

INDEPENDENCE DAY

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



JULY 2024











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.

Kansas Senior Farmers' Market Nutrition Program
The Council on Aging is 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. Call the COA for more information.
Senior Day at the Fair
Friday, August 2nd at the Leavenworth County Fairgrounds. 10:00AM. Join us for entertainment, featuring Josh Bounds singing country music, bingo, 50/50 raffle, and a free hot dog lunch. Reserve transportation in advance by calling 913-684-0778.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger Stroganoff 1 Broccoli Breadstick Tossed Salad Fruit 	Smoked Turkey 2 Baked Potato Baked Beans Pea & Cheese Salad Pudding Roll	Egg Casserole 3 Biscuits & Gravy Cinnamon Apples V-8 Juice	CLOSED 4 	Swiss Steak 5 Scallop Potatoes Carrots Fruit Roll Dump Cake
Hamburger/Bun 8 Oven Brown Potato Mixed Veggie Lettuce, tomato, onion & pickle Fruit	Chicken Spaghetti 9 Brussel Sprouts Bread Stick Cucumber Salad Banana Cookie	Smothered 10 Pork Chop Rice Green Beans Lemon Cake Fruit & Roll	Chicken Sandwich 11 California Blend Veggie Sweet Potato Tots Fruit Bun	Cabbage Roll 12 Garlic Smashed Potato Peas & Carrots Roll Fruit Bread Pudding
Cordon Bleu Chicken 15 Rice Zucchini Roll Orange 	Ham Steak 16 Sweet Potatoes Peas Roll Fruit Cream Puff	BBQ Chicken 17 Mac & Cheese Biscuit Cole Slaw  Fruit	Meatloaf 18 Mashed Potato & Gravy Carrots Roll Fruit	Ham & Beans 19 Corn Bread Curry Fruit Caesar Salad  Cookie
Spaghetti & Meat 22 Asparagus Bread Stick Tossed Salad Banana	Pork Burger 23 Tater Tots Roasted Tomato Pickle & Onion Fruit Chocolate Cake	Chicken Pot Pie 24 Spice Peaches Squash Tortellini Salad Fruit	Corn Beef/Cabbage 25 Boiled Potatoes Carrots Corn Bread Fruit	Turkey & Dressing 26 Mashed Potato & Gravy Green Beans Roll Fruit Pumpkin Pie
Sausage & Kraut 29 Oven Brown Potatoes Beets Corn Bread Fruit	Chicken Ranch Cass. 30 Broccoli Tossed Salad  Bread Stick Fruit Rice Crispy Treat	Roast Beef 31 Mashed Potatoes Carrots Roll Fruit	 MEALS on WHEELS EASTERN KANSAS	 Happy Birthday To all those celebrating a birthday this month!

How to Select a Sunscreen
Choosing the right sunscreen can help reduce your risk of skin cancer and early skin aging caused by the sun. Sunscreen is an important tool in the fight against skin cancer, including melanoma, the deadliest form of skin cancer. 1 in 5 Americans will develop skin cancer in their lifetime. When selecting a sunscreen, make sure the label says:
Broad spectrum: The words "broad spectrum" means that the sunscreen can protect your skin from both types of harmful UV rays – the UVA rays and the UVB rays.
SPF 30 or higher: The American Academy of Dermatology recommends that you select a sunscreen with an SPF rating of 30 or higher.
Water resistant: Dermatologists also recommend that you look for the words "water resistant." This tells you that the sunscreen will stay on wet or sweaty skin for a while before you need to reapply. Water resistance lasts either 40 or 80 minutes. Not all sunscreens offer water resistance. One ounce of sunscreen, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body. Remember, sunscreen alone cannot fully protect you. In addition, seek shade and wear sun-protective clothing, including a wide-brimmed hat and sunglasses, whenever possible. To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit SpotSkinCancer.org.
Source: American Academy of Dermatology Association

*Our menu is also posted on our website @www.leavenworthcounty.gov/departments/council_on_aging/nutrition

*Follow us on Facebook – www.facebook.com/LVCOUNTYCOA

JULY

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

Word List

ACRYLICS
 ASSESSMENTS
 BALANCE
 CARDIOVASCULAR
 CONCERT
 COOKOUT
 COUNTRY
 DETECTION
 FAIR
 FARMER
 FIREWORKS
 FITNESS
 FLEXIBILITY
 HEAT
 INDEPENDENCE
 MARKET
 MELANOMA
 OSHER
 PAINTING
 PARADE
 STENGTH
 SUMMER
 SUNSCREEN
 VOUCHER

Bauder Arts - Acrylics

Tuesday, July 2nd 2024. 10:00AM.

Local artist, Nancy Bauder, will be at the COA to host an acrylic painting class. RSVP by 6/28; \$30 due at signup. Max 15.

Senior Fitness Assessments

Monday, July 15th 2024. 1:00-4:30PM.

USM Physical Therapy students will offer a fitness assessment for Leavenworth County residents. This will include assessments of strength, cardiovascular fitness, flexibility, and balance. The assessment will last approximately 30 minutes. No cost. Sign up at the receptionist desk.

KU Osher Course

Wednesday, July 17th, 24th, and 31st. 2:00PM.

More Voices of the Willows. We'll explore the early 20th century world of adoption in Kansas City and share adoptees' and birth mothers' heartwarming and sometimes heart wrenching stories. Ranging from 1908 until 1969, these voices express the common need to know "Who am I?" and longing for medical history, fear of hurting adoptive parents, and guilt for being forced to give up a baby.

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.