

# 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

Sausage 2  
Peppers & Onions  
Oven Brown Potatoes  
Mixed Veggie Roll  
Cookie



## TUESDAY

Country Steak 3  
Mashed Potatoes & Gravy  
Green Beans  
Roll  
Fruit

## WEDNESDAY

Turkey Chili 4  
Corn Nuggets  
Cinnamon Apples  
Jello Salad  
Fruit

## THURSDAY

Ham Steak 5  
Sweet Potatoes  
Peas  
Roll  
Fruit



## FRIDAY

Brisket 6  
Cheesy Potatoes  
Carrots  
Roll  
Fruit  
Cake

## CHICKEN PARMESAN 9

Noodles  
California Blend Veggie Roll  
Fruit  
Rice Crispy Treat

## 10

Beef Stew  
Stewed Tomatoes  
Pasta Salad  
Biscuit  
Fruit

## 11

Smothered Chicken 11  
Rice  
Cauliflower  
Roll  
Fruit

## 12

Hamburger 12  
Stroganoff  
Broccoli  
Bread Sticks  
Jello Salad  
Fruit

## 13

Fish Sticks  
Tater Tots  
Brussel Sprouts  
Roll  
Fruit  
Cobbler



## CLOSED 16



## 17

Chicken Philly  
Sweet Potato Tots  
Broccoli  
Fruit  
Pudding

## 18

Ham & Beans  
Carrots  
Corn Bread  
Tortellini Salad  
Fruit

## 19

Tater Tot Casserole 19  
Peas & Carrots  
Roll  
Fruit  
Cucumber Salad

## 20

BBQ Chicken  
Baked Beans  
Baked Potato  
Roll  
Fruit  
Pie

## HAMBURGER 23

Oven Brown Potatoes  
Mixed Veggie  
Lettuce, tomato, onion & pickle  
Fruit

## 24

Teriyaki Chicken  
Rice  
Broccoli  
Egg Roll  
Fruit



## 25

Wedding Soup  
Slider  
Cheesy Cauliflower  
Jello  
Fruit  
Cookie

## 26

Turkey & Dressing 26  
Mashed Potatoes & Gravy  
Green Beans  
Roll  
Fruit



## 27

BBQ Ribs  
Cheesy Potato  
Corn  
Roll  
Fruit  
Cobbler

## Low Income Energy Assistance Program

The 2026 application period ends March 31<sup>st</sup> 2026, at 5PM. Applicants must meet certain qualifications. Complete applications online at [dcfapp.kees.ks.gov](http://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](http://seniorservicesmidland.org). Jan 2026.

# HAPPY VALENTINE'S DAY!



## 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 2<sup>nd</sup> 2026. 11:00AM – 3:00PM.

Open to all ages. Make an appointment at [www.redcrossblood.org](http://www.redcrossblood.org), on the blood donor app, or walk-ins welcome.

### Knowledge @ Noon: *Don't be Salty*

Tuesday, February 10<sup>th</sup> 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 13<sup>th</sup> 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 20<sup>th</sup> 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.