

# AMERICAN HEART MONTH FEBRUARY 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?**

The full moon in February is traditionally called the "Snow Moon" in North America, due to the typically heavy snowfall during this month.

Valentine's Day, celebrated on February 14th, is named after Saint Valentine, a Roman priest who performed secret marriages for soldiers forbidden to wed.

The chance of being born on February 29th is about 1 in 1,461. People born on this day are sometimes called "leaplings" or "leapers."

In the United States, February is Black History Month, dedicated to recognizing the contributions of African Americans to the nation's history.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>HAPPY BIRTHDAY</b></p> <p>To all those celebrating a birthday this month!</p>	<p><b>Valentine's Day Party</b> Friday, February 14<sup>th</sup> 2025. 1:00PM.</p> <p>Please join us for some sweet treats, musical talent, and the crowning of our Valentine Royalty. RSVP: <b>Prepay \$3 by February 7<sup>th</sup>.</b> </p>		<p><b>MEALS ON WHEELS</b> EASTERN KANSAS</p>	
<p><b>Hamburger/Bun 3</b></p> <p>Oven Brown Potatoes Mixed Veggie Lettuce, tomato, onion, pickle Orange</p>	<p><b>Chicken Pot Pie 4</b></p> <p>Broccoli Tossed Salad Fruit Roll </p>	<p><b>Egg Casserole 5</b></p> <p>Biscuit &amp; Gravy Cinnamon Apples V-8 Juice Lemon Bar</p>	<p><b>Country Chicken 6</b></p> <p>Mashed potatoes Gravy Green beans Roll Fruit</p>	<p><b>Cabbage Roll 7</b></p> <p>Boiled Potatoes Peas &amp; Carrots Cornbread Fruit Pudding</p>
<p><b>Pork Tenderloin/Bun 10</b></p> <p>Sweet Potato Tots Baked Beans Brownie  Fruit</p>	<p><b>Beef Stew 11</b></p> <p>Roasted Tomato Biscuit Jell-O Salad Fruit</p>	<p><b>Smoked Turkey 12</b></p> <p>Baked Potato Green Beans Pea &amp; Cheese Salad Fruit Roll</p>	<p><b>Chicken Spaghetti 13</b></p> <p>California Blend Veggie Breadstick Spinach Salad Fruit</p>	<p><b>Swiss Steak 14</b></p> <p>Boiled Potatoes Broccoli Fruit Roll  Cheesecake</p>
<p><b>CLOSED 17</b></p> <p></p>	<p><b>Ham Steak 18</b></p> <p>Sweet Potatoes Peas Roll Fruit</p>	<p><b>BBQ Chicken 19</b></p> <p>Mac &amp; Cheese Corn Bread Cole Slaw Fruit  Pudding</p>	<p><b>Meatloaf 20</b></p> <p>Mashed Potatoes Gravy Green Beans Roll Fruit</p>	<p><b>Fish Sandwich 21</b></p> <p>Oven Brown Potatoes Cauliflower Tossed Salad Pie Fruit</p>
<p><b>Spaghetti/Meat Sauce 24</b></p> <p>Broccoli Breadstick Tossed Salad Orange Mini Cheesecake</p>	<p><b>Asian Pork Chop 25</b></p> <p>Rice Zucchini Egg Roll Fruit</p>	<p><b>Ham &amp; Beans 26</b></p> <p>Spiced Peaches Tomatoes Roll Cookie</p>	<p><b>Corn Beef &amp; Cabbage 27</b></p> <p>Boiled Potatoes Carrots Corn Bread Fruit </p>	<p><b>Turkey &amp; Dressing 28</b></p> <p>Mashed Potatoes Gravy Green Beans Roll Pecan Pie</p>

**How Your Heart Changes with Age**

Aging causes changes in the heart and blood vessels. Here are some of the changes that could occur:

- As you get older, your heart can't beat as fast during physical activity or times of stress. However, a person's resting heart rate – the number of heartbeats per minute at rest – does not change significantly with normal aging.
- You may feel a fluttering in your chest or have the feeling that your heart is skipping a beat or beating too hard. Occasional extra or skipped heartbeats may occur more often with increased age and are not dangerous. However, more frequent and/or persistent feelings that your heart is fluttering or racing may be signs of a heart rhythm abnormality (arrhythmia), which may require treatment.
- Over time, the chambers of your heart may increase in size. The heart wall thickens, so the amount of blood that a chamber can hold may decrease, despite the increased overall heart size. Increased thickness of the heart wall can increase the risk of atrial fibrillation, a common heart rhythm problem in older people that can increase the risk of a stroke.
- The valves that control blood flow between the chambers of the heart may become thicker and stiffer. Stiffer valves can limit the flow of blood out of the heart or become leaky, both of which can cause fluid to build up in the lungs or in the legs, feet, and abdomen.
- Changes in the heart and blood vessels that happen with age may increase a person's risk of heart disease and related health problems. Heart disease is a major cause of disability that can limit activity and erode quality of life for older people. Talk with a doctor if you have any concerns about your heart as you age.

To learn more about heart health, different types of heart disease, heart-healthy living, and questions you can ask your doctor about your risk for heart disease, go to [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).

*Source: National Institute on Aging. 07/2024*

\*Our menu is also posted on our website @[www.leavenworthcounty.gov/COA](http://www.leavenworthcounty.gov/COA)

\*Follow us on Facebook – [www.facebook.com/LVCOUNTYCOA](https://www.facebook.com/LVCOUNTYCOA)

# FEBRUARY

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

## Word List

BLOOD VESSELS  
 BUDGET  
 CHAMBERS  
 CHOCOLATE  
 DISEASE  
 FEBRUARY  
 FINANCES  
 FOLKLORE  
 GROUNDHOG  
 HEALTH  
 HEART  
 KNOWLEDGE  
 LAVA CAKE  
 LEFTOVERS  
 LIBRARY  
 LOVE  
 MEDICARE  
 PARTY  
 PRESIDENT  
 RHYTHM  
 TALKING BOOKS  
 TAXES  
 VALENTINE  
 VISION

### Financial Resource Workshop Monday, February 3<sup>rd</sup>, 2025. 9:00am – 3:00pm

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: Love the Groundhog Tuesday, February 11<sup>th</sup>, 2025 2:00pm

Will the groundhog see his shadow this year? We aren't sure, but we know that he can't do it on an empty stomach! Join us for recipes inspired by this folklore. Tonganoxie Public Library.

### KS Talking Books Thursday, February 13<sup>th</sup>, 2025 9:00am

Are you or a loved one experiencing difficulty reading traditional print due to age, vision loss, or other physical challenges? Kansas Talking Books is here to help. This program offers FREE access to a vast library of audiobooks, magazines, and news sources, ensuring that everyone can continue to enjoy reading.

### Gather Around: Dipped in Chocolate Friday, February 28<sup>th</sup>, 2025 10:00am & 12:30pm

Come explore the decadent delights of chocolate in all parts of the meal: a dip, a main course and a dessert! We will be enjoying White Chocolate Baba Ghanoush with Pita Chips, Cocoa Spice Rubbed Pork Tenderloin, and a personal Lava Cake! Max is 24 per class with a minimum of 18 for each class. Cost: \$10, sign up by 2/21.