












# WORLD ELDER ABUSE AWARENESS JUNE 2024

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



**COUNCIL ON AGING**  
711 Marshall Street, Suite 100  
Leavenworth, KS 66048  
Office: 913-684-0777

Requested donation amount is \$2. | 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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>Kansas Senior Farmers' Market Nutrition Program</b></p> <p>Beginning June 1, the Council on Aging will begin distributing \$50 in Farmers' Market vouchers. Qualified residents can walk in to the COA between 1:00 – 3:00pm to apply or check the calendar for our Outreach locations for voucher distribution. Benefits are given out on a first-come, first-serve basis. Vouchers are limited.</p> <p><b>Eligibility:</b></p> <ul style="list-style-type: none"> <li>• 60 years old or 55 and a member of an Indian Tribal Organization and meet the income guidelines.</li> <li>• Leavenworth County resident</li> <li>• Cannot have received vouchers previously this year.</li> <li>• Meet 2024 income eligibility guidelines.</li> </ul>	<p>Spaghetti &amp; Meatballs <b>3</b></p> <p>California Blend Veggie Breadstick</p> <p>Tossed Salad</p> <p>Fruit</p>	<p>Chicken Enchilada <b>4</b></p> <p>Casserole</p> <p>Rice</p> <p>Beans</p> <p>Fruit</p> <p>Cookie</p> 	<p>Stuffed Chicken <b>5</b></p> <p>Smashed Potatoes</p> <p>Peas &amp; Carrots</p> <p>Roll</p> <p>Fruit</p>	<p>Quiche <b>6</b></p> <p>Asparagus</p> <p>Fruit Compote</p> <p>Cinnamon Roll</p> <p>Pudding</p> 	<p>Pot Roast <b>7</b></p> <p>Potatoes &amp; Carrots</p> <p>Green Beans</p> <p>Corn Bread</p> <p>Fruit</p>	<p><b>World Elder Abuse Awareness Day: June 15th</b></p> <p>World Elder Abuse Awareness Day (WEAAD) was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.</p> <p>Common types of elder mistreatment include physical, sexual, emotional/ psychological, or financial abuse, neglect, or self-neglect. Elder abuse impacts people of all ages, identities, and backgrounds.</p> <p><b>Social Isolation, Loneliness, and Elder Maltreatment</b></p> <ul style="list-style-type: none"> <li>• Social isolation and loneliness are well-established predictors of maltreatment.</li> <li>• Social exclusion can lead to negative medical, mental health, and cognitive health outcomes that are independent risk factors of abuse.</li> <li>• Social isolation and loneliness are social problems that require integrated, interpersonal, societal, and systemic responses.</li> <li>• Primary, secondary, and tertiary interventions may alleviate social isolation and loneliness and reduce the associated risk of abuse.</li> </ul> <p><b>Adult Protective Services.....1.800.922.5330</b></p> <p><b>Regional Long-term Care Ombudsman.....913.236.9385</b></p> <p><b>In cases of urgent danger, call 911, local police or sheriff.</b></p> <p><i>Source: Administration for Community Living &amp; National Center on Elder Abuse, retrieved 05/2024</i></p>
	<p>Cordon Bleu <b>10</b></p> <p>Rice</p> <p>Carrots</p> <p>Roll</p> <p>Fruit</p> 	<p>Pulled Pork on Bun <b>11</b></p> <p>Mac &amp; Cheese</p> <p>Baked Beans</p> <p>Fruit</p> <p>Lemon Cake</p>	<p>Meatloaf <b>12</b></p> <p>Mashed Potato &amp; Gravy</p> <p>Mixed Veggie</p> <p>Biscuit</p> <p>Fruit</p> 	<p>Ham &amp; Beans <b>13</b></p> <p>Cinnamon Apples</p> <p>Corn Bread</p> <p>Tossed Salad</p> <p>Fruit</p>	<p>Tuna Casserole <b>14</b></p> <p>Broccoli</p> <p>Roll</p> <p>Fruit</p> <p>Cookie</p> 	
	<p>Hamburger <b>17</b></p> <p>Oven Brown Potatoes</p> <p>Cauliflower</p> <p>Lettuce, tomato, onion, pickle</p> <p>Fruit</p>	<p>Chicken Spaghetti <b>18</b></p> <p>Broccoli</p> <p>Breadstick</p> <p>Spinach Salad</p> <p>Fruit</p> 	<p><b>CLOSED</b> <b>19</b></p> <p><i>Juneteenth</i></p> 	<p>Taco Salad <b>20</b></p> <p>Corn</p> <p>Spice Peaches</p> <p>Fruit</p> <p>Pie</p> 	<p>Broccoli Stuffed <b>21</b></p> <p>Chicken</p> <p>Rice</p> <p>Cauliflower</p> <p>Fruit</p> <p>Pie</p>	
	<p>Country Steak <b>24</b></p> <p>Mashed Potato &amp; Gravy</p> <p>Green Beans</p> <p>Roll</p> <p>Fruit</p> 	<p>Sausage &amp; Kraut <b>25</b></p> <p>Baked Potato</p> <p>Beets</p> <p>Corn Bread</p> <p>Fruit</p> <p>Cookie</p>	<p>BBQ Chicken <b>26</b></p> <p>Baked Beans</p> <p>Corn Fritters</p> <p>Biscuit</p> <p>Fruit</p> 	<p>Lasagna <b>27</b></p> <p>California Blend Veggie</p> <p>Breadstick</p> <p>Tossed Salad</p> <p>Fruit</p>	<p>Steak Kabob <b>28</b></p> <p>Rice</p> <p>Asparagus</p> <p>Roll</p> <p>Fruit Cobbler</p> 	
				 <p>To all those celebrating a birthday this month!</p>		

\*Our menu is also posted on our website @[www.leavenworthcounty.gov/departments/council\\_on\\_aging/nutrition](http://www.leavenworthcounty.gov/departments/council_on_aging/nutrition)

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

# JUNE

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

AWARENESS  
 BAKING  
 BEVERAGES  
 COCONUTS  
 COMMUNITIES  
 FAMILY  
 GRASS SKIRT  
 HAWAIIAN  
 HYDRATION  
 INTERVENTION  
 ISOLATION  
 JUNETEENTH  
 LADYBUG  
 LASAGNA  
 ONLINE  
 PAINTING  
 PIES  
 PREVENTION  
 PROTECT  
 SAFETY  
 SHERIFF  
 SUPPORT  
 WATER

## Mark Your Calendars

**Arts & Crafts: Painting Pavers – June 6** Join us to paint pavers into bees, ladybugs, or frogs. Perfect addition to your outdoor garden! Sponsored by St. Croix Hospice. RSVP by 6/3, no cost.

**Hawaiian Party – June 7** Grab your coconuts and grass skirts and join us for some sweet treats and fun with friends! RSVP by 6/3. \$3 due at signup.

**Intergenerational Pie Baking – June 14 & 26** Volunteers are needed to help teach 4-Hers basic pie baking skills to fill the 4-H stand with homemade pies. Supplies will be provided. RSVP, no charge.

**How Can I Be Safe Online? – June 10** Want to improve your online security? David Whipple, PhD., Certified Information Systems Security Professional will be at the COA to discuss tips you can do to be more secure online.

**Hello Hydration Class – June 28** Join Anita Muniz-GrandPre from K-State Research & Extension to learn the importance of water intake, hydration, and to discuss other "heavy beverages" that are filled with sugar (sodas, juices, energy drinks). RSVP; no cost.

### Senior Express Transportation

We are able to assist with transportation needs for seniors age 50 and over, as well as persons of any age with disabilities.

Reservations are required, and taken on a first call, first serve basis, for all trip purposes. A fee is required per trip per person.

The required per trip per person fees are:

- \$2.50 per one-way trip within the County, including drive-thru business trips.
- \$10.00 per one-way trip to the Parallel Corridor, including Providence Medical Center and the Legends-area medical plazas.
- \$15.00 per one-way, out-of-county medical trips within a 50-mile radius of Leavenworth.

For current service status and to schedule your trip, call 913.684.0778.