

HAPPY NEW YEAR!

JANUARY 2025



COUNCIL ON AGING
 711 Marshall Street, Suite 100
 Leavenworth, KS 66048
 Office: 913-684-0777

If you are not going to be available to receive your meal, please call 24 hours in advance.

Cancelations: 913-758-6718

Requested donation amount is \$3. | 1% milk served with all meals. | If your dietary needs change, please call the number above. | Menu items are subject to change based on availability.

DID YOU KNOW?
VITA – Volunteer Income Tax Assistance
FEBRUARY 3 - MARCH 31
 VITA Tax preparation is provided by the Leavenworth County Council on Aging to qualifying seniors free of charge.
 To qualify, you must:
 -be a Leavenworth County resident and
 -be 60 years or older with income less than \$67,000 with no farm or rental income.
 The Council on Aging will offer tax services by appointment only at the following locations:
 -Council on Aging in Leavenworth
 -Basehor Library
 -Linwood Library
 -Tonganoxie Library
 -Easton
 Starting January 21st 2025, call Dena at 913-364-5204 to schedule your appointment!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Happy Birthday To all those celebrating a birthday this month!	 MEALS ON WHEELS EASTERN KANSAS	CLOSED 1 	Tater Tot Casserole 2 Cauliflower Roll Fruit Salad	Fish Sandwich 3 Sweet Potato Green Beans Fruit Bun Cream Puff
Sausage & Kraut 6 Oven Brown Potatoes Beets Corn Bread Fruit	Chicken & Dumplings 7 California Blend Veggie Fruit Compote Crackers Salad	BBQ Pork 8 Baked Beans Mac & Cheese Fruit Cookie Bun	Smothered Chicken 9 Rice Pilaf Carrots Roll Fruit	Roast Beef 10 Mashed Potatoes Green Beans Roll Fruit Cheesecake
Hamburger 13 Potato Casserole Peas Banana Bun	Beef & Noodles 14 Stewed Tomatoes Cinnamon Apples Tossed Salad Crackers	Cabbage Roll 15 Boiled Potatoes Green Beans Fruit Bread Stick	Chicken Kiev 16 Wild Rice Broccoli Fruit Roll	BBQ Ribs 17 Twice Baked Potato Corn Fruit Corn Bread Cherry Dump Cake
CLOSED 20 	Chicken Fajita 21 Spanish Rice Beans Fruit Lemon Cake	Orange Chicken 22 Peas & Carrots Wild Rice Fruit Roll	Egg Casserole 23 Biscuit & Gravy Spiced Peaches V-8 Juice Nature Bar	Stuffed Pork Chop 24 Scalloped Potatoes Roasted Tomato Roll Fruit Cookie
Spaghetti 27 Meat Sauce California Blend Veggie Bread Stick Tossed Salad Fruit	Ham & Beans 28 Curry Fruit Corn Bread Fruit Cookie	White Wine 29 Chicken Rice Pilaf Carrots Fruit Cheesecake	Chili 30 Corn Cinnamon Apples Fruit Crackers Carrot & Celery Sticks	Shepherd's Pie 31 Zucchini Bake Roll Fruit Peach Dump Cake

Tax Scam Warning Signs

You can avoid falling for a tax scam. Know what to watch out for and how the IRS contacts you.

Tax scam warning signs: Scammers mislead you about tax re-funds, credits and payments. They pressure you for personal, financial or employment information or money. IRS impersonators try to look like us. Watch out for:

- **A Big Payday** - If it sounds too good to be true, it probably is. Bad tax advice on social media may convince you to lie on tax forms or mislead you about credits you can claim.
- **Demands or Threats** - Impersonators want you to pay "now or else." They threaten arrest or deportation. They don't let you question or appeal the amount of tax you owe.
- **Website Links** - Odd or misspelled web links can take you to harmful sites instead of IRS.gov.

The IRS wants you to understand how and when the IRS contacts taxpayers, and help you determine whether a contact you may have received is truly from an IRS employee.

The IRS initiates most contacts through regular mail delivered by the United States Postal Service.

However, there are circumstances in which the IRS will call or come to a home or business. To learn more, go to www.irs.gov.

Aging Resources

Leavenworth County Health Department 913.250.2000
 Medicare 1.800.633.4227
 Social Security Office 1.800.772.1213

*Our menu is also posted on our website @www.leavenworthcounty.gov/COA

*Follow us on Facebook – www.facebook.com/LVCOUNTYCOA

JANUARY

F W O U N G U K U L E L E S H G U T A C
 S P A G H E T T I R H J N H K U L R T V
 G S P J T T T Q W A L B U G H Y I E T Z
 R O N O D D O O L B J P M N O M S A A J
 T E L P M S N O W F A L L G Y E H S I C
 D M S Y D U K H T A H U A J D M M U N N
 H P T U R F S A P Q M U F A V O V R A I
 D F X N P A D E A I V I R T F R W E B T
 Y Q D J U L E S U T S A T H Q A X S L R
 T M I H V R G Y E M H H L E Z B A Q E A
 R Q Y Q O U S I W C S I B E E L P N M M
 A R U R E R C E Y E T H S C W E C X C G
 P J E L U L E O S E N C I T E O P G C T
 T U W P D S I O R R E S O L U T I O N S
 G O A L S Z V A G O O B K H O O X U E W
 C N N U Q M C N R S N O I T A N R A C N
 B H W X W Y I G Q I E S F Z N J L I X J
 X U Z A F K C O U N T D O W N P Y N R P
 P X A O W N K L E R T A E H T W E N Y P
 E O I R P A C I D C B S O R D M P C U J

Word List

ATTAINABLE
 BLOOD DONOR
 CARNATIONS
 CHARADES
 COUNTDOWN
 DICAPRIO
 GOALS
 KING
 LITERACY
 MARTIN
 MEMORABLE
 MUSEUM
 NEW THEATRE
 NEW YEAR
 NURSES
 PARTY
 POETIC
 RESOLUTIONS
 SNOWFALL
 SPAGHETTI
 TREASURES
 TRIVIA
 UKULELES
 YOGA

Financial Resource Workshop

Friday, January 10th 2025. 9:00 a.m. – 3:00 p.m.

Join the COA & community partners to learn tips about how to make your money work harder for you and get information on programs that can help stretch your budget. Lunch is provided. Max - 35 people.

Topics include:

- Taking Control of Your Finances
- Money 101
- Getting to Know Your Local Area Agency on Aging
- Medicaid, Medicare Saving Program & Home and Community-Based Services
- Eating Right When Money is Tight
- Understanding Your Taxes & What You Need to Know Before Filing
- Every Empowering Communities: Utility Assistance and Energy Efficiency Programs

Knowledge @ Noon: Leftovers with a Purpose

Tuesday, January 14th 2025. 12:00PM.

Tired of eating leftovers after the holidays? This class will teach participants safe and creative ways to repurpose their leftovers. Tonganoxie Public Library.

Lunch & a Movie

Friday, January 17th 2025. 11:30AM.

This month's movie is *Catch Me If You Can*, starring Leonardo DiCaprio and Tom Hanks. In-flight lunch served will be stuffed chicken on a bed of couscous, peas, roll, & dessert. Intermission snacks of popcorn & soda will be provided. Cost: \$9; max of 30. Sign up and pay by January 13th.

Dementia Support Group

Starts – January 23, 2025.

Ashley Dill with NOVUS LifeCare Home Health & Hospice will facilitate a dementia support group on the 4th Thursday of the month from 1:00-2:00pm. Open to residents of all ages; no sign-up required.