

WORLD ELDER ABUSE AWARENESS JUNE 2026

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










Cancelations: 913-758-6718



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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Dog & Jog Our first annual <i>Dog & Jog</i>, a dog-friendly 3K run/walk, will take place on Saturday, June 6th. Participants and their pups will enjoy a short jaunt from the COA to <i>Bad to the Bone Boarding & Grooming</i> and back. \$35 registration fee due at sign up.</p> <p>Senior Farmers Market Nutrition Program The COA will start distributing Market Cards on June 1st. Qualified residents can walk-in at the COA to apply. The COA has a limited number of market cards, and benefits are given out on a first come, first serve basis. Proof of income, residence, and ID are required for every adult who applies. For more information, please call Becky at 913.758.6726.</p> <p>9th Annual Sweet Exchange Bake Sale Saturday, June 20th 2026. 8:00AM – 4:00PM. KCKCC Pioneer Center. 1901 Spruce St. LV, KS.</p>	<p>Sloppy Joe 1 Tater Tots Mixed Veggie Bun Fruit Brownie </p>	<p>Smothered Chicken 2 Rice California Blend Veggie Roll Fruit</p>	<p>Egg Casserole 3 Biscuit & Gravy Cinnamon Apples Nature Valley Bar V-8 </p>	<p>Cabbage Roll 4 Boiled Potatoes Green Beans Roll Fruit</p>	<p>Smoked Turkey 5 Baked Potato Baked Beans Roll Fruit Orange Fluff </p>	
	<p>Chicken Sandwich 8 Oven Brown Potatoes Peas & Carrots Lettuce, Tomato, Onion & Pickle Fruit & Cookie</p>	<p>Ham & Beans 9 Carrots Corn Bread Cucumber Salad Fruit</p>	<p>Country Steak 10 Mashed Potatoes & Gravy Green Beans Roll Fruit</p>	<p>Chicken Rice Casserole 11 Stewed Tomatoes Roll Pea Salad Fruit</p>	<p>Beef Philly 12 Au Gratin Potatoes Cauliflower Bun Fruit Carrot Cake</p>	<p>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.</p> <p>One of the most powerful ways to protect yourself is through self-advocacy. Self-advocacy means speaking up for your needs, setting boundaries, and trusting your instincts. If something does not feel right, it is important to pay attention to that feeling. Whether it is a family member pressuring you to sign documents, a caregiver ignoring your wishes, or someone asking for money, you have the right to ask questions and say no.</p> <p>There are simple ways to practice self-advocacy:</p> <ul style="list-style-type: none"> • Ask questions before signing paperwork. • Keep trusted family members or friends informed. • Review bank statements regularly. • Speak up if someone is disrespectful or controlling. • Reach out for help when something feels wrong. <p>It is also important to stay connected. Isolation can increase vulnerability, while strong relationships can provide support and protection. Programs like the Council on Aging, Meals on Wheels, and Friendly Visitors help older adults remain connected to their community. If you suspect elder abuse, neglect, or exploitation, know that help is available.</p> <p>Adult Protective Services1.800.922.5330 Regional Long-term Care Ombudsman913.236.9385 In cases of urgent or immediate danger, call 911 or the local police or sheriff.</p> <p style="text-align: right;">Kat McIntyre, MSW</p>
	<p>Sausage & Kraut 15 Oven Brown Potatoes Beets Corn Bread Fruit</p>	<p>Teriyaki Chicken 16 Rice Broccoli  Egg Roll Fruit Cookie</p>	<p>Pesto Chicken 17 Noodles Asparagus Bread Stick Fruit</p>	<p>BBQ Ribs 18 Mac & Cheese Baked Beans Roll Fruit  Apple Cobbler</p>	<p>CLOSED JUNETEENTH</p>	
	<p>Hamburger 22 Tater Tots Mixed Veggie Lettuce, tomato, onion & pickle Fruit & Pudding</p>	<p>Country Chicken 23 Mashed Potatoes & Gravy Corn Roll Fruit</p>	<p>Apple Pork Chop 24 Rice Peas Roll Fruit</p>	<p>Pot Roast 25 Potatoes & Carrots Green Beans Roll Fruit</p>	<p>BBQ Chicken 26 Cheesy Potatoes Carrots Roll Fruit Strawberry Shortcake</p>	
	<p>Pork Tenderloin 29 Sweet Potato Tots Lettuce, tomato, onion & pickle Zucchini Fruit & Cookie </p>	<p>Cordon Bleu 30 Rice Cauliflower Roll Fruit </p>	<p>First Day of Summer June 21 </p>	<p>happy birthday To all those celebrating a birthday this month!</p>	<p>WORLD Elder Abuse AWARENESS DAY JUNE 15 </p>	



WHAT TO PLANT AND START GROWING IN JUNE

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

Word List

BASIL
 BEANS
 BEETS
 CARROTS
 CORN
 COSMOS
 CUCUMBERS
 EGGPLANTS
 LETTUCE
 NASTURTIUMS
 OKRA
 OREGANO
 PARSNIPS
 PEPPERS
 POTATOES
 PUMPKINS
 ROSEMARY
 SPINACH
 SQUASH
 SUNFLOWERS
 THYME
 TOMATOES
 ZINNIAS
 ZUCCHINI

UPCOMING EVENTS

Bands, Balls & Balance

Starting Wednesday, June 3rd 2026. 9:45AM.

This exercise class combines resistance bands, stability balls, and balance exercises. It is designed to enhance mobility, stability, core strength and improve balance. Suitable for all fitness levels.

AARP Safe Driving Course

Tuesday, June 9th 2026. 9:00AM – 1:00PM.

Fee: \$20 AARP members, \$25 non-members. Bring your AARP card/membership number with you. The fee will be collected by the instructor in the form of cash or check at the beginning of class. Sign up at the front desk.

Knowledge @ Noon: Summer Salsas

Tuesday, June 9th 2026. 12:00PM.

Sweet, spicy, and totally fresh! Learn how to make fresh, colorful summer salsas using seasonal produce—perfect for chips, tacos, grilling and more! Tonganoxie Library; no cost.

Gather Around: World Cup

Friday, June 12th 2026. 10AM and 12:30PM.

In this session, we will be learning about Argentinian food and fun facts about the country. We will have faina (chickpea flatbread), locro (hearty stew) and chocotorta (no-bake chocolate dessert). \$10 due at sign-up; deadline 6/5. Min. 18, Max 24.

Senior Impact Series

Monday, June 29th 2026. 12:00PM.

The COA will offer presentations that are intended to keep our 50+ population in the know about matters that impact their daily lives. Each session will feature guest speakers from local organizations to discuss updates about projects, programs, and resources. This session's presenters are from Right Place Advisors, the City of LV Rental Property Coordinator, and a data center discussion. No cost.