

# SPRING HAS SPRUNG

# APRIL 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.



## National Volunteer Appreciation

We want to take this opportunity to shine a light and thank all of our volunteers who use their time, talent, voices and resources to meet critical needs within our community! Volunteers are critical to the Council on Aging's mission. We have nearly 180 volunteers who assist with Meals on Wheels, the VITA (Volunteer Income Tax Assistance) program, Leisure and Learning activities, pet services and our Christmas program.

Heartfelt THANKS TO OUR VOLUNTEERS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 to all those celebrating a birthday this month!	<b>BBQ Chicken 1</b> Baked Potato Peas Roll Melon	<b>Egg Casserole 2</b> Broccoli Cinnamon Apples Cinnamon Roll Cookie	<b>Pot Roast 3</b> Potatoes & Carrots Green beans Biscuit Fruit	<b>Chili 4</b> Cauliflower Corn Bread Tossed Salad Fruit Lemon Bar
<b>Chicken Spaghetti 7</b> Carrots Bread Stick Cucumber Salad Orange	<b>Polish Sausage 8</b> Peppers, Onions, & Cheese Sweet Potato Tots Roll Fruit	<b>Cabbage Roll 9</b> Boiled Potatoes Peas & Carrots Corn Bread Fruit	<b>Country Chicken 10</b> Mashed Potato & Gravy Green Beans Biscuit Fruit	<b>Fish Sandwich 11</b> Potato Casserole Peas Fresh Fruit Pudding
<b>Chicken Cordon Bleu 14</b> Rice Zucchini Fruit Mini Cheesecake	<b>Apple Pork Chop 15</b> Smashed Potatoes Blend Veggie Roll Fresh Fruit	<b>Teriyaki Chicken 16</b> Rice Broccoli Egg Roll Fruit	<b>Meatloaf 17</b> Cheesy Potatoes Green Beans Roll Fresh Fruit	<b>Smoked Turkey 18</b> Baked Potato Carrots Corn Bread Pasta Salad Fruit
<b>Country Steak 21</b> Mashed Potato & Gravy Green Beans Roll Fruit	<b>Chicken Noodle Bake 22</b> Tossed Salad Roasted Tomato Biscuit Fruit	<b>Ham &amp; Beans 23</b> Carrots Corn Bread Fruit Carrot Cake	<b>Roast Beef 24</b> Baked Potato Broccoli Bread Stick Fruit	<b>Swiss Steak 25</b> Scallop Potatoes California Blend Veggie Roll Fruit Bread Pudding
<b>Chicken Sandwich 28</b> Tater Tots Peas & Carrots Lettuce, Tomato, & Onion Fruit Brownie	<b>Brisket 29</b> Mac & Cheese Baked Beans Roll Fruit	<b>Baked Chicken 30</b> Mashed Potato & Gravy Broccoli Roll Fruit		

## CARFIT

Hosted by University of Saint Mary  
 Occupational Therapy Program

April 8<sup>th</sup> 2025. 10:00AM – 12:00PM. COA.

Call or stop by the COA to sign up for a timeslot.

### What is CarFit for the older driver?

CarFit is an educational program developed by AARP and the American Occupational Therapy Association that offers older adults the opportunity to check how well their personal vehicles "fit" them. The program provides information and materials on community-specific resources that could enhance their safety as drivers and/or increase.

### Why is CarFit important?

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies. (Source: NHTSA)

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

### How is a CarFit check completed?

At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.



# APRIL

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## Word List

- ACRYLIC
- APRIL FOOLS
- AQUARIUM
- AVOCADO
- CARFIT
- COMMUNITY
- EASTER
- FINAL FOUR
- GARDENIAS
- GARDENING
- MAGNOLIAS
- OCCUPATIONAL
- PALS
- PEDICURES
- POT ROAST
- RHUBARB PIE
- ROYALS
- SEATBELTS
- SNAPDRAGONS
- SPRING
- SPRUNG
- TECHNICIANS
- VOLUNTEER
- ZOO

### Knowledge @ Noon: Springtime Fun Tuesday, April 8<sup>th</sup> 2025. 12:00PM.

Join us for some spring-inspired dishes that will leave you wanting more! This session is hosted by K-State Extension at the Tonganoxie Public Library.

### Pedicures for Paws: Nail Trim Fundraiser Saturday, April 12<sup>th</sup> 2025. 1:00-4:00PM.

Bad to the Bone Pet Care is offering nail trims for \$10/dog in the COA parking lot from 1:00-4:00pm. Pets should be up-to-date on all shots. Open to all ages.

### Red Cross Blood Drive Monday, April 14<sup>th</sup> 2025. 10:00AM – 2:00PM.

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

### Nancy Bauder Arts Tuesday, April 29<sup>th</sup> 2025. 9:00AM.

Local artist, Nancy Bauder, will host an acrylic painting class on rocks and tiles. RSVP by 4/25; \$30 due at sign-up. Max 10.

### IMPORTANT NON-EMERGENCY PHONE NUMBERS

- LV CO Sheriff's Office: 913.682.5724 or 913.727.1313
- Leavenworth Police Department: 913.651.2660
- Basehor Police Department: 913.724.3397
- Tonganoxie Police Department: 913.369.3754
- Kansas Highway Patrol Troop A: 913.782.8100
- Kansas Bureau of Investigation: 913.296.8200