

OCTOBER 2025

THE SOURCE

COUNCIL ON AGING



Live Well. Age Well.

711 Marshall Street, Suite 100
Leavenworth, KS 66048

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Our Programs

Chore Assistance

Errand & Shopping Support

Information & Assistance

Legal Service

Leisure & Learning Program

Nutrition Program

Pets & Loving Seniors Program
(PALS)

Pet2Vet Program

Prescription Drop Off

Senior Health Insurance Counseling

Social Services

Support Groups

Telephone & Visiting Support

Senior Express Transportation

Help the Council on Aging fill Christmas stockings!

COA STAFF WILL BE AT



ON FRIDAY, OCTOBER 17TH

FROM 11:00AM-6:00PM

Address: 720 Eisenhower Road

We will be collecting items to fill **Christmas Stockings** for homebound seniors, seniors without family or seniors who are facing challenges.

For more information, call Dawn Owens at 913-684-0786.

Items Needed:

- ♦ hard candy and sugar free candy
- ♦ snack packages of cookies and crackers
- ♦ Jell-O snack cups and pudding cups
- ♦ applesauce (sweetened and no-sugar added)
- ♦ cookies (regular & sugar free)
- ♦ small canned meats, fruit, vegetables
- ♦ toothpaste and toothbrushes
- ♦ word search and crossword puzzle books
- ♦ winter gloves, hats and scarves for men and women
- ♦ small Kleenex



MEDICARE OPEN ENROLLMENT PERIOD



What's new and important?

Check out what's new in Medicare in 2026 and important information to help you manage your health and wellness.

Capping what you pay for prescription drugs

If you have Medicare drug coverage (Part D), your yearly out-of-pocket Part D drugs will be capped at \$2,100 in 2026. Once you reach this cap, you won't have to pay a copayment or coinsurance for covered Part D drugs for the rest of the calendar year (Page 83 in the *Medicare & You 2026* handbook).

More drug cost savings for you

Learn how Medicare prescription drug prices are changing in 2026 (Page 81 in the *Medicare & You 2026* handbook).

Meeting your health care needs

Medicare now pays for Advanced Primary Care Management services each month where your doctor or other health care provider coordinates and tailors care to your needs. Providers that offer these services must give you 24/7 access to your care team or provider and more (Page 31 in the *Medicare & You 2026* handbook).

Early detection matters

Medicare covers a wide range of colorectal cancer screenings, including computed tomography (CT) colonography. Getting screened is an important part of cancer prevention and early detection (Page 36 in the *Medicare & You 2026* handbook).

Help Medicare fight fraud and cut waste

Protect yourself from fraud and medical identity theft by checking your Medicare Summary Notices (MSNs), and your receipts and statements, for errors or services you didn't get. If you think your Medicare Number has been used fraudulently, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048 (Pages 105–106 in the *Medicare & You 2026* handbook).



Go digital with Medicare

You can get Medicare resources at your fingertips! Start by logging into (or creating) your secure Medicare.gov account. There, you can manage your prescriptions, get your Medicare Summary Notices (MSNs) electronically, switch to the electronic version of this handbook, and more. You can also sign up for emails on the latest Medicare news. There's never been a better time to switch from paper to digital.

Click the image below to access the 2026 handbook.



Medicare & You 2026

The official U.S. government Medicare handbook



Medicare

Where can people find Medicare plan information or compare plans?

You can explore Medicare coverage options by:

- ⇒ Going to www.medicare.gov - Find health & drug plans
- ⇒ Calling 1-800-MEDICARE (1.800.633.4227) and speaking to a real person. TTY users can call 1.877.486.2048.
- ⇒ Making an appointment with a Senior Health Insurance Counseling for Kansas (SHICK) counselor. To schedule an appointment, call the COA at 913.684.0777.

NUTRITION CORNER:

WHAT IS THE NO. 1 HEALTHIEST FALL FOOD?

What is the No. 1 healthiest fall food?

Fall is one of my favorite seasons for fruits and veggies.

With seasonal options including pumpkin, squash, pomegranates, pears and plenty more, there are many delicious healthy options in the store. Not to mention seasonal foods taste better and are more accessible and affordable.

These 10 foods not only add nutrition to your plate, but they are ideal for cozy fall dishes, like soups, roasted veggies, casseroles, baked goods and even breakfast favorites, like oatmeal and smoothies.

What is the healthiest fall food?

Pomegranates

This vibrant fall fruit is rich with nutrients including fiber, vitamin C, vitamin K and folate. But, most notably, pomegranates contain polyphenols, or inflammation-fighting plant compounds that have been extensively studied for their health benefits.

Research links eating pomegranate arils (seeds) and drinking pomegranate juice with reductions in



obesity, diabetes, cardiovascular diseases and even some cancer types.

Add pomegranates to morning oatmeal or yogurt or toss them with roasted veggies for a simple side dish.

Other healthy fall foods

Seek out these dietitian-approved healthy autumnal foods in your supermarket or at a local farmer's market.

◇ Apples

◇ Pumpkin

◇ Winter squash

◇ Cranberries

◇ Mushrooms



◇ Pears

◇ Brussel sprouts

◇ Cauliflower

◇ Parsnips

◇ Persimmons



Whether you enjoy them mashed, roasted or as fries, sweet potatoes are an inexpensive and delicious veggie side.

Source: Today.com, 10/2024

Looking for a way to give back to the community?

VOLUNTEER WITH LEAVENWORTH COUNTY

THE POWER OF A KNOCK

A knock at the door might not seem like a big deal to many of us. But, to a homebound senior, it could signal the arrival of the only person they might see all day or all week long. It brings hope. It brings health. It brings the nutrition and care that will completely make their day. A knock from Meals on Wheels can even save lives.

The power of a knock transforms lives.

What is the power of a knock?



- Do you have 90 minutes during the week? (late morning)
- Do you like meeting new people?
- Do you want to help those in our community?
- Do you drive?

For information about volunteering for Meals on Wheels, please contact Dawn Owens at dowens@leavenworthcounty.gov or at 913.684.0786.

*All Meals on Wheels volunteers must be able to pass a criminal background check.



6 FALL HOME PROJECTS THAT CAN'T WAIT

Get ready for winter by checking gutters, pipes, heating systems.

Shorter days and cooler weather make it tempting to curl up under a blanket and hibernate until spring. It's a good plan, but before the snow flies, cross these six home improvement projects off your list.



1. Clean the gutters.

The first snowfall of the season is not the time to learn your gutters are filled with debris or too loose to handle the weight of the snow.

Clean your gutters, or better yet hire a pro to tackle the job. While you're at it, look for areas where gutters are loose and may have torn away from the house. Reattach them using gutter spikes, brackets or hangers. Clean, well-secured gutters are essential to protect the foundation of your home and reduce the risk of basement flooding.

2. Check smoke detectors.

When you change the clocks to standard time, change the batteries in your smoke detector.

Remember, if your alarm chirps—a sign the battery is low—replace it, no matter the time of year.



ALEXRATHS/GETTY IMAGES

Once you've replaced the batteries, test the smoke detector: It's as simple as pushing the button to make sure the alarm goes off. Don't ignore hardwired smoke detectors; many have battery backups and those batteries need to be replaced, too. You should also replace any smoke detectors that are over 10 years old.

3. Hire a chimney sweep.

A chimney sweep isn't just a character from Mary Poppins. These fireplace pros remove soot and creosote that build up in the chimney and pose a fire risk. A professional chimney sweep, certified through the Chimney Safety Institute of America (CSIA), will clean the chimney and inspect the entire fuel venting system for warped metal on the damper, cracked or collapsed flue tiles,

cracks in the exterior masonry and other signs of fire damage. The National Fire Protection Association recommends an annual chimney inspection.

4. Perform furnace maintenance.

Call in the pros before turning on the heat. Regular maintenance ensures that your furnace runs at peak efficiency. Without semiannual maintenance (in the spring before running the air conditioner and in the fall before turning on the heat), airborne allergens may get trapped in the filters, resulting in poor indoor air quality.

AARP suggests having the furnace inspected to make sure it's in good working order and changing the filters before starting it up for the first time.



CSMEDIA/GETTY IMAGES

5. Winterize water pipes.

Data from the Insurance Information Institute shows that almost 30 percent of homeowners insurance claims were related to water damage and freezing. So make sure to drain outdoor water spigots and winterize water pipes to reduce the risk.

You can winterize water pipes by locating your hose bib shut-off valve, which may be in a basement or crawl space, and turning it off at the source. For extra protection, purchase a Styrofoam cover that attaches over the outdoor spigots to keep them from freezing.

6. Assess windows and doors.

Heat lost through windows and doors can account for up to 30 percent of home energy use, according to the U.S. Department of Energy.

To keep heat in the house, look for cracks or gaps in the exterior caulking, check seals around exterior door and add caulking or weather stripping as needed. While these DIY fixes can reduce heat loss, a professional energy assessment can provide additional insights into areas where you may be losing heat and recommend fixes. Call your utility company to ask about their services or get a recommendation for a pro.

Source: AARP, 10/2021

BREAST CANCER AWARENESS

Heathy Habits

Breast cancer risk factors

When it comes to breast cancer, there are some risk factors that you can't control, such as your age and genetics. But there are other risk factors that are in your power to control. Although breast cancer cannot be completely prevented, taking control of these risk factors and adopting healthy habits can help reduce your risk for breast cancer.



What can I do to reduce my risk of breast cancer?

Adopting healthy habits can help reduce your risk of developing breast cancer. You can:

Maintain a healthy weight: Obesity is a risk factor for developing cancer in both men and women. Maintaining a healthy weight can help reduce your risk of obesity and of developing cancer.

Eat fruits and vegetables: Eating 3.5 to 5 cups of fruits and vegetables daily has been shown to reduce the risk of breast cancer.

Stay physically active: Studies have shown that women who are physically active have a lower risk of breast cancer than inactive women. Try to move your body at least 20 minutes every day to reduce your risk of developing breast cancer.

Do not smoke: Smoking and even breathing second-hand smoke is a risk factor for developing many types of cancer, including breast cancer. Eliminate smoking and second-hand smoke from your lifestyle to reduce this risk.

Limit alcohol consumption: Frequent consumption of alcohol can increase your risk for breast cancer. The more alcohol you consume, the greater your risk.

Schedule your screenings: Staying proactive about your health through receiving regular health screenings, such as mammograms, well-woman exams, and other screenings as recommended by your doctor, can help identify health problems in their early stages when they are easier to treat.

The 10 Screenings Women Should Know

Regular screenings can help identify certain health conditions early, when they are easier to treat. Learn what types of screenings women need, when they need them, and what to expect in this free guide.

 [Get the Free Screenings Guide](#)



IT IS IMPORTANT TO READ YOUR MAIL

Everyday you receive a lot of mail and we recommend that our readers open and read it. Not reading your mail could have a negative impact on your services or benefits and can even have legal consequences.

Definitely take the time to open and read mail from the following organizations:

- Kansas Department for Aging & Disability Services (KDADS), Centers for Medicare and Medicaid Services (CMS),
- Kansas Department of Health & Human Services (KDHE), Division of Children & Families (DCF),
- Social Security Administration (SSA),
- KanCare Clearinghouse, and
- your insurance companies (medical, homeowners and vehicle).

If you have difficulty understanding your mail, contact the organization who sent it. Many times they have a customer service number listed on the correspondence.



VOLUNTEER INCOME TAX ASSISTANCE ----- VITA -----

Looking for a volunteer opportunity in your community?

The Leavenworth County COA is looking for volunteers for the 2025 tax season. Volunteer roles include client greeter/screener and tax preparer.

The IRS's VITA program offers free basic tax return preparation to qualified individuals. The VITA program has operated for over 50 years, and specializes in questions about pensions and retirement-related issues unique to seniors.

VITA services are not only free, they are also a reliable and trusted source for preparing tax returns. All VITA volunteers who prepare returns must take and pass tax law training that meets or exceeds IRS standards. All volunteers complete training on maintaining the privacy and confidentiality of all taxpayer information.

A tax background is not required. Training will be provided in January 2026. The VITA program runs through the end of March.

If you are interested or need more information, please contact Jessica at 913.684.0733 or email jpontbriant@leavenworthcounty.gov.

LOW INCOME ENERGY ASSISTANCE PROGRAM

LIEAP can help pay your home heating bills!

ENERGY ASSISTANCE

The start date of the 2026 LIEAP season is contingent on approval of federal funding for the program. DCF is awaiting updates from the federal government regarding the required financial support. If the federal funding becomes available, DCF will continue planning the 2026 LIEAP. Information regarding the next application period will be provided when it is available.





HAPPY Halloween

EAT, DRINK + BE SCARY
COSTUME CONTEST - GAMES - HALLOWEEN TREATS
Prizes for funniest, most original & overall best costumes.

JOIN US FOR A FRIGHTFULLY GOOD TIME!

OCTOBER 31 2025	PARTY STARTS @ 1:00PM RSVP BY OCTOBER 28 TH	FEE DUE AT SIGN UP. \$4
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COA
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711 Marshall St., Suite 100
Leavenworth, KS 66048
913.684.0777
seniors1st@leavenworthcounty.gov
www.leavenworthcounty.gov/COA

?? RIDDLES ?? RIDDLES ??

1. What is brown and has a tail, a head, and no legs?
2. I have keys but no locks. I have space but no room. You can enter, but there's no door. What am I?
3. I have cities but not houses. I have mountains but no trees. I have coasts but no sand. What am I?
4. You see me once in June, twice in November, and not at all in May. What am I?
5. I have only two words but thousands of letters. What am I?
6. I have 13 hearts but no lungs or stomach. What am I?



Answers: 1. A penny. 2. A keyboard. 3. A map. 4. The letter E. 5. The post office. 6. A deck of cards.





To be added to our email distribution list, please contact us @seniors1st@leavenworthcounty.gov



For our full events and activities calendar, visit our homepage @Council on Aging



**FOLLOW US ON
FACEBOOK**



CLICK HERE TO BE DIRECTED TO OUR PAGE.

AGING RESOURCES

- Adult Protective Services.....1.800.922.5330
- Emergency Respite:
 - Country Care.....913.773.5517
 - Medical Lodge.....913.772.1844
- Guidance Center.....913.682.5118
- Kansas Aging and Disability Resource Center
 -855.200.2372
- Leavenworth County Health Department
 -913.250.2000
- Medicare1.800.633.4227
- Poison Control Center.....1.800.222.1222
- Property Fraud LV County.....1.913.684.0424
- Social Security Office1.800.772.1213
- Wyandotte/Leavenworth Area Agency on Aging
 -913.573.8531

To best accommodate all of our clients, the COA is set to take payments and donations online through **PayPal**.

Scan the QR code or in PayPal search for **Leavenworth County Council on Aging** or use **@LVCOA**



Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:
Leavenworth County Council on Aging

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Blood Drive **Leavenworth County** **Council on Aging**

Activity Room C
711 Marshall St.
Leavenworth, KS 66048

Monday, October 6, 2025
11:00 a.m. to 3:00 p.m.

Sign up @ [Donate Blood, Platelets or Plasma. Give Life | Red Cross Blood](#)

LEAVENWORTH COUNTY COUNCIL ON AGING ADVISORY BOARD

The Leavenworth County Council on Aging's Advisory Board works in an advisory capacity to further the agency's mission. Working collaboratively with the Executive Director, the Advisory Board ensures accountability and transparency, enhances the agency's visibility and partnerships, champions and represents the interests of the agency and ensures there are adequate resources to carry out the Council on Aging's mission to help older adults in Leavenworth County live and age well. All Advisory Board meetings are open to the public.

NEXT MEETING:

October 22, 2025 at 1:30pm
711 Marshall Street, Suite 100
Leavenworth, KS 66048
913.684.0777

The Leavenworth County Council on Aging Advisory Board is looking for applicants to fill an open seat on the Board. For information on how to apply, contact Connie Harmon at 913.684.0784.