in the Northern Hemisphere.
- 4. Use this to trim the lawn.
- 5. Astrological sign for the start of May (bull).
- 10. May birthstone.
- 12. Place where you might grow flowers.
- 13. Flower of a plant.
- 14. Tulips, daisies, roses, etc.
- 15. May the ___ be with you.
- 16. Might be filled with candy and broken as part of a May celebration.



- | | |
|---------------|-----------|
| Baseball | Green |
| Blossom | Ladybug |
| Bumblebee | Lawnmower |
| Butterfly | Memorial |
| Cinco de Mayo | Mother |
| Emerald | Pinata |
| Fifth | Seeds |
| Flowers | Spring |
| Force | Taurus |
| Garden | Teacher |
| Gemini | |



MERRY Month Of May

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

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

BASEBALL

BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



GARDEN

GEMINI

GREEN

LADYBUG

LAWNMOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

SUNSHINE

TAURUS

TEACHER

LEADERSHIP LENS: A NOTE FROM THE DIRECTOR

May is here, friends—and with it comes a whole bouquet of reflection, gratitude, and a few reminders that sometimes, life calls for a deep breath, a good laugh, and a little help from our friends.



First, let me shout it from the rooftops (or at least from my desk): THANK YOU to our incredible volunteers. I truly don't know what I'd do without you. Over time, I've learned something important—I can't do it all. (Shocking, I know!) But more importantly, I've learned that I don't have to. Because I've got a team of wise, wonderful, capable folks who have lived life, know this center better than I ever could, and have some seriously genius ideas. I'm just here to help those ideas take shape—with a little polish and a lot of heart.

May is also Mental Health Awareness Month. Let's be real—we've all had days when the world feels heavy. Maybe it was a tough doctor's visit. Maybe your adult kids are doing that thing again where they forget you know more than Google. Maybe your favorite activity didn't turn out like you'd hoped. We've all been there. But hear me on this—those down days don't define us. The hard moments pass, the light does come back, and in the meantime, it's okay—more than okay—to ask for help. We're not meant to do life alone. So, lean on your friends. Talk to someone. And if you need a little cheer, you know where to find me (probably running around, in the kitchen, googling at the new ADA toilet...).

And as we look toward Memorial Day on Monday, May 26th, a gentle reminder that the center will be closed. But more importantly, I invite you to take a quiet moment that day to remember the brave men and women who gave their lives in service to our country. We owe them our gratitude, our remembrance, and our commitment to live well in the freedom they secured.

So this month, let's give each other a little extra grace, a little extra love. You never know what someone's carrying—and kindness, as always, is free and contagious.

With a grateful heart and tired feet (from chasing all your great ideas)

Your Director ♥

See you at the center!