

AUGUST 2025



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:

- ♦ Waitlist for Kansas Senior Farmers Market Vouchers
- ♦ Meals on Wheels Benefit
- ♦ Fall 2025 L&L Trip Card
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- ♦ National Do Not Call Registry
- ♦ 988 Suicide & Crisis Lifeline



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

KANSAS SENIOR FARMERS MARKET NUTRITION PROGRAM

The Council on Aging has distributed all 90 Farmers Market Vouchers received from the Kansas Department of Health & Environment.

The Kansas Senior Farmers Market Nutrition Program (KSFMNP) is funded by the United States Department of Agriculture Food and Nutrition Service. The program provides annual benefits to low-income seniors to purchase fresh fruits and vegetables, herbs and honey from authorized farmers at Farmers Markets in Kansas.

Each year, benefits are given out on a first-come, first-serve basis. The Council on Aging will maintain a waitlist for qualified residents interested in the KSFMNP. We will share any program updates on our Facebook page, website, and newsletter.

NATIONAL FARMERS MARKET WEEK

August 3-9, 2025

• Local fruits and vegetables are fresher and taste better • Colorful fruits and vegetables boost your health and lower your risk for chronic diseases • Buying local supports your community • Local farmers can tell you about the fruits and vegetables they grow



Don't miss out; get your tickets today!

Leavenworth County Council on Aging Presents

DANCING THROUGH THE DECADES

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

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

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

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

For years, the Leavenworth County Council on Aging has worked diligently to serve Leavenworth County families while charging very reasonable prices for our Meals on Wheels program, and we will continue to make this effort. Since October 2024, the requested donation for each meal served through Meals on Wheels is \$3.00. For approximately 40% of Leavenworth County program participants, making any contribution for the meals they receive is a struggle. This Meals on Wheels benefit, directly supports participants who are facing food insecurity and financial challenges, in other words, those whose incomes fall below the Federal Poverty Guidelines.

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, August 16th — you do not have to be present to win.

Autographed
Salvador Pérez Jersey
\$225 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!



MEALS on WHEELS

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

THE FALL LEISURE AND LEARNING TRIP CARD IS OUT!



LEISURE AND LEARNING FALL 2025 TRIPS

Eligibility:

Open to Leavenworth County residents, age 50 and better, unless otherwise specified.

Registration Required:

Trips, when noted, are filled on a lottery system with a signup for a random drawing one month prior to trip. Participants may sign up for the drawing with one additional participant only.

Payment:

Unless otherwise specified, fees are due at the time of registration or 5 business days following a lottery drawing.

Cancellation Policy:

A function that requires a program fee paid in advance must be cancelled more than 3 business days prior to the function to receive a refund, unless otherwise specified.

Transportation:

If you need transportation to and from any function, please call the transportation desk at 913.684.0778 or 913.684.0808 to schedule a ride. Please refer to the transportation policy for scheduling times and rider information. There is a fee for transportation.

SEPT. 4 GAME SHOW BATTLE ROOMS AND LUNCH

9:15 am

BLAST



Have you ever wanted to be on a TV game show? Battle it out in the untelevised gameshow arena against an opposing COA team to play *Spin & Solve* (Wheel of Fortune), *What's That Cost* (Price is Right), and *Survey Battles* (Family Feud). Lunch afterwards at Carrabba's Italian Restaurant.

Lottery drawing: Sign up by August 13 for drawing on August 14. Max of 21.

Cost: \$51 includes game show experience and transportation. Lunch is extra.

SEPT. 18 MYSTERY ? BREAKFAST

8:30 am

North, south, east, west—COA Mystery Breakfast is the best!

Lottery drawing: Sign up by Aug 21 for drawing on Aug 22. Max of 21.

Cost: \$7 for transportation plus cost of meal

SEPT. 24 NEW THEATER: ALONE TOGETHER

10:15 am

Lottery drawing: Sign up by Aug. 28 for drawing on Aug. 29.

Cost: \$50 includes transportation, meal, and the show. Dessert and gratuity not included in cost. Not refundable due to advance ticket purchase.



OCT. 2 GLORE PSYCHIATRIC MUSEUM & WYETH TOOTLE MANSION WITH LUNCH

8:45 am

Visit the haunted 1879 mansion, enjoy lunch while listening to the history presentation, and receive a guided tour of the psychiatric museum.

Lottery drawing: Sign up by Sept. 5 for drawing on Sept. 6. Max of 31.

Cost: \$43 includes tours, history presentation and a catered box lunch.

OCT. 16 MYSTERY ? BREAKFAST

8:30 am

Lottery drawing: Sign up by Sept. 25 for the drawing on Sept. 26. Max of 21.

Cost: \$7 for transportation + cost of meal.

OCT. 23 CAROLYN'S PUMPKIN PATCH AND LUNCH

9:00 am



Mini golf, carousel, train/tractor rides, slides, pumpkin picking, country store.

Lottery drawing: Sign up by Oct. 6 for the drawing on Oct. 7. Max of 21.

NOV. 6 MYSTERY ? BREAKFAST

8:30 am

Eeny, meeny, miny, moe, this time who will be chosen to go?

Lottery drawing: Sign up by Oct. 9 for the drawing on Oct. 10. Max of 21.

Cost: \$7 for transportation + cost of your meal.

NOV. 13 OAK PARK MALL SHOPPING TRIP

9:30 am



In need of gifts or décor for the holidays? Choose from over 170 stores!

Lottery drawing: Sign up by Oct. 16 for the drawing on Oct. 17. Max of 31.

Cost: \$7 for transportation. Lunch on your own in the mall.



NOV. 24 ROASTERIE COFFEE TOUR AND LUNCH

9:00 am

Begin your Monday morning with a sample of coffee flights. Tour the production factory. Conclude with a home brewing demonstration. Lunch in KC.

Lottery drawing: Sign up by Nov. 3 for the drawing on Nov. 4. Max of 21.

Cost: \$25 includes tour and transportation.

DEC. 4 LET'S DO LOCAL: HOLIDAY MOVIE AND LUNCH

9:00 am



Lottery drawing: Sign up by Nov. 13 for the drawing on Nov. 14. Max of 32.

Cost: \$14 includes movie and transportation. Concessions and lunch cost extra. Leavenworth B&B Theater will show a classic holiday movie. Lunch in town.

DEC. 10 NEW THEATER: NOBODY'S PERFECT

10:15 am



Lottery drawing: Sign up by Nov. 17 for the drawing on Nov. 18. Max of 41.

Cost: \$50 includes transportation, meal, and the show. Dessert and gratuity not included in cost. Not refundable due to advance ticket purchase.

DEC. 18 MYSTERY ? BREAKFAST

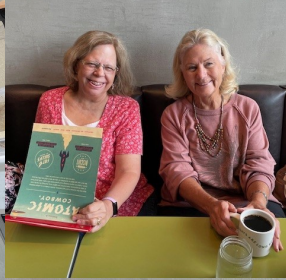
8:30 am

Where we will stop, nobody knows!

Lottery drawing: Sign up by Nov. 25 for the drawing on Nov. 26. Max of 21.

Cost: \$7 for transportation plus the cost of your meal.

the Summer adventures





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 tooth-brushes
- 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.



HELP KEEP THE SUPPLY AFLOAT.

Give Blood.

Blood Drive Leavenworth County Council on Aging

Activity Room C
711 Marshall St
Leavenworth, KS 66048

**Monday, August 4, 2025
11:00 a.m. to 3:00 p.m.**


Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: LCCOA to schedule an appointment.

Give Aug 1 to 25 for \$15 e gift card & successful donations get A1C testing. Terms: rclblood.org/Test



1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

© 2025 The American National Red Cross | A88001-1 CW





COA

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

IDENTIFY BILLING ERRORS

Health care providers and their billing departments sometimes make billing errors or honest mistakes. If you think your doctor or their billing department made an error or mistake, contact them directly to resolve the issue. They should correct these errors if you tell them.

You can spot these errors by keeping an appointment calendar or using a My Health Care Tracker to keep track of your medical appointments and services. You can call your local Senior Medicare Patrol (SMP) for a My Health Care Tracker if you don't already use one. The tracker can help you compare your appointments, services, and notes to your Medicare statements.

If something does not seem right on your Medicare statement, remember to first call your provider. Here are just a couple examples of potential errors:

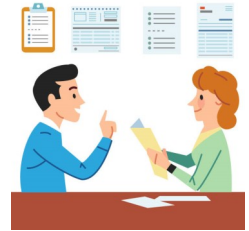
-  Your provider billed Medicare for an office visit on a day when you did not see them.
-  Your provider billed you for a service that was different than what you received.

If your provider does not resolve the issue, or if you notice a pattern of errors, contact your local Senior Medicare Patrol (SMP). They can assist to try to resolve the error. Your SMP can also help you identify Medicare potential fraud, or abuse, and can help you report it to CMS and the correct authorities.

Medicare statements:

- If you have Original Medicare, you should receive a Medicare Summary Notice (MSN).
- If you have a Medicare Advantage Plan and/or Part D plan, you should receive an Explanation of Benefits (EOB).

These statements are not bills. MSNs and EOBs summarize the health care services and items you have recently received. They include the charges billed to Medicare and the amount you owe. Read these carefully to spot any potential billing errors.



National Do Not Call Registry

En Español



Report Unwanted Calls



Verify Your Registration



Register Your Phone

The National Do Not Call Registry Gives You a Choice About Whether to Receive Telemarketing Calls

- You can [register](#) your home or mobile phone for free.
- After you register, **other types of organizations may still call you**, such as charities, political groups, debt collectors and surveys. To learn more, read our [FAQs](#).
- If you received an unwanted call after your number was on the National Registry for 31 days, [report it to the FTC](#).
- **Sellers and telemarketers:** Go to <https://telemarketing.donotcall.gov> to access the National Do Not Call Registry.

988

SUICIDE & CRISIS LIFELINE

People can call or text **988** or **chat 988lifeline.org** for themselves or if they are worried about a loved one who may need crisis support.

988 serves as a universal entry point so that no matter where you live in the United States, you can reach a caring, trained counselor who can help.

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- * Thoughts of suicide
- * Mental health or substance use crises
- * Emotional distress, loneliness
- * Physical illness
- * Economic worries
- * And other reasons to connect

Call

Chat

Text

Deaf/HoH

LEARN HOW TO
RECOGNIZE THE

WARNING SIGNS

WHEN SOMEONE MAY
BE AT RISK OF SUICIDE

988 | SUICIDE & CRISIS
LIFELINE

BEHAVIOR CHANGES
CAN INCLUDE:

1 Talking about or making
plans for suicide

2 Talking about feeling hopeless

3 Talking about being
a burden to others

4 Showing rage or talking
about seeking revenge

5 Acting anxious or agitated

6 Behaving recklessly

7 Displaying extreme
mood swings

8 Increasing drug or
alcohol use

9 Sleeping too little or too much

10 Withdrawing or
feeling isolated

IF YOU OR SOMEONE
YOU KNOW IS DISPLAYING
THESE WARNING SIGNS,

HELP IS AVAILABLE

Reach out to a mental health
professional or **text, call, or chat 988**
from anywhere at any time.

988 | SUICIDE & CRISIS
LIFELINE

A LITTLE HUMOR

INTERPRETING EMOJIS

By: Great Senior Living, July 2, 2025

Emojis are a crucial part of communication in texts and social media. You might even say they play a role in our social well-being. With thousands of individual characters, our messages to one another can now include hearts, rocket ships, or cups of coffee. But here's the problem: Do we always understand the meaning of these emojis?

While a thumbs-up or middle finger emoji may be easy to decode, many characters often leave recipients guessing. In interviewing Americans over the age of 55 in South Florida and conducting a similar online poll, we're able to outline what people do or don't understand about the most popular emojis on the market.



[Watch People Over 55 Hilariously Misinterpret Popular Emojis](#)



Q: What did August say when June claimed that today is the last day of the month?

A: Don't July to me

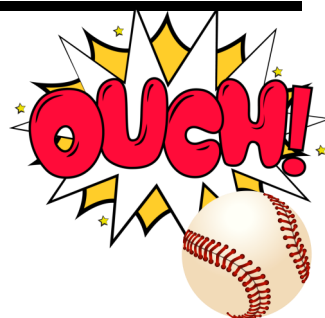
Q: What do you call a fish with no eyes?

A: A fsh

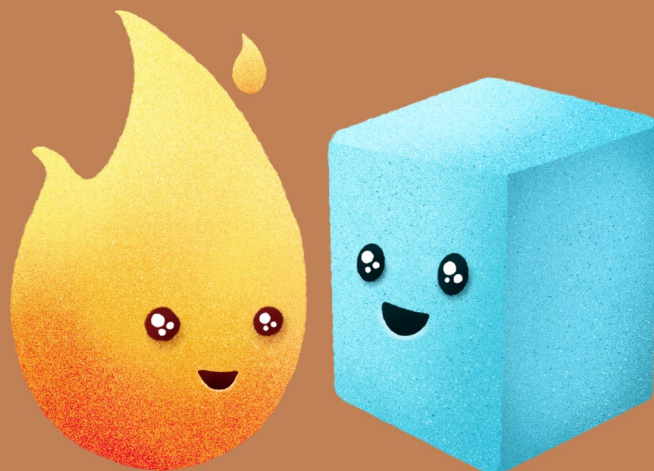
Q: Who do you call to clean the ocean?

A: Mermaids

I wondered why the baseball was getting closer and closer... then it hit me.



Which is faster, hot or cold?



Hot, because you catch a cold!

LearnFunnyJokes.com



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

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



*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.