

THE DOG DAYS OF SUMMER

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

Cancellations: 913-758-6718



AUGUST 2026



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.

<i>What's Happening</i> GLP-1 Weight Loss Therapy for Medicare Beneficiaries August 18th 2026. 11:00AM. Join Dr. Michael Albrecht of BrightMed Clinic for a plain language look at GLP-1 medications – the medicines behind names like Ozempic, Wegovy, Mounjaro, and Zepbound – and what they mean for Medicare beneficiaries. We'll cover how they work, their benefits and side effects, who should avoid them, and how the new Medicare GLP-1 Bridge can make them available for just \$50 a month. Come with your questions; you'll leave knowing whether these medications might be right for you and how to take the next step. COA Exercise Class Notification Cardio Drumming will resume on Tuesdays and Thursdays at 10:00am beginning in October.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	How Do medications Affect Your Heat Tolerance? First, it's important to understand how your body deals with heat and works to maintain that ideal internal temperature of 98.6 degrees. To cool off, your body has several tricks. One is perspiration or sweat. When sweat evaporates from your skin, it cools the body. Another is when the blood vessels underneath your skin vasodilate (widen) and bring warm blood closer to your skin, allowing the skin to release heat. Several different medications, though, can interfere with this complex thermoregulation system by limiting the body's ability to sweat or by reducing blood flow to the skin. Medications can also cause dehydration, and some may make the skin more sensitive to the sun, causing a rash or sunburn. Some individuals are more susceptible to these heat related issues than others. Risk factors include being over 65, having chronic medical conditions and being overweight. Spending time outside during the warmest part of the day – especially if you are doing yard work, physical activity or exercise – also increases your risk. Tips for Managing Medications in the Heat - Don't abruptly stop any medication. Many must be taken daily to keep the blood level high enough. Talk to your doctor if you are concerned. - Make sure you store medications properly. Insulin, for example, can become less effective if left in the heat. - Stay hydrated. Clues that you might be dehydrated are loss of body weight, making less urine and producing urine that's darker than usual. Water from the tap (squeeze some lemon juice in for flavor) is a great way to hydrate, but be sure to check with your doctor if you have been put on fluid restriction. Avoid alcohol. <i>Source: Merle Myerson, M.D., AARP, 7/2026</i>
	Sloppy Joe 3 Tater Tots Mixed Veggie Fruit Cookie  Bun	Hawaiian Chicken 4 Rice California Blend Veggie Roll Fruit	Country Steak 5 Mashed Potatoes & Gravy Green Beans Roll Fruit	Quiche 6 Broccoli Cinnamon Apples Cinnamon Roll Pasta Salad 	Ham Steak 7 Sweet Potatoes Oven Roasted Veggies Roll Fruit Bread Pudding	
	Pork Tenderloin 10 Oven Brown Potatoes California Blend Veggie Fruit Pudding	Stuffed Chicken 11 Scallop Potatoes Peas Roll Fruit	Sliced Beef 12 Wild Rice Brussel Sprouts Roll Fruit	Sheppard Pie 13 Stewed Tomatoes Cucumber Salad Roll Fruit	Smoked Turkey 14 Baked Potato Corn Roll Fruit Pecan Pie	
	Spaghetti & Meatballs 17 Zucchini Bread Stick Jello Salad Fruit	Smothered Chicken 18 Rice Carrots  Roll Fruit	Chili Frito Pie 19 California Blend Veggie Curry Fruit Tomato Salad Lemon Cake	Stuffed Pork Chop 20 Mashed Potatoes & Gravy Corn Roll Fruit	Pot Roast 21 Potatoes & Carrots Green Beans Roll Fruit Blueberry Dump Cake	
	Hamburger 24 Tater Tots Mixed Veggie Fruit Brownie	Ham & Beans 25 Cinnamon Apples Corn Bread Cucumber Salad	Country Chicken 26 Mashed Potatoes & Gravy Green Beans Roll Fruit	Spaghetti Pizza 27 Cauliflower Bread Stick Tossed Salad Fruit	Baked Chicken 28 Oven Brown Potato Carrots Roll Fruit Lemon Dessert 	
	Chicken Philly Sandwich 31 Sweet Tater Tots Broccoli  Fruit Cookie	Celebrating 50 Years of Meals on Wheels <i>A Night of Glitz and Giving – A Benefit Fundraiser for Meals on Wheels</i> Saturday, August 22nd 2026. 5:30PM – 9:00PM. Riverfront Community Center. Tickets: \$50. Dinner, Dancing, Games & More. Tickets will be sold in advance at the COA M-F from 7:00AM – 4:00PM.			 to all those celebrating a birthday this month!	

Our menu is also posted on our website @www.leavenworthcounty.gov/COA



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

THE UNITED STATES (PART 2)

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

Word List	UPCOMING EVENTS
MONTANA	COA Spirit Week
NEBRASKA	August 3 rd – 7 th , 2026
NEVADA	Help us kick off Back to School season with a school supplies collection drive and Spirit Week. We will donate all the collected items to a local elementary school. We will have a different theme each day. We encourage you to wear your fun outfits to all the COA activities! The COA staff will be participating as well! **See flyer for more details.
NEW HAMPSHIRE	- Monday – Sports Day - Tuesday – Crazy Hair/Hat Day - Wednesday – Pajama Day - Thursday – Your Teen Years - Friday – Tie-Dye Day
NEW JERSEY	Blood Drive
NEW MEXICO	Monday, August 10 th , 2026. 11:00AM – 3:00PM.
NEW YORK	Open to all ages. Make an appointment at www.redcrossblood.org , on the blood donor app, or walk-ins are welcome.
NORTH CAROLINA	Diamond Art Craft
NORTH DAKOTA	Tuesday, August 11 th , 2026. 9:00AM.
OHIO	Join us for a fun morning of crafting. We will be making a gorgeous Diamond Art bookmark. It would make a fantastic gift or to keep for yourself! All materials provided and no cost for the class. Class limit 16; please sign up at the front desk by August 5.
OKLAHOMA	Kansas Legal Services
OREGON	Kansas Legal Services (KLS) is a statewide non-profit corporation dedicated to helping low-income Kansans meet their basic needs by providing crucial legal and mediation services. As the primary legal aid organization in Kansas, KLS ensures equal access to justice for the most vulnerable citizens.
PENNSYLVANIA	Getting Legal Assistance
RHODE ISLAND	Individuals seeking legal assistance must first apply. KLS field offices can't answer any questions or give legal advice until they have an application on file. KLS gives free or low-cost civil legal advice and representation for persons whose incomes make them eligible. You will find out if you are eligible for legal assistance by talking with an Intake Specialist, whether you apply online or call our intake line. Go to www.kansaslegalservices.org or call 316-267-3975.
SOUTH CAROLINA	
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