

GOLDEN MONTH

September 2026

Welcome to Golden Month - a simple and straightforward way to stay connected. In your golden years, staying connected to your community is the best thing you can do for your health and wellbeing. We care about you, and we want to make staying connected easier.

UPCOMING EVENTS



Open for details!



Sept. 2nd, 9th, 16th, 23rd, 30th at 2:00: Chair Yoga for Arthritis - First United Methodist Church - 203 E. 4th St. Ottawa (enter basement through South door)

Sept. 4th at 9:30: Coffey CO. Caregiver Support Meeting (1st Friday of each month)

Sept. 8th at 1:00: Franklin CO. Caregiver Support Meeting (2nd Tuesday of each month)

Sept. 9th at Noon: Miami CO. Lunch & Learn: Cooking for One - 913 N. Pearl St, Paola

Sept. 10th at Noon: Anderson CO. Lunch & Learn: Cooking for One - 411 S. Oak, Garnett

Sept. 15th at 9:30: Miami CO. Caregiver Support Meeting (3rd Tuesday of each month)

Sept. 16th at Noon: Coffey CO. Lunch & Learn: Cooking for One - 225 Cross St., Burlington

Sept. 17th, Oct. 15th Memories: Life Stories Scrapbooking (all materials provided): 12:30-1:30 @ the Osawatimie Senior Center

Sept. 18th at 10:00: Anderson CO. Caregiver Support Meeting (3rd Friday of each month)

Sept. 22nd at 9:30: Osage CO. Caregiver Support Meeting (4th Tuesday of each month)

Sept. 22nd, 29th at Noon: Franklin CO. Lunch & Learn: Informational Series w/ Parker Olmstead, Impact Wealth Planners - 117 S. Main, Ottawa



East Central Kansas
Area Agency on Aging

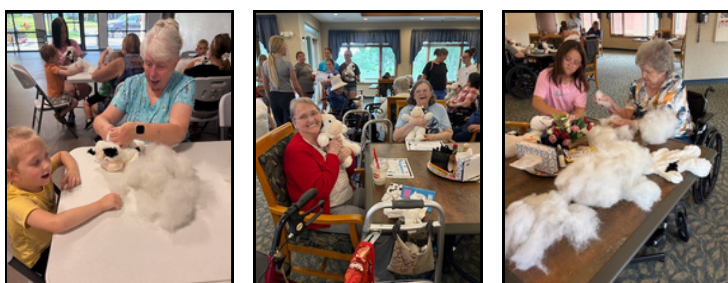
Serving - Anderson - Coffey - Franklin - Linn - Miami - Osage

STUFF-A-COW FARM BINGO

The East Central Kansas Area Agency on Aging (ECKAAA) recently hosted several intergenerational activities that brought seniors and children together for fun and friendship.

These events encourage learning, support, and a stronger sense of community by building meaningful connections. These relationships offer many benefits, including increased empathy, patience, compassion, and mutual respect.

Participants enjoyed playing bingo, where everyone received a prize, and creating stuffed cows that they were able to take home as keepsakes. These activities encouraged teamwork, conversation, and connection across generations, resulting in memorable experiences for all.



Above: Intergenerational Stuff-a-cow participants enjoying fun activity together

PROTECT YOUR HEART HEALTH: BLOOD PRESSURE

High blood pressure—often called the “silent killer”—can cause serious health problems without any warning signs. Many people feel fine but don’t realize their blood pressure is high until damage has already occurred. Heart disease and stroke remain leading causes of death in Kansas, making blood- pressure awareness more important than ever.

Blood pressure measures how hard your heart works to move blood through your arteries. When it stays high over time, it strains the heart, damages blood vessels, and increases the risk of heart attack, stroke, kidney disease, and vision problems. Because high blood pressure usually has no symptoms, the only way to know your numbers is to check them regularly.

In Kansas, more than one in three adults has been diagnosed with hypertension, and many do not have it under control. The good news is that small, realistic lifestyle changes can make a big difference. Choosing heart-healthy foods, reducing sodium, staying active, limiting alcohol, and getting quality sleep all help lower blood pressure.

Tracking your blood pressure at home with regular checkups can help you stay on top of your health and catch concerns early. Small steps add up to stronger heart health over time.

By Cassidy Collins
K-State Extension Coffey County
Family and Community Wellness Agent

SURFIT

STEAMLANE
(Two words)

BASEN

HFSI

FOGOSTAD
(Two words)

BEETVALEGS

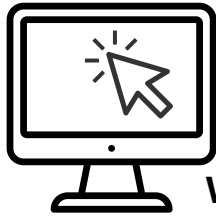
STUN

SLIVOE

3

HOW TO ORDER GROCERIES ONLINE

Walmart

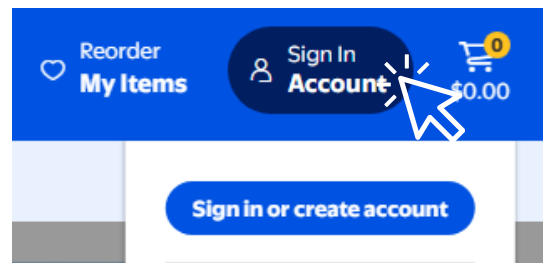


Step 1

USE INTERNET BROWSER TO VISIT WWW.WALMART.COM

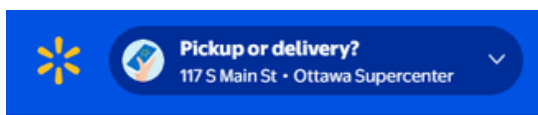
Step 2

TOP RIGHT CORNER - CLICK SIGN IN TO LOG IN OR CREATE A NEW ACCOUNT



Step 3

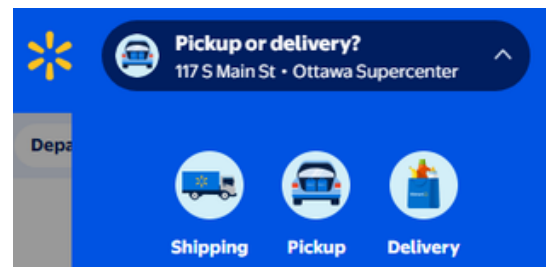
TOP LEFT CORNER - CLICK TO SET STORE LOCATION



Enter your zip code or address to pick your closest local store.

Step 4

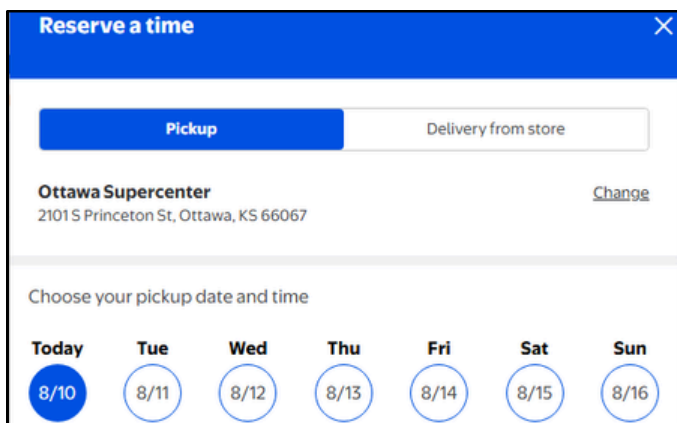
TOP LEFT CORNER - CHOOSE SERVICE: CURBSIDE PICKUP OR DELIVERY



Curbside = Pickup at Walmart
Delivery = Brought to your house

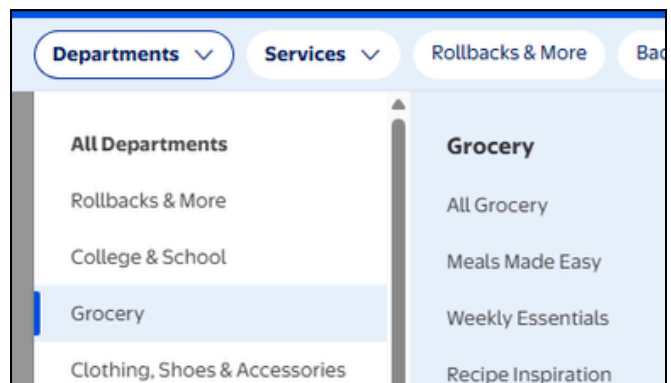
Step 5

SELECT TIME SLOT: PICK AN AVAILABLE DAY AND TIME WINDOW FOR YOUR PICKUP OR DROP-OFF ORDER, CLICK RESERVE



Step 6

SEARCH OR BROWSE FOR GROCERIES AND ADD ITEMS TO YOUR CART



Step 7

TOP RIGHT CORNER: CLICK CART TO CHECKOUT - ENTER PAYMENT METHOD (CREDIT CARD, DEBIT, OR EBT) AND CLICK PLACE ORDER



CUP OF COMFORT: CAREGIVER SUPPORT & COFFEE

Franklin CO.

2nd Tues. 1-2:30
ECKAAA Office
117 S. Main St.
Ottawa

Miami CO.

3rd Tues. 9:30-11
K-State Research
& Extension
913 N. Pearl St.
Suite 1, Paola

Osage CO.

4th Tues. 9:30-11
Community
Covenant Church
331 N. Topeka Ave.
Osage City

Coffey CO.

1st Fri. 9:30-11
Coffey County Library
410 W. Juniatta St.
Burlington

Anderson CO.

3rd Fri. 10-11:30
Garnett Housing Authority:
Park Place II 200 Parkside
Place, Garnett



Lunch & Learn COOKING FOR ONE

ALL EVENTS 12-1:00 PM
-LUNCH PROVIDED-

Cooking for one or two can be challenging. Join us to learn easy and practical ways to prepare healthy meals at home!

SEPT. 9TH
913 N. Pearl St., Paola

SEPT. 10TH
411 Oak St., Garnett

SEPT. 16TH
225 Cross St. Burlington

RSVP REQ'D 785.242.7200

LUNCH & LEARN WEALTH PLANNING

- Sept. 22nd Social Security
- Sept. 29th Tax Planning

12:00 - 1:00 PM @ 117 S. MAIN, OTTAWA

RSVP req'd 785.242.7200

Presented by Parker Olmstead Impact Wealth Planning

Memories

12:30- 1:30

Life Story
Scrapbooking

Sept. 17th and Oct. 15th

Osawatomie Senior Center 815 6th St.



IF THINKING ABOUT ENROLLING IN MEDICARE MAKES YOU FEEL LIKE THIS...

**THEN COME TO OUR
"NEW TO MEDICARE"
SEMINAR**



OCT. 14TH @ 10:00
117 S. MAIN, OTTAWA

RSVP REQ'D 785.242.7200



117 S. Main St.
Ottawa, KS