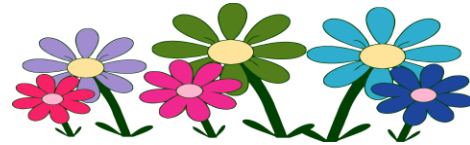


OLDER AMERICANS MONTH MAY 2025



COUNCIL ON AGING
 711 Marshall Street, Suite 100
 Leavenworth, KS 66048
 Office: 913-684-0777

If you are not going to be available to receive your meal, please call 24 hours in advance.



Cancelations: 913-758-6718

Requested donation amount is \$3. | 1% milk served with all meals. | If your dietary needs change, please call the number above. | Menu items are subject to change based on availability.

Flip the Script on Aging! May 2025

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 to all those celebrating a birthday this month!			Cabbage Roll 1 Boiled Potatoes Green Beans Roll Fruit	Chili 2 Brussel Sprouts Corn Bread Spinach Salad Fruit Carrot Cake 
Hamburger 5 Oven Brown Potatoes Mixed Veggies Lettuce, Tomato, Onion & Pickle Fruit	Chicken Spaghetti 6 California Blend Veggie Bread Stick Tossed Salad Fruit Bread Pudding	Philly Steak 7 Cheesy Potatoes Carrots Bun Fruit	BBQ Rib 8 Sweet Potato Peas Corn Bread Fruit	Chicken Noodle Bake 9 Green Beans Cucumber Salad Biscuit Fruit & Cookie
Chicken Fried Steak 12 Mashed Potato & Gravy Green Beans Roll Fruit	Taco Salad 13 Spiked Peaches Cheese Cauliflower Tortilla Chips Cookie 	Teriyaki Pork Chop 14 Brown Rice Peas & Carrots Egg Roll Fruit	Steak Kabob 15 Rice Roasted Tomato Biscuit Fruit	Fish Sandwich 16 Potato Casserole Zucchini Fruit Cobbler 
Smoked Turkey Sandwich 19 Oven Brown Potatoes Carrots Lettuce, Tomato, & Onion Fruit & Mini Cheesecake	Chicken Fried Chicken 20 Mashed Potato & Gravy Green Beans Roll Fruit	Egg Casserole 21 Biscuit & Gravy Cinnamon Apples V-8 Juice Cookie	Lasagna 22 Broccoli Bread Stick Tossed Salad Fruit	Ham Steak 23 Sweet Potato Cauliflower Roll Fruit Pie
CLOSED 26 	Sausage & Kraut 27 Oven Brown Potatoes Beets Corn Bread Fruit Brownie	Brisket 28 Baked Potato Mix Veggie Roll Fruit 	Ham & Beans 29 Carrots Corn Bread Tossed Salad Fruit Lemon Cake	Cordon Bleu 30 Rice Peas & Carrots Roll Fruit

Spring Cleaning Is a Chance to Improve Health and Safety

Helping an aging loved one with spring cleaning isn't just about making the mirrors reflect the fairest. It's also about making sure that the living area is as safe as possible. This includes:

Maintaining clean walkways in every hall and to every door. Watch out for items jutting out, obstacles that make doors hard to open or close, and floors that might be slippery. Evaluate how easy it is for your loved one to walk where they need to go. Repairs or adjustments might be necessary.

Cleaning and organizing the medicine cabinet. Make sure there aren't old or expired medicines, and make sure that the cabinet is arranged in a way that makes it easy for your loved one to grab medications without mistakes or difficulties.

Checking smoke and carbon monoxide detectors. These are often hard for an older adult to check and replace, but are very important to keep tabs on (for every home).

Replacing light bulbs. Ceiling bulbs especially are hard for older adults to safely replace, and a well-lit home is crucial to safety. Check every bulb.

Eliminating tripping hazards. This includes rugs, loose tiles, bunched up carpets, electrical wires, or anything else.

One other step for your spring cleaning is to make sure that all important medical and legal documents are organized, accessible, and safe. Papers are constantly pouring in throughout the year, and going through everything an aging loved one has kept is a good yearly habit. (More frequently is better, but spring cleaning makes for a good reminder.) This keeps everything neat and able to be accessed if needed, and is a good protection against fraud and abuse.

Source: Institute on Aging, April 2025.



MAY

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

Word List

AMERICANS
 CINCO DE MAYO
 CONFERENCE
 CONNECTION
 CONTRIBUTIONS
 EXPLORATION
 FAIR
 GAMES
 GRADUATION
 INSIGHTS
 LEMONADE
 MANGO
 MEMORIAL DAY
 MEMORIES
 MILK
 MOTHERS DAY
 OLDER
 PETUNIA
 PHILLY
 POSITIVE
 RENEWAL
 SAFETY
 SCRIPT
 SERVING

Positive Aging Resource Fair

Friday, May 2nd 2025. 10:00AM – 2:00PM.

The COA is partnering with local organizations to host a free Positive Aging Resource Fair in celebration of Older Americans Month! Enjoy a 50/50 raffle, lunch and bingo. If you need transportation, please call 913-684-0778 for a free ride.

Cinco de Mayo Party

Monday, May 5th 2025. 1:00PM.

Join the annual celebration of Mexican heritage! Indulge in cheese quesadillas, chips with salsa, and a yummy mocktail. We will play Loteria Mexican bingo, learn to do the Mexican Hat Dance, and take a swing at a piñata. \$4 due at sign-up.

Knowledge @ Noon: Milk Month

Tuesday, May 6th 2025. 12:00PM.

We will learn about different milk options, talk about the purpose of milk alternatives, and taste test. No cost; hosted by K-State Extension Office at the Tonganoxie Library.

Lunch and a Movie

Friday, May 16th 2025. 11:00AM.

Join us to watch *Hunger Games*. Lunch will be orange mango chipotle chicken with rice and peas and a Capitol-worthy dessert of a chocolate caramel tart. Intermission snacks of popcorn & soda. Cost \$10; sign up by May 9th. Max: 30.

Caregiver Education Conference

Saturday, May 31st 2025. 9:00AM – 12:30PM.

Caregivers and their family members, including their loved ones with dementia, are invited to attend this free conference. This exciting event features distinguished doctors and guest speakers presenting exciting approaches, valuable caregiving insights, techniques, and resources. Enjoy rich discussions, Q & A, complimentary beverages and refreshments.