

DECEMBER 2023

THE SOURCE

COUNCIL ON AGING



Live Well. Age Well.

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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

Greetings Friends,

When I look back on 2023 at the Council on Aging, it's the little things that strike me as most meaningful. Momentous things were happening all around us as we learned to navigate a post-pandemic reality – such as adjusting to a future with more than double the participation in essential programs such as Meals on Wheels and relocating and re-establishing our agency at our Cushing location. And yet, in those times of very real change, I find myself comforted by our work, in our work, alongside our COA team and community partners, to support our Leavenworth County friends and neighbors.

This was the year we renewed our commitment to the community to be a consistent partner and reaffirmed our promise to provide services and programs to enable all we serve to live and age well. We launched our new Leisure and Learning program, *Bucket List Adventure Series Trips* or BLAST and headed out with groups to zipline, kayak, ride horses and more. We introduced our agency's Facebook page to expand our reach and increase access to our services. We expanded our pet programs to include over 225 pets. We continue to provide top-notch, curb to curb Transportation service with over 350 trips per week. And so much more.

I'm so thankful for the community that surrounds us every day, for the support of our volunteers and sponsors who help fuel our work, and for the passionate and committed team at the COA. Let's hit the ground running in 2024 and see what else we can accomplish ... together.

Cornie

Thank You to All of Our Benefit Sponsors!

This year's Dueling Pianos and Dinner Meals on Wheels benefit was an overwhelming success and a tremendous show of community support, raising enough funds to support over 20,000 meals! The Council on Aging team extends our immense gratitude and thanks to every individual, organization, and business who made financial and in-kind donations, sponsored seniors for various holiday campaigns and meals and gave their time to support the programs that allow our neighbors to live and age well.



WE COULDN'T DO IT WITHOUT YOU!

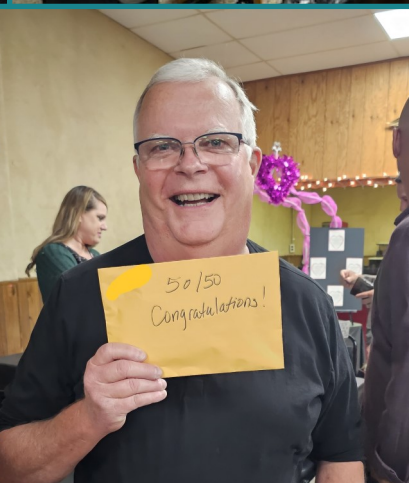
ACI Boland Architects
Advantage Printing
American Family Insurance – Kevin Gallagher Agency, Inc.
Armed Forces Bank
Armed Forces Insurance
Bella Vita Salon & Spa
Bohannon's Liquor, Basehor
Broadway Liquor
Brother's Wine and Spirits, Tonganoxie
Derek Burleson
Sandy Butler
CII Foods
Erica Collins
Commerce Bancshares Foundation
Country Club Bank
Dairy Farmers of America
DeMaranville & Associates CPAs
JF Denney Plumbing & Heating
Ducks Carpet Cleaning
Easton Bus Service
Elemental Wellness Spa
Exchange Bank & Trust
Falcon Lakes Golf Course
Frontier Credit Union
Geiger's Ready Mix
Great Western Manufacturing
Gurss Real Estate Appraisal
Happy Hour Wine & Spirits
Harbor Freight
Patty Henchek
Hen House
Henry Martens Chevrolet-Buick-GMC
Holy-Field Winery, Basehor
Linda Hoeltzel

Home2Suites by Hilton
Jett's Produce
Joe's Kansas City Bar-B-Que
Vicky Kaaz
Kansas County Store
The Klotz Agency, Inc.
Leavenworth Floral & Gifts
Leavenworth Paper & Office Supply
Lynch Realty
Luxury and Imports
Todd & Laurie Mefford, eXp Realty
Murray Tillotson & Burton, Attorneys at Law
Mutual Savings Association
Oral & Maxillofacial Surgery of Leavenworth, Dr. A. Sterling Card
RL Leintz Funeral Home
Reilly & Sons Insurance
Reilly & Sons Realty
Ross 20th Street Bar & Grill
Saint John Hospital
Sis's Sweets
Small Hinge Creative Studio
Soul Supply & Hardware
Spruce Street Liquor
Starbucks
The Suburban Restaurant
TenPenny Restaurant & Bar
10th Avenue Liquor
Lucy & Sara Thomas
Tire Town
Walmart
Wood Oil Company
Xi Delta Nu Chapter
Dr. Jessica Yoakam
Young Sign Company

DUELING PIANOS DINNER & AUCTION

A benefit fundraiser for **Meals on Wheels**

November 4, 2023



KANSAS LOW INCOME ENERGY ASSISTANCE PROGRAM (LIEAP)

WHAT IS THIS PROGRAM?

The Kansas Low Income Energy Assistance Program (LIEAP) is a Federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit. Benefit levels vary according to the following factors:

- household income,
- number of persons living at the address,
- type of dwelling,
- type of heating fuel, and
- utility rates.

WHO IS ELIGIBLE FOR THIS PROGRAM?

To be eligible for this benefit program, you must be a resident of Kansas and you must need financial assistance with home energy costs.

A person who participates or has family members who participate in certain other benefit programs, such as SNAP, SSI, TANF, automatically meets the eligibility requirement.

HOW DO I APPLY FOR THIS PROGRAM?

You can apply online or download an application on the Kansas Department for Children and Families' website starting **Monday, December 18, 2023 through Friday, March 29, 2024**. Click the image below to be directed to the application page.

Leavenworth Council on Aging is partnering with Everyg to provide LIEAP application assistance for Leavenworth County residents.

Please bring the following items:

- ⇒ Copies of all proof of income for all permanent individuals in the home who are 18 years or older
- ⇒ Copies of utility bills (gas, electric, propane, wood, etc.)

2024 Income Eligibility Guidelines

Persons Living at the Address	Maximum Gross Monthly Income
1	\$1,823
2	\$2,465
3	\$3,108
4	\$3,750
5	\$4,393
6	\$5,035
7	\$5,678

LIEAP Application Assistance with Everyg
December 19, 2023 from 9:00am - 1:00pm
Council on Aging
711 Marshall Street, Suite 100, Leavenworth



THRIVE WITH US
CLICK HERE TO VISIT OUR CAREER PAGE & APPLY TODAY!



CLICK HERE TO APPLY FOR SERVICES
HAGA CLIC AQUÍ PARA SOLICITAR SERVICIOS

Check your eligibility and apply for services including:

- Food assistance
- Cash assistance
- Child care assistance
- LIEAP

WALK FOR HEALTH *moves indoors for the winter!*

Stay active despite the temperature outside by walking at the COA starting December 8th. Drop in **Friday morning between 8:00-10:00am** for an indoor loop.

Don't hibernate, participate!

The **Caregiver Support Group** will meet at Ground Coffee in Tonganoxie on December 13, 2023 from 1:00-2:30pm.

Address: 304 E 4th St., Tonganoxie, KS
The purpose of our group is to support all caregivers in their journey to provide support and care to their loved ones. This group is open to caregivers of all ages.

NUTRITION CORNER

Why Do I Feel So Hungry in the Winter? 6 Reasons

By: Pallavi Suyog Uttekar, MD

If you feel hungrier in the winter than in other times of the year, you're not alone. As temperatures drop in the winter, your body has to work harder to keep you warm, which can increase your appetite and make you eat more.

6 Reasons Why You May Be Feeling Hungrier In the Winter

1. **Evolutionary changes:** According to some scientists, increased hunger during the colder months is the result of evolutionary biology. In primitive times, cold meant the possibility of death to the scarcity of food and higher likelihood of hypothermia. In response to this, the human body has developed an impulse to eat richer, fattier foods that provide more fuel during colder weather.
2. **Hormonal changes:** As the days get shorter and the nights get longer, your brain chemistry changes, which can in turn cause imbalances in your hunger and satiety hormones (leptin and ghrelin).
3. **Desire for comfort:** Many people experience mood swings during the winter. Being cold can make you crave warm, heavy comfort foods such as stews, mashed potatoes, and mac and cheese.
4. **Seasonal affective disorder:** Reduced sunlight lowers serotonin levels in the brain, which are mood-boosting neurotransmitters. Because carb-rich foods give you a serotonin rush, eating more may be your body's way of trying to combat seasonal depression.
5. **Vitamin D insufficiency:** Lack of sunlight may lead to vitamin D deficiency, which can make you feel hungrier. Many recent studies have reported that people deficient in Vitamin D have a tendency to succumb to bingeing episodes.
6. **Boredom:** Cold and dreary weather may mean you are stuck indoors without much to do. Some people simply eat more in the winter because they are bored.

How to Curb Winter Hunger

- **Stay hydrated:** Drinking plenty of water throughout the day can help you keep cravings at bay and eat less during mealtimes.
- **Keep warm:** Keep your room at a comfortable temperature, wear layers, and take hot baths to stay warm.
- **Get moving:** When you are inactive, your appetite increases due to a drop in body temperature. Try walking on a treadmill, doing weights, or even stretches to keep your body moving and warm.
- **Eat healthy:** Stick to a balanced diet of whole grains, lean protein, and fresh fruits and vegetables. Lean proteins and omega-3 fatty acids can help keep you feeling fuller for longer than carb-heavy meals like pasta. Bake at home with healthier ingredients such as almond flour, coconut flour, peanut butter, and oats.
- **Take vitamin supplements:** Studies report that taking vitamin B and vitamin C may help curb your appetite. Talk to your doctor before starting a supplement regimen.
- **Get a daily dose of light:** Spend at least an hour outdoors so that you can get some sunlight exposure. This can help you get enough vitamin D to keep the winter blues at bay.
- **Reduce stress:** Spend quality time with your family, friends, and pets to boost your mood and reduce stress, which can help avoid stress eating.
- **Try herbs:** Discuss the following appetite-suppressing herbs with your doctor:



Ginger, mint, cayenne, and fennel: Good for digestion and may help curb hunger



Turmeric, cinnamon, and cardamom: May reduce winter mood swings



Green tea: Acts as a mild appetite suppressant, diuretic, and metabolism booster



Alfalfa: Contains an active ingredient called saponin with isoflavones, flavones, and sterols that can suppress appetite

Source: MedicineNet.com, 04/2022



MEDICARE OPEN ENROLLMENT

Each year, it's important to review your Medicare health and drug coverage to see if it still meets your needs and decide if you want to make a change. You don't need to sign up for Medicare each year, but you should still review your options.

OCTOBER 15TH - DECEMBER 7, 2023

Want to compare plans from the comfort of your home?

- Call 1.800.MEDICARE
- Visit www.Medicare.gov

To meet with someone to review your 2024 options, call 913.684.0777 to set up an appointment.

Protect People, Pets, Pipes, & Plants from cold weather



People

Minimize time outdoors.
Prepare for power outages.
Check on elderly & other vulnerable people to make sure they're ok.



Pets

Keep your pets warm, dry & indoors as much as possible.
Ensure their food & water doesn't freeze.
Limit outside time & keep them bundled up.



Pipes

Insulate pipes if possible.
Open up sink cabinets to expose pipes to heated air.
Disconnect hoses & turn off water to sprinklers.



Plants

Know their temperature thresholds.
If possible, cover them before the cold weather sets in to help retain some heat.

weather.gov



Weatherization Assistance

Program Description

Weatherization improves energy efficiency and lowers utility bills by ensuring your home holds in heat and air conditioning while keeping hot and cold air out. Eligible households receive a comprehensive home energy audit to identify inefficiencies and health and safety concerns. Based on a home's audit results, improvements may include:

- Sealing of drafts and air leaks, caulking doors and windows, weather-stripping

- Testing, cleaning and repairs of heating and cooling systems and water heaters
- Adding insulation to ceilings, walls, floors, and foundations
- Lighting, refrigerator, and fan upgrades

All services and upgrades are provided free of charge by our certified energy auditors and network of professional crews and contractors.



Click [HERE](#) for program information and eligibility guidelines.



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



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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 Alert Hotline.....1.800.728.3858
- Social Security Office1.800.772.1213
- Wyandotte/Leavenworth Area Agency on Aging
..... 913.573.8531



Q: What is the best possible holiday present?

A: A broken drum— you just can't beat it!

Q: What is Santa's favorite subject in school?

A: Chemis-tree!

Q: What do you call a broke Santa Claus?

A: Saint Nickel-less.



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:
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