

OCTOBER 2024



Live Well. Age Well.

711 Marshall Street, Suite 100

Leavenworth, KS 66048

Phone: 913.684.0777

Fax: 913.684.0779

Transportation: 913.684.0778

THE SOURCE

COUNCIL ON AGING

IN THIS ISSUE:

- ◆ Recognizing Our Meals on Wheels Benefit Sponsors
- ◆ Christmas Stocking Collection at Dillions
- ◆ Meals on Wheels Price Change
- ◆ Medicare Open Enrollment
- ◆ 5 Warning Signs of a Medicare Scam - and How to Protect Yourself
- ◆ Kansas State Plan on Aging Virtual Listening Session



Our Programs

- Attendant Support
- Chore Assistance
- Errand & Shopping Support
- Information & Assistance
- Legal Service
- Leisure & Learning Program
- Nutrition Program
- Pets & Loving Seniors Program (PALS)
- Pet2Vet Program
- Senior Health Insurance Counseling
- Social Services
- Support Groups
- Telephone & Visiting Support
- Senior Express Transportation

THANK YOU TO OUR MEALS ON WHEELS BENEFIT



Sponsors

PLATINUM SPONSORS

- Bateman Law Group
- Dairy Farmers of America
- R.L. Leintz Funeral Home

SILVER SPONSORS

- CII Foods
- Commerce Bank
- G Tree Trim & Removal
- Geiger Ready Mix Foundation Fund
- Luxury & Imports
- Mutual Savings Association
- Reilly & Sons Insurance
- Reilly & Sons Real Estate
- Saint John Hospital & Pavilion
- Tire Town

BRONZE SPONSORS

- Country Club Bank
- Demaranville & Associates, LLC
- Ducks Carpet Cleaning
- Exchange Bank & Trust
- Family Eye Care Center
- Frontier Community Credit Union
- Gators Games & Hobby
- Gurss Appraisal, LLC
- Henry Martens Chevrolet-Buick-GMC
- Hund Service
- J F Denney Plumbing
- Oral & Maxillofacial Surgery of Leavenworth
- St. Luke's Home Care & Hospice
- Jessica & Joshua Yoakam

TICKETS FOR THIS EVENT HAVE **SOLD OUT!**

SATURDAY, NOVEMBER 2

5:00 PM - 10:00 PM

RIVERFRONT COMMUNITY CENTER, LEAVENWORTH



**Help the Council on Aging
fill Christmas stockings!**

COA STAFF WILL BE AT

Dillons
FOOD STORES®

**ON FRIDAY, OCTOBER 18TH
FROM 11:00AM-6:00PM**

We will be collecting items to fill hundreds of **Christmas Stockings** for homebound seniors, seniors without family or seniors who are facing challenges.

Suggested Items:

- ◆ hard candy and sugar free candy
- ◆ tissues (small individual packages)
- ◆ snack packages of cookies and crackers
- ◆ small paper tablets
- ◆ ink pens
- ◆ Jell-O snack cups and pudding cups
- ◆ applesauce (sweetened and no-sugar added)
- ◆ cookies (regular & sugar free)
- ◆ 2025 calendars
- ◆ postage stamps
- ◆ small-sized lotion
- ◆ shampoo, conditioners
- ◆ soaps
- ◆ small canned meats, fruit, vegetables
- ◆ toothbrushes/ toothpaste
- ◆ word search books
- ◆ winter gloves for men and women

For more information, call Dawn Owens at 913-684-0786.

A fundraiser for LVCO **MEALS ON WHEELS!**

PURCHASE TICKETS FOR

**YOUR
CHANCE
TO
WIN**

**\$1 EACH OR
6 FOR \$5**

Drawing will be at the Council on Aging Meals on Wheels Benefit **Dancing Through the Decades** on Saturday, November 2nd. Tickets for this event have sold out. You do not have to be present to win.



Autographed
**Patrick
Mahomes
Jersey**
\$1,200 value

Autographed
**Isiah
Pacheco
Superbowl
LVIII Helmet**
\$400 value



You may purchase Chances to Win tickets at:

Council on Aging: Monday-Friday, 7am-4pm
711 Marshall St., Ste. 100, Leavenworth, 913.684.0777
Check, Cash or PayPal @LVCOA

Through PayPal Account: Minimum purchase \$25.
Please include your phone number.



DON'T MISS OUT! GET YOUR TICKETS TODAY!



NUTRITION CORNER

Important Program Announcement

Dear Leavenworth County,

For years, the Leavenworth County Council on Aging has worked diligently to serve you/your family while charging very reasonable prices for our Meals on Wheels program, and we will continue to make this effort.

Due to continued increases in food, transportation and operating costs, the County's cost per meal has ballooned to over \$11.00 per meal per day. With this inflationary pressure, we will need to enact a change to the Meals on Wheels pricing structure for the first time in 15 years.

Beginning October 1, 2024, the pricing structure will be as follows:

- \$3.00 per meal for both congregate and home-delivered meals.
- As always, no one will be denied a meal based on their inability to pay; however, if you are able to pay more per meal, every penny will be used to support meals for Leavenworth County residents.

We value our Meals on Wheels clients and want to continue serving Leavenworth County. All existing Meals on Wheels punch cards will be honored at the current price of \$2.00/meal until fully extended. If you have questions or concerns about this increase, please contact us at 913.684.0777.

Sincerely,

Connie Harmon
Executive Director



Want to donate to the Leavenworth Meals on Wheels Program?

Stop by the COA or call our office to find out how you can help!



VOLUNTEER WITH LEAVENWORTH COUNTY

- Do you have 90 minutes during the week? (late morning)
- Do you like meeting new people?
- Do you want to help those in our community?
- Do you drive?

If you would like to be a Meals on Wheels volunteer, contact Dawn Owens at the *Council on Aging*.

Phone: 913.684.0786

Email dowens@leavenworthcounty.gov

*All Meals on Wheels volunteers must be able to pass a criminal background check.





5 Warning Signs of a Medicare Scam - and How to Protect Yourself

- National Council on Aging, October 30, 2023

What are the warning signs of a Medicare scam?

Medicare scammers can sound very professional over the phone. They often use technology to create convincing websites, emails, and print materials that appear to be from a trustworthy organization. That's why it's essential to learn all you can about Medicare scams. Staying vigilant and knowing what red flags to look for can help you or your loved one stay safe.

Telltale Warning Signs of a Medicare Scam

1. **Promises of free items or services:** Be suspicious of any offers involving no-cost medical supplies, medical care, or prescription medications. Many scammers will offer older adults valuable medical equipment, persuade them to share their Medicare number, and then use that information to file high-cost Medicare claims in the beneficiary's name. Also, beware of offers for free genetic testing or screenings that were not ordered by your physician. This is a known Medicare scam.
2. **Pressure to switch your Medicare plan:** A scammer, often claiming to be from Medicare, may say you're "pre-approved" for a new health care plan or drug plan with lower premiums or better benefits. They may tell you there's a fee to enroll in this new plan.
3. **Notices to renew or upgrade your Medicare card:** A fraudster may call and say you need to activate, renew, or upgrade your Medicare card. They may ask for your Medicare number to "verify" your account, or they may request that you pay a processing fee.
4. **Threats to cancel your coverage:** You may receive a call stating there's a problem with your Medicare account, such as fraudulent activity. The caller says your benefits will be canceled if you don't immediately verify your personal information or join a new plan.
5. **Claims you're eligible for a refund:** Another common Medicare scam tactic is telling older adults they qualify for a refund due to changes in their plan. The scammer may ask for your Medicare number—and even your bank account details.

Continued on next page.

MEDICARE
OPEN
ENROLLMENT
OCT. 15 – DEC. 7



Did you know?

Your State Health Insurance Assistance Program (SHIP) can help you:

- Understand Medicare benefits
- Sort options to find the best for your situation
- Complete the enrollment process

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. 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.

You can explore Medicare coverage options by:

- ⇒ Going to www.medicare.gov - Find health & drug plans
- ⇒ Calling 1-800-MEDICARE (1.800.633.4227) and speaking to a real person. TTY users can call 1.877.486.2048.
- ⇒ Making an appointment with a Senior Health Insurance Counseling for Kansas (SHICK) counselor. To schedule an appointment, call the COA at 913.684.0777.

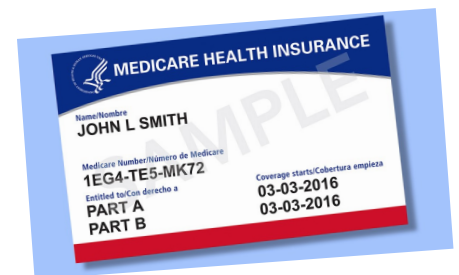
How can I protect myself from Medicare scams?

Scammers are everywhere, and Medicare scams can happen to anyone. The tips below can help you keep your personal information safe.

- **Avoid sharing your Medicare number with people who contact you out of the blue:** Do not provide your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone but your doctor, pharmacy, or people who work with Medicare to assist beneficiaries. These numbers should be protected just like you would protect your credit card, debit card, or bank account information. It's important to know Medicare will not call you unless you've specifically asked for help. And if they do call you in response to a request, they will not need your information since they'll already have it on file. Does your caller ID show a legitimate-looking phone number? Don't be fooled. Scammers can spoof their number to make it look like the call is coming from a government agency or other known organization. Also, don't be surprised if the caller has some basic information about you. With the internet, those details are easy to find today. If someone unfamiliar calls asking you for personal details, simply hang up.
- **Do not click on suspicious links:** Criminals create fake email addresses to make it appear messages are coming directly from Medicare. These emails may send you to a website that looks authentic. Do not respond to unexpected emails or text messages or click on any links they contain—even if the communication looks real. If you need to update your information, log in to your Medicare account at Medicare.gov, call 1.800.633.4227, or talk to a trusted advisor.
- **Do not be afraid of threats to terminate benefits:** If you qualify for Medicare, your benefits will not be taken away for reasons like not signing up for a certain plan.
- **Do not speak to anyone who tries to persuade you to choose a certain plan:** Ignore claims that any policy is "preferred by Medicare," since Medicare does not endorse a specific plan.
- **Destroy your old Medicare card:** Some scammers may claim you need to return your old card; however, this is not true. Once you receive a new Medicare card, your old one is not needed. Destroy it with scissors or a shredder and start using the replacement immediately.
- **Protect your medical records:** Do not allow anyone but your doctor or other health care providers to review your personal medical information.
- **Do not accept unauthorized genetic testing kits:** If you receive a genetic testing kit in the mail that was not ordered by your doctor, refuse the delivery outright or return it to the sender.

How do I report Medicare scams?

- ◆ Call Medicare directly at 1-800-MEDICARE (800-633-4227).
- ◆ Contact the Senior Medicare Patrol Resource Center by calling 1.877.808.2468 or use their online contact form. [Contact Us - Senior Medicare Patrol \(smpresource.org\)](#)
- ◆ Submit a report online to the Federal Trade Commission. [Report-Fraud.ftc.gov](#)



EXPLORE YOUR MEDICARE COVERAGE OPTIONS

Find Medicare health & drug plans

Use your account

Save time by logging in

- Get a summary of your current coverage
- Use your saved drugs & pharmacies to compare plan costs

Log In

Don't have an account? [Create one.](#)

Continue without logging in

Enter your ZIP code:

ZIP CODE

Continue

PEDICURES FOR PAWS

A PETS & LOVING SENIORS (PALS)
NAIL TRIM FUNDRAISER COURTESY OF:



SATURDAY, OCTOBER 12

1:00PM-4:00PM

COA PARKING LOT

\$10 SUGGESTED DONATION PER PET

**cash or check only, no appointment needed*

WELL-BEHAVED, LEASHED DOGS WELCOME!

**JOIN US AT
CAMP DO GOOD.**

Give Blood.



WELCOME



BLOOD DRIVE

Council on Aging
Activity Room C

Thursday, October 17, 2024

10:00am-2:00pm

Donors needed!

Sign up @ 1.800.733.2767 or click the link to sign up at redcrossblood.org. [Donate Blood, Platelets or Plasma. Give Life | Red Cross Blood](#)



Navigating the Holidays

An education program presented by the Alzheimer's Association® in collaboration with the Leavenworth County Council on Aging.

Navigating the Holidays:
The holidays are often associated with images of comfort, joy and wonder, but the holiday season can be bittersweet and challenging for families facing Alzheimer's and dementia. Gatherings can agitate, confuse and

overstimulate persons living with the disease. And care partners may feel overwhelmed trying to maintain holiday traditions while providing care. It's important to plan and adjust expectations so you and your loved one can still find meaning and joy in the holiday season.

**OCTOBER 22
9:00 a.m.**
Leavenworth County
Council on Aging
711 Marshall Street
Suite 100
Leavenworth, KS

RSVP by calling 913.684.0777 or stop by the COA office at the address above.

ALZHEIMER'S ASSOCIATION®

COA
Live Well. Age Well.



HAPPY Halloween

EAT, DRINK + BE SCARY

COSTUME CONTEST - GAMES - HALLOWEEN TREATS

JOIN US FOR A FRIGHTFULLY GOOD TIME!

OCTOBER 30 2024 | **PARTY STARTS @ 1:00PM** | **FEE DUE AT SIGN UP. \$4**

RSVP BY OCTOBER 25TH.

COUNCIL ON AGING

COA
Live Well. Age Well.

711 Marshall St., Suite 100
Leavenworth, KS 66048

913.684.0777

seniors1st@leavenworthcounty.gov

www.leavenworthcounty.gov/COA

SAVE THE DATE

KANSAS STATE PLAN ON AGING
VIRTUAL LISTENING SESSION

Tuesday, October 29, 10:00-11:00am

The Kansas Department for Aging and Disability Services (KDADS) OAA Program works in collaboration with the 11 Area Agencies on Aging (AAAs) to support independence for older adults and help them remain in their homes for as long as possible. The listening tour will provide the opportunity for older Kansans to share their suggestions, needs, comments, and feedback regarding OAA services. Your participation is invaluable and will be used to develop the upcoming State Plan on Aging.

[Virtual Listening Session Online Zoom Meeting Link](#)



Scan the QR Code for the Virtual Listening Session.

If you would like to share your thoughts but are unable to participate, please send an email to KDADSOAASCA@ks.gov.

**PROVIDE VALUABLE FEEDBACK
ON HOME AND COMMUNITY-BASED
AGING SERVICES IN KANSAS**

TAKE OUR SURVEY!

Open until December 15, 2024, the results will help inform the 2026 Kansas State Plan on Aging

Follow the link or scan the QR code to take the survey and share with others!

<https://www.surveymonkey.com/r/kdadsagingsurvey2024>



VOLUNTEER INCOME TAX ASSISTANCE VITA

Looking for a volunteer opportunity in your community?

The Leavenworth County COA is looking for volunteers for the 2024 tax season.

The IRS's Volunteer Income Tax Assistance (VITA) program offers free basic tax return preparation to qualified individuals. The VITA program has operated for over 50 years, and specializes in questions about pensions and retirement-related issues unique to seniors.

VITA services are not only free, they are also a reliable and trusted source for preparing tax returns. All VITA volunteers who prepare returns must take and pass tax law training that meets or exceeds IRS standards. This training includes maintaining the privacy and confidentiality of all taxpayer information.

A tax background is not required. Training will be provided in January 2025. The VITA program runs through the end of March.

If you are interested or need more information, please contact Jessica at 913.684.0733 or jpontbriant@leavenworthcounty.gov.

VOLUNTEER
you can make a difference!





To be added to our email distribution list, please contact us @seniors1st@leavenworthcounty.gov



For our full events and activities calendar, visit our homepage @[Council on Aging](#)



FOLLOW US ON
FACEBOOK



CLICK HERE TO BE DIRECTED TO OUR PAGE.

SENIOR EXPRESS TRANSPORTATION

We are available to assist with your transportation needs for seniors age 50 and better, as well as persons of any age with disabilities. Services include shopping and business (bank/post office) trips once per week, and hairdresser appointments as well as transportation to medical trips and for work. As always, reservations are required, and taken on a first call, first serve basis, for all trip purposes. Accessible vehicles available.

A fee is required per trip per person.

- ◆ \$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.

AGING RESOURCES

- Adult Protective Services.....1.800.922.5330
- Emergency Respite:
 - Country Care.....913.773.5517
 - Medical Lodge.....913.772.1844
- Guidance Center.....913.682.5118
- Kansas Aging and Disability Resource Center
.....855.200.2372
- Leavenworth County Health Department
.....913.250.2000
- Medicare 1.800.633.4227
- Poison Control Center.....1.800.222.1222
- Property Fraud LV County.....1.913.684.0424
- Social Security Office1.800.772.1213
- Wyandotte/Leavenworth Area Agency on Aging
..... 913.573.8531

A LITTLE HUMOR



To best accommodate all of our clients, the COA is set to take payments and donations online through **PayPal**.

Scan the QR code or in PayPal search for **Leavenworth County Council on Aging** or use **@LVCOA**



Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:
Leavenworth County Council on Aging

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