

Salina Senior Services  
245 N. 9<sup>th</sup> Street  
Salina, KS 67401  
(785) 827-9818



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**The latest weather has taken a toll on the progress of our parking lot renovation! Right now things are moving slow until the mud dries enough to get the dirt movers up and running again. Harbin construction has been given a 14 day extension on the project due to the ongoing weather conditions.**



# SEASONED CONNECTIONS

Senior Services Newsletter



July, 2026, Vol 4



## Saline County Department of Senior Services

245 N. Ninth Street, Salina, KS 67401  
785/827-9818 Phone – 785/827-1516 FAX  
[www.salinecountyks.gov](http://www.salinecountyks.gov)



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[www.facebook.salinaseniorcenter](https://www.facebook.com/salinaseniorcenter)  
[www.facebook.salinamealsonwheels](https://www.facebook.com/salinamealsonwheels)

MISSION STATEMENT OF THE SALINE COUNTY DEPARTMENT OF SENIOR SERVICES: To help seniors stay in their homes as long as possible. Senior Services enables older adults to live active and independent lives. We believe that active and independent aging is based on the values of self-determination, service to others, and lifelong personal growth.

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### SENIOR CENTER STAFF:

Director: Rosie Walter  
MOW Coordinator: Kathryn Diaz-Dunn  
Admin. Assistant: Tonya Moran-Diaz  
Office Specialists: Lisa Henderson & Meg McAdams & Nicole Nichols  
Maintenance: Ben Reed  
SER Workers: Nancy Turner & Kent Francis & Rita Rose  
Kitchen Staff: Kacie Palmer & Rachel Ladd & Dustin Chestnut & Troy Wilson

## Health Fair 2026

The 7<sup>th</sup> Annual Salina Senior Health Fair took place on May 29<sup>th</sup> and was held at the 4-H Building in Salina KS. This was the first year at the 4-H building, which proved to be a success. We would like to thank all of our vendors that participated in providing educational and healthcare information to our seniors, as well as everyone that showed up to the event. Check inside this edition for Health Fair pictures.



### WHAT'S HAPPENING THIS MONTH:

The Senior Center will be closed on Friday, July 3<sup>rd</sup> in observance of the 4<sup>th</sup> of July.



### Healing Happens Best at Home

Wesley Healthcare at Home provides skilled nursing, therapy services, and personalized care plans to help patients recover safely and comfortably in their own homes.

Our compassionate team partners with physicians, patients, and caregivers to promote independence, improve outcomes, and reduce hospital readmissions.



Recovering from surgery, illness, or managing a chronic condition? We're here to help every step of the way. *We come to you.*

For referrals or more information, call 785-825-8500

**★★★★★**  
**MEDICARE 5 STAR RATING**  
**MEDICARE PAYS 100%**  
 for covered home health services

*Expert Care. Compassionate Service. Right at Home.* 



## Your advertisement here!!

## Volunteer Chainsaw Crews Continue Storm Debris Cleanup in Saline County

Volunteer debris cleanup and chainsaw crews are continuing work across Saline County following the severe weather that moved through the area on June 8.

Residents may notice that crews are working at one property while another nearby property is still waiting. Work assignments are based on when a request was received, the type of damage reported, and whether there are higher safety concerns at another location. Because of this, residents may be assigned to a different volunteer group than their neighbors.

“This cleanup is going to take time,” said Michelle Weis, director of Saline County Emergency Management. “These are volunteer teams, and they are working as quickly and safely as they can. We know people are ready to get debris cleaned up, and we appreciate everyone’s patience while crews work through the list.”

If you have requested chainsaw assistance and no longer need help, please call 785.833.7597 or 785.833.7593 to be removed from the list. This step might not seem like much to you, but it could be the difference in assistance times for someone else.

Please use caution around all cleanup crews to give workers room, keep children and pets away from cleanup areas, and do not approach active operations.

Volunteer groups assisting with cleanup currently include Southern Baptist Disaster Relief, Team Rubicon, and Rising Ministries. Mennonite Disaster Service and Eight Days of Hope are arriving, and others are on the way. Volunteer groups wishing to assist in debris cleanup should contact Saline County Emergency Management at 785.825.6511 and check in for work assignments.

THANK YOU to all the volunteer organizations and individuals who have come to assist local residents during storm recovery.

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## BERRY CHICKEN SALAD

For a colorful and protein-packed lunch, this easy recipe for seniors repurposes leftover shredded or chopped chicken into a salad that replaces classic grapes with fresh, antioxidant-rich berries.



### Ingredients

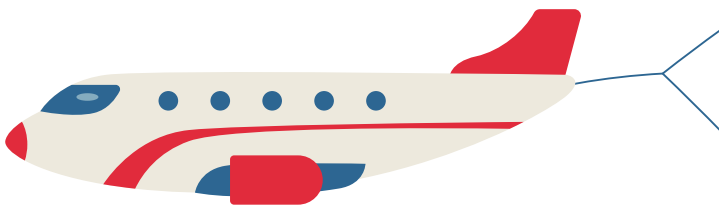
- ¼ cup olive oil mayonnaise (regular mayo works just fine but is higher in cholesterol)
- 1 teaspoon sugar
- ½ teaspoon dried tarragon
- 1½ cups chopped or shredded leftover chicken (about 1 breast)
- 1 cup quartered fresh strawberries or whole fresh blueberries
- ½ cup fresh or frozen peas, thawed
- ¼ cup chopped celery
- Torn salad greens or spinach

### Instructions

Whisk the first three ingredients together in a large bowl. Season with salt and pepper to taste. Add chicken, berries, peas, and celery, and stir well to combine. Scoop chicken salad over salad greens or spinach for a fresh and filling lunch.

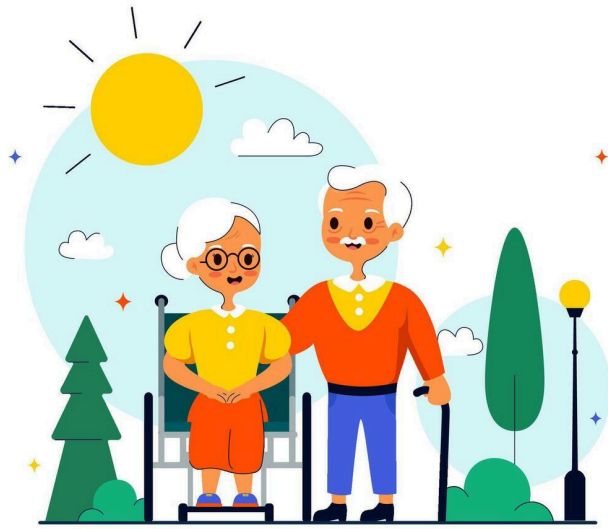


Recipe adapted from [Taste of Home](#)

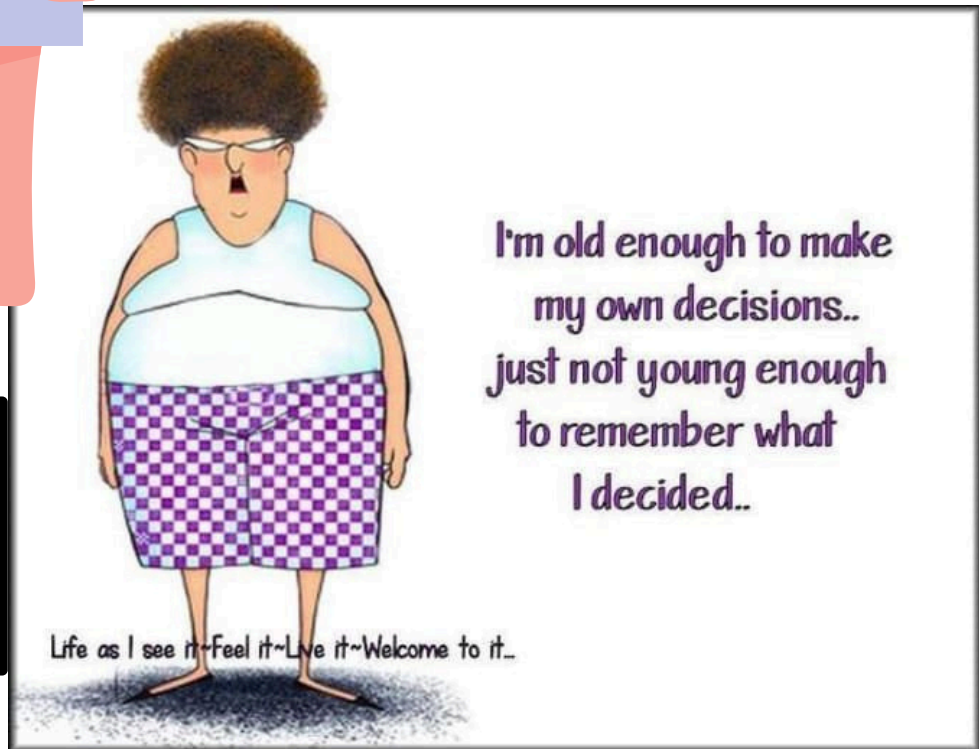
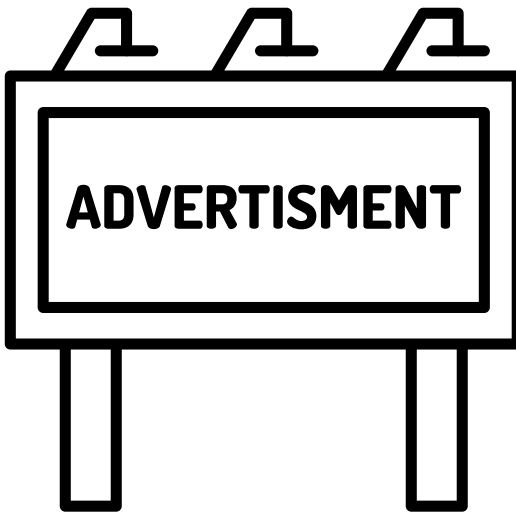


**ADVERTISE!!**

Dave Freeland and  
Kevin Downes - -  
Someone call the  
Fashion Police!



**FOR INFORMATION ON  
ADVERTISING  
CALL ROSIE AT  
(785) 827-9818**



*I'm old enough to make  
my own decisions..  
just not young enough  
to remember what  
I decided..*

*Life as I see it~Feel it~Live it~Welcome to it..*



## Taking Steps to Prevent Falls

When you're young, an injury from a fall may sideline you for a few days or weeks, but a full recovery is usually quick. As you get older, the consequences of falls can become more serious, setting up a sequence of events that can have longstanding implications on independence and health.

It doesn't have to be that way, however. Although falls typically become more common and can be more serious as you age, falls are not a natural part of getting older. In fact, most falls are preventable. Knowing the factors that put you at greater risk of falling and taking proper steps can help prevent falls.

Risk factors for falls in older people include overall health (chronic diseases and physical conditions), environment (hazards and situations at home) and behaviors, such as rushing around or standing on a chair to reach something.

These steps from the experts at the National Council on Aging can help prevent falls:

- **Stay active:** Exercise helps increase or maintain coordination and muscle tone that can keep you steady on your feet and your reactions sharp. Walking, gardening or taking an exercise class are just a few ways to keep your heart healthy and your muscles toned.
- **Manage underlying chronic conditions:** The better your overall health, the lower your risk of falls. Chronic conditions like diabetes, depression, osteoarthritis, obesity and high blood pressure can increase your risk. Managing those conditions by seeing your health care provider regularly, taking medication as prescribed, eating a healthy diet and choosing appropriate exercise can help prevent falls.
- **Review medications:** Side effects from and interactions with some medications can cause dizziness that can increase the risk of falling. Types of medicine associated with an increased risk include sedatives and diuretics as well as those used to treat high blood pressure and anxiety. Talk to your doctor about all prescriptions and over-the-counter medicines you are taking.
- **Get your eyes checked:** Vision changes as you age, so it is important to get your eyes checked once a year to make sure your prescription is up to date and screen for any eye-related diseases like cataracts and glaucoma, which are usually treatable when caught at an early stage.
- **Assess your home:** Look around your home for potential hazards. Consider enlisting the help of a family member or neighbor who may be more likely to notice things you don't. Install grab bars in your bathrooms, get rid of slippery throw rugs (or add a rubber backing) and keep passageways inside and outside your home well-lit and free from clutter and debris.



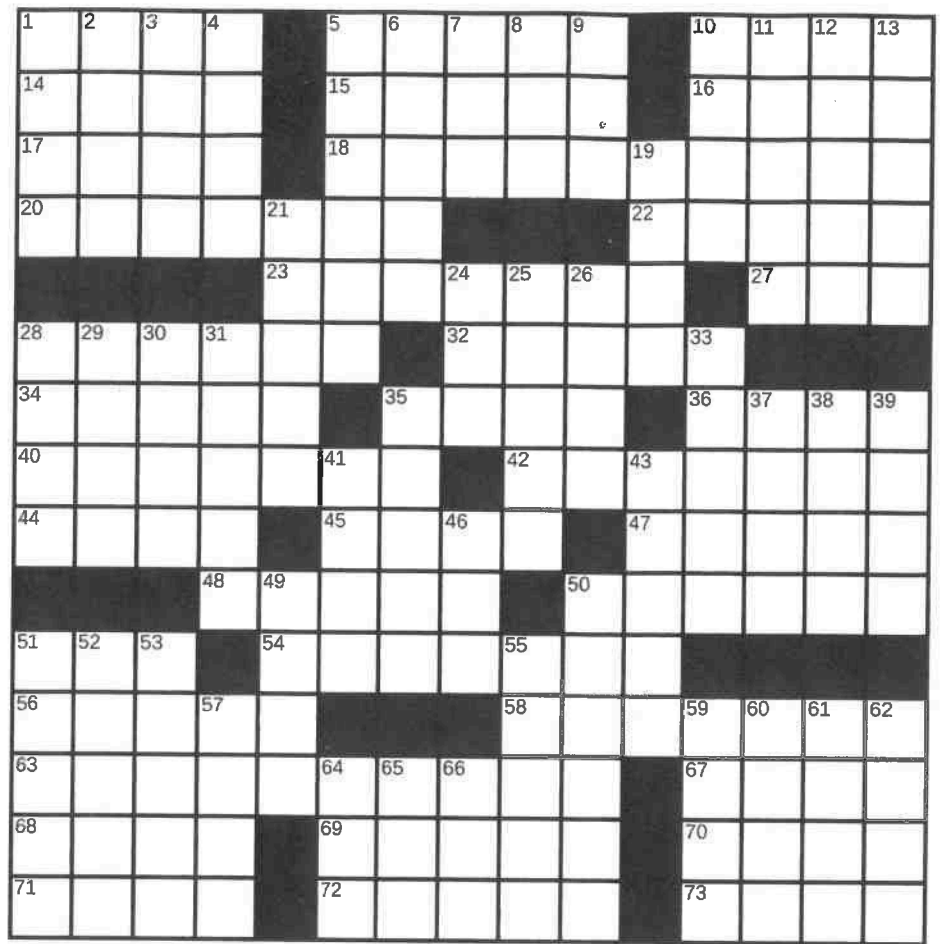
For more tips and information, visit <https://www.acl.gov/fallsprevention>.



# CROSSWORD I *Solution on page 22*

## ACROSS

- 1 Greek letter
- 5 Clean thoroughly
- 10 Charge
- 14 Purple flower
- 15 Texas shrine
- 16 Healthy
- 17 Flooring square
- 18 \_\_\_ shopping
- 20 Filled pastries
- 22 Single items
- 23 Teeter-totters
- 27 That woman
- 28 President \_\_\_ Reagan
- 32 Glossy
- 34 Got up
- 35 Skin
- 36 Bard of \_\_\_
- 40 Artist Henri \_\_\_
- 42 With a leg on each side
- 44 Appeal



- 45 \_\_\_ mower
- 47 Alleviates
- 48 Female relative
- 50 Despise
- 51 Established
- 54 Make more sugary
- 56 Stand up
- 58 \_\_\_ trading
- 63 Meat-filled pasta
- 67 California wine valley
- 68 Thought
- 69 Roof edges
- 70 Tiny branch
- 71 Scottish loch
- 72 Overweight
- 73 One time only

## DOWN

- 1 Morsel
- 2 Clapton or Idle
- 3 Money drawer
- 4 Sailing
- 5 Holy
- 6 Shut
- 7 Crash into
- 8 Ref's kin
- 9 Feather scarf
- 10 Lower jaw
- 11 Desert haven
- 12 Slow-moving mammal
- 13 Keyed up
- 19 Deception
- 21 Small landmasses
- 24 Compass reading (abbr.)
- 25 Poe's middle name
- 26 Moistens
- 28 Highway exit
- 29 Kind of exam
- 30 Brief letter
- 31 Korean, e.g.
- 33 Gold measure
- 35 Tranquility
- 37 Clamps an object
- 38 Some poems
- 39 Sparrow's abode
- 41 Whole bunch
- 43 Young people
- 46 Itty-bitty
- 49 "Understood!" (2 wds.)
- 50 Actress \_\_\_ Richards
- 51 Lustrous fabric
- 52 Eat away
- 53 Grows weary
- 55 Fork features
- 57 Amtrak terminals (abbr.)
- 59 Occupied with
- 60 Sunup
- 61 Long, narrative poem
- 62 Frenzy
- 64 Author \_\_\_ Tolstoy
- 65 Science rm.
- 66 "\_\_\_ Lost You"



# Senior Services Menu-July 2026

Lunches served on weekdays from 11:15 am to 1:15 pm - All ages welcome.

For information call the Senior Center at (785) 827-9818 - [www.salinecountyks.gov](http://www.salinecountyks.gov)

Meals fall in the following ranges:  
Calories: 650-750  
Protien: 25 grams or higher  
Fat: 20-30% of calories  
Calcium: 400 mg or higher  
Sodium: 800-1,000 mg or less  
Fiber: 9gm or higher

	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Fried Chicken Mashed Potatoes Gravy Buttered Sweet Corn Dinner Roll with Butter Cupcakes by <u>Interim</u>	2 Smotherd Pork Loin Rice Pilaf Steamed Broccoli Fruit Cocktail Dinner Roll w/Butter	3 closed 
6	Hamburger Stew Over Biscuits Buttered Carrots Mandarin Oranges	7 Chicken Sandwich w/Toppings Potato Chips Fruit Cocktail Bun 	8 Meatloaf or Liver & Onions Mashed Potatoes Gravy Loaded Green Beans Jello Cake Dinner Roll w/ Butter	9 Ziti Bake Steamed Broccoli Applesauce Garlic Bread	10 BBQ Pulled Pork Coleslaw Baked Beans Peaches Bun 
13	Sloppy Joes Tater Tots Peas & Carrots Mandarin Oranges Bun 	14 Chicken Gravy Mashed Potatoes Fruit Cocktail Wheat Bread w/Butter	15 Chicken Fried Steak Mashed Potatoes Gravy Buttered Carrots Blueberry Cake Dinner Roll w/Butter	16 Baked Ham Cornbread Stuffing Gravy Loaded Green Beans Cinnamon Applesauce Wheat Bread w/Butter	17 Chili Mixed Vegetables Mandarin Oranges Sweet Cornbread
20	Swedish Meatballs White Rice Buttered Carrots Pears Dinner Roll w/Butter	21 Brat w/Kraut Potato Salad Pineapple Chunks Bun	22 Chicken Strips Mashed Potatoes Gravy Seasoned Peas Frosted White Cake Dinner Roll w/Butter	23 Lasagna Buttered Corn Peaches Garlic Bread	24 Chicken Enchilada Spanish Rice Refried Beans Pears 
27	BBQ Riblet Sandwich w/Toppings Macaroni Salad Applesauce Bun 	28 Taco Tuesday Mexican Rice Buttered Corn Chocolate Chip Cake	29 Homemade Swiss Steak Mashed Potatoes Gravy Mixed Vegetables Dinner Roll w/Butter	30 Sweet & Sour Chicken White Rice Stir Fry Veggies Mandarin Oranges Wheat Bread w/Butter	31 Bacon Cheeseburger w/Toppings Winter Blend Veggies Pears Bun

# July, 2026 Activity Calendar

MONDAY

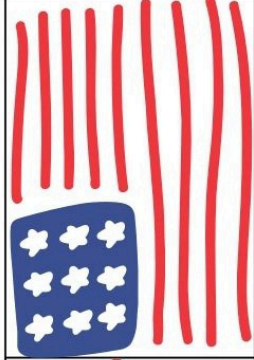
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hello Summer



8:30 am: Piece Makers/  
Sewing Ladies  
9:30: Quarter Bingo  
10:00 am: Fitness Class

8:30 am: Piece Makers/  
Fidget Quilts  
11:00 am : Yoga Stretching  
11:00 am: Free Blood  
Pressure Checks by  
Accessible Home Health

3  
CLOSED  
4th OF JULY  
OBSERVANCE

6  
10-11: Senior Fitness  
10-11 am: Knit & Crochet  
with Cheryl

7  
9-4: Painting with Barb  
Culley  
11:00 am: Yoga Stretching

8  
8:30 am: Piece Makers/  
Sewing Ladies  
10:00 am: Fitness Class

9  
8:30 am: Piece Makers/  
Fidget Quilts  
11:00 am : Yoga Stretching

10  
9:00 am: Woodcarving  
10:00 am: Fitness Class  
10-2: TREA  
Noon: Pitch Cards

13.  
10-11: Senior Fitness  
10-11 am: Knit & Crochet  
with Cheryl

14  
9-4: Painting with Barb  
Culley  
11:00 am: Yoga Stretching

15.  
8:30 am: Piece Makers/  
Sewing Ladies  
10:00 am: Fitness Class

16  
8:30 am: Piece Makers/  
Fidget Quilts  
9:30: Super Bingo  
11:00 am : Yoga Stretching  
11:00 am: Free Blood Pressure  
Checks by Accessible Home  
Health

17  
9:00 am: Woodcarving  
10:00 am: Fitness Class  
Noon: Pitch Cards

20  
10-11: Senior Fitness  
10-11 am: Knit & Crochet  
with Cheryl

21  
9-4: Painting with Barb  
Culley  
11:00 am: Yoga Stretching  
1-3: Grief Support

22  
8-12:00: Foot Clinic  
8:30 am: Piece Makers/  
Sewing Ladies  
9:30: Quarter Bingo  
10:00 am: Fitness Class

23  
8:30 am: Piece Makers/  
Fidget Quilts  
11:00 am : Yoga Stretching

24  
9:00 am: Woodcarving  
10:00 am: Fitness Class  
10:00: BUNCO  
Noon: Pitch Cards

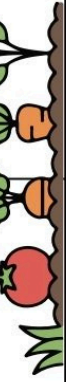
27.  
10-11: Senior Fitness  
10-11 am: Knit & Crochet  
with Cheryl

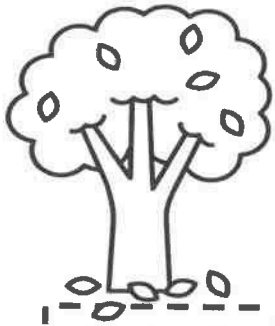
28.  
9-4: Painting with Barb  
Culley  
11:00 am: Yoga Stretching

29  
8:30 am: Piece Makers/  
Sewing Ladies  
10:00 am: Fitness Class

30  
8:30 am: Piece Makers/  
Fidget Quilts  
11:00 am : Yoga Stretching

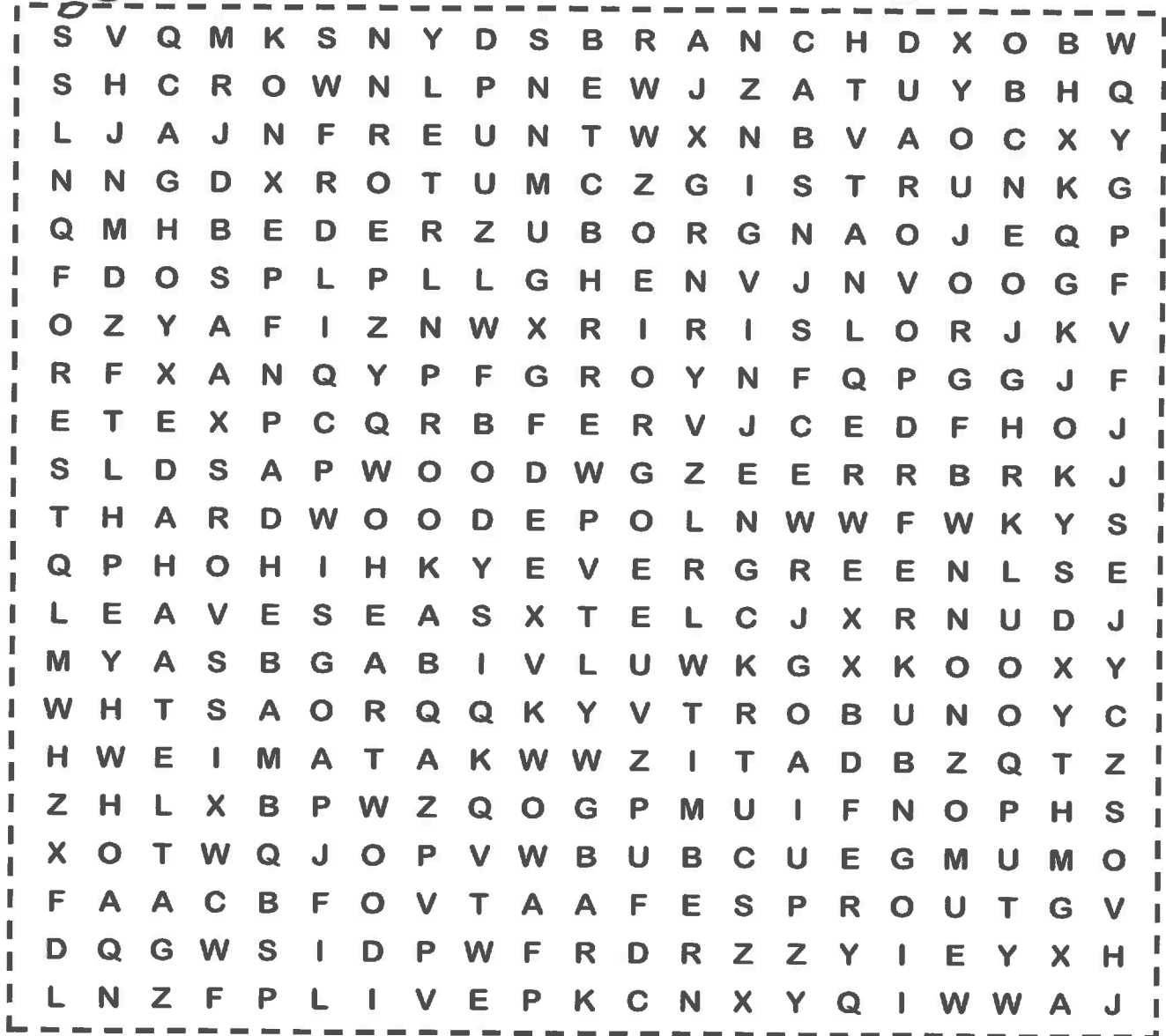
31  
9:00 am: Woodcarving  
10:00 am: Fitness Class  
Noon: Pitch Cards





# All About Trees

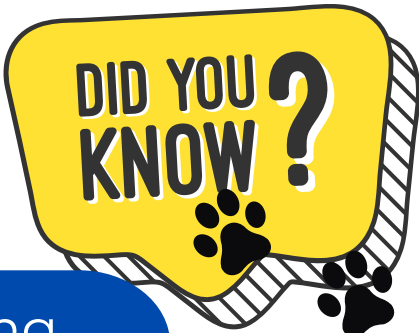
## Word Search



- |           |           |         |         |
|-----------|-----------|---------|---------|
| BARK      | EVERGREEN | LEAFLET | ROOTS   |
| BOUGH     | FOLIAGE   | LEAVES  | SAPWOOD |
| BRANCH    | FOREST    | LUMBER  | SHADE   |
| CONIFER   | GROVE     | NODE    | SPROUT  |
| CROWN     | HARDWOOD  | PRUNE   | TIMBER  |
| DECIDUOUS | HEARTWOOD | RINGS   | TRUNK   |



# MEALS ON WHEELS HEALTHCARE AND FOOD FOR PETS



If you area currently receiving Meals on Wheels you are entitled to receive pet food for two pets in your household?

For more information please call Lisa Henderson at the Senior Center at (785) 827-9818, ext. 7453.

## HEALTH FAIR 2026!



## DRIVER Info:



### RACHEL LOERSCH

Rachel dedicated 38 years to teaching at USD 305 before retiring in 2019. She then spent 11 years as a consultant with Smoky Hill Educational Service Center where she continued her passion for education.

Rachel began volunteering at the Senior Center delivering Meals on Wheels during the summers. Since her retirement, she volunteers full-time and has become one of our most dedicated drivers. On Fridays, her husband joins her to help deliver the hot meal along with frozen meals for the weekend.

Giving back to the community has always been important to Rachel. In addition to Meals on Wheels, she serves as Board Chair for Women Helping Women and volunteers with the Smoky Hill Museum, Salina Arts & Humanities, the River Festival, and several other local organizations.

Rachel and her husband have two sons, two grandsons, and one great-grandson, with another great-grandson on the way. She has called Salina home since the age of seven. Her greatest joy is serving others and making a positive difference in her community.

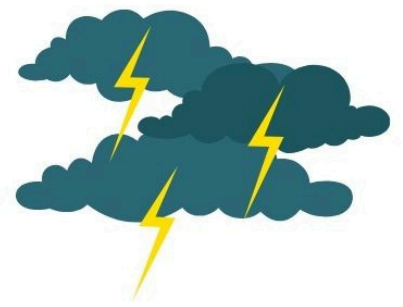
### SPOTLIGHT On SENIORS!!

Clifford is not a Kansas native. He spent the first 40-plus years of his life in California's San Francisco Bay Area, where he worked a variety of jobs, including truck driving, dishwashing and other restaurant hospitalities.

Clifford later enjoyed a long career with the railroad, which first brought him to Salina around 2007-2008 before he transferred to the Kansas City rail yard. After retiring from the railroad, he returned to Salina in 2023 and has been a familiar face at the Senior Center ever since.

Most mornings you can find Clifford visiting with his friend Leslie before enjoying lunch and heading home for the day. We are grateful to have Clifford as part of our Senior Center family and appreciate the friendliness and companionship he brings to our community.





## Preparing an Emergency Plan for Your Unique Needs

Disasters such as hurricanes, floods, fires and other emergency situations are all too common these days. In fact, about 4 out of 5 Americans live in counties hit by weather events since 2007, according to disaster declaration data from the Federal Emergency Management Agency (FEMA). That illustrates how these events can impact nearly everyone and the importance of having a plan.

This is particularly true for older people and people with disabilities. Health issues, mobility concerns and use of assistive devices can create additional challenges during emergencies. However, there are simple steps everyone can take to prepare now for what may come later.

- **Discuss your plan.** Talk about preparedness with friends, neighbors and family members. Contact your city or county emergency management office as well as service providers, such as meals programs. Discussing the topic can help you create a support network, find local resources for preparation and identify contents for a custom emergency kit.
- **Create a contact list.** Make a list of people and places you can turn to for support in an emergency, including people you may need to help or notify of your safety. Include phone numbers, email addresses and physical addresses. Also include insurance providers, health care professionals and medical supply companies. Keep one copy on hand and put another copy in a watertight container in your emergency kit.
- **Prep for power outages.** Ask your health care providers about how to prepare for power outages, especially if you depend on medical devices that use electricity, such as oxygen, dialysis or a power wheelchair. Write down your plan, along with information about your devices, and keep a copy in your emergency kit.
- **Make a list of all medications and medical supplies.** Keep a list of your medicines, including dosages and allergies, along with other essential supplies like extra eyeglasses, hearing-aid batteries and at least a week's supply of all prescription medicines in your emergency kit.
- **Plan for transportation.** Have a plan in place in case you need to evacuate or get to health care services during an emergency. Know what equipment you need and how you will transport it. Perhaps a neighbor or family member can include you in their evacuation plans. Set this up beforehand and plan how to coordinate in the event of a disaster.
- **Plan for pets and service animals.** Include food, medications and other supplies your pets may need in your emergency kit, too.
- **Pack the essentials.** In addition to your medical information and needs, don't forget essentials such as non-perishable food, water, a weather radio, a flashlight, extra batteries, blankets, cash, extra clothing and personal hygiene items. Keep your emergency kit in an easy-to-access location.

Learn more about preparedness at <https://acl.gov/EmergencyPreparedness>.

