

MARCH 2026



Live Well. Age Well.

711 Marshall Street, Suite 100  
Leavenworth, KS 66048

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# THE SOURCE

COUNCIL ON AGING

## In this issue:

- ◆ Meals on Wheels: *End the Wait*
- ◆ K-State Research and Extension: Dining with Diabetes
- ◆ Finding Your Luck: The Mental Health Power of Gratitude
- ◆ New Programs: Slo Mo Do Jo & Senior Impact Series
- ◆ Save the Date: Pedicure for Paws with Bad to the Bone
- ◆ What are Medigap Policies?
- ◆ Leavenworth Senior Rebate Program
- ◆ Council on Aging Public Hearing

## Thanks to you

we're supporting more  
seniors in need.



**inw**  
HEALS ON WHEELS

**END**  
the **WAIT**

## Our Programs

Chore Assistance

Errand & Shopping Support

Information & Assistance

Legal Service

Leisure & Learning Program

Nutrition Program

Pets & Loving Seniors Program  
(PALS)

Pet2Vet Program

Prescription Drop Off

Senior Health Insurance Counseling

Social Services

Support Groups

Telephone & Visiting Support

Senior Express Transportation

## A Message from Georgia Moore, Nutrition Coordinator:

It feels like we just rang in the New Year and here we are in March! March is transitional as it heralds the arrival of spring and longer days. March is also a time when the Meals on Wheels program at the Council on Aging opens our car doors and invite leaders in our community to deliver meals during **Champions Week: March 23 - March 27**.

Champions Week provides an opportunity for government officials to experience the real-time impacts a hot nutritious meal, a kind word and a warm smile have on the seniors in Leavenworth County. My **staff of 17** along with **95 volunteers delivered 94,209 meals to homebound seniors** facing food insecurity daily. Last year was the first time we've had a waitlist to get on the Meals on Wheels program. With the support of the Leavenworth County Commissioners, volunteers with hearts as big as the sky, and route reconfiguration, we were able to reduce our waitlist significantly.

The **#EndtheWait** campaign is ongoing and we are working hard to ensure the wait for the seniors of Leavenworth County is short. I am excited for spring, longer days and Champions Week! If you have any questions, please feel free to call me at 913.684.0776.

**MAKING  
A  
DIFFERENCE  
ONE  
SENIOR  
AT  
A  
TIME**



**From our volunteers:**

I started volunteering with Meals on Wheels a little over a year ago. In the beginning, it was about giving back to my community and meeting some of our fellow seniors. It has been so much more rewarding than I could have anticipated. We look forward to seeing our “new acquaintances” and hearing how they are doing. When you see their smiles it warms your heart and you can physically see how much they appreciate you. It is also a chance to “get out of self” and appreciate all my blessings.

-Sandy Breedlove, MOW Volunteer

I started delivering meals to fill in for my wife after some surgery kept her from making the runs. Since then, after getting to know our fellow seniors, and offering up “Good Mornings!” and general conversation of encouragement, I have continued to be the designated driver for deliveries along with my wife. Divide and conquer! I have met some very nice people with interesting histories and have even been given a “nickname” by one: Santa Claus (maybe the white beard has something to do with it?)!

-Steven Breedlove, MOW Volunteer

**In 2025, the Leavenworth County Meals on Wheels program provided:**

**94,209** home delivered meals

**18,122** congregate meals

**112,331** total meals served to

**883** seniors in Leavenworth County

**We could not do it without the help of our team, volunteers & community!**

**VOLUNTEER WITH MEALS ON WHEELS**

- 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?

For information about volunteering for Meals on Wheels, please contact Georgia Moore at 913.684.0776 or email [gmoore@leavenworthcounty.gov](mailto:gmoore@leavenworthcounty.gov).



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

- DO YOU HAVE DIABETES?
- WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?

WE CAN HELP...

# Dining with Diabetes

FAMILY AND CONSUMER SCIENCES

**Date:** April 2nd 9-11am  
April 9th 1-3pm  
April 16th 1-3pm  
**Time:** April 23rd 1-3pm

**Location:** Council on Aging  
711 Marshall St, Suite 100  
Leavenworth, KS 66048

**Nutrition and physical activity** are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help!

Designed especially for people with type 2 diabetes, this program will help you learn the skills needed to promote good health.

*Dining with Diabetes* is taught by trained and caring educators. The program includes:

- planning meals and snacks with delicious and healthy recipes
- cooking demonstrations and food sampling
- motivation and support — connect with others who are living with diabetes
- ideas for being more active
- an understanding of how diabetes affects your overall health

Instructor Contact Information:

Anita Muniz-GrandPre  
Family & Consumer Sciences Agent  
K-State Extension Leavenworth County  
913-364-5700  
amunizg@ksu.edu

Participants must complete registration paperwork prior to making payment. All information will be collected at the same time.

We will collect:

- Participant Registration Form
- Press Release Form
- Program Fee \$50

Deadline is March 25th!

For more information visit  
[k-state.edu/diningwithdiabetes](http://k-state.edu/diningwithdiabetes)

**K-STATE**  
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service.  
K-State Research and Extension is an equal opportunity provider and employer.

## Finding Your Luck: The Mental Health Power of Gratitude



By: Kat McIntyre

March often brings thoughts of four-leaf clovers, pots of gold, and a little extra “luck of the Irish.” But when it comes to our mental health, luck may not be something we find but rather it may be something we can build.

As we grow older, we experience many seasons of life. Some have brought joy, love, and accomplishment. Others have brought loss, change, and challenges we never expected. It’s easy to look around and think some people are simply luckier than others. But research shows something powerful: practicing gratitude can improve our emotional health, regardless of our circumstances.

Gratitude is not pretending everything is perfect. It’s not ignoring grief, pain, or frustration. Instead, gratitude is the intentional act of noticing what is still good, still meaningful, and still present in our lives.

Studies have shown that regularly practicing gratitude can

- Reduce symptoms of depression and anxiety
- Improve sleep
- Lower stress
- Strengthen relationships
- Increase overall life satisfaction



In other words, gratitude can change the way our brain responds to stress and hardship. It helps shift our focus from what we’ve lost to what we still have.

This month, I invite you to try a simple exercise called “Count Your Gold.” Take a few quiet minutes and write down five things you are thankful for. They do not have to be big things. It might be a warm cup of coffee, a phone call from a friend, a grandchild’s laugh, a sunny afternoon, or even the strength that got you through a difficult time.

If writing feels like too much, simply reflect before bed: What went well today? Over time, this small habit can build resilience, the ability to adapt and recover during difficult seasons. And resilience, more than luck, is what carries us forward.

As we celebrate St. Patrick’s Day this month, remember: your life experience, your perseverance, and your ability to find meaning even in hardship...that is your true pot of gold.

If you ever feel like the “gold” is hard to find, please know you are not alone. Reaching out for support is not weakness; it’s wisdom.

Wishing you a March filled with growth, connection, and just a little bit of built, not borrowed luck.

# NEW COA PROGRAMS

## SLO MO DO JO

### MASTER THE ART OF CHAIR KARATE

**TUESDAYS**

11:15am

No registration or fee



#### Learn how to:

- Avoid dangerous situations
- Use self-defense techniques such as blocks and strikes from your chair.
- Upper body strength, flexibility and dexterity workout from seated position.
- Balance and stance training from chair side.
- Build self-confidence, muscle memory, reflex and flexibility
- Stretch before and after workout

**IF YOU LIKE  
CHAIR YOGA  
YOU'LL LIKE  
THIS!**

COUNCIL ON AGING



## LET'S BE HANDY!

A hands-on social group for seniors who like to build, fix, and create!

**Do you enjoy working with your hands?  
Building something useful?  
Helping the community while having fun?**

Let's Be Handy is a new social group for seniors who want to stay active, learn new skills, and work together on meaningful projects—like garden beds, birdhouses, community pantry projects, and more. No experience required. All skill levels welcome. Come build friendships—and make a difference.

**2nd and 4th Tuesday @ 1pm**

**Tools, guidance, and good company provided**

COUNCIL ON AGING

## SAVE THE DATES

Pedicures for Paws returns:

Saturday, April 18th

Saturday, June 13th

Saturday, September 26th



We're excited to partner with Bad to the Bone Boarding and Grooming again this year! This event welcomes all pet owners and their well-behaved, leashed dogs for nail trims for a suggested donation of \$10 per pet. Pets should be up to date on all required vaccinations. Proceeds from these events will go to the Council on Aging's pet programs, PALS and Pet2Vet, which help provide food, supplies and some veterinary care for qualifying senior pet owners in Leavenworth County.

We hope to see you there!



# SENIOR IMPACT *Series*

Senior Impact Series: Cyber Security, LV CO Register of Deeds, and Understanding New Tax Updates

**March 9th 11:30am**

The COA is excited to launch the Senior Impact Series; a series of presentations that are intended to keep our 50+ population in the know about matters that impact their daily lives. Each session will feature guest speakers from local organizations to discuss updates about projects, programs, and resources. Each session provides a Q&A after each presentation.

COUNCIL ON AGING



711 Marshall St., Suite 100  
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[seniors1st@leavenworthcounty.gov](mailto:seniors1st@leavenworthcounty.gov)



913.684.0777



[www.leavenworthcounty.gov/COA](http://www.leavenworthcounty.gov/COA)

## Medigap Policies

# WHAT ARE MEDIGAP POLICIES

Medigaps are health insurance policies that offer standardized benefits to work with Original Medicare (not with Medicare Advantage). They are sold by private insurance companies.

If you have a Medigap, it pays part or all of certain remaining costs after Original Medicare pays first. Medigaps may cover outstanding deductibles, coinsurance, and copayments. Medigaps may also cover emergency care when traveling abroad.

**NOTE: Medigaps only work with Original Medicare. If you have a Medicare Advantage Plan, you cannot buy a Medigap.**



## Choosing a Medigap

Insurance companies may offer up to 10 different Medigap policies to choose from: A, B, C, D, F, G, K, L, M, and N.

Each lettered policy is standardized. This means that all policies labeled with the same letter have the same benefits. Companies may sell the same Medigap for different prices, even though they have the same coverage.



**NOTE: Massachusetts, Minnesota, and Wisconsin have different Medigap plans.**

Listed below are things you should consider when choosing a Medigap plan.

**Plan A** offers the most basic coverage. It's often the least expensive.

**Plans F, C, and G** are the most comprehensive Medigaps. They generally cost the most.

**Plans F and C** are available only to those eligible for Medicare before 1/1/20.

Medigap plans are **guaranteed renewable**, allowing you to keep your plan as long as you pay the premium, though premiums may change annually.

**Shop around.** Different insurance companies charge different premiums for the exact same policy.



# Senior Rebate Program Available For Those Who Qualify

**ACCEPTING APPLICATIONS FROM  
FEBRUARY 1, 2026 THRU APRIL 15, 2026**



The City of Leavenworth will waive your monthly sewer and refuse charges for a period of one year if you meet the following qualifications and complete the application process.

In order to qualify, citizens must:

- ⇒ Be a resident of the City of Leavenworth, Kansas.
- ⇒ Be 62 years old or older at the time of application.
- ⇒ Be a primary occupant of a residence with the water bill in your name.
- ⇒ 2025 total household gross income cannot exceed the following:

1 Person	2 Persons	3 Persons	4 Persons	5 Persons	6 Persons	7 Persons	8 Persons
\$39,000	\$44,600	\$50,150	\$55,700	\$60,200	\$64,650	\$69,100	\$73,550

## APPLICATION PROCESS:

Qualifying residents interested in applying can visit Leavenworth City Hall, City Clerk's Office 100 N. 5<sup>th</sup> St., now through **April 15, 2026**. To apply, bring the following:

- income verification for the year 2025 from all income sources will be required at the time application is made, i.e. 2025 Income Tax Returns, 2025 Homestead Claim or Social Security Statements and 1099 forms;
- proof of age (birth certificate or driver's license); and
- current water bill (water bill must be in your name).



**NOTE:** City Clerk staff does not assist with completing tax forms.

Questions, please call 913.682.9201 opt. 9.

For transportation assistance, please contact the COA Senior Express Transportation Department at 913.684.0778, or use the Ride LV Micro Transit. Be sure to allow 2-3 days' notice for transportation services.

**APPLICATIONS SUBMITTED AFTER APRIL 15, 2026 WILL NOT BE CONSIDERED.**

As part of the Council on Aging VITA program, residents can also complete a Senior Rebate Program application during their tax appointment. Applications will be taken to the City Clerk's office for processing.

# Make A Donation

SUPPORT US TODAY!



To be added to our email distribution list, please contact us @[seniors1st@leavenworthcounty.gov](mailto:seniors1st@leavenworthcounty.gov)

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

— FOLLOW US ON —  
**FACEBOOK**



CLICK HERE TO BE DIRECTED TO OUR PAGE.

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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LEAVENWORTH COUNTY COUNCIL ON AGING

2026

## Public Hearing

Public Hearings are great opportunities to learn about programs and/or give feedback regarding senior services in Leavenworth County.

**MARCH 18, 2026**

**1:30 - 2:30 PM**



\*Anyone requiring accommodation (i.e. qualified interpreter, large print reader and hearing assistance) in order to attend this meeting is requested to notify the Council on Aging at 913-684-0777 no later than 48 hours prior to the hearing.

### OPEN ADVISORY BOARD POSITION:

The Wyandotte/Leavenworth Areawide Advisory Council has an open Advisory Board position. The Board is looking for an applicant to represent Leavenworth County. For information on how to apply, contact Connie Harmon at 913.684.0784.

**Looking for a prescription drug drop box? The Council on Aging has one located in our lobby.**

PRESCRIPTION AND OVER-THE-COUNTER MEDICINE DISPOSAL ONLY

NO SYRINGES OR LIQUIDS

## Prescription Drug DROP BOX

Safely dispose of your  
unused medications here



**Dispose of your old, unneeded,  
or unused medications.**

**Help prevent drug misuse before  
it starts.**