

FALLS PREVENTION AWARENESS

SEPTEMBER 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.

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.

Medicare Open Enrollment is just around the corner. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. You can explore Medicare coverage options by: Going to www.medicare.gov Calling 1.800.MEDICARE (1.800.633.4227) TTY users can call 1.877.486.2048. Calling 913.684.0777 to make an appointment with a COA Senior Health Insurance Counseling for Kansas counselor.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 1  HAPPY LABOR DAY	Hamburger 2 Oven Brown Potatoes Mixed Veggie Lettuce, tomato, onion & pickle Fruit	Chicken Noodle Bake 3 Broccoli Normandy Tossed Salad Biscuit Fruit & Cookie 	Ham 4 Sweet Potatoes Green Beans Roll Fruit	Fish Sticks 5 Tater Tots Cauliflower Roll Fruit Cream Puff 
Sausage & Kraut 8 Oven Brown Potatoes Beets Corn Bread Fruit	Chicken Enchilada 9 Rice Beans Fruit Pudding	Hot Beef 10 Mashed Potato & Gravy Carrots Roll Fruit	Egg Casserole 11 Biscuit & Gravy Cinnamon Apples V-8 Juice Nature Bar	Meatloaf 12 Cheesy Potatoes Green Beans Roll Fruit Pie
Pork Tenderloin 15 Oven Brown Potatoes Lettuce, tomato, onion & pickle Peas & Carrots Fruit 	Chili 16 Broccoli Corn Bread Pasta Salad Fruit Cookie	BBQ Chicken 17 Mac & Cheese Baked Beans Roll Fruit	Hamburger Steak 18 Mashed Potatoes Green Beans Roll Fruit	Smoked Turkey 19 Baked Potato California Blend Roll Fruit Lemon Cake 
Spaghetti-Meatballs 22 Cauliflower Tossed Salad Bread Stick Fruit	Country Chicken 23 Mashed Potato & Gravy Green Beans Roll Fruit	Philly Steak 24 Scalloped Potatoes Carrots Bun Fruit Brownie 	BBQ Ribs 25 Sweet Potato Tots Baked Beans Roll Fruit	Smothered Pork Chop 26 Rice Brussel Sprouts Fruit Roll & Cobbler
Polish Sausage 29 Peppers & Onions Cheesy Potatoes Broccoli Bun Fruit 	Taco Salad 30 Corn Tortilla Chips Cinnamon Apples Dessert	CHORE ASSISTANCE This program is designed for qualified homeowners who reside in single-family residences and are unable to perform upkeep or minor home maintenance. Income restrictions apply. The Chore Assistance program is a fee-based program. Call 913-684-0786 to see if you qualify for the Chore Program.		 To all those celebrating a birthday this month!

Get Ready for Falls Prevention Awareness Week

September 22-26 is Falls Prevention Awareness Week, a national campaign to educate older adults, their caregivers, and health professionals about the dangers of falling and the steps to prevent falls.

Every year, more than 1 in 4 adults age 65 and older fall, resulting in 3 million admissions to the emergency department.

The encouraging news: while falls are common and costly, both to the individual and the health care system, they often can be prevented.

Avoid Falls at Home: 5 Easy Ways to Make Your Home Safer

Thousands of older adults fall at home each year due to common household hazards. Make sure your home is safe and help prevent falls by following a few easy tips. And an occupational therapist or physical therapist can conduct a home assessment and make recommendations on ways to help you live safely while doing the things you love to do at home every day.

1. Clear the way. Remove tripping hazards, like throw rugs, cords, or clutter on the floor. Move furniture to create a path for safe movement.
1. Light it up. Replace lightbulbs with bright, non-glare bulbs to help you see around the house.
2. Have a seat. Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.
3. Secure some support. Buy a shower seat, grab bar, and an adjustable height handheld showerhead to make bathing easier.
4. Store for success. Keep frequently used items between waist and shoulder height, making them easier to access without the need for a stepstool or unsafe reaching.

Source: National Council on Aging, 2023



SEPTEMBER @ COA

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

Word List

- BINGO
- CONNECTION
- EXERCISE
- FALLS –
- PREVENTION
- FIESTA
- FRIENDLY
- GAME SHOW
- GATHER AROUND
- HAWAIIAN
- LABOR DAY
- MAHJONG
- MAUI
- MEDICARE
- MYSTERY –
- BREAKFAST
- PLINKO
- PRIZES
- SAFETY
- SHICK
- SOUPER
- SUPPORT
- VACCINES
- VISITING
- WALGREENS
- YOGA

UPCOMING EVENTS

Knowledge @ Noon

Tuesday, September 9th 2025.

Join us for a “souper” session! Learn how to stretch protein sources, how to preserve different soups, and taste recipes you’ll want to make all season long. Tonganoxie Library; no fee.

Gather Around: Fiesta Friday

Friday, September 12th 2025.

10:00AM and 12:30PM

Come celebrate our last Gather Around of 2025 with Mexican-themed food! We will be having Sour Cream Chicken Enchiladas, Raspberry Chipotle Black Bean Dip and, as always, a delicious dessert. Cost: \$10. Max is 24 per class with a minimum of 18 for each class. Sign up and pay by September 5.

Vaccine Clinic

Friday, September 19th 2025. 10:00-1:00PM.

Walgreens will be at the COA to offer annual vaccines. Available vaccines: flu, pneumonia, COVID, and shingles. Stop by or call the front desk to sign up for the vaccines you need.

Senior Express Transportation

We are able to assist with transportation needs for seniors age 50 and over, as well as persons of any age with disabilities.

Reservations are required, and taken on a first call, first serve basis, for all trip purposes. A fee is required per trip per person.

The required per trip per person fees are:

- \$2.50 per one-way trip within the County, including drive-thru business trips.
- \$10.00 per one-way trip to the Parallel Corridor, including Providence Medical Center and the Legends-area medical plazas.
- \$15.00 per one-way, out-of-county medical trips within a 50-mile radius of Leavenworth.

For current service status and to schedule your trip, call 913.684.0778.