

# LET THE SUMMER BEGIN!

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

Cancellations: 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.



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

## Event Announcement

Our Annual benefit fundraiser for Meals on Wheels will be held on Saturday, August 16<sup>th</sup> 2025. Doors open at 5:00PM; event 5:30-9:00PM. Tickets: \$40 per ticket. Reserve a table of 8 for \$300. The theme will be "Dancing Through the Decades."









## Program Delay

Kansas Senior Farmers Market Nutrition Program Has Been Delayed. The start of the KSFMN Program has been delayed due to technology issues. We apologize for the inconvenience, and there is no confirmed start date at this time, so you will not be able to receive benefits on June 1, 2025.

**Adult Protective Services**  
1.800.922.5330

**Regional Long-term Care Ombudsman**  
913.236.9385

In cases of urgent or immediate danger, call **911** or the local police or sheriff.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Spaghetti &amp; Meatballs 2</b> California Blend Veggie Bread Stick Tossed Salad Fruit 	<b>Chicken Enchilada 3</b> <b>Casserole</b> Rice & Beans Fruit Cookie	<b>Stuffed Chicken 4</b> Smashed Potatoes Peas & Carrots Roll Fruit	<b>Quiche 5</b> Asparagus Fruit Compote Cinnamon Roll Pudding	<b>Pot Roast 6</b> Potatoes & Carrots Green Beans Corn Bread Fruit 
<b>Cordon Bleu 9</b> Rice Carrots Roll Fruit	<b>Pulled Pork on Bun 10</b> Mac & Cheese Baked Beans Fruit Lemon Cake 	<b>Meatloaf 11</b> Mashed Potato & Gravy Mixed Veggie Biscuit Fruit	<b>Ham &amp; Beans 12</b> Cinnamon Apples Corn Bread Tossed Salad Fruit 	<b>Tuna Casserole 13</b> Broccoli Roll Fruit Cookie
<b>Hamburger 16</b> Oven Brown Potatoes Cauliflower Lettuce, tomato, onion, & pickle Fruit	<b>Chicken Spaghetti 17</b> Broccoli Bread Stick Spinach Salad Fruit	<b>Stuffed Pork Chop 18</b> Cheesy Potatoes Green Beans Roll Fruit	<b>CLOSED 19</b> 	<b>Broccoli Stuffed 20</b> <b>Chicken</b> Rice Cauliflower Fruit Pie
<b>Country Steak 23</b> Mashed Potato & Gravy Green Beans Roll Fruit 	<b>Sausage &amp; Kraut 24</b> Baked Potato Beets Corn Bread Fruit Cookie	<b>BBQ Chicken 25</b> Baked Beans Corn Fritters Roll Fruit	<b>Lasagna 26</b> California Blend Veggie Bread Stick Tossed Salad Fruit	<b>Steak Kabob 27</b> Rice Asparagus Roll Fruit Cobbler 
<b>Chicken &amp; Waffles 30</b> Tater Tots Mixed Vegetables Fruit	<b>Sweet Exchange Bake Sale – Saturday, June 14<sup>th</sup> 2025</b> Bring your sweet tooth and generous spirit to enjoy delicious, homemade baked goods. Proceeds support the Alzheimer's Assoc. Longest Day & The Deeper Window Association. 7:00am to 7:00pm at the KCKCC Pioneer Center, 1901 Spruce St in Leavenworth.			 <b>To all those celebrating a birthday this month!</b>

## World Elder Abuse Awareness Day

Every year on June 15, World Elder Abuse Awareness Day (WEAAD) is commemorated in America and worldwide. Through WEAAD, we raise awareness about the millions of older adults who experience elder abuse, neglect, and financial exploitation. As many as 1 in 10 older Americans are abused or neglected each year, only 1 in 14 cases of elder abuse ever come to authorities' attention. WEAAD reminds us that, as in a just society, we all have a critical role to play to focus attention on elder justice. Elder abuse can be defined as a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.

## Here are 5 things everyone can do to build community supports and prevent elder abuse.

1. Learn the signs of elder abuse and how we can solve the issue together.
2. Prevent isolation. Call or visit our older loved ones and ask how they are doing on a regular basis.
3. Talk to friends and family members about how we can all age well and reduce abuse with programs and services like law enforcement, community centers, and public transportation.
4. Sign up to be a friendly visitor to an older person in our communities.
5. Send a letter to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.

**It is up to all of us to prevent and address elder abuse!**

*Source: National Center on Elder Abuse, 05/2025.*



# JUNE

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

## Word List

ABUNDANCE  
AWARENESS  
BLACKBERRIES  
BUILD  
COMMUNITY  
DRESSINGS  
ELDER  
EXCHANGE  
FAMILY  
GARLIC SCAPES  
GRANDPARENTS  
HOMEMADE  
HYDRATED  
JUNETEENTH  
KICKSTANDS  
LEMONADE  
LILIES  
LINWOOD  
POKER  
QUICHE  
SPEECH  
SUMMER  
SUPPORT  
TASTIEST

## Learn About Elder Abuse & Financial Exploitation



It's Everyone's Business

June 9, 2025

10 - 11:30 a.m.

**Leavenworth Council on Aging**  
711 Marshall St.  
Leavenworth, KS 66048

Join us to observe  
World Elder Abuse  
Awareness Day  
(WEAAD) with a free  
community event.

Learn how to spot and  
prevent financial scams  
and exploitation  
targeting older adults.



## Caregiver Session with Chaplain Jon Kleinman with Good Shephard Hospice

Thursday, June 5<sup>th</sup> 2025. 11:00AM.

Come join us for a moment of respite and catharsis as  
we come together to support one another through  
our caregiving needs.

## Knowledge @ Noon

Tuesday, June 10<sup>th</sup> 2025. 12:00PM.

**Tonganoxie Public Library**

Homemade Dressings - Store-bought dressings are  
convenient, but they don't always taste the best. This  
session will teach participants how to make their own  
dressings to use on salads and pasta.

## Pedicures for Paws

Saturday, June 14<sup>th</sup> 2025. 1:00-4:00PM.

Nail Trim Fundraiser - Bad to the Bone Pet Care is  
offering nail trims for \$10/ dog in the COA parking lot.  
Pets should be up to date on all shots. Well behaved,  
leashed dogs welcome.

**Leavenworth County Council on Aging**

Main Phone Number: 913-684-0777

Transportation: 913-684-0778

Email: seniors1st@leavenworthcounty.gov