

THE GOLDEN YEARS

The El Dorado Senior Center Monthly Newsletter



AUGUST POTLUCK PARTY!

After the devastating 1991 Andover tornado, Butler County created an Emergency Preparedness program, which became a full department in 1992. It was renamed Emergency Management in 1993 and expanded in 2003 to include Homeland Security, taking on a broader role in disaster planning and grant coordination.

Join us for our monthly potluck and a brief presentation on how seniors can stay safe during severe weather and emergencies, including how to sign up for emergency alerts by text or phone.

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

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

Date: Monday, August, 4th
Time: 6:00 PM

Main Course: Fried Chicken & Rolls

Guest: Keri Korthals, Director

Sponsor: W Investments



**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.

Karen Andersen
Edna Biby
Teri Blackburn
Paula Conine
Jane Cross
Ken Cross
Charles Davis
Kenna Dice
Rita Dishon
Connie Hastings
Darren Jackson
Dan Johnson

Bobbie Jones
Marilyn Jones
Daniel Kerstetter
Brenda Kobel
Gregg Lewis
Burt Long Jr.
Lorella Maggard
Kim Matthews
Linda McCormack
Teresa Murphy
Tamie Nave
Dixie Newman

Marvin Newman
Shonda Peterson
Jerry Probert
Karin Pugh
Ronda Quinn
Victoria Reed
Martha Rowley
Joyce Shook
Mark Somerville
Janet Spencer
Regina Turner
Connie Unger
John Wheeler

You know you are old when you see expensive antiques and you remember one just like it that you threw away.

You know you are old when you spot that first gray hair...on your kid.

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!

Kathy Anderson
Suzy Crank
Robby Crank
Hope Helferich
George Janney

Sharon McClure
Linda McCormack
Sheri Olsson
Vicki Peacock
Randy Quinn

Ronda Quinn
Thomas Renshaw
Jan Smith
Adele Wilkins
Judy Wilson

Larry Wilson
Karen Freeman
Christy Bradshaw
Jean Schulte

MONTHLY TIP: August - Staying Hydrated (I know, I know, I said it last month. But, this is important!)

Stay hydrated, even when you're not thirsty! Dehydration can sneak up on us, especially in the summer. Keep a water bottle handy and take sips throughout the day. Your body (and brain!) will thank you.

THE BUZZ

SHARING OUR STORY WITH THE CITY

On Monday, July 21, I had the honor of speaking before the El Dorado City Commission to share the story of our Senior Center, what we do, who we serve, and how we continue to grow.

It was a heartfelt opportunity to highlight the impact this center has on our community: the meals we share, the friendships we form, the laughter during Bingo, and the comfort of a place where everyone belongs.

I spoke about the programs we offer, the partnerships that support us, the improvements we've made, and the dreams we have for the future. The response was wonderful, and it was all thanks to you, our amazing members and volunteers, who make this place what it is.

If you'd like to see a copy of the presentation or watch the video from the meeting, I'd be happy to share it with you. Just stop by the office or give me a call!

-Kristina Traina, Director

OUR VETERANS RECOGNITION CORNER — ALMOST COMPLETE!

Have you been into the Center lately to see our Veterans Recognition Corner? It's almost finished, and we couldn't be more excited! This special space is a beautiful tribute to the brave men and women in our community who have served our country, and it's truly one-of-a-kind.

We are still welcoming Veterans' photos! If you haven't brought one in yet, please stop by the office. We'll carefully scan your photo and return it to you, nothing is kept without your permission. Every picture adds to the heart and history of this incredible display.

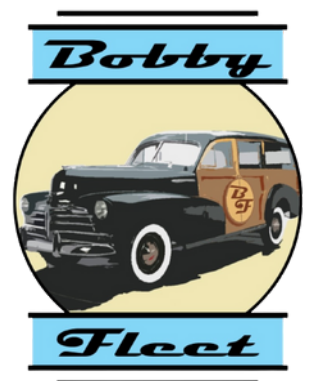
We are also gratefully accepting donations to help us complete and maintain the project. Funds will go toward purchasing frames, printing photos, and covering the cost of the custom military artwork. We are so thankful to everyone who has already donated or shared a loved one's photo, your generosity and support are what make this possible.

This project is something truly unique to our Center and to El Dorado, and it will continue to grow as our community honors its heroes.

GET READY TO ROCK WITH THE BOBBY FLEET BAND!

We've got another toe-tappin', hand-clappin' good time headed your way! The Bobby Fleet Band is coming to the Center on **Friday, August 15th, at 6:30PM** and trust us, you don't want to miss this one!

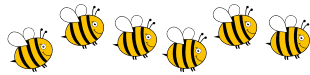
This lively group is new to our stage, and they're bringing the best of good ol' Rock 'N Roll with them. Whether you're ready to twist and shout on the dance floor or tap your toes from the comfort of your chair, there's something for everyone to enjoy.



Bring your friends, wear your dancing shoes (or your comfy ones!), and join us for an evening of great music, good company, and tons of fun.

As always, our bands are open to the public, so invite your neighbors, your family, and anyone who loves music. Admission is just \$5 at the door!

THE BUZZ



YEE-HAW, IT'S TIME TO CELEBRATE YOU!

We're wrapping up summer and celebrating YOU with an old-fashioned Hoedown you won't want to miss!

- **Friday, August 22**
- **Chow Time: 11:30 AM** – Hog Roast Potluck Lunch
- **Potluck Alert:** Check below to see what dish you should bring to share!
 - A-F: Bring a Hot Dish
 - G-L: Bring a Fruit or Veggie Dish
 - M-R: Bring a Dessert
 - S-Z: Bring a Cold Dish



PLUS! Special guest Adam Dees, attorney and partner at Clinkscapes, will share "Estate Planning Secrets to Protect Your Family", simple, must-know tips to help you:

- Avoid government control of your assets
- Choose the right people to carry out your wishes
- Understand essential documents, advanced directives & care planning



Then at **12:30 PM**, we're takin' the party to the northside of the building with the one and only Rusty Rierson 'til 3 PM!

Not into dancing? No worries! Cards and games will still be happening on the southside!

This special celebration is generously sponsored by a private individual and our friends at Clinkscapes. We're so thankful for their support!

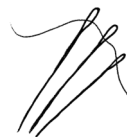
CRAFT SUPPLY SALE – LET'S CLEAR THE CRAFT ROOM!

Calling all crafters, quilters, makers, and bargain hunters! It's time to help us tidy up our craft room and score some fantastic deals while you're at it!

We're having a CRAFT SUPPLY SALE to reduce our stock and make room for new projects. All proceeds go directly back to supporting programs at the Center, so every dollar you spend helps our center thrive!

What's for sale?

- Fabric: 2 yards for just \$5!
- Decorative Ribbon: 2 rolls for \$1!
- Large Ribbon Rolls: Only \$1 each!
- Embroidery Floss, Sewing Notions (needles, pins, etc.): Make us an offer!



Let's give these craft goodies a new home, and give back to the center while we're at it! Happy crafting!

BRUSHIN' UP WITH CHELSEY – THIS OR THAT... OR BOTH!

Join us **Monday, the 11th at 12:30 PM** for Chelsey's last in-person painting class, let's send her off in style!

You get to choose:
A Highland cow or a Barn with sunflowers...

Can't decide? Paint BOTH! It's just \$5 per painting, and all the fun you can handle!

Sign up today and let's make some masterpieces!



LUNCH 'N LEARN SERIES

THE WONDERFUL WIZARD OF OZ

You've heard the lines, "We're not in Kansas anymore!" and "I'm melting!", but do you know the story behind the story? Join us for a magical journey through the history and cultural impact of L. Frank Baum's *The Wonderful Wizard of Oz*, considered the first truly American fairy tale.

Our guest speaker is Chris Glasgow, Curator of the OZ Museum and Columbian Theatre Foundation in Wamego, Kansas. With a background in Theatre Arts and children's theatre, Chris brings both passion and expertise to this whimsical walk down the Yellow Brick Road.



This free program is open to the public and is brought to us by Humanities Kansas, a nonprofit dedicated to sparking conversations that strengthen communities and democracy.

Mark your calendars for **Tuesday, August 5th at 11:45AM**, and bring a friend, there's no place like the Senior Center!

BUDGET TALKS & CITY UPDATES

Join us **Friday, August 8th at 11:45 AM** as we welcome back El Dorado City Manager David Dillner to the Center.

It's budget season! Come learn how the City Commission works through the annual budgeting process and hear updates on the latest city projects. This is your chance to ask questions, share your thoughts, and offer ideas about the future of El Dorado.

Whether you're curious about how decisions are made, have feedback on current services, or want to learn more about what's happening around town, this informal discussion is the perfect time to connect directly with city leadership.

Don't miss this opportunity to make your voice heard and be part of the conversation!



BINGO & BENEFITS WITH BEN

Ben from American Senior Benefits and his team will be joining us

Tuesday, August 12th at 11:30 AM,

not only to call out those lucky numbers and hand out some fantastic prizes, but also to share an important message about planning with your loved ones. It's never too early (or too late) to have these conversations, and Ben brings warmth, wisdom, and a whole lot of fun to the table.

Come for the laughs, stay for the great company, and maybe even leave with a prize or two! Bring your friends, your lucky charms, and your questions, because this is one event you won't want to miss.

Let's shout BINGO... and learn something meaningful along the way!



AN INTEGRITY COMPANY



LUNCH 'N LEARN SERIES

KANSAS DURING THE DUST BOWL

Black Sunday, April 14, 1935, is an unforgettable moment in history. The photographs from that day of the dust storm in southwest Kansas made headlines across America. How did Kansans respond to this challenging moment in history? Using eyewitness accounts and photographs, this presentation explores the impact and the legacy of the drought and the "Dust Bowl" on life in Kansas during the 1930s and beyond.

Katie Keckeisen is the local history librarian at the Topeka and Shawnee County Public Library. She previously worked as the Collections Archivist at the Kansas Historical Society.



"Life in Kansas During the Dust Bowl" is part of Humanities Kansas's Speakers Bureau, featuring humanities-based presentations designed to share stories that inspire, spark conversations that inform, and generate insights that strengthen civic engagement.

Don't miss this powerful look into Kansas history, **Friday, August 15th at 11:45AM!**

PLANNING FOR PEACE OF MIND – WITH KANSAS LEGAL SERVICES

Join us for an important and informative session with Kansas Legal Services, a nonprofit law firm dedicated to helping Kansans like you! On **Tuesday, August 26th at 11:45 AM**, their team will be here to guide us through some of life's most essential documents, Powers of Attorney, Transfer on Death Deeds, Living Wills, and Last Will and Testaments.



This will be a friendly, down-to-earth conversation about making sure your wishes are known and your loved ones are protected. Whether you have questions or just want to better understand your options, this is a perfect opportunity.

Let's take the time to plan ahead, together. You'll leave with peace of mind, Everyone is welcome!

PUMPKIN PATCH MEMORIES WITH BECKY!

Join us **Friday, August 29th at 11:45 AM** as Becky Walters shares the heartfelt and fun story behind Walters' Pumpkin Patch, a beloved Kansas tradition that grew from a handful of seeds into 73 acres of fall fun!

From planting pumpkins by hand to creating one of the region's top autumn destinations, Becky will take us on a journey through her family farm's rich history. She's also bringing some fantastic raffle prizes and surprise giveaways!

Don't miss this cheerful, inspiring talk, and your chance to win something fun!



THE BUZZ

BOARD MEETING HIGHLIGHTS: TRANSPARENCY FOR OUR MEMBERS

July 2025 Board Meeting Highlights

Treasurer's Report:

- Beginning Balance: \$83,799.80
- June Income: \$19,630.67
- Expenses: \$23,289.24
- Ending Balance: \$80,141.23

Director's Report:

- New Members: 19 (1 returning)
- Total Members: 436

Old Business:

- Committees: Fundraising, Events, and Decorating committee updates:
 - Open House for Veteran's Recognition Corner tabled until August or September Meeting.
- Updates to Bylaws: Send By-Laws to City Attorney For Review

New Business:

- Discussion on the amount of money brought in by craft sales. \$700.00 total.
- Discussion on donating the extra piano. Kristina suggested that the piano be donated to Sunflower Nursing Home. The motion was made by Judy Parks and seconded by Susie Cawthorn to donate piano. Motion carries.
- A motion was made by Suzie Cawthorn to sell the extra red and blue cloth chairs, second by Teri Bowlin. Motion carries.
- A motion was made to donate the blue storage cabinet by Mark Somerville, second by Suzie Cawthorn. Motion carries.
- Discussion on the purchase of security cameras. Motion was made to purchase cameras in the amount of \$2,000, giving Kristina the authorization to make purchases if over \$2,000 by Janet Spencer, second by Judy Parks. Motion carries.

New Programs:

- Grief Support Group - Starting August 27th @ 10:30 AM
- School Supply Drive for HeadStart
- Music Bingo moved to 1st & 3rd Fridays at 2 PM.

Upcoming Events:

- Potluck Dinner - August 4th
- End of Summer Afternoon Potluck & Dance - August 22nd @ 11:30 AM

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!

AUGUST 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 Ham Salad Sandwich Pasta Salad
4  Sloppy Joes Baked Beans Chips	5 Fajita Chicken Casserole Pinto Beans	6 Pork Loin Mashed Potatoes & Gravy	7 Hamburgers Potato Fries	8 Club Sandwich Potato Salad
11 Rigatoni Pasta Ceasar Salad	12 Meatloaf Cream Peas & New Potatoes Cucumber Salad	13 Chicken Salad Sandwich 3 Bean Salad	14 Swiss Steak Mashed Potatoes & Gravy Corn	15 BBQ Meatballs Baked Potatoes Mixed Veggies
18 BLT Sandwich Broccoli Apple Salad	19 Creamy Pasta Chicken Bake Garden Salad	20 Cold Ham Sandwich Cole Slaw	21 Chili Dogs	22  POTLUCK PARTY! Hog Roast
25 Turkey Veggie Sandwich	26 Beef Tips Over Rice	27 Breakfast Hot Dish Biscuits	28 Summer Minestrone Soup	29 Hamburger Chips



REMINDER! POTLUCK IS AUGUST 4TH AT 6 PM



AUGUST 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
				1 Coffee - 9 A Cornhole - 9:30 A Lunch - 11:30 A Lunch N' Learn - 11:45 A Hand & Foot - 12:30 P Music Bingo - 2 P
4 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	5 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	9 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	7 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	8 Coffee - 9 A Cornhole - 9:30 A Lunch - 11:30 A Lunch N' Learn - 11:45 A Hand & Foot - 12:30 P
11 Coffee - 9 A Walking - 9 A Craft Club - 9:30 A Aerobics - 10 A Lunch - 11:30 A Painting - 12:30 P Mexican Train - 12:30 P Open Games - 2 P	12 Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Lunch 'N Learn 11:45 A BP Checks - 11:30 A Bingo w/ Ben - 12:30 P Open Games - 2 P	13 Coffee - 9 A Drawing Class - 9:15 A Cancer Support - 10:30 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P	14 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	15 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 Music Bingo - 2 P Dance - 6:30 P
18 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	19 Coffee - 9 A C&B Foot Care - 9A - ? Bible Study - 10 A Lunch - 11:30 A Bingo - 12:30 P Open Games - 2 P	20 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	21 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	22 Coffee - 9 A Cornhole - 9:30 A POTLUCK & PARTY! - 11:30 A
25 Coffee - 9 A Walking - 9 A Aerobics - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Open Games - 2 P	26 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	27 Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Grief 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	28 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	29 Coffee - 9 A Cornhole - 9:30 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Hand & Foot - 12:30 P

KNOWLEDGE NUGGETS



- On August 1, 1893, Shredded Wheat breakfast cereal was patented by Henry Perky and William Ford on this day. This invention paved the way for the birth of the modern breakfast cereal industry.
- On August 5, 1962, actress Marilyn Monroe was found dead in her Los Angeles home. Her death was ruled as an overdose of sleeping pills, and her passing marked the end of an iconic Hollywood era.
- The first traffic lights in the world turned on for the first time on August 6, 1914, at the corner of Euclid Avenue and East 105th Street in Cleveland, Ohio.
- August 8, 1986, saw the release of the popular science fiction film "The Fly" directed by David Cronenberg. The film, starring Jeff Goldblum and Geena Davis, went on to become a cult classic.
- On August 11, 1929, Babe Ruth became the first baseball player to hit 500 home runs in his career. This achievement solidified his status as a legendary American sports figure.
- August 18, 1920 marks the day when the 19th Amendment to the United States Constitution was ratified, granting women the right to vote. This important milestone in the fight for equal suffrage is celebrated annually, remembering the long battle women endured to achieve voting rights.
- August 26 is National Dog Day in the United States, a day to celebrate man's best friend and the special bond between dogs and their owners. It was founded by Colleen Paige in 2004, to raise awareness about adopting and rescuing dogs.

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. 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

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 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:

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:

August 12
September 10 October 8
November 12 December 10

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

Please pick up your commodities on the date to avoid any inconvenience.

Timely pickup is crucial to ensure everyone receives their items smoothly.

CALL 316-321-0142
WITH QUESTIONS

EL DORADO SENIOR CENTER SUPPORT GROUPS

**ALZHEIMER'S
SUPPORT
GROUP**

A SAFE SPACE FOR
CAREGIVERS AND FAMILIES
TO SHARE, LEARN, AND
CONNECT WITH OTHERS ON
A SIMILAR JOURNEY. THIS
GROUP OFFERS EMOTIONAL
SUPPORT, PRACTICAL TIPS,
AND A SENSE OF
COMMUNITY.

3RD MONDAY
EACH MONTH
5:30 PM

**GRIEF
SUPPORT
GROUP**

OUR GROUP OFFERS
CONNECTION, COMFORT, AND
UNDERSTANDING.

A SAFE SPACE TO SHARE,
HEAL, AND NAVIGATE GRIEF
WITH OTHERS WHO TRULY
UNDERSTAND.

4TH WEDNESDAY
EACH MONTH
10:30 AM

**CANCER
SUPPORT
GROUP**

WHETHER YOU ARE
CURRENTLY UNDERGOING
TREATMENT, ARE A SURVIVOR,
OR ARE SUPPORTING A LOVED
ONE, YOU ARE WELCOME.

THIS GROUP OFFERS A SAFE
AND SUPPORTIVE
ENVIRONMENT TO TALK
OPENLY AND EXCHANGE
HELPFUL RESOURCES.

2ND WEDNESDAY
EACH MONTH
10:30 AM

**STRONGER
TOGETHER**

OUR GROUPS:

ALL
GROUPS
MEET AT
210 EAST
2ND AVE.

**HEALING STARTS WITH
A CONVERSATION.**





August Crossword



Across

Down

- | | | | |
|-------------------------------------|--------------------------------------|----------------------------------|--------------------------------------|
| 4. Refreshing summer drink | 20. Insect that glows at night | 1. Sandy spot by the ocean | 13. Cold treat on a hot day |
| 6. Boat powered by wind | 21. Activity with a rod and reel | 2. Time away from school or work | 16. Casual summer footwear |
| 10. Activity in the great outdoors | 24. Place to swim that's not a beach | 3. Activity in a pool or lake | 18. Unwind during the summer break |
| 12. Frozen fruit treat on a stick | 25. Going to different places | 5. Sleeping in a tent outdoors | 19. Headwear for sun protection |
| 14. Camping shelter | 28. Small summer fruit | 6. Protection from UV rays | 22. Temperature in the summer sun |
| 15. Prolonged period of hot weather | | 7. Eighth month of the year | 23. Diving underwater with gear |
| 17. Observing the night sky | | 8. Sport played in the summer | 26. Bright celestial body in the sky |
| 19. Red skin from too much sun | | 9. Outdoor meal on a blanket | 27. Outdoor cooking on a grill |
| | | 11. Sculpture made at the beach | |

- ADVENTURE
- AMUSEMENT PARK
- AUGUST
- BACK TO SCHOOL
- BACKYARD
- BICYCLE
- CAMPFIRE
- CAMPING



- CORN ON THE COB
- FARMERS MARKET

- FIREFLY
- FLOWERS
- FRUIT
- FUN
- GRILLING
- HOT
- HUMID
- LAKE
- PLAYGROUND
- POPSICLE
- RELAXATION
- ROAD TRIP
- SAILBOAT
- STATE FAIR
- SUMMER
- SUNFLOWER
- SUNNY

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

LEADERSHIP LENS: A NOTE FROM THE DIRECTOR



Can someone please turn off the furnace outside?! And... can school pretty please start already? My patience is melting right along with the sidewalk. My husband's kids (hehe... notice how I claim them when they're sweet and he gets 'em when they're wild?) are officially ready to get back to routine.

While we've had a great summer full of childcare shuffles, popsicles, and summer days, the sibling squabbles are real. The yelling, the whining, the *why did he get more tablet time than me?!—*when does it stop?

But here's the thing... I have to remind myself daily that these little humans, almost 7 and 4, are doing the best they can with their growing hearts and minds. And as their mom, it's my job to help them navigate life with grace, patience, love, and growth. Even if that means quietly muttering "I'm picking my battles" as I give up on the idea of a peaceful evening.

You know what? It's kind of the same here at the Center. During our recent flooring project, I had to make a tough call to close early and for a full day, for YOUR health and safety. While most folks understood and offered kindness, some were less than thrilled. And that's okay. Because at the end of the day, I'll always do my best to protect and prioritize your wellbeing.

We all face hard days. We all make decisions that others may not fully understand. And that's why grace matters so much.

Whether it's your neighbor in the lunch line who's having a rough morning... or the friend who snapped without meaning to... or even yourself, when you forget something or feel overwhelmed, grace is the gift we can all give, no matter what.

We are all walking through different seasons of life, some joyful, some exhausting, some downright confusing. And we need each other. We need to be patient, to listen, to support, and to lean in, not away, when someone's struggling.

Please continue to give your friends grace here at the Center. But also, give yourself grace. You're allowed to have off days. You're allowed to be tired. You're allowed to be human.

And through it all, let's remember the gift of this place: a community of people who care deeply, laugh loudly, and love generously.

With love, laughter, and a big ol' fan blowing in my face,

Your Director ❤️

See you at the center!