

AMERICAN HEART MONTH

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

Cancelations: 913-758-6718

FEBRUARY 2026



COUNCIL ON AGING








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

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.

Volunteer Income Tax Assistance
February 2 – March 31

The Council on Aging will offer tax services by appointment to qualified residents.
To qualify, you must:
-be a Leavenworth County resident,
-be 60 years or older, or persons with disabilities and
-have an income less than \$69,000 with no farm or rental income.
-Other restrictions apply.
To schedule an appointment, call 913.364.5204. Please be patient as our phone line will have a high volume of calls.

Important Notice: The IRS is phasing out paper tax refund checks, under the executive order Modernizing Payments To and From America’s Bank Account. The IRS encourages taxpayers who do not have a bank account to open one so they can receive refunds by direct deposit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage 2 Peppers & Onions Oven Brown Potatoes Mixed Veggie Roll Cookie 	Country Steak 3 Mashed Potatoes & Gravy Green Beans Roll Fruit	Turkey Chili 4 Corn Nuggets Cinnamon Apples Jello Salad Fruit	Ham Steak 5 Sweet Potatoes Peas Roll  Fruit	Brisket 6 Cheesy Potatoes Carrots Roll Fruit Cake
Chicken Parmesan 9 Noodles California Blend Veggie Roll Fruit Rice Crispy Treat	Beef Stew 10 Stewed Tomatoes Pasta Salad Biscuit Fruit	Smothered Chicken 11 Rice Cauliflower Roll  Fruit	Hamburger Stroganoff 12 Broccoli Bread Sticks Jello Salad Fruit	Fish Sticks 13 Tater Tots Brussel Sprouts Roll  Fruit Cobbler
CLOSED 16 	Chicken Philly 17 Sweet Potato Tots Broccoli Fruit Pudding	Ham & Beans 18 Carrots Corn Bread Tortellini Salad Fruit	Tater Tot Casserole 19 Peas & Carrots Roll Fruit Cucumber Salad	BBQ Chicken 20 Baked Beans Baked Potato Roll Fruit Pie
Hamburger 23 Oven Brown Potatoes Mixed Veggie Lettuce, tomato, onion & pickle Fruit	Teriyaki Chicken 24 Rice Broccoli  Egg Roll Fruit	Wedding Soup 25 Slider Cheesy Cauliflower Jello Fruit Cookie	Turkey & Dressing 26 Mashed Potatoes & Gravy Green Beans Roll  Fruit	BBQ Ribs 27 Cheesy Potato Corn Roll Fruit Cobbler

Low Income Energy Assistance Program
The 2026 application period ends March 31st 2026, at 5PM.
Applicants must meet certain qualifications.
Complete applications online at dcfapp.kees.ks.gov or call toll-free at 1.888.369.4777.

Aging Resources
Adult Protective Services 1.800.922.5330
Guidance Center 913.682.5118
Social Security Office 1.800.772.1213
Medicare 1.800.633.4227


To all those celebrating a birthday this month!

Caring For Your Heart at Every Age

February is American Heart Month, a time to pause and pay a little extra attention to something that works hard for us every single day: our hearts. As we grow older, heart health becomes especially important. Heart disease remains the leading cause of death for both men and women in the United States, and the risk increases with age.

The good news is that there are many things we can do to support our heart health, no matter where we are starting from. Small steps, taken consistently, can make a meaningful difference. And it is never too late to begin.

Why Heart Health Matters as We Age

Heart disease is a broad term that includes conditions affecting the heart and blood vessels, such as coronary artery disease, heart attack, and stroke. Common risk factors include high blood pressure, high cholesterol, diabetes, smoking, stress, and lack of physical activity. According to the Centers for Disease Control and Prevention, most adults over age 60 live with at least one risk factor for heart disease. Many people are surprised to learn that managing these risks does not always require dramatic changes. Often, simple habits practiced over time can help protect the heart and improve overall quality of life.

Simple Ways to Support a Healthy Heart

1. Stay Physically Active
2. Eat with Your Heart in Mind
3. Know Your Numbers
4. Manage Stress and Prioritize Sleep
5. Avoid Tobacco and Use Alcohol Wisely

American Heart Month is a reminder, not a test. It is an opportunity to check in with yourself, learn something new, and choose one or two small changes that feel doable. Whether that means taking a few more walks each week, cooking a new recipe, or scheduling a checkup, every step counts.

Source: seniorservicesmidland.org. Jan 2026.



HAPPY VALENTINE'S DAY!

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

Word List

ADMIRER
BOUQUETS
CARDS
CARING
CHOCOLATES
COMMITMENT
CREATIVITY
DECORATE
DINNER
ENTHUSIASTIC
FLOWERS
FOURTEENTH
FRIENDS
GRATEFUL
HEART
HOMEMADE
HUGS
JEWELRY
MOVIE
POEM
SWEETHEART
TOGETHER
TREATS
VALENTINE

UPCOMING EVENTS

Red Cross Blood Drive

Monday, February 2nd 2026. 11:00AM – 3:00PM.

Open to all ages. Make an appointment at www.redcrossblood.org, on the blood donor app, or walk-ins welcome.

Knowledge @ Noon: *Don't be Salty*

Tuesday, February 10th 2026. 12:00PM.

February is Heart Health Month. We will discuss sodium levels in pre-packaged foods, how to reduce salt usage, and take a look at how salty we really are. No cost; Tonganoxie Library.

Valentine's Party

Friday, February 13th 2026. 1:00PM.

Join us for a delicious treat, entertainment, and the crowning of our COA Valentine's Royalty. It will be an afternoon you won't want to miss! \$4 due at sign-up; deadline February 10.

Munchies & a Movie

Friday, February 20th 2026. 12:00PM.

We will be showing the Olympic themed, romantic comedy, *The Cutting Edge*. No lunch will be served, but we will have a great intermission with a fun and filling snack. The snack this time will be a chocolate fountain with Olympic rings dipping options. We will also have popcorn and soda. \$5 due at sign-up; deadline February 13. Min 20, max 30.



Meet Chew Bear:

A Gentle New Friend at the Council on Aging

The Leavenworth County Council on Aging is excited to welcome a very special new addition—Chew Bear, our therapy dog. Beginning this month, Chew Bear will be on-site Monday through Friday during regular business hours, offering comfort, companionship, and a warm smile (and tail wag) to anyone who could use a little extra support.