

MAY 2025

THE SOURCE

COUNCIL ON AGING



Live Well. Age Well.

711 Marshall Street, Suite 100
Leavenworth, KS 66048

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!!! TICKETS ARE NOW ON SALE !!!

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

DANCING THROUGH THE DECADES

HITS FROM THE 50s, 60s, 70s, 80s & BEYOND

Come dressed in your favorite fashions from the 50s - today!

TICKETS
\$40 per ticket
Reserve a table of 8 for \$300

SATURDAY, AUGUST 16TH
DOORS OPEN AT 5:00 PM | 5:30 - 9:00 PM
RIVERFRONT COMMUNITY CENTER, LEAVENWORTH

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

YOUR NIGHT INCLUDES:

- Dinner by J.W. Crancer's • Live DJ • Wine & Bourbon Pull
- Live Auction • Sweet Shoppe Booth • "Chances to Win" Raffle
- Heads & Tails Split the Pot • Photo Booth • Adopt-A-Heart

Tickets will be sold in advance at the COA M-F, 7am-4pm or at the door while supplies last.

* Cash, check or PayPal @LVCOA

May is Older Americans Month!

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.



How can community groups, businesses, and organizations mark OAM?

- Promote OAM within professional and personal networks.
- Encourage followers to share thoughts and stories on social using **#FlipTheScriptOnAging**.
- Share tips on language and activities that dispel myths about aging.
- Host events or programs where older adults can mentor peers, younger adults, or youths to help dispel misconceptions about ageism.

What can individuals do to combat ageism?

- Celebrate the contributions of people of all ages in the workplace and community.
- Avoid ageist statements when talking about growing older.
- Promote fact-based messages about older adults' abilities and value to communities.

Thank you for being a part of the Council on Aging family!





Recently, the Leavenworth County Council on Aging's Meals on Wheels program celebrated its volunteers during Volunteer Appreciation Month with a Volunteer Appreciation Luncheon.

Attendees had time to meet other Meals on Wheels volunteers, enjoy a catered lunch by The Suburban and hear from Connie Harmon, COA Director and Georgia Moore, Nutrition Coordinator about the program and its impact on older adults in Leavenworth County.

During the luncheon the Meals on Wheels Volunteer of the Year award was presented to Ed Menard and a presentation was made to the Rotary Club of Leavenworth for its 25 years of support of the program.

MEALS ON WHEELS VOLUNTEER OF THE YEAR 2025

The COA would like to congratulate

*Ed
Menard*



Ed, who started volunteering with MOW in 2023, volunteered approximately 176 hours, delivering meals twice a week.

Congratulations!



Pictured left to right: Georgia Moore, COA Nutrition Coordinator, presenting Tim Vandall, Lansing City Manager and Meals on Wheels volunteer coordinator for the Rotary Club of Leavenworth, with a Certificate of Appreciation for its 25 years of service to Meals on Wheels.

*Looking for a way to give back
to the community?*

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?

For information about volunteering for Meals on Wheels, please contact Dawn Owens at dowens@leavenworthcounty.gov or at 913.684.0786.

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

**VOLUNTEER
INCOME TAX
ASSISTANCE**

VITA

The COA celebrated the VITA Tax Volunteers with a Volunteer Appreciation Lunch!

The VITA volunteers worked over 2,400 hours completing over 530 returns. VITA Tax preparation is provided free of charge to qualifying residents from February through March.

If you are interested in becoming a VITA volunteer, contact Jessica at 913.684.0733 or jpontbriant@leavenworthcounty.gov. A tax background is not required. The COA VITA program is looking for individuals to greet residents and conduct intakes. Training will be provided in January 2026. The VITA program takes appointments February through the end of March.

1040 Department of the Treasury • Internal Revenue Service
U.S. Individual Income Tax Return 2023
OMB No. 1545-0047 2023 Use Only. Check only one box in this space.
For the year 2023, 12/31/23, or other tax year beginning 2023, ending 2023. See separate instructions.
Your first name and middle initial Last name Your social security number

**Thank you
TO OUR VITA
PROGRAM
VOLUNTEERS!**

13 Qualified business income deduction from Form 990-B or Form 990-E, A
14 Add lines 12 and 13
15 Subtract line 14 from line 13. If zero, enter -0- This is your taxable income

For Schedules, Filing Act, and Paperwork Reduction Act Notice, see separate instructions. Form 1040 2023



Not This!

Hope for the Caregiver

MAY 31
SATURDAY
8:00 AM
to
12:30 PM
"Free Event"
Registration
Details
Below

2025 DEMENTIA CAREGIVER EDUCATION CONFERENCE

Location: Leavenworth County Council on Aging
711 Marshall St., Ste 100, Leavenworth, KS 66048

This exciting event is free and features distinguished speakers presenting exciting approaches, valuable caregiving insights, techniques, and resources. Enjoy rich discussions and Q & A's. The Virtual Reality Experience will allow you to have a better understanding of Alzheimer's from the patient's perspective.

8:00 - 8:20 a.m. - Registration / Sign-In / Refreshments

8:20 - 8:30 a.m. - Introduction / Welcome: Maritza Buenaver, MD and
Connie Harmon, MSED, CPM, Director, Council on Aging

8:30 - 9:20 a.m. - Not this! A deeper look after diagnosis / family and friends:
Elaine Belardo, BSN, The Deeper Window Association, Founder

9:20 - 10:00 a.m. - The Caregiver's Voice: Maritza Buenaver, MD

10:00 - 10:10 a.m. - Break / Refreshments

10:10 - 10:35 a.m. - Jessica Pontbriant, Human Services Coordinator,
Leavenworth Council on Aging

10:35 - 11:00 a.m. - Awareness Presentation / Resources: Michelle King
Community Program Specialist, Alzheimer's Association, Heart of America

11:00 - 11:15 a.m. - Meals on Wheels Benefits: Connie Harmon, MSED, CPM,
Director, Council on Aging

11:15 - 11:30 a.m. - The Value of Caregiver Support Groups: Elaine Belardo, BSN,
The Deeper Window Association, Founder

11:30 - 11:45 a.m. - Break / Refreshments

11:45 - 12:30 p.m. - Virtual Reality: Experience the stages of Alzheimer's
Disease from the patient's and caregiver's perspective – "An Eye-Opening
Educational Experience" – Diane Greenlaw, VR Trainer / Coordinator

12:30 p.m. - Closing Remarks

Registration:

Email vacaregivereducation@gmail.com to receive the Online Registration Link
or call The Leavenworth Council on Aging (913) 684-0777 to register.

THIS CONFERENCE IS OFFERED BY THE DEEPER WINDOW ASSOCIATION IN CONJUNCTION WITH THE LEAVENWORTH COUNTY COUNCIL ON AGING AND THE BASEHOR COMMUNITY LIBRARY. THIS CONFERENCE IS FUNDED BY THE IOWA GERIATRICS WORKFORCE ENHANCEMENT PROGRAM (IOWA-GWEP) HRSA-24-018, THE UNIVERSITY OF IOWA.

NUTRITION CORNER

**BEGINNING JUNE 2, 2025 THE COUNCIL ON AGING WILL
BEGIN DISTRIBUTING FARMERS' MARKET VOUCHERS**

HOW TO APPLY: Starting June 2nd, qualified residents can walk-in from 1:00 - 3:00pm at the Leavenworth County Council on Aging to apply. The COA will have a limited number of coupons available in 2025. Benefits are given out on a first-come, first-serve basis. Once all available coupons are distributed, qualified residents will be added to a waitlist. If you have questions please call Becky at 913.758.6726.



ELIGIBILITY GUIDELINES:

- must be at least 60 years of age or 55 years of age and a member of an Indian Tribal Organization and meet income eligibility guidelines
- must be a Leavenworth County resident
- cannot have received vouchers previously this year
- meet 2025 income eligibility guidelines

Proof of income is needed for every adult who applies.

Household	Monthly Income	Annual Income
1	\$2,413	\$28,953
2	\$3,261	\$39,128

Benefits are distributed individually, meaning any others in your household also meeting the eligibility guidelines may apply for and receive their own benefits.

IF YOU QUALIFY:

You will receive a booklet of 10, \$5 coupons for a one-time annual benefit of \$50 to purchase fresh fruits, vegetables, honey and herbs from authorized farmers at Farmers Markets.

Easy DIY Recipes for Electrolyte Drinks

These DIY electrolyte drink recipes are full of natural ingredients to keep you feeling your best while replenishing any lost electrolytes.

Homemade electrolyte drinks can be stored in the refrigerator for up to three days. Keep them in airtight containers and give them a quick shake or stir before consuming.



Citrus Burst Electrolyte Drink

Bright, zesty, and refreshing, this recipe packs a punch of flavor and natural hydration. Here's what you'll need:

- 2 cups water
- 1/2 cup freshly squeezed orange juice
- 1/4 cup freshly squeezed lemon juice
- 1/4 teaspoon sea salt
- 1 tablespoon honey or agave nectar (optional)

Instructions: Mix all ingredients in a jug, stirring until the salt and sweetener are dissolved. This drink is best enjoyed over ice.

Nutritional value (per serving):

Calories: 60 cal Sodium: 143.7 mg
Potassium: 156 mg Calcium: 5 mg
Magnesium: 2.5 mg

Coconut-lime Refresher

Cool, crisp, and tangy, this homemade option is a tropical blend that hydrates with every sip. Here's what you'll need:

- 1 cup coconut water
- 1 cup water
- 1/4 cup fresh lime juice
- 1/4 teaspoon sea salt
- 1 tablespoon honey or maple syrup (optional)

Instructions: Combine all ingredients in a bottle, shake well, and chill before drinking. You can enjoy it on its own or add ice.

Nutritional value (per serving):

Calories: 50 cal Sodium: 143.75 mg
Potassium: 110 mg Calcium: 7.5 mg
Magnesium: 3 mg

Watermelon Electrolyte Cooler

Sweet, juicy, and ultra-refreshing, this option is the perfect drink for a hot day outside. Here's what you'll need:

- 1 cup watermelon chunks (with the seeds removed)
- 1 cup water
- 1/4 teaspoon sea salt
- 1 tablespoon lime juice
- 1 teaspoon honey or agave nectar (optional)

Instructions: Blend the watermelon chunks with water until smooth. Add salt, lime juice, and sweetener, and mix well. Serve over ice or keep refrigerated.

Nutritional value (per serving):

Calories: 40 cal Sodium: 143.75 mg
Potassium: 75 mg Calcium: 5 mg
Magnesium: 2.5 mg



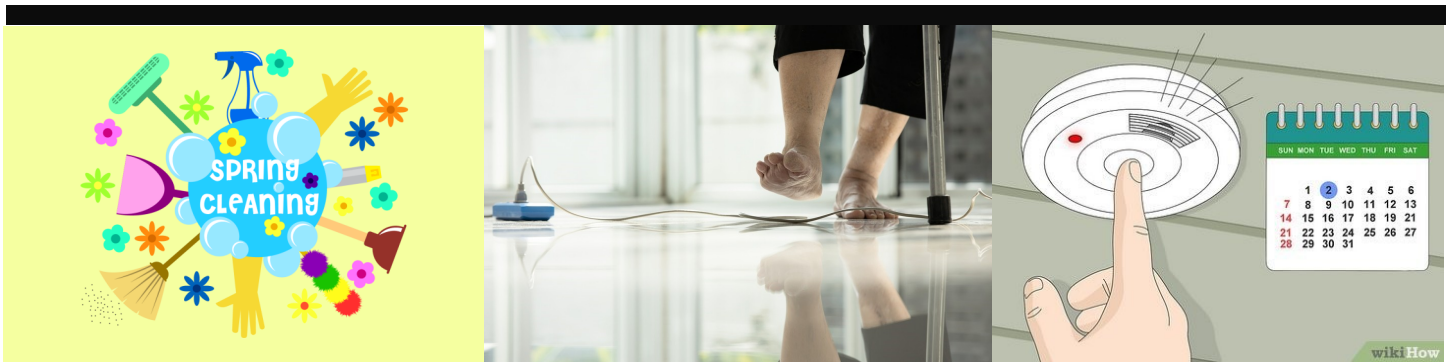
LIBERTY HEALTHCARE CORPORATION AWARDED AGING & DISABILITY RESOURCE CENTER GRANT

The Kansas Department for Aging and Disability Services (KDADS) recently announced the contract award for the provision of a comprehensive Aging and Disability Resource Center (ADRC) system for public programs, community resources, and aging and disability information to Liberty Healthcare Corporation (Liberty). The ADRC will serve as a pivotal resource for older adults and individuals living with disabilities in Kansas. Liberty will support the KDADS mission to foster an environment that promotes security, dignity, and independence by providing an enhanced, centralized, and operationally streamlined approach to delivering the information, referrals, and assistance to empower people

to make informed decisions about their long-term services and supports (LTSS). People of all ages, incomes, and disabilities can connect with the ADRC for information and individualized counseling on the full range of Long-Term Services and Supports (LTSS) options.

Liberty will work closely with KDADS, local Area Agencies on Aging (AAAs), family and community supports, and other stakeholders to support the seamless transition of ADRC functions and the achievement of shared goals for the benefit of service recipients.

On June 1, 2025, Liberty will begin processing referral and assistance requests through the existing toll-free number (**855-200-ADRC(2372)**), website inquiries, and walk-ins to either the main ADRC office or satellite locations. In advance, a public outreach campaign, beginning in May, will communicate new locations for drop-in ADRC services, community partners, and easy ways to connect with the ADRC.



Spring Cleaning Is a Chance to Improve Health and Safety

Helping an aging loved one with spring cleaning isn't just about making the mirrors reflect the fairest. It's also about making sure that the living area is as safe as possible. This includes:

- **Maintaining clean walkways in every hall and to every door.** Watch out for items jutting out, obstacles that make doors hard to open or close, and floors that might be slippery. Evaluate how easy it is for your loved one to walk where they need to go. Repairs or adjustments might be necessary.
- **Cleaning and organizing the medicine cabinet.** Make sure there aren't old or expired medicines, and make sure that the cabinet is arranged in a way that makes it easy for your loved one to grab medications without mistakes or difficulties.
- **Checking smoke and carbon monoxide detectors.** These are often hard for an older adult to check and replace, but are very important to keep tabs on (for every home).
- **Replacing light bulbs.** Ceiling bulbs especially are hard for older adults to safely replace, and a well-lit home is crucial to safety. Check every bulb.
- **Eliminating tripping hazards.** This includes rugs, loose tiles, bunched up carpets, electrical wires, or anything else.

One other step for your spring cleaning is to make sure that all important medical and legal documents are organized, accessible, and safe. Papers are constantly pouring in throughout the year, and going through everything an aging loved one has kept is a good yearly habit. (More frequently is better, but spring cleaning makes for a good reminder.) This keeps everything neat and able to be accessed if needed, and is a good protection against fraud and abuse.



Source: Institute on Aging, Retrieved 04/2025

PROGRAM SPOTLIGHT: 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.*

* \$100.00 per week maximum per client

WHAT AREA IS SERVICED?

Transportation is provided throughout Leavenworth County. Out-of-County trips (within a 50 mile radius) are available for seniors, for medical purposes only. Transport is available to Atchison, the Kansas City metropolitan area, Olathe, Liberty, Independence, Lawrence, Bonner Springs, Desoto and St. Joseph.

We provide curb-to-curb service throughout Leavenworth County.

RESERVATIONS

Reservations are taken on a first-call, first served basis and subject to availability. Local trips may be booked up to 2 weeks in advance. Out-of-County trips may be booked up to 2 months in advance. Reservations are taken on a first-call, first-served basis and limited to availability.

SHARED RIDE SERVICE

We are a shared ride service. Other riders may be riding on your trip. The driver will pick each rider up and take them to their destination. Please plan your travel time accordingly.

HOURS OF OPERATION

Monday through Friday 7:00 am – 4:00 pm

SERVICE HOURS

7:00am – 3:00pm (last pickup)

For reservations, call:

913.684.0778 or 913.684.0808

Closed weekends, holidays and severe weather days.

Assistance: Drivers will assist riders to and from the vehicle to the door of a building. Driver cannot enter a building.



4th Annual
SENIOR EXPRESS TRANSPORTATION BENEFIT

♦ ♣ POKER RUN ♠ ♥

Presented By:

THE
ESCORTS
MOTORCYCLE
CLUB
LEAVENWORTH

Saturday
JUNE 7, 2025



\$10.00 Per Hand
\$5.00 additional hands

50/50 RAFFLE
PRIZES FOR FIRST PLACE, SECOND PLACE AND LOW POKER HANDS
REGISTRATION BEGINS AT 11:00 AM
KICK STANDS UP AT 12:00 PM
Check in at each stop to draw your cards.
PRIZES DETERMINED AFTER 4:00 PM
50/50 drawing immediately after prizes.

MEETING SPOT: COUNCIL ON AGING
711 Marshall St., Leavenworth (Cushing Hospital Bldg.)
* registration and draw cards

STOP ONE: HELEN'S HILLTOP
19611 McLouth Rd, Tonganoxie

STOP TWO: NED RECKS BAR & GRILL
107 N. 3rd St., Easton

STOP THREE: TOM'S COUNTRY STAMPEDE
745 Cherokee St., Leavenworth

LAST STOP: COUNCIL ON AGING

Questions/Contacts: Skipper 913-683-9383 or Ramjet 913-290-1395



COA
Live Well. Age Well.

This event is a fundraiser for Leavenworth County Council on Aging, a local agency that provides services for senior citizens, including low-cost, on-demand transportation for those 50+ and persons with disabilities of any age. We truly appreciate your support.
www.leavenworthcounty.gov/COA

Don't ride but want to donate?

- Drop by the COA on Saturday, June 7th during the event.
- Donate through PayPal by scanning the QR code on page 9 of this publication, search for Leavenworth County Council on Aging or use @LVCOA in PayPal.

We truly appreciate your support!

BOOKS ON WHEELS

Books on Wheels is a program that provides books, magazines and puzzles to those receiving Meals on Wheels (MOW). Once a quarter, MOW participants are able to select items from our on-site inventory. All of our materials have been donated to the COA.



Participants are able to choose from various genres, such as fiction, history, inspirational, mystery, religious, thrillers, travel & outdoors, health, and garden to name a few. Materials are delivered when they receive their meal.

This program is only made possible by the donation of books, magazines and periodicals. We are currently in need of the following: (Please ensure materials were published in the last two years.)

- Bon Appetite
- All Recipes
- Better Homes & Garden
- Country Living
- Good House Keeping
- Midwest Living
- Southern Lady
- Southern Living
- National Geographic
- Consumer Report
- Reader's Digest
- Sports Illustrated
- Smithsonian
- Social & Entertainment



Please contact Becky at 913.785.6727 if you have donations or questions about our Books on Wheels program.

Support Groups at the COA

WHAT'S NEXT? LOSS SUPPORT GROUP

2nd and 4th Tuesday of each month from 10:00 - 11:00am

For adults 50 and better. No sign up necessary.

CAREGIVER SUPPORT GROUP



2nd Wednesday of each month from 1:00 - 2:00pm

For caregivers of all ages. No sign up necessary.

PARKINSON'S SUPPORT GROUP

4th Tuesday of each month from 1:00 - 2:00pm

For caregivers of all ages. No sign up necessary.

DEMENTIA SUPPORT GROUP



4th Thursday of each month from 1:00 - 2:00pm

For caregivers of all ages. No sign up necessary.



Live Well. Age Well.

COUNCIL ON AGING
 711 Marshall Street, Suite 100
 Leavenworth, KS 66048
 Phone: 913.684.0777 Fax: 913-684-0779
 Email: seniors1st@leavenworthcounty.gov

LEAVENWORTH COUNTY COUNCIL ON AGING ADVISORY BOARD

The Leavenworth County Council on Aging's Advisory Board works in an advisory capacity to further the agency's mission. Working collaboratively with the Executive Director, the Advisory Board ensures accountability and transparency, enhances the agency's visibility and partnerships, champions and represents the interests of the agency and ensures there are adequate resources to carry out the Council on Aging's mission to help older adults in Leavenworth County live and age well. All Advisory Board meetings are open to the public.

Board meets at 1:30pm on the following dates.

- February 19
- March 26 - Public Hearing
- April 16
- May 21
- June 18
- July 16
- August 20
- September 17
- October 22
- November 19
- December 17

SAVE THE DATES

PEDICURES FOR PAWS RETURNS IN 2025

APRIL 12 🐾 JUNE 14 🐾 SEPT 27



COA Parking Lot

711 Marshall Street, Ste. 100

\$10 suggested donation, per pet

Beware of Tax scams. The Council on Aging VITA Program received a call from a taxpayer inquiring if their taxes were filed. The resident had received an email from a person, not affiliated with the Council on Aging VITA program, informing them their taxes were not filed and they owed federal taxes. Please remember the IRS will contact you by mail. If you have any questions about your taxes, contact the agency that completed them, the IRS or the Kansas Department of Revenue directly.

Protect your community by reporting fraud, scams, and bad business practices.





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.

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
- Medicare1.800.633.4227
- 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

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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Email: seniors1st@leavenworthcounty.gov

Website: [Council on Aging \(leavenworthcounty.gov\)](http://Council on Aging (leavenworthcounty.gov))

DID YOU KNOW

Honey never spoils...if stored properly.



There is a popular myth that honey never spoils, but it actually does spoil if exposed for a long time. It begins to lose its color and soak in moisture that will eventually make it inedible to man. But well stored honey is practically immortal, having a lifespan of... eternity. (Schoolofbees.com)

Ketchup was once sold as a medicine. Ketchup was sold as medicine for digestive disorders in the 1830s. The fad lasted through around the 1850s, but soon enough home cooks focused on creating their own ketchups instead of taking the vitamin equivalents. (Interestingfacts.com)



May 9th recognizes a fun and unique holiday, National Lost Sock Memorial Day.

It is time to say "good-bye" to all of the single socks, the ones where their mates have been lost to the unknown. Where do all the missing socks go? Is there a washing machine heaven? This is a question people have been trying to solve for many centuries. An answer may never be found to this problem, and life will go on. How sad to have lost such a close-knit friend!



MAY TRIVIA

1. What flower is celebrated as the birth flower of May?
2. What flower is commonly given on Mother's Day?
3. How many countries celebrate Mother's Day on the second Sunday of May?
4. Memorial Day was originally called what?
5. What national organization was founded on May 21, 1881?
6. What ingredient flourishing in May is often used in desserts?

A LITTLE HUMOR

An employee asks his boss, "Can I have two weeks off for Christmas?"



His boss replied, "It's May...", to which the employee responded, "Oh, sorry. May I have two weeks off for Christmas?"

Trivia Answers: 1. Lily of the Valley; 2. Carnation; 3. About 40 countries; 4. Decoration Day; 5. The American Red Cross; 6. Rhubarb