

# OLDER AMERICANS MONTH

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

Cancelations: 913-758-6718

# MAY 2026



**OLDER AMERICANS MONTH**









# 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.

**Champion Your Health**  
Older Americans Month (OAM) is an annual observance in the United States, established in 1963 by President John F. Kennedy to recognize the contributions of older adults and address their specific needs. In 2026, the theme is **"Champion Your Health,"** emphasizing the importance of prevention, wellness, and personal responsibility as cornerstones of healthy aging. The theme encourages older adults to take an active role in managing their health, accessing preventive care, advocating for themselves, and making informed decisions that support independence.

**Important Consumer Assistance Phone Numbers**  
Kansas Attorney General Consumer Protection Division: 800-432-2310  
Kansas Aging and Disability Resource Center: 855-200-2372  
Social Security Office: 800-772-1213

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| <br><b>To all those celebrating a birthday this month!</b> | <b>Positive Aging Resource Fair</b><br>The COA is partnering with local organizations to host a free resource fair in celebration of Older Americans Month! Enjoy a free boxed lunch, 50/50 raffle, and bingo. If you need transportation, please call for a FREE RIDE: 913-684-0778. Sign up by May 4. |  |  | <b>Sausage</b> 1<br>Peppers & Onions<br>Oven Brown Potatoes<br>Mixed Veggie Roll<br>Fruit  |
| <b>Hamburger</b> 4<br>Onion Rings<br>Mixed Veggie<br>Lettuce, Tomato, Onion & Pickle<br>Fruit   | <b>Teriyaki Chicken</b> 5<br>Rice<br>California Blend Veggie<br>Egg Roll<br>Fruit<br>Pudding  | <b>Quiche</b> 6<br>Cinnamon Apples<br>Broccoli<br>Cinnamon Roll<br>V-8  | <b>Beef Casserole</b> 7<br>Stewed Tomatoes<br>Roll<br>Pasta Salad<br>Fruit           | <b>Turkey &amp; Dressing</b> 8<br>Mashed Potatoes & Gravy<br>Green Beans<br>Roll <br>Fruit<br>Pecan Pie |
| <b>Pork Tenderloin</b> 11<br>Oven Brown Potatoes<br>Peas & Carrots<br>Lettuce, Tomato, Onion & Pickle<br>Fruit & Cookie                     | <b>Chicken Cordon Bleu</b> 12<br>Rice<br>Cauliflower<br>Roll<br>Fruit   | <b>Chili</b> 13<br>Curry Fruit<br>Corn Bread<br>Cucumber Salad<br>Cinnamon Roll  | <b>Country Chicken</b> 14<br>Mashed Potatoes & Gravy<br>Green Beans<br>Roll<br>Fruit | <b>Pot Roast</b> 15<br>Potatoes & Carrots<br>Corn<br>Roll<br>Fruit<br>Cake   |
| <b>Chicken Strips</b> 18<br>Oven Brown Potatoes<br>Zucchini<br>Roll<br>Fruit<br>Rice Krispy   | <b>BBQ Ribs</b> 19<br>Mac & Cheese<br>Baked Beans<br>Roll <br>Fruit  | <b>Philly Steak</b> 20<br>Sweet Potato Tots<br>Carrots<br>Fruit<br>Orange Fluff  | <b>Swiss Steak</b> 21<br>Scalloped Potatoes<br>Peas & Carrots<br>Roll<br>Fruit       | <b>Chicken Noodle Bake</b> 22<br>Broccoli<br>Salad<br>Roll<br>Fruit<br>Cobbler                        |
| <b>CLOSED</b> 25<br>                                     | <b>Ham</b> 26<br>Sweet Potatoes<br>Peas<br>Roll<br>Fruit<br>Pie   | <b>BBQ Chicken</b> 27<br>Baked Potato<br>Ranch Beans<br>Roll<br>Fruit  | <b>Meatloaf</b> 28<br>Mashed Potatoes & Gravy<br>Green Beans<br>Roll<br>Fruit        | <b>Stuffed Chicken</b> 29<br>Cheesy Potatoes<br>Peas & Carrots<br>Roll<br>Fruit<br>Cake  |



**Operation Red File**

**Protect Your Critical Health Information**  
In partnership with the Kansas Senior Medicare Patrol, *Operation Red File* was designed to help seniors keep their critical health information protected and accessible if needed in an emergency. The folder attaches to the refrigerator for easy access by first responders. Participants are encouraged to put copies of their medical information and other critical documents in the folder, such as a clear, current photograph of the participant; a medical form with all current medical information; a medication list that can be updated as needed; and medical coverage information.

**First responders and emergency staff can use this information to:**

- Instantly access medical history and medication records in an emergency.
- Avoid delays caused by trying to get information from a confused patient.
- Ensure that the family/responsible party will be notified quickly.
- Have a photograph available in the case of a Silver Alert.

*Operation Red Files* are available at the Council on Aging. Contact Michael at 913.684.0783 or Jessica at 913.684.0733 to pick up a file. Please ensure to call ahead if you are needing five or more folders.



# MEMORIAL DAY

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

## Word List

ADMIRAL  
 AIR FORCE  
 ARMY  
 BATTALION  
 CAPTAIN  
 CEREMONY  
 COAST GUARD  
 CORPORAL  
 COURAGE  
 FREEDOM  
 GENERAL  
 HERO  
 HONOR  
 MARINE CORPS  
 MILITARY  
 NAVY  
 SACRIFICE  
 SERGEANT  
 SERVICE  
 SPACE FORCE  
 SUBMARINE  
 TANK  
 UNIFORM  
 VETERANS

## UPCOMING EVENTS

### Knowledge @ Noon: *Inexpensive Meals*

Tuesday, May 12<sup>th</sup> 2026. 12:00PM.

Expecting a crowd of people and need to plan a party on a budget? Or, perhaps you're wondering how to cut food costs for a smaller household? This session will give you some budget-friendly recipes that are worth sharing or keeping to yourself! No cost. Location: Tonganoxie Library.

### Conversations with Kat

Wednesday, May 13<sup>th</sup> 2026. 2:00PM.

Conversations with Kat is a supportive, judgement-free space where caregivers can come together to talk openly about caregiving, anticipatory grief, end-of-life planning, and navigating life after loss. Each month, we'll explore meaningful topics, share experiences, and learn practical steps to help you feel more prepared and supported – both now and in the future.

**May: Starting the Conversation:**

**What Does 'The Next Chapter' Mean?**

- Introductions + group expectations
- Opening discussion about fears, hopes, and experiences
- Normalize talking about death and loss

**June: Anticipatory Grief: Grieving Before Loss**

- What anticipatory grief looks like
- Guilt, sadness, and emotional exhaustion
- Coping strategies

### First Saturday of the Month at the COA

9:00AM – 12:00PM

**Learn to Crochet**

Join Sharlet in this intergenerational beginner class to learn the basics of crochet. No fee or supplies needed to begin.

**Paint with Derek**

Do you like to paint or want to learn? Come unlock your inner artist! Register and prepay, \$30 for new participants & \$25 for returning participants.