

APRIL 2025



Live Well. Age Well.

711 Marshall Street, Suite 100

Leavenworth, KS 66048

Phone: 913.684.0777

Fax: 913.684.0779

Transportation: 913.684.0778

# THE SOURCE

COUNCIL ON AGING

## IN THIS ISSUE:

- ♦ National Volunteer Appreciation
- ♦ CARFIT with the University of Saint Mary
- ♦ Sign/Red Flags of a Scam
- ♦ SAVE THE DATES: Pedicures for Paws, Positive Aging Resource Fair, and Poker Run
- ♦ Leisure & Learning Trip Card



## 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

We want to take this opportunity to shine a light and **THANK ALL OF OUR VOLUNTEERS** who use their time, talent, voices and resources to meet critical needs within our community! Volunteers are crucial to the Council on Aging's mission. We have over 180 volunteers who assist with Meals on Wheels, Volunteer Income Tax Assistance program, Leisure and Learning activities, and our Christmas Stocking program.

### In 2024 with the help of our volunteers we

- Delivered **110,982** Meals on Wheels,
- Competed **538** returns and **259** Property Tax Relief claims,
- Stuffed Christmas stockings and provided gifts for **547** seniors,
- Enriched and expanded our Leisure & Learning programs.

THANK  
YOU!

# WE ARE JUST BETTER TOGETHER!



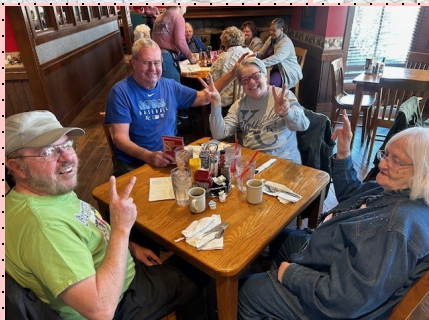
**ALBRECHT-KEMPER  
MUSEUM OF ARTS**

**GATHER AROUND  
DIPPED IN CHOCOLATE**



**B.L.A.S.T.  
IFLY**

**MYSTERY  
BREAKFAST**



**ST. PATRICK'S DAY**

# CARFiT

Hosted by the University of Saint Mary  
Occupational Therapy Program



## WHEN:

April 8, 2025  
10am– 12pm

## WHERE:

Council on Aging  
711 Marshall Street  
Leavenworth  
Parking lot across  
from the old Cushing  
Hospital.

## COST:

Free

## SIGN UP:

Call 913.684.0777  
or stop by the  
COA to sign up for  
a timeslot.

## 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. *in the*

## 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.





# SIGNS/RED FLAGS OF A SCAM



THE SCAMMER SAYS THEY ARE FROM THE GOVERNMENT. The government will send a letter – they need a paper trail.



THE SCAMMER SAYS THERE IS A PROBLEM OR A PRIZE. They want you to be emotional instead of rational. If they ask for money to process your winnings/prize, **IT IS A SCAM.**



THE SCAMMER PRESSURES YOU TO ACT IMMEDIATELY OR THERE WILL BE CONSEQUENCES.



THE SCAMMER TELLS YOU TO PAY IN A VERY SPECIFIC WAY, USUALLY WITH GIFT CARDS OR WITH CRYPTO-CURRENCY. Government and Businesses use cash, checks, or credit cards. No legitimate business or government agency will ask you to pay with gift cards or cryptocurrency/bitcoin.



THE SCAMMER ASKS FOR YOUR PERSONAL INFORMATION, SUCH AS SOCIAL SECURITY NUMBER – **NEVER GIVE THIS OUT.**



THE SCAMMER TELLS YOU TO KEEP IT ALL A SECRET.



THE SCAMMER TELLS YOU WHAT TO SAY TO ANYONE WHO MIGHT ASK QUESTIONS.

Talk with someone you trust **BEFORE** giving money or personal information over the phone or email. Don't be afraid to hang up. Take a few minutes and contact the Sheriff's Office before giving out any information if you are suspicious.

LV CO Sheriff's Office: 913.682.5724 or 913.727.1313

Leavenworth Police Department: 913.651.2660

Basehor Police Department: 913.724.3397

Tonganoxie Police Department: 913.369.3754

Kansas Highway Patrol Troop A: 913.782.8100

Kansas Bureau of Investigation: 913.296.8200

**Protect your community by reporting fraud, scams, and bad business practices.**



Protect yourself and your community.

Tell the FTC about scams and bad business practices.

[ReportFraud.ftc.gov](https://ReportFraud.ftc.gov)

## How it works



Tell us what happened

Report a scam, a company, or an unwanted call.

### TO DO:



Get your next steps

Find out what you can do to protect yourself.



Help stop fraud

We use and share reports with our law enforcement partners to help with investigations.

For more information, go to [reportfraud.ftc.gov](https://reportfraud.ftc.gov).

# MARK YOUR CALENDARS

## 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

## Older Americans Month 2025

OLDER  
AMERICANS  
MONTH



SAVE THE DATE:

MAY 2ND,

10AM-2PM

FLIP THE SCRIPT ON AGING: MAY 2025

## POSITIVE AGING RESOURCE FAIR

The Council on Aging is partnering with local organizations to host a second annual Positive Aging Resource Fair in celebration of Older Americans Month! **FREE EVENT**

### FREE LUNCH

Starting at 11:00am

Lunch is provided by: Eden Home Care, Medicalodges of Leavenworth, On Pont Lawn Care, Tonganoxie Terrace, Phoenix Home Care and Hospice, Easton Home Care Center, Homestead of Leavenworth, and Crittendon Home Care.

### RAFFLES

### SWAG

### 50/50 CHANCES

### BINGO & PRIZES

@ 10:30, 11:30 & 12:30

Sign up for a time at the event.

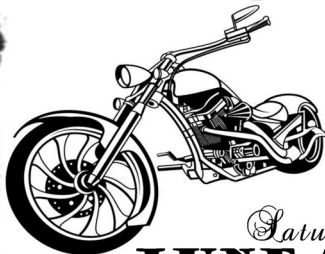
## COMMUNITY RESOURCES

- Leavenworth County Sheriff's Office
- Saint John Hospital
- Catholic Charities of NE Kansas
- Midland Care: PACE & VNA Home Health/Hospice
- Kansas Talking Books
- Eastern Kansas VA Medical Center
- Saint Luke's Home Health and Hospice
- Alzheimer's Association Heart of America Chapter
- Leavenworth County Register of Deeds
- The Deeper Window Association
- Novus Lifecare Home Health and Hospice
- AND MANY MORE!

4th Annual  
SENIOR EXPRESS TRANSPORTATION BENEFIT

## ♦♣ POKER RUN ♠♥

*Presented By:*



THE  
ESCORTS  
MOTORCYCLE  
CLUB  
LEAVENWORTH

*Saturday*

**JUNE 7, 2025**



\$10.00 Per Hand  
\$5.00 additional hands

**50/50 RAFFLE**  
**PRIZES FOR FIRST PLACE, SECOND PLACE AND LOW POKER HANDS**  
REGISTRATION BEGINS AT 11:00 AM

KICK STANDS UP AT 12:00 PM

Check in at each stop to draw your cards.

PRIZES DETERMINED AFTER 4:00 PM  
50/50 drawing immediately after prizes.

**MEETING SPOT: COUNCIL ON AGING**  
711 Marshall St., Leavenworth  
(Cushing Hospital Bldg.)  
\* registration and draw cards

**STOP ONE: HELEN'S HILLTOP**  
19611 McLouth Rd, Tonganoxie

**STOP TWO: NED RECKS BAR & GRILL**  
107 N. 3rd St., Easton

**STOP THREE: TOM'S COUNTRY STAMPEDE**  
745 Cherokee St., Leavenworth

**LAST STOP: COUNCIL ON AGING**

Questions/Contacts: Skipper 913-683-9383 or Ramjet 913-290-1395

 **COA**  
Live Well. Age Well.

This event is a fundraiser for Leavenworth County Council on Aging, a local agency that provides services for senior citizens, including low-cost, on-demand transportation for those 50+ and persons with disabilities of any age. We truly appreciate your support.  
[www.leavenworthcounty.gov/COA](http://www.leavenworthcounty.gov/COA)



## LOOKING FOR SOMETHING TO DO THIS SUMMER?

### LEISURE AND LEARNING SUMMER 2025 TRIPS

**MAY 21**

10:15 am

**NEW THEATER:** *Jersey Boys*

**Lottery drawing:** Sign up by April 18.

**Cost:** \$50 includes transportation, meal, and the show. Dessert and gratuity not included in cost. Not refundable due to advance ticket purchase.



**MAY 22**

10:15 am

**OLDER AMERICAN'S MONTH CELEBRATION**

**First come first served.** Max of 21 people.

11:00-2:00 George Meyn Community Center in WYCO Park

1950's style sock hop dance contest, games, prizes, food, vendors, entertainment. Event is open to the public ages 60+. **FREE** activity.



**JUN 5**

8:30 am

**MYSTERY BREAKFAST**

Where we'll stop, nobody knows!

**Lottery drawing:** Sign up by May 8 for the drawing on May 9.

**Cost:** \$7 for transportation + cost of meal.

**WHICH WAY TODAY?**



**JUN 13**

8:30 am

**LANSING PRISON TOUR AND LUNCH**

**Lottery drawing:** Sign up by May 15 for the drawing on May 16.

**Cost:** \$36 includes 2 hour walking tour and transportation. Must be able to walk up 3 sets of stairs. Bring water or purchase there. There is no climate control or electricity in the prison.

**JUN 26**

9:00 am

**DEANNA ROSE FARMSTEAD**

**Lottery drawing:** Sign up by May 29 for the drawing on May 30. Max of 21.

**Cost:** \$14 includes entry and transportation. Visit 250+ animals & birds, gardens, and special attractions. Concession lunch at the farmstead.



**JUL 2**

10:15 am

**NEW THEATER: CLUE**

**Lottery drawing:** Sign up by June 2 for the drawing on June 3. Max of 41.

**Cost:** \$50 includes transportation, meal, and the show. Dessert and gratuity not included in cost. Not refundable due to advance ticket purchase.



**JUL 17**

8:30 am

**MYSTERY BREAKFAST**

**Lottery drawing:** Sign up by June 18 for the drawing on June 20.

**Cost:** \$7 for transportation + cost of your meal.

**WHERE ARE WE GOING THIS MONTH?**



**AUG 7**

8:30 am

**FISHING, KAYAKING, GAMES, & PICNIC LUNCH**

Spend the day outside at Heims Lake with catch & release fishing, corn hole, kayaking and activities under the pavilion. COA has a few fishing poles to share or bring your own.

**Lottery drawing:** Sign up by July 17 for the drawing on July 18. Max of 22.

**Cost:** \$15 includes transportation, picnic lunch, and fishing worms.



**AUG 21**

8:30 am

**MYSTERY BREAKFAST**

**Lottery drawing:** Sign up by July 24 for the drawing on July 25.

**Cost:** \$7 for transportation + cost of your meal.

**WHICH WAY TODAY?**





To be added to our email distribution list, please contact us @[seniors1st@leavenworthcounty.gov](mailto:seniors1st@leavenworthcounty.gov)



For our full events and activities calendar, visit our homepage @[Council on Aging](http://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
- Medicare .....1.800.633.4227
- Poison Control Center.....1.800.222.1222
- Property Fraud LV County.....1.913.684.0424
- Social Security Office .....1.800.772.1213
- 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**

Editor: Jessica Pontbriant

Director: Connie Harmon

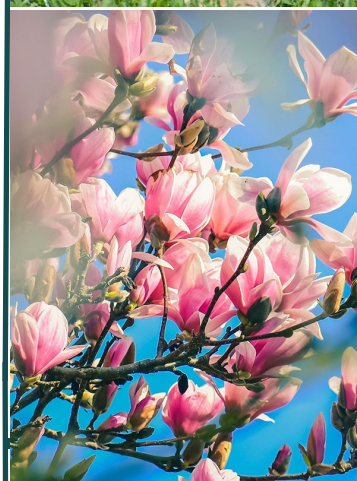
Email: [seniors1st@leavenworthcounty.gov](mailto:seniors1st@leavenworthcounty.gov)

Website: [Council on Aging \(leavenworthcounty.gov\)](http://Council on Aging (leavenworthcounty.gov))

**A LITTLE HUMOR**

**WINTER BOD IS OUT**

**SPRING ROLLS ARE IN**



**"Me:** will it be warm, cold, rainy, snowy or windy today?  
**Spring:** yes"

**It's allergy season again?! You've got to be pollen my leg.**



RD

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

You can reach us by:

Email - [seniors1st@leavenworthcounty.gov](mailto:seniors1st@leavenworthcounty.gov)

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

Call - Connie Harmon at 913.684.0784.