

JULY 2025

THE SOURCE

COUNCIL ON AGING



Live Well. Age Well.

711 Marshall Street, Suite 100

Leavenworth, KS 66048

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IN THIS ISSUE:

- ♦ Highlighting Our MOW Benefit Sponsors
- ♦ Kansas Senior Farmers Market Voucher **Update**
- ♦ Cray Diabetes Self-Management Center
- ♦ COA Pet Services Program Changes
- ♦ The Community Pantry Project
- ♦ Senior Day at the Fair
- ♦ Energy Saving Tips for Summer
- ♦ Do's & Don'ts for Eye Health During the Summer Months
- ♦ Summer Stocking Stuffer Event



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

We want to thank the following for their
support of the 2025 Meals on Wheels
"Dancing Through the Decades" Benefit:

Platinum Level (\$1000)

Dairy Farmers of America
R.L. Leintz Funeral Home, LLC
Mefford Real Estate

Silver Level (\$500)

Bateman Law Group
CII Foods
Commerce Bank
Geiger Ready-Mix Foundation Fund
Grace Strategic Services, Inc.
Luxury and Imports
St. John Hospital
Tire Town, Inc.

Bronze Level (\$250)

Country Club Bank
Ducks Carpet Cleaning, LLC
Exchange Bank & Trust
Frontier Community Credit Union
Great Western Manufacturing, Inc.
Henry Martens Chevrolet-Buick-GMC
Hunds Service
JF Denney Plumbing

Get Your Tickets Today!

Leavenworth County Council on Aging Presents

DANCING THROUGH THE DECADES

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

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

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

PURCHASE TICKETS FOR
A CHANCE TO WIN!

Royals
Autographed
Salvador
Perez Jersey
\$1 EACH OR 6 FOR \$5

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Tickets will be sold in advance or at the door while supplies last.
Council on Aging: Monday-Friday, 7am-4pm
Check, Cash or PayPal @LVCOA
Through PayPal Account: Minimum purchase \$25.
Please include your phone number.



Kansas Senior Farmers Market Nutrition Program

Benefits are given out on a first-come, first serve basis.
Proof of income is needed for every adult who applies.



The COA will start distributing SFM Vouchers on July 21st.

The Kansas Senior Farmers Market Nutrition Program provides coupons to help low-income seniors purchase fresh fruits and vegetables, fresh herbs, and local honey at farmers markets, roadside stands and farm stores.

HOW TO APPLY: Starting July 21st, qualified residents can walk-in at the Leavenworth County Council on Aging to apply. The COA will have a **limited number** of coupons. Benefits are given out on a first-come, first-serve basis. 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

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.

[Kansas Senior Farmers Market Nutrition Program | KDHE, KS](#)

[Home](#)[Cooking Classes](#)[Free Online Classes](#)[Recorded Classes](#)[Newsletter](#)[How-To's](#)

FREE CLASSES:

- Energize Your Health: The Power of Physical Activity on Glucose Control
- Introduction to Insulin Pumps
- Anti-inflammatory Diet Class
- AND MORE...

The Cray Diabetes Self-Management Center is a recognized education program by the American Diabetes Association. Patients have opportunities to visit with diabetes educators, attend support groups and take group classes in addition to their regular doctor and advanced practice professional visits. For more information contact us at Craydiabetes@kumc.edu or call 913-588-6877.

For information about free online classes, go to

www.cookingwithcray.com.

PROGRAM CHANGE ANNOUNCEMENT

COA PET SERVICES

The pet programs offered by the Council on Aging, PALS and Pet2Vet, have grown substantially in recent years as more seniors seek assistance in caring for their pets due to rising costs of food and vet care. With the help of grant funding from Meals on Wheels America and donations from the community, we look forward to continuing to provide supplemental pet supplies, veterinary assistance and transportation services to qualifying senior pet owners in Leavenworth County. Pets provide vital companionship and endless amounts of love to their owners, especially homebound seniors. As we expect the demand for pet services to continue to grow, some protocols for PALS and Pet2Vet are changing effective **July 1, 2025**:

- In order to qualify for veterinary assistance, the total household income for clients must fall at or below 130% of the Federal Poverty Guidelines. The threshold for food and litter assistance will remain unchanged at 150% of the Federal Poverty Guidelines.

# Household	130%	150%
1	\$1,695.42	\$1,956.25
2	\$2,291.25	\$2,643.75

- Veterinary assistance is capped at \$200 per grant year, (July 1 – June 30) per pet. Qualifying clients may enroll up to two pets in COA pet programs. Veterinary assistance is contingent on fund availability.
- Clients utilizing COA funds to pay for veterinary care should expect to pay 20% of the total invoice at the time of the visit (for example, if the total cost for a vet visit is \$100.00, the client pays \$20 towards the invoice).
- A transportation fee of \$5 round trip will be assessed for all trips to/from veterinary or grooming appointments in Leavenworth County.

PALS and Pet2Vet protocols will be reviewed with existing clients during their annual re-qualification for pet services, which are being scheduled now by program staff. The intent of these changes is to enhance the sustainability of our pet programs so that we may continue to provide services in the future.



Thanks to all who came by our *Pedicures for Paws* fundraiser for COA pet programs! With the help of Bad to the Bone Grooming and Boarding, around 30 dogs had their toenails trimmed – raising over \$530 for PALS and Pet2Vet. So far this year, these events have raised over \$1,000. The weather was perfect for cooling off with a treat from Traci's Shaved Ice, which even a few pups enjoyed! We are already looking forward to our next *Pedicures for Paws*, which will be Saturday, September 27th.

If you have questions, please call
Cara Campbell
Pet Services Coordinator
913.364.5754
ccampbell@leavenworthcounty.gov



NEED FOOD? FIND HELP

WANT TO HELP? GET INVOLVED

 **DONATE NOW**

The Community Pantry Project is a grassroots nonprofit in Leavenworth, KS committed to reducing food insecurity with dignity and love. Whether you need a bag of groceries or want to make a difference, you belong here. The idea of the pantry is for any individual to *take what you need; leave what you can*. Anyone can access the pantry – there's no application or requirements – and anyone can make a donation. The donation does not have to be a shelf stable food item. It could be fresh produce from your garden, a toy, a hat or scarf – even a working small appliance. The pantry will be regularly monitored and cleaned by the Community Pantry Project.

DID YOU KNOW:

- Over 7% of people 60+ are food insecure in the US.
- Only 45% of eligible seniors enroll in food assistance programs like SNAP.
- People with extreme food insecurity has increase 84% since 2001.
- 1-7 adults who are “not poor” are at risk for food insecurity.
- By 2060, the US population of those 60 and over will double to more than 98 million, equating to 1/4 of the total population.



For more information about The Community Pantry Project, click the black and white boxes above.

Thank You
FOR YOUR SUPPORT



A special thanks goes to the Escorts Motorcycle Club of Leavenworth for braving the wind and rain during the 4th Annual Poker Run, which raised \$4,500 in support of the COA's Senior Express Transportation program.





*We hope to see
you there!*

UNDER THE BIG TOP

Senior Day at the Fair

FRIDAY, AUGUST 1, 2025

10:00 AM - 12:30 PM

PRESENTING



The Kitchen Table Trio

- Live Music
- Bingo
- Door Prizes
- FREE lunch for adults 50 and better

Want a ride to the Leavenworth County Fair grounds?

Round trip transportation from the COA to the fair grounds costs \$5. The bus will leave the COA office at 9:00 am. Call 913.684.0778 to reserve a ride.

Please no children under 50 years old. Limited seating.

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seniors1st@leavenworthcounty.gov



www.leavenworthcounty.gov/COA

Evergy offers ways to save energy and save money during the extreme heat of the summer

Kansas City, MO – June 23, 2025 – Summer is here and so are hot temperatures. Evergy customers use the most electricity during the summer months as air conditioners work to keep up with the hot weather.

Not only are there small things customers can do to have a big impact on saving energy, Evergy customers can take advantage of online tools to help them save energy and money all summer long.

Here are some ways to save.

- ◇ **Adjust your air conditioning with a smart thermostat.** Raising your thermostat by as little as 3-5 degrees can have an impact on your energy usage. Kansas and Missouri customers can receive a free or heavily discounted smart thermostat available through Evergy's marketplace by enrolling in our Thermostat Program. Smart thermostats can be adjusted anywhere a customer has access to the internet. Customers can save up to \$145 per year.
- ◇ **Change your HVAC filters.** Changing them regularly will keep air flowing properly and ensure your furnace and air conditioner work at peak efficiency.
- ◇ **Close your blinds, shades, or curtains** to block sunlight during the hottest part of the day – especially for south- or west-facing windows.
- ◇ **Seal gaps in your windows or exterior doors** – Caulk around the frames to seal gaps. Add weatherstripping inside door frames. Attach a door seal to the bottom of the door. Customers can order weatherstripping, caulk, weatherization kits, and other tools to seal gaps through Evergy's marketplace.
- ◇ **Turn ceiling fans counterclockwise** to push cool air down. Just remember to turn them off when you leave the room; fans cool people, not rooms.
- ◇ **Cook with small appliances.** Ovens release heat that makes it harder to keep your home cool. When it's hot, try cooking with appliances that use less energy, like a microwave or air fryer.

Customers can also complete a Home Energy Analysis when logging into their account to get a detailed energy usage analysis in 5 minutes or less, plus personalized energy savings tips for your home.

To learn about financial help available, click [HERE](#).



A LITTLE HUMOR

Why is summer camp so hard for some people?
Because it's really in tents.

Why doesn't the sun trust umbrellas?
Because they're so shady.

When does red mean "go" and green mean "stop"?
When you're eating a watermelon.

The sun must be so smart.
It has a million degrees.



Do's & Don'ts for Eye Health During the Summer Months

Source: The Eye Foundation, retrieved 06/2025

Our eyes often get disregarded as we spend time in the warm summer weather. Summer heat combined with elevated UV ray exposure and environmental elements such as dust and pollution produce adverse effects on our vision. The protection of your eyes from discomfort requires that you follow specific preventative measures. This guide provides complete instructions about what to do and what not to do when protecting your eyes from summer hazards.

DO'S FOR EYE HEALTH

1. **Wear UV-Protected Sunglasses:** Ultraviolet (UV) rays from the sun create eye damage that causes cataracts together with macular degeneration and additional eye conditions. Wear sunglasses with 100% UV protection always when you leave your home to protect your eyes. Polarized lenses offer two advantages: they minimize glare while enhancing vision comfort.
2. **Stay Hydrated:** Dry eyes combined with irritation and discomfort are dehydration effects on the eyes. The constant consumption of water during the day preserves eye moisture which avoids dryness. The use of artificial tears serves as an effective method to reduce dryness for people who stay in air-conditioned areas. Summer eye care tips include drinking plenty of water to maintain eye hydration.
3. **Use Protective Eyewear:** People who participate in swimming, biking or hiking need to protect their eyes with proper eyewear. Eye protection in the form of goggles shields your eyes from chlorine exposure and saltwater contact as well as bacterial agents when you swim. Sports glasses together with wraparound sunglasses protect your eyes from dust particles and debris and direct sunlight.
4. **Eat a Nutritious Diet:** The foods you eat throughout the day strongly affect the health of your eyes. Your eyes benefit from foods containing vitamins A, C, and E and omega-3 fatty acids since these substances help prevent eye diseases while enhancing vision quality. Introduce leafy greens, carrots, citrus fruits, nuts, and salmon fish into your daily meals. Following summer eye care tips like eating a nutrient-rich diet can protect your vision.
5. **Follow the 20-20-20 Rule:** Digital eye strain develops as a frequent problem. The 20-20-20 rule provides relief from eye fatigue by requiring you to stop work for 20 seconds every 20 minutes to view something located 20 feet from your screen. A quick 20-second break to look at something 20 feet away forms a simple preventive measure against eye dryness and strain.

6. **Wash Your Hands Frequently:** Your hands continuously encounter germs as well as dust and allergens throughout daily activities. Eye infections develop when you touch your eyes with unwashed hands because they carry bacteria. Wash your hands frequently before handling your eyes or contact lenses.

DON'TS FOR EYE HEALTH

1. **Avoid Direct Sun Exposure:** The sun should never be viewed directly regardless of wearing sunglasses. Exposure to direct sunlight for extended periods will harm the retina leading to permanent vision complications. Long outdoor activities require wearing both a wide-brimmed hat and sunglasses to shield your eyes from additional damage.
2. **Don't Rub Your Eyes:** Your natural reaction during eye irritant exposure is to rub your eyes. Eyes suffer from bacterial spread when rubbed because the action both intensifies discomfort and creates small injuries. The proper method to alleviate eye discomfort involves washing your eyes with clean water or using lubricating eye drops.
3. **Avoid Overuse of Contact Lenses:** Eye dryness and infections along with redness develop when people wear contact lenses for long durations under hot dry conditions. The recommended wearing duration for contact lenses should be followed and you should clean your lenses correctly while occasionally wearing glasses to rest your eyes.
4. **Don't Ignore Eye Redness or Irritation:** Eye symptoms including redness alongside itchiness or watery appearance may indicate allergies or infections or result from too much exposure to sunlight. Continuing symptoms require you to skip self-administered medicine and visit an eye specialist for accurate diagnosis followed by proper treatment.
5. **Skip Harsh Eye Makeup:** The hot summer conditions make your makeup melt which can flow into your eyes to create both discomfort and infections. You should dispose of eye makeup that has expired or is of poor quality while also cleaning your eyes free of makeup before sleeping to maintain their health.
6. **Don't Forget Regular Eye Checkups:** Eye conditions tend to evolve slowly before they start showing symptoms after reaching certain stages of progression. Eye checkups on a regular basis enable early problem detection which helps prevent complications from happening. You should consult an eye specialist whenever you experience recurring headaches together with blurry vision or persistent eye discomfort.

Eye protection during summer requires equal attention to skin safety. Summer eye care tips ensure your eyes stay safe and healthy throughout the season.

Summer STOCKING STUFFER EVENT

We are getting a head start on collecting items to fill Christmas Stockings for homebound seniors, seniors without family or seniors who are facing challenges. Items can be dropped off at the COA.

Suggested Items:

- ♦ hard candy and sugar free candy
- ♦ snack packages of cookies and crackers
- ♦ Jell-O snack cups and pudding cups
- ♦ applesauce (sweetened and no-sugar added)
- ♦ cookies (regular & sugar free)
- ♦ 2026 calendars
- ♦ small canned meats, fruit, vegetables
- ♦ toothpaste and toothbrushes
- ♦ word search and cross-word puzzle books
- ♦ winter gloves, hats and scarves for men and women
- ♦ small Kleenex
- ♦ soap bars

PLEASE CHECK THE EXPIRATION DATE - WE CANNOT ACCEPT FOOD DONATIONS WITH A DATE EARLIER THAN MARCH 1, 2026

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

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711 Marshall St., Suite 100
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913.684.0777



seniors1st@leavenworthcounty.gov



www.leavenworthcounty.gov/COA



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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Looking for a way to give back to the community?

VOLUNTEER WITH LEAVENWORTH COUNTY



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 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.

COA Activity Date and Time Changes to Know About

*NEW DATE **WHAT'S NEXT? LOSS SUPPORT GROUP**

1st and 3rd Tuesday of each month from 10:30 - 11:30am

For adults 50 and better. No sign up necessary.
Facilitated by Howard Anderson

*NEW TIME **CAREGIVER SUPPORT GROUP**

2nd Wednesday of each month from 2:00 - 3:00pm

For caregivers of all ages. No sign up necessary.

Facilitated by Machel Gillhaus with  **Evergreen
HOSPICE CARE, LLC**

*NEW TIME **EFFECTIVE SELF DEFENSE CLASS**

Every Tuesday of each month starting at 11:15am

For adults 50 and better. No sign up necessary.

Instructed by Kevin Maitland

Interested in being a guest speaker or have an idea for a topic? Please reach out to Jessica at 913.684.0733 to share your ideas.