

# THE GOLDEN YEARS

The El Dorado Senior Center Monthly Newsletter



Frank Waugh - KAKE Meteorologist

## JULY POTLUCK PARTY!

Join us for our monthly potluck featuring a fascinating look at the famous El Dorado Backwards Tornado of 1958! We'll watch KAKE's award-winning "Dawn of Doppler" and learn how a Kansas storm changed weather science forever.

To keep our potlucks tasty and varied, we're trying something new. We will switch it up monthly! If your last name begins with:

- A-F: Bring a Dessert
- G-L: Bring a Cold Dish
- M-R: Bring a Hot Dish
- S-Z: Bring a Fruit or Veggie Dish

We'll provide the main course, just bring a dish and your appetite!

**Date: Monday, July 7th**  
**Time: 6:00 PM**

**Main Course:** Meatloaf & Rolls

**Guest:** Frank Waugh - KAKE Meteorologist

**Sponsor:** Private Donor & Lance Lechtenberg

**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.

Lawrence Alfaro  
 Kathy Bale  
 Dana Bell  
 Jane Blackmore  
 Myrna Byfield  
 Paul Byfield  
 Teresa Clark  
 Dale Coiner  
 Wayne Cook  
 Wayne Derby  
 Tim Duerksen  
 Kathy Erickson  
 Julie Evans  
 Carol Fox  
 Frank Henderson

Deb Herndon  
 Melody Hunt  
 Judy Kightlinger  
 Judith Leason  
 Yvonne Lee  
 David Matthews  
 Mary McCune  
 Jo McGraw  
 Ron McGraw  
 Robert Meyer  
 Carol Nelson  
 Peg Nolan  
 Margaret Paras  
 Tina Rauth  
 Rita Richards

Tina Routh  
 Teresa Schlenz  
 Peggy Schupp  
 Eudora Shelden  
 Chester C Shelden III  
 Robert D. Simmons  
 Beverly Smith  
 Charlotte Thornton  
 Dee Vesper  
 Jennifer Walker  
 Judy Walls  
 Alice Watson  
 Linda West  
 Terry West  
 Sheila Yrjanainen  
 Wayno Yrjanainen

**Your Birthday reminds me of the old Chinese scholar:  
 YUNG NO MO.**

## 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.

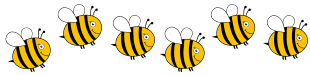
Check out the newest additions to our family below, and be sure to say hello when you see them around!

Bret Blackburn	Donna Dobbins	Pam Garland	Greg Mudd
Teri Blackburn	Michael Fritschen	Danny Guthrie	Betty Turner
Rebecca Dobbins	Paula Fritschen	Sharon Guthrie	

### MONTHLY TIP: July - Staying Hydrated and Cool

Drink plenty of fluids: Water is essential, but fruit juices and electrolyte-rich beverages can also help. Aim for eight or more glasses of water and/or fruit juices daily, especially when it's hot or during physical activity.  
 Recognize the signs of heat-related illnesses: Watch for symptoms like dizziness, nausea, rapid pulse, or confusion, and seek medical attention if needed

# THE BUZZ



## MEMBER CHALLENGE

Hi, I'm Teri Bowlin, a proud member of the El Dorado Senior Center for the past 4 years, and one of the "younger" seniors at 66! I recently joined the Senior Center Board as a Member at Large because I care deeply about this place and want to help it grow.



We have over 400 members, but on average, only about 40 participate in activities or join us for lunch. I'd like to challenge every member to visit the Center at least once a week during July. Whether it's morning coffee, games like Mexican Train or Hand and Foot, or classes like Aerobics, Yoga, Tai-Chi, or Back to Balance, there's something for everyone. And don't forget lunch! Our amazing cook, Dana Duncan, prepares delicious meals daily.

I volunteer in the kitchen every Wednesday morning, come say hi! And if there's something you'd like to see offered, talk to a board member or our director, Kristina Traina. This is YOUR center, and we want it to reflect your interests.

Let's come together, get involved, and show El Dorado how much we love our Senior Center!

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## JOIN US FOR A SPECIAL VETERANS MEET & GREET

On **Thursday, July 3 at 9:00 AM**, the El Dorado Walnuts and the US Military WarDogs - McConnell Branch will join us to help enhance our Veterans Recognition Corner. Their support is a testament to the bond between our community, our Veterans, and those who continue to serve.

Following their work, we warmly invite all Veterans and community members, whether you've served or simply want to show your appreciation, to a special Meet & Greet at **10:00 AM**.

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## TEMPORARY LOCATION CHANGE – JULY 14–20

The **south side** of the Center will be closed the week of **July 14–20** as we begin an exciting flooring update. All carpet and flooring will be removed and replaced with new slip-resistant flooring to improve safety and comfort for our members.

During this time, all activities and programs will be relocated to the north side of the building. We will continue to serve lunches and operate as usual, just from a different space.

We appreciate your patience and flexibility as we make these important improvements. Please help spread the word and remind your friends of this change.

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## DOWN EVERY ROAD IS BACK! 🎵🎵

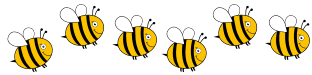
We're thrilled to welcome Down Every Road back to the Center on **Friday, July 18<sup>th</sup> at 6:30 PM!** If you missed them last time, don't make that mistake again, this band knows how to bring the fun!



Whether you're tapping your toes, singing along, or ready to hit the dance floor, this is your night to shine. Open to the public and just **\$5** at the door, it's the perfect excuse to grab a friend and come have a blast.

Great music, good company, and a guaranteed good time, see you there!

# THE BUZZ



## **BIG NEWS: NEW AUTOMATED CHECK-IN SYSTEM COMING SOON!**

We're excited to announce that an automated check-in system, MySeniorCenter, will soon be up and running at the Center! This new system is designed to simplify how we check in for activities and events, making things quicker, and more efficient for everyone.

By streamlining our daily check-ins, this system will also help us better report our participation numbers to the city and county, which can increase our chances of receiving additional funding for programs and improvements.

We're planning a soft launch in August and expect to be using the system full force by September. Stay tuned for those details!

This is a big and exciting step forward for the Center, and we can't wait to share it with you!

## **WE'RE STILL MAKING A SPLASH! ONE MORE MONTH TO DIVE IN!**

The Golden Dolphins Club is still swimming strong! Our members-only, free swim time at the El Dorado Swimming Pool continues through **Wednesday, July 30**, so don't hang up those towels just yet!

Every Wednesday evening from **6:30 PM to 7:30 PM**, the pool is open just for us, no kids, no crowds, just cool water, easy vibes, and great company.

This is our last month, so if you haven't joined in the fun yet, now's your chance!

## **FIELD OF FLAGS - FUNDRAISER**

We are selling American flags for just **\$5 each**. These flags will be displayed proudly in our front yard beginning **Tuesday, July 1**, creating a beautiful sea of red, white, and blue to celebrate our freedom and honor those who have served.

Each flag can carry the name of someone special to you, a Veteran, an active-duty service member, or anyone who held a deep love for their country. Flags can be purchased in the office through **Thursday, July 3**.

## **A LEGACY REMEMBERED: EL DORADO'S BLACK HERITAGE**

A couple of weeks ago, Sonja Milbourn shared powerful stories, history, and insights that celebrated the rich contributions of Black individuals and families in the El Dorado community. Her presentation was heartfelt, inspiring, and very well received!

Now, Sonja is taking the next step, working to preserve this important history for generations to come. She's looking for volunteers to help type and document these stories as part of a larger effort to honor and preserve El Dorado's Black cultural heritage.

If you're interested in being part of this project please contact the office.

## **BRUSHIN' UP WITH CHELSEY**

We're bringing the color and creativity back to the Center with Brushin' Up with Chelsey on **Monday, July 28th** at **1:00 PM**, and this time, we're painting one of our favorite flowers... the sunflower!



Whether you're a seasoned painter or just looking to try something new, this **\$5** class is a fun, relaxed way to get creative and enjoy time with friends. Sign up in the office today!

## LUNCH 'N LEARN SERIES

### EMPOWERING EMPLOYMENT AFTER 55

We're excited to welcome Chip Reece to the Center on **Tuesday, July 1 at 11:45A** for an informative presentation on the Senior Community Service Employment Program (SCSEP) through Kansas Workforce.

This valuable program, funded by the U.S. Department of Labor, provides subsidized, part-time community service employment and training for low-income individuals aged 55 and older. The goal is to help older adults improve their job skills, gain work experience, and transition into unsubsidized employment.

### SUMMER GARDENING TIPS

Join us on **Tuesday, July 15th at 11:45A** as we welcome Calla Edwards from the K-State Extension Office to the Center! Calla will be sharing helpful summer gardening tips and tricks to keep your garden thriving through the heat and will also help us start preparing for the upcoming fall gardening season.

Whether you're a seasoned green thumb or just starting out, this session is sure to offer something for everyone. Don't miss this opportunity to learn from a local expert and get your garden growing strong!

### POURING HISTORY WITH BJ HUNT FROM WALNUT RIVER BREWERY

We're brewing up something special! Join us on **Friday, July 18th at 11:45 AM** as we welcome BJ Hunt, co-founder of Walnut River Brewery.

BJ will share the inspiring story of how the brewery got its start, along with a fascinating history of their building located in historic downtown El Dorado. It's a perfect blend of local business, community pride, and a walk through the past!

This is sure to be a lively and engaging event you won't want to miss, mark your calendars and come enjoy a fun Friday at the Center!

### WATER 101 WITH JASON PATTY

Ever wonder how water magically appears when turning the faucet, or what happens after you flush? Join us on **Tuesday, July 22nd 11:45A** for an eye-opening (and surprisingly fascinating!) presentation by Jason Patty, Director of the El Dorado Public Utilities Department.

Jason will walk us through "Water 101", explaining how water is treated from El Dorado Lake, reaches our homes, travels from our toilets, and ends up back in the Walnut River.

And here's a fun fact: El Dorado recently received an award for the best-tasting water in the entire state of Kansas! Come find out how we earned that title and gain a new appreciation for what's behind every drop.

You won't look at a glass of water the same way again!



### EMPOWERING INDEPENDENCE WITH RCIL

Marcy Collins from the Resource Center for Independent Living (RCIL) will be joining us on **Tuesday, July 29th at 11:45 AM.**

RCIL is a non-profit organization dedicated to supporting individuals with disabilities, along with their families and communities. Their mission is to empower people to live as independently as possible and have greater control over their own lives.

Marcy will share information about the services RCIL offers and how they work to remove barriers, provide support, and promote self-sufficiency.

# THE BUZZ



## BOARD MEETING HIGHLIGHTS: TRANSPARENCY FOR OUR MEMBERS

### July 2025 Board Meeting Highlights

#### Treasurer's Report:

- Beginning Balance: \$83,799.80
- May Income: \$11,001.56
- Expenses: \$20,992.13
- Ending Balance: \$73,809.23

#### Director's Report:

- New Members: 12 (3 returning)
- Total Members: 417

#### Old Business:

- Committees: Fundraising, Events, and Decorating committee updates:
  - Wedding Dress Tea - Postponed
- Updates to Bylaws: No communication received from the City, Tabled until next month.

#### New Business:

- Quilt Sale - Will start selling \$5 raffle tickets at September Potluck and have the winner announced at the October Potluck
- Paint Color for Veteran's Recognition Corner - Color was decided on by the board.
- South Side Temporary Move - Discussion on what will need to be moved and who will be helping.
- Items to Purchase - Microphone for South Side, Ceiling fans for North & South Side, Rolling Coffee Bar, MySeniorCenter. It was voted and approved to purchase the previous items mentioned. Microphone and system \$348, Ceiling fans for North & South side not to go over \$100 a piece x 8, Rolling coffee bar for south side \$389, MySeniorCenter program, \$4,500.
- Summer Membership Drive - Discussion on ideas to increase membership through the summer.

#### New Programs:

- Grief Support Group - Starting August 27<sup>th</sup> @ 10:30 A
- Service Project w/ Walnuts & WarDogs July 3 @ 9A
- Meet & Greet w/WarDogs, July 3 @ 10A
- Music Bingo 2<sup>nd</sup> & 4<sup>th</sup> Fridays at 2P.

#### Upcoming Events:

- Potluck Dinner - July 7th
  - Main Course: Meatloaf & Rolls
  - Guest Speaker: Frank Waugh - KAKE Meteorologist
  - Sponsor: Private Donor & Lance Lechtenberg

#### Miscellaneous:

- Speakers for upcoming Lunch 'N Learns
- Grants that have been applied for

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!

# JULY 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.

**ALL MEALS SERVED WITH DESSERT.**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Peas	2 Chicken & Stuffing Roasted Broccoli & Cauliflower	3 Hamburgers & French Fries	4  <b>CLOSED</b>
7  Ranch Taco Soup	8 Ham & Scalloped Potatoes Green Beans	9 Chicken Alfredo Garden Salad	10 Hot Dogs Potato Salad	11 Salisbury Steak Mashed Potatoes & Brown Gravy Mixed Veggies
14 Chicken Salad Sandwich Marinated Veggies	15 Salad Bar	16 Sub Sandwich	17 Sloppy Joes Chips Baked Beans	18 Pizza
<b>SOUTH SIDE CLOSED PLEASE PICK UP ON NORTH SIDE</b>				
21 Tomato Soup Grilled Cheese	22 Stuffed Pepper Casserole Mixed Veggies	23 Turkey & Noodles Mashed Potatoes Corn	24 Tuna Casserole	25 Spaghetti Garden Salad
28 Cold Ham & Cheese Sandwich Chips Cucumber Salad	29 Pork Roast Oven Roasted Potatoes	30 Bangers & Mash Colcannon	31 Chili Over Fries	1 Ham Salad Sandwich Pasta Salad



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




# JULY 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!



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Bingo - 12:30 P Open Games - 2 P</p>	<p>Coffee - 9 A <b>2</b> 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 Swimming - 6:30 P</p>	<p>Coffee - 9 A <b>3</b> Tai-Chi - 9:30 A Veterans M&amp;G - 10 A Lunch 11:30 A Lunch 'N Lyrics - 11:45 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P</p>	<p><b>4</b></p>  <p><b>CLOSED</b></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 Lunch 'N Learn 11:45 A Bingo w/Ben BP Checks - 11:30 A Bingo - 12:30 P Open Games - 2 P</p>	<p>Coffee - 9 A <b>9</b> 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 &amp; Foot - 12:30 P Open Games - 2 P Swimming - 6:30 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 Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P</p>	<p><b>11</b></p> <p>Coffee - 9 A Cornhole - 9:30 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Hand &amp; Foot - 12:30 P Muisic Bingo - 2 P</p>
<p><b>14</b></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><b>15</b></p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Bingo - 12:30 P Open Games - 2 P</p>	<p>Coffee - 9 A <b>16</b> 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 Swimming - 6:30 P</p>	<p><b>17</b></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>Coffee - 9 A <b>18</b> 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 Dance - 6 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 City Commission 5:30 P ALZ/Dementia - 5:30 P</p>	<p><b>22</b></p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Bingo - 12:30 P Open Games - 2 P</p>	<p>Coffee - 9 A <b>23</b> 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 Swimming - 6:30 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 Cornhole - 9:30 A Lunch - 11:30 A Hand &amp; Foot - 12:30 P Music Bingo - 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 Paint Class - 1 P Open Games - 2 P</p>	<p><b>29</b></p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Bingo w/ Ben - 12:30 P Open Games - 2 P</p>	<p>Coffee - 9 A <b>30</b> 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 Swimming - 6:30 P</p>	<p><b>31</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>	

# KNOWLEDGE NUGGETS



- July 1 is considered the halfway point of the year.
- On July 2, 1964, United States President Lyndon B. Johnson signed the Civil Rights Act into law. The act prohibited discrimination based on race, color, religion, or national origin, marking the end of segregation and the beginning of the modern civil rights movement.
- On July 4, 1968, Baseball Hall of Famer Hank Aaron hit his 500th home run during a game between the Atlanta Braves and San Francisco Giants.
- Inventor and businessman, Nikola Tesla, was born on July 9, 1856. Tesla's groundbreaking work in electrical engineering and electromagnetism led to many revolutionary inventions, including the development of alternating current (AC) electrical systems and the Tesla coil.
- On July 13, 1923, the iconic Hollywood sign in Los Angeles was officially dedicated. Originally created as an advertisement for a local real estate development, the sign soon became synonymous with the American entertainment industry.
- July 21, 1983, is the coldest recorded temperature on Earth: -128.6 °F at Vostok Station in Antarctica. This record still stands today, making it the coldest day in recorded history.
- July 27, 1835: Pioneering inventor Isaac Singer patented his "Sewing Engine," the first practical sewing machine. Singer's invention revolutionized the textile industry, as well as home sewing practices.

## 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 – 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. This can be completed by calling 1-620-365-8128

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 - 785-230-8809 | [andrea@thriveallencounty.org](mailto:andrea@thriveallencounty.org)

## FOOT CARE BY CHERYL & BEN

We’re excited to welcome Cheryl and Ben back to the Center to provide professional foot care services! Sign-ups are now open in the office.

Cheryl and Benjamin will also be offering foot care on the third Tuesday of each month from **9:30 AM to 1:00 PM** on the following dates: **August 19, September 16, October 21, November 18, and December 16.**

The cost of their services is **\$25** and can be paid by cash, check, or Venmo. Both Cheryl and Benjamin are licensed, insured, and bonded, so you can feel confident you’re in good hands.

## FOOT CARE CLINIC BY HERMES HEALTHCARE



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

### DATES:

**July 11      July 25**

**September 12      September 26**

**November 14**

## 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.

## 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:

**July 9  
September 10  
November 12**

**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

## 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.

- **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.

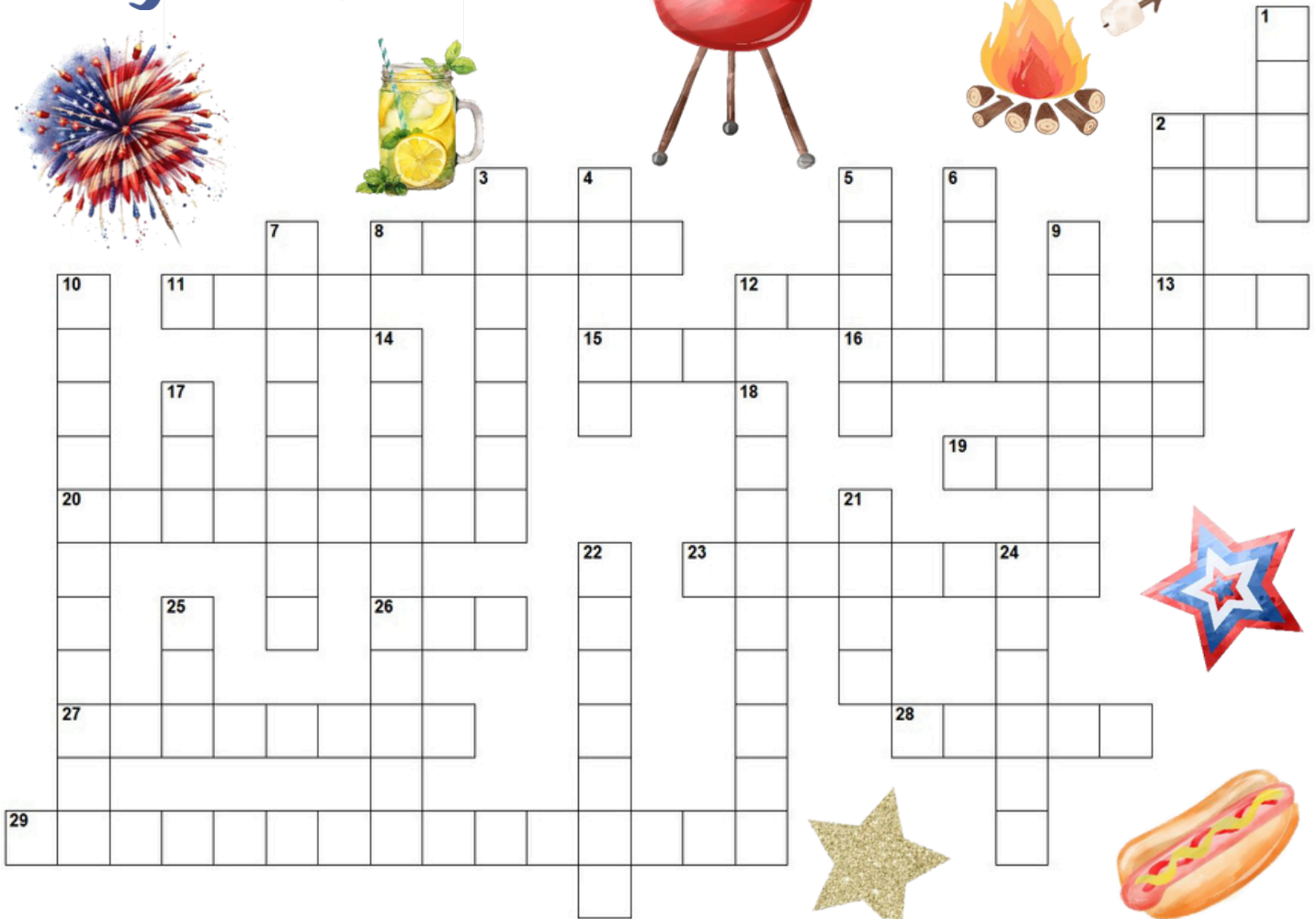
### JOIN US!

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

July



**Across**

**Down**

- |  |                               |  |   |
|--|-------------------------------|--|---|
| 2. Big ball of fire in the sky                     | 23. Refreshing summer drink   | 1. Camping home                            | 14. Four-wheeled fun  |
| 8. Delicious frozen summer treat                   | 26. Hot dog holder            | 2. Backyard play structure                 | 17. American flag color                                     |
| 11. Patriotic symbol                               | 27. Cold treat on a hot day   | 3. Seasonal outdoor movie event            | 18. July's birth flower                                     |
| 12. Hot drink                                      | 28. Outdoor cooking equipment | 4. Summer fruit                            | 21. Swimming place  |
| 13. Used to catch fish                             | 29. Patriotic holiday         | 5. Sweet summer fruit                      | 22. Summer insect known for its chirping                    |
| 15. Boat ride tool                                 |                               | 6. Sound of fireworks                      | 24. Activity involving jumping into water                   |
| 16. Outdoor nighttime activity with a sleeping bag |                               | 7. Place for roasting marshmallows         | 25. Traditional summer dessert with crust and fruit filling |
| 19. July birthstone                                |                               | 9. Popular outdoor game with a flying disc |   |
| 20. Outdoor game with birdie                       |                               | 10. Fireworks display                      |   |

- BARBECUE
- BEACH
- COOKOUT
- FIRECRACKER
- FIREWORKS
- FLAG
- FLIP FLOPS
- FOURTH
- FREEDOM
- HEAT
- HIKING
- ICE CREAM
- INDEPENDENCE
- LEMONADE
- OUTDOOR
- PARADE
- PARK
- PATRIOTIC
- S'MORES
- SUMMER
- SUNBURN
- SUNSCREEN
- SUNSHINE
- SWIMMING
- TRAVEL
- WATERMELON
- WATERPARK



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

## LEADERSHIP LENS: A NOTE FROM THE DIRECTOR

Well folks, we survived one of the biggest floods El Dorado has seen in years, and then summer showed up, loud and proud! We didn't just step into July, some of us (okay, me) came in kicking and screaming. I'm not shy about it, I despise the heat. As I like to say, Kansas has four real seasons: winter, spring, fall... and those awful months we call summer. Can I get an amen?



June was a whirlwind, birthdays, t-ball (praise hands that's over!), and planning some exciting new things for our Senior Center.

First up, we're introducing Music Bingo on the **2nd and 4th Fridays** of each month at **2 PM**! Come by after your regular games or pop in just for the fun. It's like bingo, but with a musical twist and, of course, prizes!

We're also kicking off our Summer Membership Drive, running **July 1st** through the end of **August**. Our goal is to reach **500** members by September, and I know we can do it with your help! Here's how you can earn raffle tickets for some BIG prizes:

- Sign up a new member → 3 tickets
- Bring a friend to lunch (call ahead please!) → 2 tickets
- Bring a friend to a class/activity → 2 tickets
- Teach a class/activity → 5 tickets

Let's grow our center and have fun doing it!

And speaking of big moments... on **Monday, July 21st at 5:30 PM**, I'll be speaking to the El Dorado City Commission at City Hall (just south of the center). This is a HUGE opportunity to showcase how much our center is growing and how vital it is to our community. I'd love to see as many of you there as possible to show the City just how much we care, and that we're here, we're active, and we matter. We'll be thanking them for their support while also asking for help with some simple but much-needed things like sidewalk upkeep, brighter parking lot lights, and general building maintenance. Your presence would mean the world to me, and to our center.

Let's not forget that July 30th is Friendship Day, a special time to celebrate the bonds that make life sweeter. I'm constantly inspired watching new friendships blossom here at the center, and I hope this summer's membership drive helps create even more.

Thank you all for continuing to show up, support, laugh, love, and grow with us. Let's make July joyful, heat or no heat!

Your Director ❤️ 

See you at the center!