

COA SPIRIT

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

Cancellations: 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.

AUGUST 2025



COUNCIL ON AGING

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

COA Spirit Week Help us kick off "Back to School" season with a school supplies drive and Spirit Week. All collected items will be donated to a local charity. We will have a different theme each day, and we encourage you to wear your fun outfits to all the COA activities or at home! The COA staff will be participating as well! Take a picture at your meal site or with your meal delivery person! Monday—Sports Day Tuesday— Crazy Hair or Hat Day Wednesday—Pajama Day Thursday—Hawaiian Day Friday—Twin Day Red Cross Blood Drive Open to all ages. Make an appointment at www.redcrossblood.org on the blood donor app, or walk-ins are welcome. 11:00am-3:00pm.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Everygy Offers Ways to Save Energy and Save Money During the Extreme Heat of the Summer Kansas City, MO – June 23, 2025 – Summer is here and so are hot temperatures. Everygy customers use the most electricity during the summer months as air conditioners work to keep up with the hot weather. Not only are there small things customers can do to have a big impact on saving energy, Everygy customers can take advantage of online tools to help them save energy and money all summer long. Here are some ways to save. -Adjust your air conditioning with a smart thermostat. Raising your thermostat by as little as 3-5 degrees can have an impact on your energy usage. Kansas and Missouri customers can receive a free or heavily discounted smart thermostat available through Everygy's marketplace by enrolling in our Thermostat Program. Smart thermostats can be adjusted anywhere a customer has access to the internet. Customers can save up to \$145 per year. -Change your HVAC filters. Changing them regularly will keep air flowing properly and ensure your furnace and air conditioner work at peak efficiency. -Close your blinds, shades, or curtains to block sunlight during the hottest part of the day – especially for south or west facing windows. -Seal gaps in your windows or exterior doors – Caulk around the frames to seal gaps. Add weather-stripping inside door frames. Attach a door seal to the bottom of the door. Customers can order weather-stripping, caulk, weatherization kits, and other tools to seal gaps through Everygy's marketplace. -Turn ceiling fans counterclockwise to push cool air down. Just remember to turn them off when you leave the room; fans cool people, not rooms. -Cook with small appliances. Ovens release heat that makes it harder to keep your home cool. When it's hot, try cooking with appliances that use less energy, like a microwave or air fryer.
	 To all those celebrating a birthday this month!	The COA Is a permanent collection site for your unused or expired medications You are able to safely and securely gather and dispose of your unused medicines at the COA's on-site prescription drop-off box. For additional information on what can be dropped off, contact Jessica at 913-684-0733.			Fish Sticks 1 Baked Potato Tomatoes Roll Fruit Cream Puff	
	Sausage & Kraut 4 Oven Brown Potatoes Beets Corn Bread Fruit	Country Chicken 5 Mashed Potatoes & Gravy Green Beans Roll Fruit	Taco Salad 6 Corn Tortilla Chips Fruit Cobbler	Meatloaf 7 Cheesy Potatoes Carrots Roll Fruit	BBQ Chicken 8 Mac & Cheese Baked Beans Roll Fruit Chocolate Cake	
	Chicken Strips 11 Tater Tots Broccoli Roll Fruit	Teriyaki Pork 12 Rice California Blend Veggie Egg Roll Fruit	Chili 13 Corn Bread Pasta Salad Fruit Cobbler	Italian Chicken 14 Noodles Asparagus Roll Fruit	Brisket 15 Baked Potato Green Beans Roll Fruit Carrot Cake	
	Polish Sausage 18 Peppers & Onions Cauliflower Roll Fruit	Pot Roast 19 Potatoes & Carrots Green Beans Roll Fruit	Chicken Philly Sandwich 20 Sweet Potato Tots Broccoli Fruit Pudding	Hamburger Steak 21 Smashed Potatoes Green Beans Roll Fruit	BBQ Ribs 22 Cheesy Potatoes Baked Beans Biscuit Lemon Dessert	
	Spaghetti/Meatballs 25 Broccoli Bread Stick Tossed Salad Fruit	Country Chicken 26 Mashed Potatoes & Gravy Peas & Carrots Roll Fruit	Steak Kabob 27 Stewed Tomatoes Rice Roll Cookie	Chicken Burrito 28 Rice Beans Fruit Pudding	Stuffed Pork Chop 29 Scallop Potatoes Carrots Roll Cheesecake	

Source: Everygy

Our menu is also posted on our website @www.leavenworthcounty.gov/COA



Follow us on Facebook – www.facebook.com/LVCOUNTYCOA

DANCING THROUGH THE DECADES

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

Word List

**ADOPT
AUCTION
AUGUST
AUTOGRAPHED
BENEFIT
COMMUNITY
CRANCERS
FASHIONS
FIFTIES
FUNDRAISER
HEADS
HEART
HITS
MEALS
PHOTO BOOTH
RAFFLE
RIVERFRONT
SALVADOR
SPLIT POT
SPONSORS
SUPPORT
SWEET SHOPPE
TAILS
VOLUNTEER**

Upcoming Event

Senior Day @ the Fair

Friday, August 1st 2025. 10:00AM – 12:00PM.

Meet us under the Big Top in Tonganoxie at the Leavenworth County Fairgrounds. Enjoy raffles, entertainment by *The Kitchen Table Trio*, bingo and a free lunch. Age 50+. No cost or reservation needed. If you need transportation to the event, please contact Dispatch at 913-684-0778 to make your reservation.

COA Services

Errand & Shopping Support

This program supports residents who need assistance with their shopping and errand needs. These programs are fee-based services for residents age 60 and older. Shopping and errand trips may be scheduled every other week. For more information, call 913-684-0777.

Social Services and Information & Assistance

The Council on Aging wants to be the first place you call for information regarding aging issues. Our team assists seniors and their families in obtaining needed services and information. We can offer referrals and information about assistance at home, housing options, caregiver resources, help with forms and applications, coordination of legal services, and assistance with reporting suspected elder abuse, neglect or exploitation. If you or a loved one can use our help with aging services, give our team a call.

Pets and Loving Seniors (PALS)

PALS is a program designed for seniors, age 60 and older, to help ease the burden of buying food for their pets. Through the generous donations of pet food and funds from community members and businesses, we are able to assist in providing meals and necessary supplies to pets. If you are interested in contributing to this program, look for our PALS donation boxes located at supporting retail stores in Leavenworth, Lansing, and throughout the county. You can also call to make an appointment to come by or mail in a donation to our office.