

APRIL 2026



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

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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

Save
THE DATE

8 MAY

10:00AM-2:00PM

LEAVENWORTH COUNTY
COUNCIL ON AGING

711 Marshall Street, Suite 100
Leavenworth, KS 66048
913.684.0777



CHAMPION YOUR HEALTH: MAY 2026
POSITIVE AGING RESOURCE FAIR

The Council on Aging is partnering with local organizations to host a third annual Positive Aging Resource Fair in celebration of Older Americans Month! Please join us at the COA for this free event. No registration required. We hope to see you there!

- *Community Resources*
- *Raffle & 50/50 Drawing*
- *Bingo*
- *Lunch Provided*
- *Swag*
- *Screenings*
- *and more!*



National Volunteer Week

April 19-25, 2026

Celebrating 50 years of recognizing the impact of volunteer service in our communities.

Since 1974, National Volunteer Week has been an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world. It takes place every April during [Global Volunteer Month](#).

Each year, we shine a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities.

To : The COA Volunteers

From : The COA Staff



Thank you for giving your time, sharing your talent, and opening your heart to this community. Thank you for being such a vital part of the COA mission.

Volunteers do not necessarily have the time; they just have the heart. -Elizabeth Andrew

**SHINING A LIGHT ON THE
PEOPLE AND CAUSES THAT
INSPIRE US TO SERVE**

For information about volunteering with the Leavenworth County Council on Aging, please contact Georgia Moore at 913.684.0776 or email gmoore@leavenworthcounty.gov.

THE GIFT SHOP

Items in the COA gift shop are handmade and donated to support Council on Aging programs. All gift shop donations support the Leavenworth County Meals on Wheels and Senior Express Transportation programs.



BLANKETS • WASHCLOTHS • ART • GIFTS



BABY APPAREL • HATS • JEWELRY • & MORE!



It's Never Too Late to Grow

By: Kat McIntyre



When we think about spring, we often think about growth. Trees begin to bud, flowers push through the soil, and the world around us seems to wake up again after a long winter. Spring reminds us that change and growth are always possible.

But growth is not just something that happens in nature—it can happen in our lives as well, no matter our age.

Many people believe that learning new things or making changes is only for the young. In reality, our brains are capable of learning and adapting throughout our entire lives. Researchers call this neuroplasticity, which simply means the brain can continue to form new connections and pathways as we gain new experiences.

That means it is never too late to try something new.

Growth in later life does not have to mean making huge changes. Often, the most meaningful growth comes from small steps. It might be learning a new hobby, joining a class, volunteering, meeting new people, or rediscovering an activity you once loved. Even simple challenges—like learning a new recipe, starting a puzzle, or trying a craft—can stimulate the mind and bring a sense of accomplishment.

Staying curious and engaged also supports mental health. When we continue to learn and stay involved, we strengthen our sense of purpose. Purpose plays a powerful role in emotional wellbeing and can help reduce feelings of loneliness, anxiety, and depression.

Growth can also mean something deeper. It may involve reflecting on life experiences, sharing wisdom with younger generations, or finding new ways to give back to the community. Many older adults discover that this stage of life brings opportunities to mentor, volunteer, and connect in meaningful ways.

Here at the Council on Aging, we see this spirit of growth every day. Whether it's participating in programs, building something in a class, attending an event, or simply spending time with others, these moments help keep both our minds and our hearts active.

Spring is a wonderful reminder that growth never truly stops. Just like the flowers outside our windows, we continue to learn, adapt, and flourish throughout every stage of life.

So, this month, consider asking yourself: What is one small way I can grow this spring?

You might be surprised at where that small step leads.



PEDICURES FOR PAWS

A PETS & LOVING SENIORS (PALS)
NAIL TRIM FUNDRAISER COURTESY OF:



SATURDAY, APRIL 18TH

1:00PM-4:00PM

COA PARKING LOT

711 MARSHALL STREET, STE. 100

\$10 SUGGESTED DONATION PER PET

** CASH OR CHECK ONLY, NO APPOINTMENT NEEDED*

WELL-BEHAVED, LEASHED DOGS WELCOME!

DOGS SHOULD BE UP TO DATE ON VACCINES



COUNCIL ON AGING



711 Marshall St., Suite 100
Leavenworth, KS 66048



seniors1st@leavenworthcounty.gov



913.684.0777



www.leavenworthcounty.gov/COA

Introducing Short Stack Breakfast and Mini Trips

In May, the COA will begin offering two new trip series: Mini Trips and Short Stack Breakfast! You will see Short Stack Breakfast on the calendars twice in one week, replacing the monthly Mystery Breakfast. Short Stack Breakfast will include everything you loved about Mystery Breakfast, but the trip will be divided into two smaller groups traveling on two separate days. We will continue to hold the monthly drawing for breakfast trips; however, a COA staff member will take 12 passengers in the van each trip, opening up additional restaurant choices that are better able to accommodate a smaller group.

Additionally, we will offer other random Mini Trips for 12 people using the van rather than a larger group on the bus. It is easier to find parking in the van for certain trips, again opening up endless possibilities. Will you be one of the lucky chosen participants? Stay tuned!

**MAY
5TH**

CINCO DE MAYO- HISPANIC HERITAGE MURALS

KC is host to over 200 outdoor painted art murals. During this trip, we will take off in the van to visit murals reflective of Hispanic Heritage in honor of Cinco de Mayo. A designated lunch spot is not included, but we might stop for tacos!

**MAY
13TH**

NEW THEATER: CATUS FLOWER

A successful, handsome dentist has the perfect set up! He's afraid of settling down and built a web of hilarious lies to his girlfriends, telling them that he's already married. When the ruse threatens to catch up with him, he asks his prickly nurse to pose as his "wife" she blossoms, and he finds himself falling in love with the lovely "cactus flower" right under his very nose.

**MAY
18TH
& 21ST**

SHORT STACK BREAKFAST

Twenty-four total lucky individuals will travel on 2 separate days in the 12-passenger van to an undisclosed location to enjoy breakfast. We will take 12 people each of the two days: Monday, May 18 and Thursday, May 21.

Also on the May-July Trip Card:

MAY 28TH - **B.L.A.S.T.** Streetcar Adventure

JUNE 11TH - Mystery Breakfast

JUNE 25TH - **B.L.A.S.T.** Go Ape Zipline Ropes Course & Ax Throwing

JULY 6TH & 9TH - Short Stack Breakfast

JULY 29TH - New Theater: Legally Blonde

JULY 31ST - Leavenworth County Fair 100th Anniversary

GET YOUR FULL SUMMER TRIP CARD IN THE COA LOBBY!



EARTH DAY 2026: OUR POWER, OUR PLANET™

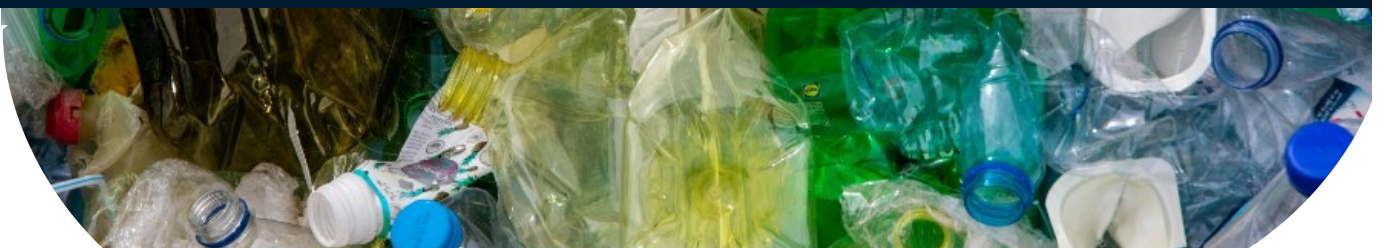
This Earth Day, people of all backgrounds and generations are called to stand shoulder to shoulder in defense of the only home we share. Join us on Earth Day, April 22, and throughout 2026 to lift your voice, take action, and show your love for Planet Earth.

When we stand together, our planet has a future.

How Much Disposable Plastic We Use

The billions upon billions of items of plastic waste choking our oceans, lakes, and rivers and piling up on land are more than unsightly and harmful to plants and wildlife. The following 8 facts shed light on how plastic is proving dangerous to our planet, health, and wildlife. To learn more about the threat and impact of plastic pollution and get tips to reduce your plastic consumption, download our [Plastic Pollution Primer and Toolkit](#) and use our [Plastic Pollution Calculator](#) today!

- 1 - Global plastics has reached an estimated 460 million metric tons in recent years [Global plastic packaging industry – statistics & facts | Statista](#)
- 2 - It is estimated that 75 to 199 million tons of plastic are currently in our oceans [Visual Feature | Beat Plastic Pollution](#)
- 3 - One million plastic bottles are purchased every minute worldwide, while up to five trillion plastic bags are used a year [Visual Feature | Beat Plastic Pollution](#)
- 4 - An estimated 9.7 billion cigarette butts are littered in the U.S. every year, 4 billion of these in waterways. They comprise nearly 20% of all litter. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9265565/>



Source: Earthday.org, retrieved 03/2026

HELLO SPRING

SPRING INTO KANSAS

Looking to explore Kansas this spring? Check out Kansas Tourism @ the link below for festivals, tulips, gardens, mushroom hunting and more!

[Plan your Trip This Spring In Kansas](#)



PLAN YOUR YEAR OF DINING: 12 MUST-TRY KANSAS RESTAURANTS

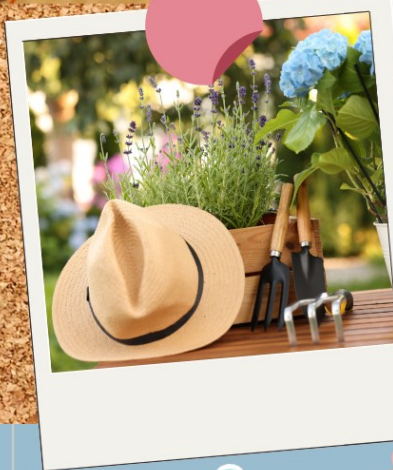
From barbecue to dumplings, you'll find all sorts of gems @ Onlyinyourstate.com.

[Best Kansas Restaurants: 12 Spots to Visit This Year](#)

11 Tips for Gardening and yard work with less pain

1. Set yourself up for success by choosing a day when you feel healthy and well-rested.
2. Know your capacity.
3. Break it up.
4. Take regular breaks.
5. Switch tasks to vary movements.
6. Use the right tools.
7. Stay hydrated.
8. Wear comfortable clothing and shoes.
9. Create a safe environment.
10. Listen to your body.
11. Aftercare. Gentle stretching can help release tension and improve flexibility.

Source: Hinge Health, 02/2025



ALMANAC

Monthly Gardening Checklist by U.S. region for Places in Kansas

[Almanac.com](#)

Shopping List

- 1 - seeds
- 2 - fertilizer
- 3 - mulch
- 4 - gloves
- 5 - cute gardening hat

Source: retrieved 03/2026



Make A Donation

SUPPORT US TODAY!



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.

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

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

IMPORTANT TAX INFORMATION:

Understanding Your CP53E Notice

What this notice is about

A recent Executive Order 14247 led to changes in the direct deposit options you now have available. The new direct deposit change will allow individual taxpayers to provide us with a new or updated bank account to receive their tax refund via direct deposit if certain conditions are met.

What you need to do

When you receive the CP53E notice you have 30 days to update or add a new bank account.

Steps to complete:

1. Access or establish your [online account](#) by visiting your account to add or update your bank account information.
2. Upon successfully completing the process, allow 2-5 days for your refund information to update online, use the [Where's My Refund](#) tool to check your refund status.
3. If you encounter any systemic issues that prevent you from updating your bank account information, read the message carefully and try again later.

Note: When your refund is issued, it may be subject to offset if you have other outstanding liabilities.

Can I update my bank account if I call in to the toll-free line?

No, you can only update your bank account by accessing your online account. IRS employees cannot update bank account information. You must access your online account within 30 days from the date of the CP53E notice in order to receive your refund via direct deposit.

What if I did not respond to the CP53E?

If you don't respond to the notice, we will issue a paper check after 6 weeks. For updates on your refund status, visit [Where's My Refund](#).



The IRS will not contact you by phone, email, or text regarding CP53E. Only respond through your official Online Account.

Scammers offer services to help you create an IRS account. Their aim is to steal your personal information.