

MAY 2026



Live Well. Age Well.

711 Marshall Street, Suite 100
Leavenworth, KS 66048
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Transportation: 913.684.0778

THE SOURCE

COUNCIL ON AGING

In this issue:

- ◆ Join us on May 8th for a Positive Aging Resource Fair
- ◆ Inaugural Dog & Jog Fundraiser on June 6th
- ◆ Honoring Memories, Caring for Our Hearts
- ◆ SAVE THE DATE: A Night of Glitz and Glam Meals on Wheels Fundraiser
- ◆ Operation Red File
- ◆ Protect Yourself From Scams - It's a Scam!
- ◆ 11 Tips to Save Money at the Grocery Store

CHAMPION YOUR HEALTH

OLDER AMERICANS MONTH
MAY 2026

HEALTHY AGING STARTS WITH YOU | acl.gov/oam

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

Join us for the 3rd annual
POSITIVE AGING RESOURCE FAIR
MAY 8TH, 10AM-2PM

COUNCIL ON AGING
711 Marshall St., Ste. 100, Leavenworth

FREE EVENT | FREE LUNCH STARTING @ 11AM | SWAG | BINGO & PRIZES (11AM, 12PM & 1PM) | RAFFLES | 50/50 DRAWING | COMMUNITY RESOURCES | SCREENINGS

PARTNERING ORGANIZATIONS:

- LV County Sheriff's Office - Easton Health Care Center
- Midland Care: PACE & VNA Home Health/Hospice - AARP
- Twin Oaks Independent Living - Eastern KS VA Medical Center
- LV County Register of Deeds - Faith Home Health & Hospice
- WY/LV Area Agency on Aging - Frontier Community Credit Union
- Adult Protective Services - K-State Research & Extension Office
- Senior Helpers - Good Shepherd - Tonganoxie Terrace - KanCare
- Evergy - Audio-Reader (KU) - LV County Emergency Management
- State Library of Kansas - Gentiva Hospice - Desire In-Home Care
- ALWAYS Community Health Center - AND MORE!

CALL DISPATCH AT 913.684.0778 TO SET UP FREE TRANSPORTATION TO THE EVENT.

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health – advocating for themselves, accessing preventive care, and making informed decisions that support independence.



The
COA

has a new fundraiser with a dog-friendly fun run!

The LV County COA is excited to announce its inaugural Dog & Jog, a new, annual fundraising event to support the agency's pet programs.

3K

2026

Click [HERE](#)
to register.

The Dog & Jog comes at a time of renewed focus on the sustainability of the agency's pet services. The pet programs at the COA are 100% reliant on donations from the community and limited grant opportunities for financial support.

For information on sponsorship opportunities, contact Cara at 913.364.5754 or email ccampbell@leavenworthcounty.gov.



Scan to register!

JOIN THE COA FOR ITS
INAUGURAL

DOG & JOG



A dog-friendly 3K
fun run/walk to
support the Council
on Aging's pet
programs, PALS and
Pet2Vet.

SATURDAY, JUNE 6
REGISTRATION/T-SHIRT PICKUP: 9AM
RUN/WALK BEGINS: 10AM
REGISTRATION FEE: \$35
ROUTE START/END: 711 MARSHALL ST.

SIGN UP AT COA OR SCAN QR CODE
ALL AGES WELCOME!

Participants must register by May 15 to guarantee event swag.
Proof of current rabies vaccine required for participating pups.



Honoring Memories, **Caring for Our Hearts**

By: Kat McIntyre

As May arrives, many of us begin to think about Memorial Day, a time set aside to honor and remember those who have served our country. For many, it is also a time that brings up personal memories of loved ones we have lost over the years. While Memorial Day is often marked by ceremonies, flags, and gatherings, it can also be a deeply emotional time. Memories have a way of resurfacing—sometimes bringing comfort, and other times bringing a quiet ache. Both are completely normal.



Grief does not follow a timeline, and it does not disappear with age. In fact, as we grow older, we often carry more memories and more people in our hearts. The love we shared does not go away, and neither does the impact of loss. But within that grief, there can also be meaning, connection, and even healing.

Honoring memories is an important part of caring for our mental and emotional well-being. Taking time to remember loved ones can help us stay connected to them in a healthy way. This might look like visiting a gravesite, sharing stories with family, looking through old photos, or simply taking a quiet moment to reflect. It's also okay if this time of year feels difficult. Feelings of sadness, loneliness, or even guilt can surface. You may find yourself missing not just those who have passed, but also the life and moments that once were. If that happens, remind yourself that these feelings are a reflection of love. Grief exists because connection existed.

At the same time, it is important to care for yourself. Reach out to a friend, attend a community event, or spend time with others who understand. Connection can be a powerful support during times of remembrance.

Here at the Council on Aging, we recognize that behind every memory is a story—and behind every story is a life that mattered. Your experiences, your relationships, and your memories are all part of what makes you who you are today.

This Memorial Day, take time to honor those you have lost—but also take time to care for yourself. Your heart carries many memories, and it deserves kindness, patience, and support.



CONVERSATIONS WITH KAT: CAREGIVING, LOSS, & THE NEXT CHAPTER

SUPPORT GROUP

Caring for a loved one comes with many emotions, questions, and challenges—especially when facing loss or preparing for life’s next chapter. *Conversations with Kat* is a supportive, judgment-free space where caregivers can come together to talk openly about caregiving, anticipatory grief, end-of-life planning, and navigating life after loss.



2ND WEDNESDAY
OF EVERY MONTH
@ 2PM



Each month, we’ll explore meaningful topics, share experiences, and learn practical steps to help you feel more prepared and supported—both now and in the future. Whether you are currently caregiving, anticipating loss, or adjusting after the passing of a loved one, you are not alone. Join us for connection, guidance, and compassionate conversation.

THErapy DOg ON-SITE

COUNCIL ON AGING



71 Marshall St., Suite 100
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913.684.0777

www.leavenworthcounty.gov/COA

MAY - STARTING THE CONVERSATION

What does “the next chapter” really mean?

Join us as we begin this journey together—sharing fears, hopes, and life experiences in a safe, supportive space. We’ll talk openly about death, loss, and everything in between... because these conversations matter, and you don’t have to have them alone.

TICKETS GO ON SALE MAY 1ST

**SCAN THE QR CODE OR STOP BY THE COA
TO RESERVE YOUR SEAT!**



**CELEBRATING 50 YEARS
OF MEALS ON WHEELS**

A NIGHT OF GLITZ AND GIVING

A BENEFIT FUNDRAISER FOR MEALS ON WHEELS

**SATURDAY, AUGUST 22ND, 2026
5:30-9:00PM**

Riverfront Community Center, Leavenworth

Tickets \$50

Dinner, dancing, games, & more!

Tickets will be sold in advance at the COA M-F
from 7-4pm or at the door while supplies last.

* Cash, check or PayPal @LVCOA

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OPERATION RED FILE

Protect Your Critical Health Information

In partnership with the Kansas Senior Medicare Patrol, Operation Red File was designed to help seniors keep their critical health information protected and accessible if needed in an emergency. The folder attaches to the refrigerator for easy access by first responders.

Participants are encouraged to put copies of their medical information and other critical documents in the folder, such as a clear, current photograph of the participant; a medical form with all current medical information; a medication list that can be updated as needed; and medical coverage information.

First responders and emergency staff can use this information to:

- Instantly access medical history and medication records in an emergency.
- Avoid delays caused by trying to get information from a confused patient.
- Ensure that the family/responsible party will be notified quickly.
- Have a photograph available in the case of a Silver Alert.

Operation Red Files are available at the Council on Aging. Contact Michael at 913.684.0783 or Jessica at 913.684.0733 to pick up a file. Please ensure to call ahead if you are needing five or more folders.



STAY ALERT. STAY SAFE. CYBERCRIME IS REAL



If you get a suspicious IRS-related call, record the number and hang up. Report it to,

800-366-4484

PROTECT YOURSELF FROM SCAMS - IT'S A TAX TRAP!

You receive an unexpected phone call from someone who says they are an Internal Revenue Service (IRS) Agent. They claim that you owe money to the IRS. The call seems real because the "agent" even provides what sounds like an actual government badge number. To make this situation even more alarming, they threatened you with fines or threaten to arrest you if you don't immediately pay the money you owe.

However, this "tax agent" is actually a cybercriminal, and the debt that you supposedly owe isn't real! They will try to pressure you into paying them, usually by wire transfer or a prepaid debit card. But if you send any money, it goes straight into the cybercriminal's pockets!

Follow these tips to protect against tax scams:

- The IRS will not call you and threaten to arrest you. If there is an issue with your taxes, they will usually contact you by mail.
- If you do owe money to the IRS, they will never demand immediate payment using prepaid debit cards or wire transfers. Scammers often request payment using these methods because they are more difficult to trace.
- Remember, cybercriminals try to scare you because you're more likely to act impulsively if you're afraid. **Always stop and think!**

Top Tips Older Adults Can Use to Save Money at the Grocery Store

1. Check with your state

First things first: If SNAP benefits are delayed, your state might have some emergency support to help fill the gap. A few states have already rolled out temporary funding, and others are working on it. The easiest way to find out? Give your local SNAP office a quick call.

2. Take full advantage of store and brand coupons

The promotional inserts tucked into the Sunday newspaper can get overwhelming. But instead of tossing them, mine them for food coupons you think you'll use. Not only will they save you money, but they also can help guide your meal planning during the week.

Below are more ideas to help you save money at the grocery store with coupons:

- Some stores may periodically double (or triple) the value of any coupons you have. Keep an eye out for those promotions.
- Skip buying items you normally wouldn't buy (like a jumbo pack of sugary cookies) even if you have a high-value coupon.
- Find out if your favorite store matches competitors' coupons (just stop by the customer service desk or call ahead to ask).
- Many stores send standalone flyers in the mail that contain valuable coupon savings. You can also type "food coupons" into your internet browser and see what comes up.
- Make the most of your coupons by creating an organizing system that's easy and convenient for you. You could tuck them into a regular envelope or use an accordion-type folder and categorize them by type.

Bonus money-saving tip: Look for "hidden" coupons such as those on the back of your grocery store receipt. Some products even have peel-off coupons stuck to their packaging that you can use immediately.

3. Join store loyalty programs

Many grocery stores offer loyalty or reward programs that cost nothing to join. When you sign up, you can receive generous members-only discounts and electronic coupons. In some cases, your purchases earn you points that you can redeem later for store credit. This is a good option if you tend to shop at the same store regularly.

Bonus money-saving tip: Download your store's mobile app for an easy way to clip e-coupons and track your rewards points.

4. Give generic brands a chance

Most of us have favorite brands. But buying store-brand versions (or "house" versions) can save a good

amount of money on groceries. Generic brands are almost always cheaper than brand-name items, and in many cases the quality is just as good.

Bonus money-saving tip: For cereal, condiments, cleaning products, snack foods, and staple foods (e.g., flour and sugar) in particular, it's worth checking out the store brand.

5. Make and follow a grocery list

A shopping list is among the very best ways to save money on grocery shopping. It focuses your efforts and helps avoid buying items you don't truly need. Write down all the food items you need for the week, whether on your cell phone or a piece of paper. Bring this list with you when you visit the store—and buy only what's on it.

Bonus money-saving tip: Another tip to help you spend less at the grocery store? Try not to shop on an empty stomach. Having a snack or a glass of water before you venture out—and sticking only to the grocery store aisles that have what you need—can help you avoid impulse-buying.

6. Make fewer shopping trips

The more often you visit the grocery store, the more money you're likely to spend. Plan for one weekly trip and stick to it to curb the chances of impulse purchases.

7. Pay attention to price per unit

Many grocery items are priced by the ounce, pound, or gram. But this isn't always obvious. Check the price ticket displayed on the shelf for the unit cost. You may discover that the same product—say, a condiment or box of cereal—is actually less expensive overall if you buy a bigger size that seems pricier.

8. Seek out weekly sales and deals

It seems obvious, but in a busy supermarket, it can be easy to overlook in-store promotions. Check your store's weekly flyer or website to uncover deals (such as 2-for-1) that can help you save money on the staples you buy most often. Sale items are often prominently displayed at the ends of store aisles and at the entrance.

Bonus money-saving tip: The sales cycle for most stores repeats every six weeks. Make a point of tracking prices on the products you buy frequently. After a while, you'll be able to identify rock-bottom sale prices—and that's the prime time to stock up. Most grocery stores start running their sales promotions in the middle of the week.

9. Find "hidden" clearance items

Look closely, and you may find unadvertised deals in the store. Check the meat and produce sections for items with "manager's special" stickers (or similar). Often, stores will deeply discount perishable food that's close to its expiration date. Note that it only makes sense to buy if you know you can consume (or freeze) these items right away.

(continued on the next page)



Also check around lesser-trafficked areas of the store for special discount racks. Often, but not always, these are tucked into a back corner. You may find items ranging from day-old bread to personal hygiene products to dented canned goods for a significant markdown.

Bonus money-saving tip: Remember to ask about senior discounts at the register, too. Many national chains like Albertson's, Fred Meyer, Walmart, and others (and some local stores) offer additional savings for those of us age 55+—sometimes on top of existing sales and coupons. Beyond the grocery store, there are dozens of other available discounts that can free up money you can put toward food.

10. Grocery shop online

Walmart, Target, and many other retailers and grocery stores allow you to shop online for groceries and then pick them up or have them delivered.

Doing your food shopping from the comfort of home has money-saving advantages. First, it helps cut down on impulse buys since you won't be visiting aisles and displays you weren't planning on. What's more, before you place a grocery order online, you can check to see exactly what's in your fridge. This can help you stick just to the items you need right now.

Bonus money-saving tip: Many stores and online food delivery platforms offer curbside pickup or delivery for free—as long as you meet the minimum order value. Otherwise, you may be charged a delivery fee. When it comes to saving money on groceries online, you want to avoid extra fees, since they cut into any savings. With Walmart+, Walmart's membership program, you pay an annual fee and get unlimited grocery pickup and delivery with no fee.

11. Join a wholesale club

If you have a large household, consider buying a membership to BJ's Wholesale Club, Costco, or Sam's club (depending on what's in your area). While you will pay an annual fee, you may be able to save money overall by buying items in bulk at lower costs. If you go regularly, wholesale clubs may be an economical choice for things like frozen foods and nonperishables like paper towels and toilet paper. Before you commit, make sure you have enough storage space for bulk purchases.

Bonus money-saving tip: Look for special membership incentive deals around the holidays or the start of the year.

[Boost Your Health with Nutritious Food Through SNAP](#)

Source: National Council on Aging, 11/2025



STAY TUNED FOR UPDATES

KANSAS SENIOR FARMERS MARKET Nutrition Program

The COA is keeping a very close eye on updates for the 2026 Kansas Senior Farmers Market Nutrition Program. The program is funded by the United States Department of Agriculture Food and Nutrition Service. The program provides annual benefits to low-income seniors to purchase fresh fruits and vegetables, herbs and honey from authorized farmers at Farmers Markets in Kansas.

The COA will share updates as soon as it is available. For additional information, contact Becky at 913.758.6726.

For updates and eligibility requirements, click the link below.

[KANSAS SENIOR FARMERS MARKET NUTRITION PROGRAM | KDHE, KS](#)

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
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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

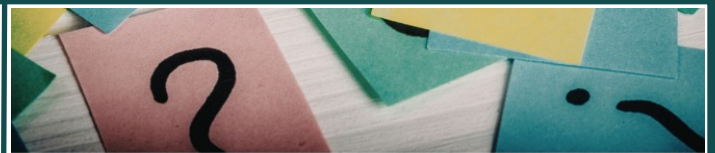
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Ready for Some Riddles?

Riddle:

The more you try to see me, the less you see. The closer you get, the less you know. I'm everywhere, but I can't be touched. What am I?

Riddle:

Name the next three letters in this combination: OTTFSS.

Riddle:

It belongs to you, but everyone else uses it.

Riddle:

I'm light as a feather, yet the strongest person can't hold me for long. What am I?

Riddle:

I have only two words but thousands of letters. What am I?

Riddle:

How much dirt is in a hole that measures four feet by four feet by five feet?

Riddle:

I have 13 hearts but no lungs or stomach. What am I?

Riddle:

David's father has three sons: Snap, Crackle, and _____?

[CLICK HERE FOR THE ANSWERS](#)

