

JUNE 2025

THE SOURCE

COUNCIL ON AGING



Live Well. Age Well.

711 Marshall Street, Suite 100

Leavenworth, KS 66048

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- ♦ Tick Bite Prevention
- ♦ Summer Reading Programs



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

Kansas Senior Farmers Market Nutrition Program

KSFMNP Program Has Been Delayed

The start of the Kansas Senior Farmers Market Nutrition Program has been delayed due to technology issues. We apologize for the inconvenience, and there is no confirmed start date at this time, so you will not be able to receive benefits on June 1, 2025.

We fully understand the impact this delay may cause and are actively working to address the issues. Please check back for updates and for a new start date once it has been determined.



For program updates and information, click the link below.

[Kansas Senior Farmers Market Nutrition Program | KDHE, KS](#)

**#WEAAD
June 15th**

Every year on June 15, World Elder Abuse Awareness Day (WEAAD) is commemorated in America and worldwide. Through WEAAD, we raise awareness about the millions of older adults who experience elder abuse, neglect, and financial exploitation. As many as 1 in 10 older Americans are abused or neglected each year, only 1 in 14 cases of elder abuse ever come to authorities' attention. WEAAD reminds us that, as in a just society, we all have a critical role to play to focus attention on elder justice.

Elder abuse can be defined as a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.

5 Things Everyone Can Do to Prevent Elder Abuse

Here are 5 things everyone can do to build community supports and prevent elder abuse.

1. Learn the signs of elder abuse and how we can solve the issue together.
2. Prevent isolation. Call or visit our older loved ones and ask how they are doing on a regular basis.
3. Talk to friends and family members about how we can all age well and reduce abuse with programs and services like law enforcement, community centers, and public transportation.
4. Sign up to be a friendly visitor to an older person in our communities.
5. Send a letter to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.



**It is up to
all of us to
prevent
and
address
elder abuse!**

Learn About Elder Abuse & Financial Exploitation

It's Everyone's Business



June 9, 2025



10 - 11:30 a.m.



Leavenworth Council on Aging

711 Marshall St.
Leavenworth, KS 66048

Join us to observe
World Elder Abuse
Awareness Day
(WEAAD) with a free
community event.

Learn how to spot and
prevent financial scams
and exploitation
targeting older adults.



Adult Protective Services.....1.800.922.5330

Regional Long-term Care Ombudsman.....913.236.9385

In cases of urgent or immediate danger, call 911 or the local police or sheriff.

Stay informed.
Stop elder abuse.

- ♥ I am **treated** with **respect** by those closest to me
- ♥ I **know** how my **money** is being spent
- ♥ I **choose** what happens in my **home**
- ♥ **Decisions** about my life are in my **best interest**
- ♥ My will reflects my **wishes**
- ♥ I **know** where my **medication** is

If you answered "no" to any of these statements: Contact Eldercare Locator, 1-800-677-1116, for information, support, and referrals. In an emergency, call 911.

PROGRAM SPOTLIGHT: SENIOR EXPRESS TRANSPORTATION

We are available to assist with your transportation needs for seniors age 50 and better, as well as persons of any age with disabilities. Services include shopping and business (bank/post office) trips once per week, and hairdresser appointments as well as transportation to medical trips and for work. As always, reservations are required, and taken on a first call, first serve basis, for all trip purposes. Accessible vehicles available.

A fee is required per trip per person.

- ♦ \$2.50 per one-way trip within the County, including drive-thru business trips.
- ♦ \$10.00 per one-way trip to the Parallel Corridor, including Providence Medical Center and the Legends-area medical plazas.*
- ♦ \$15.00 per one-way, out-of-county medical trips within a 50-mile radius of Leavenworth.*

* \$100.00 per week maximum per client

WHAT AREA IS SERVICED?

Transportation is provided throughout Leavenworth County. Out-of-County trips (within a 50 mile radius) are available for seniors, for medical purposes only. Transport is available to Atchison, the Kansas City metropolitan area, Olathe, Liberty, Independence, Lawrence, Bonner Springs, Desoto and St. Joseph.

We provide curb-to-curb service throughout Leavenworth County.

RESERVATIONS

Reservations are taken on a first-call, first served basis and subject to availability. Local trips may be booked up to 2 weeks in advance. Out-of-County trips may be booked up to 2 months in advance. Reservations are taken on a first-call, first-served basis and limited to availability.

SHARED RIDE SERVICE

We are a shared ride service. Other riders may be riding on your trip. The driver will pick each rider up and take them to their destination. Please plan your travel time accordingly.

HOURS OF OPERATION

Monday through Friday 7:00 am – 4:00 pm

SERVICE HOURS

7:00am – 3:00pm (last pickup)

For reservations, call:

913.684.0778 or 913.684.0808

Closed weekends, holidays and severe weather days.

Assistance: Drivers will assist riders to and from the vehicle to the door of a building. Driver cannot enter a building.



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



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

Live Well. Age Well.

Don't ride but want to donate?

- Drop by the COA on Saturday, June 7th during the event.
- Donate through PayPal by scanning the QR code on page 9 of this publication, search for Leavenworth County Council on Aging or use @LVCOA in PayPal.

We truly appreciate your support!

**WE WANT TO
THANK OUR
COMMUNITY
PARTNERS FOR
MAKING THE
POSITIVE AGING
RESOURCE FAIR
A SUCCESS!**



**BECAUSE OF YOU,
OUR PARTICI-
PANTS LEARNED
VALUABLE
INFORMATION,
TOOK HOME
COMMUNITY
RESOURCES, AND
WON GREAT
PRIZES!**

LUNCH SPONSORS

Eden Home Care
Homestead of Leavenworth
Medicalodges of Leavenworth
Crittendon Home Care
Easton Home Care Center
Frontier Community Credit Union
On Point Lawn Care
Phoenix Home Care and Hospice
Tonganoxie Terrace

VENDORS

LV CO Emergency Management
LV CO Sheriff's Office
LV CO Register of Deeds
Donald Goodman Jr.
Midland Care
Saint John Hospital
Saint Luke's Home Health and Hospice
Adult Protective Services
Kevin Maitland
Eastern Kansas VA Medical Center
Kansas Talking Books
Tonganoxie Terrace
Audio-Reader (KU)
Good Shepherd Hospice
Linda Johnson
Frontier Community Credit Union
Evergry
Eden Home Care
NOVUS LifeCare Home Health and Hospice
Amberwell
Human Animal Bond
The Deeper Window Association



**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025



PEDICURES FOR PAWS

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



SATURDAY, JUNE 14

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!



COUNCIL ON AGING



Support Groups at the COA

***NEW DATE**

WHAT'S NEXT? LOSS SUPPORT GROUP

1st and 3rd Tuesday of each month from
10:30 - 11:30am

For adults 50 and better. No sign up necessary.

CAREGIVER SUPPORT GROUP

2nd Wednesday of each month from
1:00 - 2:00pm

For caregivers of all ages. No sign up necessary.



PARKINSON'S SUPPORT GROUP

4th Tuesday of each month from
1:00 - 2:00pm

For caregivers of all ages. No sign up necessary.

DEMENTIA SUPPORT GROUP

4th Thursday of each month from
1:00 - 2:00pm

For caregivers of all ages. No sign up necessary.



Interested in being a guest speaker or have an idea for a topic? Please reach out to Jessica at 913.684.0733 to share your ideas.

8th Annual Sweet Exchange Bake Sale

12 Hour Fund Raiser for the Alzheimer Association & The Deeper Window Association

Saturday, June 14
7 am to 7 pm

NEW LOCATION

KCKCC Pioneer Center
1901 Spruce Street

Join the heartfelt community effort started by KCKCC graduate, Morgan Belardo, in memory of her father, Jose H. Belardo III.

Enjoy delicious baked goods hand crafted by professional bakers.

Support Alzheimer's Longest Day & The Deeper Window Association and help people living with dementia.

Bring your sweet tooth and a generous spirit.
Every bite makes a difference!



New time starting in June.

Join us on

TUESDAYS
&
THURSDAYS
AT
10:00AM

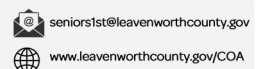
All fitness levels welcome. No sign up or fee required.

Cardio
Drumming

MUSIC EXERCISE FUN

Rock out while you workout!

COUNCIL ON AGING

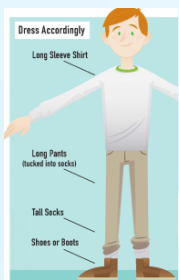




TICK BITE PREVENTION

Spring and summer are hunting, fishing, camping, and hiking seasons. It is also the time of year when ticks are out. The Kansas Department of Health and Environment (KDHE) and the Kansas Department of Wildlife and Parks (KDWP) remind those spending time outdoors to take precautions to prevent tick bites.

The ticks most often encountered in Kansas are the American dog tick, lone star tick and blacklegged tick (or deer tick). Ticks can transmit diseases, including ehrlichiosis, tularemia, anaplasmosis, Lyme disease and Rocky Mountain spotted fever. People are encouraged to follow these steps to prevent tick bites: **Dress, DEET, Avoid and Check.**



DRESS: Wear protective clothing when practical (long sleeves and pants). Clothing should be light-colored to make ticks more visible. When hiking, wear a long-sleeved shirt tucked into pants, long pants tucked into high socks and over-the-ankle shoes to keep ticks out. Products containing permethrin, which kills ticks rather than merely repelling them, can be applied to clothing and equipment but not directly to skin. Garments must be allowed to dry thoroughly before wearing. Clothing and tents pre-treated with permethrin are available, and the protection can remain active through several washings. Be sure to follow label directions.

DEET: Insect repellents also reduce the risk of being bitten. When outdoors, use insect repellent containing 20 percent to 30 percent DEET on exposed skin and clothing for protection that lasts up to several hours. Follow the directions on the label.



AVOID: Ticks are usually found on vegetation close to the ground. In addition to regular mowing, avoid wooded or bushy areas with tall grass and leaf litter and walk in the center of trails.

CHECK: Check yourself at least every two hours for ticks when outside for extended periods of time. Pay special attention to areas in and around your hair, ears, armpits, groin, navel and backs of the knees. Promptly remove a tick if one is found. The sooner a tick is removed, the less chance it will transmit a disease to its host. If you find a tick, grasp the tick with tweezers as close to the skin as possible and slowly pull it straight out. Do not crush or puncture the tick and try to avoid touching the tick with your bare hands. Thoroughly disinfect the bite area and wash your hands immediately after removal. Be sure to also examine pets and gear, as ticks can ride into the home on animals, coats, backpacks and blankets, etc.

Symptoms of tick-borne disease can include any unusual rash and unexplained flu-like symptoms, including fever, severe headaches, body aches, and dizziness. Prompt treatment with antibiotics can prevent serious illness or even death. See your doctor immediately if you have been bitten by a tick and experience any of these symptoms.

MORE INFORMATION

Tick-borne Diseases ([cdc.gov/ticks/resources/Hunterfactsheet.pdf](https://www.cdc.gov/ticks/resources/Hunterfactsheet.pdf) and [cdc.gov/ticks/diseases/](https://www.cdc.gov/ticks/diseases/))

[Repellents Registered by the Environmental Protection Agency](#)

[Kansas Tick-Borne Disease Advocates, Inc.](#)

[International Lyme and Associated Diseases Society](#)



Get Your Tickets Today!

Leavenworth County Council on Aging Presents

DANCING THROUGH THE DECADES

Come dressed
in your favorite
fashions from the
50s - today!

HITS FROM THE
50s, 60s, 70s,
80s & BEYOND

TICKETS
\$40 per ticket
Reserve a table
of 8 for \$300

SATURDAY, AUGUST 16TH

DOORS OPEN AT 5:00 PM | 5:30 - 9:00 PM

RIVERFRONT COMMUNITY CENTER, LEAVENWORTH

A benefit fundraiser for **MEALS ON WHEELS!**

YOUR NIGHT INCLUDES: Dinner by
J.W. Crancer's • Live DJ • Wine & Bourbon Pull
• Live Auction • Sweet Shoppe Booth
• "Chances to Win" Raffle • Heads & Tails
Split the Pot • Photo Booth • Adopt-A-Heart

PURCHASE TICKETS FOR
A CHANCE TO WIN!

Royals
Autographed
Salvador
Perez Jersey
\$1 EACH OR 6 FOR \$5

 **COA**
Live Well. Age Well.
711 Marshall St., Suite 100
Leavenworth, KS 66048
913.684.0777

Tickets will be sold in advance or at the door while supplies last.
Council on Aging: Monday-Friday, 7am-4pm
Check, Cash or PayPal @LVCOA
Through PayPal Account: Minimum purchase \$25.
Please include your phone number.



BOOKS ON WHEELS

Books on Wheels is a program that provides books, magazines and puzzles to those receiving Meals on Wheels (MOW). Once a quarter, MOW participants are able to select items from our on-site inventory. All of our materials have been donated to the COA.



Participants are able to choose from various genres, such as fiction, history, inspirational, mystery, religious, thrillers, travel & outdoors, health, and garden to name a few. Materials are delivered when they receive their meal.

This program is only made possible by the donation of books, magazines and periodicals. We are currently in need of the following: (Please ensure materials were published in the last two years.)

- Bon Appetite
- All Recipes
- Better Homes & Garden
- Country Living
- Good House Keeping
- Midwest Living
- Southern Lady
- Southern Living
- National Geographic
- Consumer Report
- Reader's Digest
- Sports Illustrated
- Smithsonian
- Social & Entertainment



Please contact Becky at 913.785.6727 if you have donations or questions about our Books on Wheels program.

ADULT SUMMER READING PROGRAMS



**ONE BOOK
MANY NEIGHBORS**
a collaboration of Leavenworth County libraries

Leavenworth Public Library

June 1 – July 31: Color Our World

June 2 – July 27: One Book, Many Neighbors

[2025 Summer Reading Program - Leavenworth Public Library](#)

City of Lansing Library

May 30 - Jul 31: Color Our World

June 2 - July 27: One Book Many Neighbors

[Lansing Community Library | Lansing, KS](#)

Basehor Community Library

May 26 - July 25: Color Our World - Click [Here](#)

June 2 - July 27: One Book Many Neighbors

[Basehor Community Library | Basehor, Kansas](#)

Tonganoxie Public Library

May 15 - July 10: Color Our World

June 2 - July 27: One Book Many Neighbors

[Tonganoxie Public Library | Home](#)

Linwood Community Library

June 2 - July 27: Color Our World

June 2 - July 27: One Book Many Neighbors

[Linwood Community Library - Read | Connect | Grow](#)

*Looking for a way to give back
to the community?*

VOLUNTEER WITH
LEAVENWORTH COUNTY



- 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.



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
- Medicare 1.800.633.4227
- 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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NUTRITION CORNER FUN FOOD FACTS

1. Pound cake got its name from its recipe. The early recipes of pound cake called for one pound of butter, one pound of eggs and one pound of sugar.
2. Most supermarket wasabi is actually horseradish. Real wasabi is challenging to make and expensive. Most wasabi for sale is colored horseradish with flavorings.
3. Vanilla flavoring had some scary ingredients. In the early 20th century, vanilla flavoring contained castoreum, which is a product that comes from a gland in a beaver's butt.
4. Pretzels were once a symbol of love. During the 17th century, pretzels came to symbolize undying love. According to lore, in 1614, a Swiss royal couple used a pretzel in their wedding to seal their bond, and some historians believe this is where the saying "tying the knot" came from.
5. Mageirocophobia is a real thing. Afraid of whipping up a meal? You might have mageirocophobia, also known as the fear of cooking. While it sounds super scary, it's fairly common.
6. Asparagus goes bad pretty quickly. Asparagus loses its flavor the quickest out of any vegetable; therefore, it's best to eat it the day of purchase.
7. Twinkie cream isn't really cream. The cream in the middle of a Twinkie isn't cream at all. In fact, it's mostly vegetable shortening. Also, note that a single Twinkie has 37 ingredients!
8. Bell pepper lobes mean something. Bell peppers have different amounts of lobes, which can help determine their use. Four lobes are sweeter and are best raw, while peppers with three lobes are best cooked.
9. Watermelon is Oklahoma's official state vegetable (not fruit). Watermelon is the official vegetable of Oklahoma. Yes, Oklahomans consider the watermelon to be a vegetable (another fun fact: it's part of the cucumber family), but if you ask a botanist, they'll tell you the summer produce is a fruit.

Source: www.eatthis.com, 04/2021