

MARCH 2025



Live Well. Age Well.

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Leavenworth, KS 66048

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THE SOURCE

COUNCIL ON AGING

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- ◆ United Way's 211 Community Resources
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- ◆ In-Home Support Program Announcement
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Our Programs

- Attendant Support
- Chore Assistance
- Errand & Shopping Support
- Information & Assistance
- Legal Service
- Leisure & Learning Program
- Nutrition Program
- Pets & Loving Seniors Program (PALS)
- Pet2Vet Program
- Senior Health Insurance Counseling
- Social Services
- Support Groups
- Telephone & Visiting Support
- Senior Express Transportation

A MESSAGE FROM GEORGIA MOORE, COA NUTRITION COORDINATOR:

The end of February opens the door to welcome March. This is the Council on Aging's time to shine the spotlight on our March For Meals Community Champions Month. This year **#endthewait** is our focus because for the first time in our history we have an actual waitlist to receive Meals on Wheels. Our current waitlist can have delays up to 30 days. Going out to deliver meals with members of state, county and city government agencies allows them the opportunity to see the people that are in the greatest need for what our local program offers. It also gives them the chance to experience the gratitude that exudes from the seniors of Leavenworth County upon receiving their hot nutritious meal. It is a feeling that warms the heart on the coldest of days. It is a feeling that is too good not to share! If you have any questions about Meals on Wheels or Champions Month, please feel free to call Georgia at 913.684.0776.



COA JOINS MEALS ON WHEELS AMERICA IN CAMPAIGN TO END THE WAIT™ FOR MILLIONS OF SENIORS FACING HUNGER AND ISOLATION

Our nation’s senior population is growing and changing rapidly. Today, 1 in 4 Americans is 60+ with 12,000 more turning 60 every day. With that, our loved ones, friends and neighbors are living longer with less money, and many lack the income to pay for basic needs.

This year our Meals on Wheels team and volunteers are on track to deliver a record 111,000 meals; however, even with this enormous feat, our program has a waitlist for the first time. We’re facing challenges of rising food costs, escalating operating costs, and a decrease in federal and state funding, despite an increased demand for meals. For the first time in 25 years, we were forced to increase the price of our meals from \$2 to \$3 per meal to address these challenges, even though our data reflects over 40% of our current program participants are not able to afford the requested \$3.00 per meal donation. Despite their ability to pay, we will continue to be their lifeline, as no one is ever denied a meal.

In spite of facing our highest demand for home-delivered meals in our program’s history, the COA’s Meals on Wheels program is committed to being a part of the solution that starts with a meal and delivers on so much more. We understand the warm hello and conversation that accompany Meals on Wheels meal deliveries are vital lifelines that keep homebound seniors healthy and alive. I’m asking for your support to help us *End the Wait* and ensure a growing number of Leavenworth County seniors are not alone and have the nutritional support they so desperately need.

IN 2024, the Leavenworth County COA Meals on wheels Program Provided:

110,979 hot meals to **1,787** seniors thanks to over **140** volunteers & **20+** COA Staff.



Looking for a way to give back to the community?

VOLUNTEER WITH MEALS ON WHEELS

- 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?

The Meals on Wheels solution starts with the meal... and delivers on so much more.

“I am a proponent for volunteering where you live. Supporting your local organizations, events, and activities makes your community better and stronger. In staying very local, you know exactly where your dollars, time, and/or efforts are going. You learn more about where you live and you meet tons of people and make lasting connections. I have been volunteering on Tuesdays with Meals on Wheels in Tonganoxie for about 3 years. I enjoy the people I get to meet and think it is a worthwhile cause. I thought the schedule might be too time consuming, but it can be very manageable and the Council on Aging works with you. Consider checking out how you can help.”

-Gretchen, MOW Volunteer

SERVICES PROVIDED:

- 100%** provide socialization opportunities
- 97%** train drivers to keep an eye out for senior wellbeing
- 88%** train drivers to keep an eye out for safety issues around the clients’ home
- 66%** connect seniors to services in the community when needs are identified

If you would like to be a Meals on Wheels volunteer, contact Dawn Owens at 913.684.0786.

Email dowens@leavenworthcounty.gov

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

Want to donate to the Leavenworth County Meals on Wheels Program?

Stop by the COA or call our office to find out how you can help!

VITA Tax preparation is provided by the Leavenworth County Council on Aging to qualifying seniors free of charge, now through March 31st. Tax services are by appointment. To qualify, you must:

- ⇒ be a Leavenworth County resident and
- ⇒ be 60 years or older with income less than \$67,000 with no farm or rental income.
- ⇒ Other restrictions may apply.

Call the VITA Tax Team at 913.364.5204 to schedule your appointment. **Appointment slots are limited.**

Please be patient as our phone line receives a high volume of calls.

Did you know.....

Each and every taxpayer has a set of fundamental rights they should be aware of when dealing with the IRS.

The Right to Be Informed

Taxpayers have the right to know what they need to do to comply with the tax laws. They are entitled to clear explanations of the laws and IRS procedures in all tax forms, instructions, publications, notices, and correspondence.

[Learn more about your right to be informed.](#)

The Right to Quality Service

Taxpayers have the right to receive prompt, courteous, and professional assistance in their dealings with the IRS, to be spoken to in a way they can easily understand, to receive clear and easily understandable communications from the IRS, and to speak to a supervisor about inadequate service.

[Learn more about your right to quality service.](#)

The Right to Pay No More than the Correct Amount of Tax

Taxpayers have the right to pay only the amount of tax legally due, including interest and penalties, and to have the IRS apply all tax payments properly.

[Learn more about your right to pay no more than the correct amount of tax.](#)

The Right to Challenge the IRS's Position and Be Heard

Taxpayers have the right to raise objections and provide additional documentation in response to formal IRS actions or proposed actions, to expect that the IRS will consider their timely objections and documentation promptly and fairly, and to receive a response if the IRS does not agree with their position.

[Learn more about your right to challenge the IRS's position and be heard.](#)

The Right to Appeal an IRS Decision in an Independent Forum

Taxpayers are entitled to a fair and impartial

administrative appeal of most IRS decisions, including many penalties, and have the right to receive a written response regarding the Office of Appeals' decision.

[Learn more about your right to appeal an IRS decision in an independent forum.](#)

The Right to Finality

Taxpayers have the right to know the maximum amount of time they have to challenge the IRS's position as well as the maximum amount of time the IRS has to audit a particular tax year or collect a tax debt.

[Learn more about your right to finality.](#)

The Right to Privacy

Taxpayers have the right to expect that any IRS inquiry, examination, or enforcement action will comply with the law and be no more intrusive than necessary, and will respect all due process rights, including search and seizure protections and will provide, where applicable, a collection due process hearing.

[Learn more about your right to privacy.](#)

The Right to Confidentiality

Taxpayers have the right to expect that any information they provide to the IRS will not be disclosed unless authorized by the taxpayer or by law. Taxpayers have the right to expect appropriate action will be taken against employees, return preparers, and others who wrongfully use or disclose taxpayer return information.

[Learn more about your right to confidentiality.](#)

The Right to Retain Representation

Taxpayers have the right to retain an authorized representative of their choice to represent them in their dealings with the IRS. Taxpayers have the right to seek assistance from a Low Income Taxpayer Clinic if they cannot afford representation.

[Learn more about your right to retain representation.](#)

The Right to a Fair and Just Tax System

Taxpayers have the right to expect the tax system to consider facts and circumstances that might affect their underlying liabilities, ability to pay, or ability to provide information timely. Taxpayers have the right to receive assistance from the Taxpayer Advocate Service if they are experiencing financial difficulty or if the IRS has not resolved their tax issues properly and timely through its normal channels.

[Learn more about your right to a fair and just tax system.](#)



Every hour of every day, residents of the 23 counties surrounding Kansas City call United Way 211 or look to 211KC.org in search of essential human services.

United Way's 211 service is available to ALL members of our community--whether you've fallen on hard times, just received a medical diagnosis and don't know where to turn or need mental health resources, 211 is available to YOU.

Simply dial 211 to connect with caring Community Resource Navigators who are trained to navigate a database of more than 7,000 community services. United Way 211 also serves as a key link for emergency response coordination during disasters by connecting volunteers and donors with opportunities to help neighbors needing assistance. It is FREE AND CONFIDENTIAL. You can also search a database of resources online at 211KC.org.

UNITEDWAYGKC.ORG

NEED HELP?
DIAL 211 OR VISIT 211KC.ORG

FIND HELP FOR:



MENTAL HEALTH



HOUSING



HEALTH SERVICES



FOOD



UTILITIES



EMPLOYMENT



TAX PREPARATION



PARENTING SUPPORT

AND SO MUCH MORE.

FREE. CONFIDENTIAL. AVAILABLE 24/7 – 365 DAYS A YEAR.

Also available at (816) 474-5112 or toll-free (866) 320-5764. Email 211kc@uwgkc.org
Language interpretation available.



Get connected. Get help.™ | 211KC.ORG



CARFIT: HOSTED BY UNIVERSITY OF SAINT MARY OCCUPATIONAL THERAPY PROGRAM

April 8, 2025 from 10am– 12pm at the Council on Aging
Call or stop by the COA to sign up for a timeslot.



Helping Mature Drivers Find Their Safest Fit



What is CarFit for the older driver?

CarFit is an educational program developed by AARP and the American Occupational Therapy Association that offers older adults the opportunity to check how well their personal vehicles "fit" them. The program provides information and materials on community-specific resources that could enhance their safety as drivers and/or increase.

Why is CarFit important?

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies. (Source: NHTSA)
Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

How is a CarFit check completed?

At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.



CARE: Client Assessment, Referral and Evaluation

Assessment and planning to guide your choice for long term care.

What is CARE?

CARE stands for Client Assessment, Referral and Evaluation. Everyone admitted into a long term care facility from any type of community based living must have a CARE assessment prior to admission.

What is the purpose of CARE?

CARE helps people find appropriate long term care services and collects data on the need for home and community based services. Visiting with a CARE assessor will give you a chance to discuss your available long term care options. The CARE assessor has information about services in your community. Even if you have already tried and failed to find services, the CARE assessment will be useful in recording the lack of service in your community. The Kansas Department for Aging and Disability Services reports its findings on service availability to the Governor and the Legislature each year.

What is a CARE assessment?

The assessment is a personal interview with you (and your family or other caregivers such as a guardian/ conservator when appropriate) to evaluate your health and functional abilities. It should take no more than one hour.

Who conducts the assessment?

Hospital personnel and Area Agency on Aging (AAA) staff or contractors perform CARE assessments. If you are in a hospital and plan to go to a nursing home, hospital personnel (probably a discharge planner) will do the assessment before you leave the hospital. If you are living at home or in an apartment, or if you are living with someone else and plan to go to a nursing home, the AAA will conduct the CARE assessment. If you or a loved one are considering a move to a nursing facility, please contact the Wyandotte/ Leavenworth Area Agency on Aging office at 913. 573.8531.

What happens after the assessment?

Once the CARE assessment is complete, the CARE assessor will provide you with a certificate that shows you have been assessed. If you decide a nursing home is your best choice, you must take a copy of your certificate (and a copy of your assessment, if you want) to the nursing home. Should you lose your certificate, you or the nursing facility may contact the AAA for another copy. Also, should you misplace a copy of your completed assessment you may get another by contacting your AAA. If you want to find services outside a nursing home, the hospital discharge planner, AAA case manager, or a counselor at the Center for Independent Living can help you find services that are available.

To learn more, go to [Client Assessment, Referral and Evaluation \(CARE\) | Department for Aging and Disability Services](#)

we're excited to Partner With Bad to the BONE Boarding and Grooming again this year for Pedicures for Paws! This event welcomes all Pet owners and their well-behaved, leashed dogs for nail trims for a suggested donation of \$10 per Pet. Pets should be up to date on all required vaccinations. Proceeds from these events will go to the Council on Aging's Pet Programs, PALS and Pet2Vet, which help provide food, supplies and some veterinary care for qualifying senior Pet owners in Leavenworth County.

save the dates - we hope to see you! there!

SAVE THE DATES

PEDICURES FOR PAWS RETURNS IN 2025

APRIL 12  JUNE 14  SEPT 27



COA Parking Lot

711 Marshall Street, Ste. 100

\$10 suggested donation, per pet

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 711 Marshall St., Suite 100
Leavenworth, KS 66048

 913.684.0777

 seniors1st@leavenworthcounty.gov

 www.leavenworthcounty.gov/COA

IN-HOME SUPPORT Program Announcement

Medical Attendant service will no longer be provided by the COA.

Due to increased liability concerns, the Council on Aging will no longer offer Medical Attendant Services with COA staff beginning March 1, 2025. As always, clients can utilize our transportation and have their own caregiver/friend/family member ride with them to their appointments at no charge.

If you have questions about our In-Home Support Programs, contact Dawn at 913.684.0786.

LEAVENWORTH COUNTY COUNCIL ON AGING

2025

Public Hearing

Public Hearings are great opportunities to learn about programs and/or give feedback regarding senior services in Leavenworth County.

MARCH 26, 2025

1:30 - 2:30 PM

Refreshments will be served



*Anyone requiring accommodation (i.e. qualified interpreter, large print reader and hearing assistance) in order to attend this meeting is requested to notify the Council on Aging at 913-684-0777 no later than 48 hours prior to the hearing.



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Email: seniors1st@leavenworthcounty.gov

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.

Board meets at 1:30pm on the following dates.

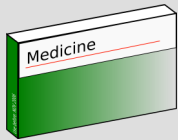
- February 19
- March 26 - Public Hearing
- April 16
- May 21
- June 18
- July 16
- August 20
- September 17
- October 22
- November 19
- December 17

Dispose of unneeded medication

Clean them out. Take them back. All year long.



You are able to safely and securely gather and dispose of your unused and expired medications at the COA's on-site medicine drop-off box, located in our lobby.



The COA drop-off box cannot take liquids or sharps.



DO NOT PUT LOOSE SHARPS IN THE TRASH

7 billion sharps are discarded in the trash every year. Up to 850,000 people are injured every year by sharps that are not discarded properly.

If You Cannot Get a Sharps Container...

FDA RECOMMENDS ALWAYS USING FDA-CLEARED CONTAINERS

If you do not have a sharps container, use an empty household container with these features:



DO NOT USE

These containers can break or puncture easily.



Milk container



Soda can



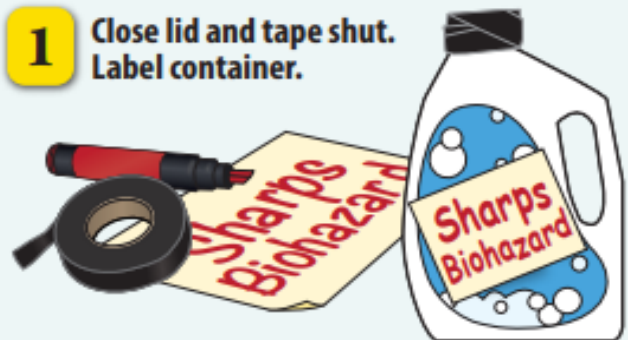
Glass container



Water bottle

Dispose of a household sharps container when it is 2/3 full:

- 1 Close lid and tape shut. Label container.



- 2 Bring container to a sharps disposal program.

If you cannot find a disposal program, put container in center of full trash bag and discard in regular trash.*

DO NOT put sharps containers in RECYCLING!



* In some areas it is illegal to dispose of sharps in the trash. Please follow your community guidelines.



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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“March” is named for the Roman god of war, Mars. This was the time of year to resume military campaigns that had been interrupted by winter.

In the early Roman calendar, March (or Martius) was the first month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings.

March became the third month when January and February, which were added to the end of the Roman calendar around 700 BCE, instead became the first and second months around 450 BCE.

*“I Martius am! Once first, and now third!
To lead the Year was my appointed place;
A mortal dispossessed me by a word,
And set there Janus with the double face.*

– Henry Wadsworth Longfellow, American poet (1807–82)

“JUST FOR FUN” Days

Did you know that March is National Umbrella Month?



Here are some more wacky things to celebrate this month.

MARCH 3: What If Cats and Dogs Had Opposable Thumbs Day

MARCH 11: International Fanny Pack Day



MARCH 13: National Ear Muff Day

MARCH 16: National Panda Day



MARCH 16: Absolutely Incredible Kid Day

MARCH 23: World Meteorological Day



MARCH 31: World Backup Day

Have feedback or suggestions about the COA’s programs and services?

You can reach us by:

Email - seniors1st@leavenworthcounty.gov

Drop box - Located in the COA’s reception area.

Call - Connie Harmon at 913.684.0784.