

JULY 2026

THE SOURCE

NEWSLETTER



In this issue:

- Senior Day at the Fair
- A Night of Glitz and Giving - Meals on Wheels Fundraiser
- Drawing for an Autographed George Brett Jersey - Tickets Available at the COA
- The Freedom to Age Your Way
- Recognizing our Dog & Jog Sponsors
- Christmas in July at the COA Giftshop
- Our June Memories
- Social Security to Fully Transition to Electronic Payments
- The New COA Trip Card is Now Available

Join us under the big top!

SENIOR DAY AT THE FAIR



FOOD – BINGO – MUSIC

**PERFORMANCE BY:
DAYSIA RENEAU**

July 31st 10 AM – 12:30PM
LEAVENWORTH COUNTY FAIRGROUNDS

ROUND TRIP TRANSPORTATION FROM THE COA TO THE FAIR GROUNDS COSTS \$5. THE BUS WILL LEAVE THE COA OFFICE AT 9:00 AM. CALL 913.684.0778 TO RESERVE A RIDE.

COUNCIL ON AGING



711 Marshall St., Suite 100
Leavenworth, KS 66048
913.684.0777

seniors1st@leavenworthcounty.gov
www.leavenworthcounty.gov/COA

OUR PROGRAMS

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

COUNCIL ON AGING
711 Marshall Street, Suite 100
Leavenworth, KS 66048
Phone: 913.684.0777

Join us as we celebrate 50 years of Meals on Wheels !

**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

COUNCIL ON AGING

 **COA**
Live Well. Age Well.

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**SCAN THE QR CODE OR
STOP BY THE COA TO
PURCHASE YOUR
TICKETS WHILE
SUPPLIES LAST. THIS
MEALS ON WHEELS
BENEFIT, DIRECTLY
SUPPORTS
LEAVENWORTH COUNTY
PARTICIPANTS WHO ARE
FACING FOOD
INSECURITY AND
FIANCIAL CHALLENGES.**

**A NIGHT OF GLITZ
AND GIVING** CELEBRATING 50 YEARS OF MEALS ON WHEELS SATURDAY AUGUST 22ND 2026

2026 Meals on Wheels Sponsor

 **Commerce Bank**
Member FDIC

Bronze Sponsor

**A NIGHT OF GLITZ
AND GIVING** CELEBRATING 50 YEARS OF MEALS ON WHEELS SATURDAY AUGUST 22ND 2026

2026 Meals on Wheels Sponsor



Bronze Sponsor

We are still seeking sponsors to help us continue delivering meals, independence, and hope to hundreds of Leavenworth County seniors each year. Businesses, organizations, and community partners interested in sponsoring this special event are encouraged to reach out.

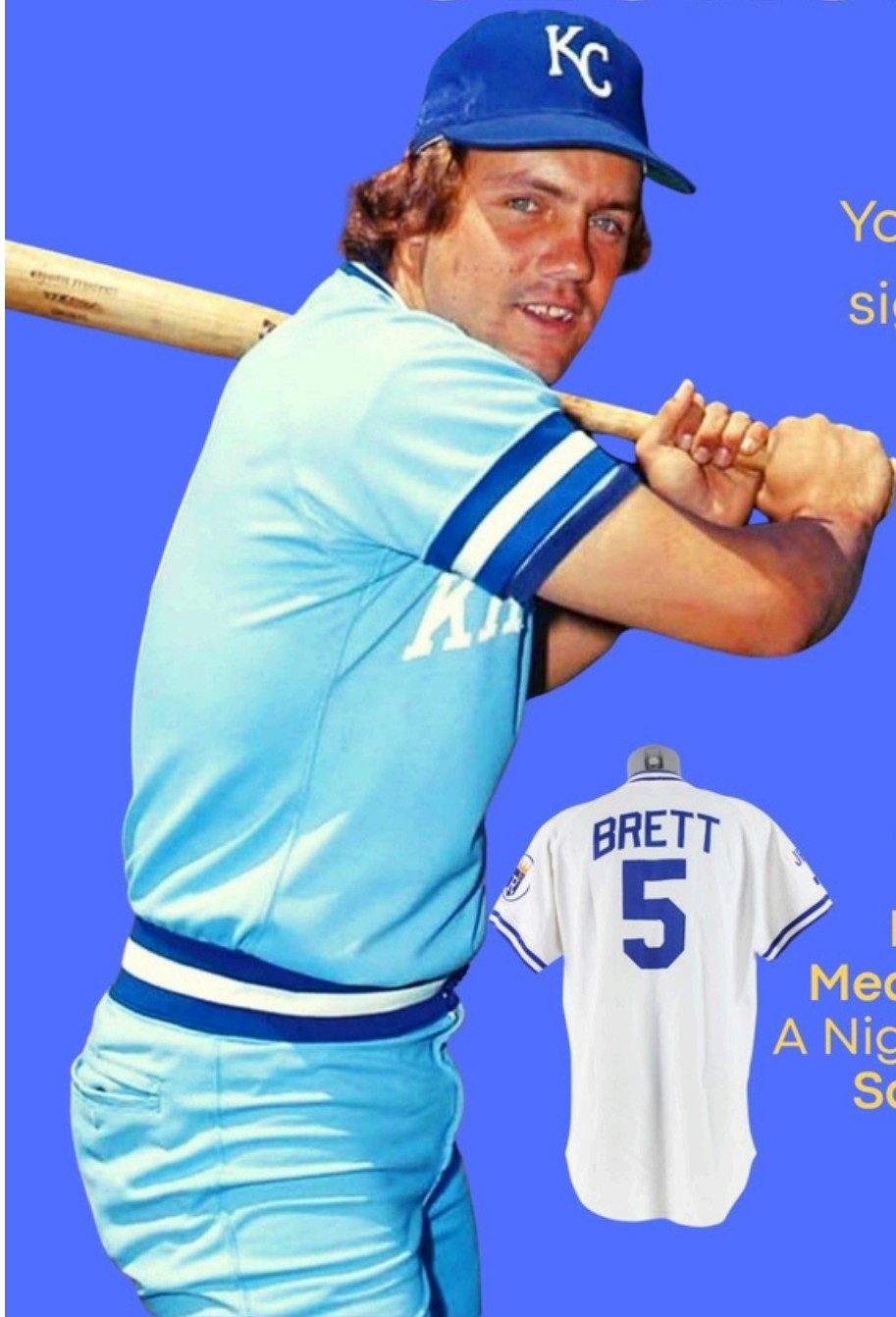
 Kat McIntyre: 913.364.5206

 kmcintyre@leavenworthcounty.gov



GET IN THE GAME!

AUTOGRAPHED GEORGE BRETT JERSEY



Your chance to win a
signed George Brett
jersey starts here!
Valued at \$550

Ticket Prices

1 Ticket	6 Tickets
\$1	\$5

**Drawing will be at the
Meals on Wheels Benefit
A Night of Glitz and Giving
Saturday, August 22nd
You do not have to
be present to win.**

You may purchase Chances to Win tickets at the
Council on Aging: Monday-Friday, 7am-4pm
Check, Cash or PayPal @LVCOA.

THE *freedom* TO AGE YOUR WAY

July is a month when we celebrate freedom and independence. As we gather with family and friends, watch fireworks, and reflect on our nation's history, it's also a good time to think about what independence means in our own lives. For many older adults, independence is one of the things they value most. It means making your own decisions, maintaining your routines, staying connected to your community, and continuing to live life on your own terms. However, as we age, our needs may change, and sometimes we need a little extra support along the way.

One of the biggest misconceptions about aging is that accepting help means giving up independence. In reality, the opposite is often true. Support services, community programs, assistive devices, and the help of family and friends can actually help us maintain our independence for longer. Whether it's having meals delivered, receiving transportation assistance, participating in wellness programs, or asking for help with a task that has become difficult, these resources allow us to focus our energy on the things that matter most. True independence is not about doing everything alone. It's about having the freedom to make choices, pursue activities you enjoy, and live safely and comfortably. Sometimes the most independent thing we can do is recognize when support can help us continue living the life we want.

At the Council on Aging, we see examples of this every day. Seniors who attend exercise classes are investing in their health and mobility. Participants in games and social activities are strengthening connections and reducing isolation. Individuals who utilize support services are taking steps to remain active and engaged in their communities.

Independence also includes advocating for yourself. It means speaking up about your needs, asking questions, and making informed decisions about your health, finances, and future. Your voice and your choices matter.

This July, as we celebrate the freedoms we enjoy as Americans, take a moment to celebrate your own independence as well. Think about the ways you continue to learn, grow, contribute, and make decisions every day. The freedom to age your way doesn't mean doing it all alone. It means having the support, confidence, and opportunities to live a life that reflects your values and goals.

And that's something worth celebrating.

Kat McIntyre, MSW
Social Services Coordinator



[CLICK HERE](#) to schedule an appointment.



Celebrate
MORE LIFE. GIVE BLOOD.



**American
Red Cross**

Blood Drive
Leavenworth County
Council on Aging

Activity Room's A & B
711 Marshall St
Leavenworth, KS 66048

Monday, August 10, 2026
11:00 a.m. to 3:00 p.m.

Maximize your blood donation. Help more patients.
If you are an eligible type O, B - or A - donor, consider making a Power Red donation.
Red blood cells are the most commonly transfused blood component.

Please visit RedCrossBlood.org and enter: LCCOA to schedule an appointment.

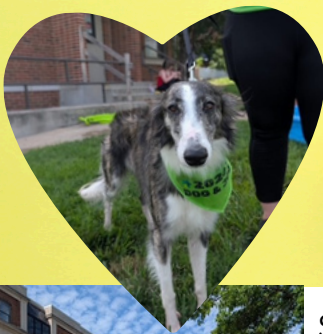


Come to give blood in August for a \$20 Amazon Gift Card by email. Terms: rcblood.org/August.

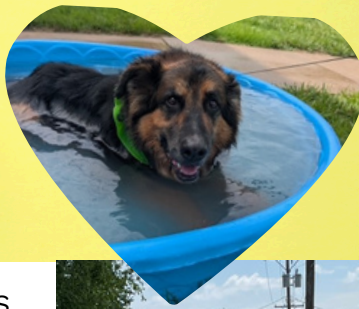
1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

© 2026 The American National Red Cross | 517301-3 CW

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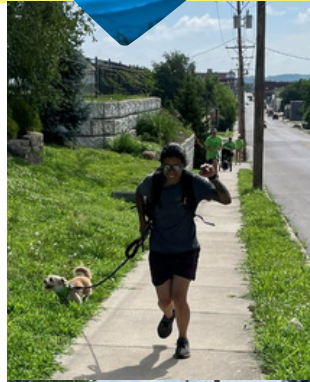
THANK YOU



Saturday, June 6, was a doggone great day at the COA! Dozens of people and their pups braved the humidity for our first-ever Dog & Jog in support of our pet programs, PALS & Pet2Vet. Our event sponsors and participants helped us raise a total of \$4400 to help provide supplies and veterinary assistance for economically- challenged senior pet owners in Leavenworth County.

Pets are key to fighting loneliness. No one should have to choose between caring for themselves and caring for the pet they love. According to Meals on Wheels America, a third of Meals On Wheels clients with pets say they've gone without necessities themselves – from food to medical care – just to keep their furry friends.

The PALS program is in its 19th year and relies entirely on community support and limited grant opportunities for operations. All our participants and sponsors deserve a big round of “appawse” for their part in making our first Dog & Jog a success! A special thanks to our sponsors: Bad to the Bone Boarding and Grooming, Twin Oaks Independent Living, Kansas Country Store, Dog & Cat Clinic, Fat Cat’s Dog Boarding, CareVet of Lansing, Dog Training with Rhonda York and Pleasant Valley Vet Clinic.



INAUGURAL
DOG & JOG SPONSORS

 PET PAL	 COOL CAT	 TOP DOG
DOG TRAINING WITH RHONDA YORK PLEASANT VALLEY VETERINARY CLINIC	CAREVET OF LANSING	BAD TO THE BONE BOARDING & GROOMING DOG & CAT CLINIC TWIN OAKS INDEPENDENT LIVING KANSAS COUNTRY STORE FAT CAT'S DOG BOARDING

THANK YOU! Your generous donation helps fund the Council on Aging's PALS and Pet2Vet services, which help support qualifying senior pet owners in Leavenworth County.

 **COA**
Live Well. Age Well.

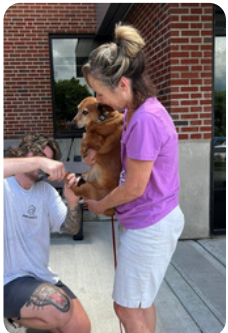


Christmas in July at the COA Giftshop

Visit the COA gift shop between July 20-31st for handmade Christmas in July items! The gift shop will have a selection of small blankets, holiday-themed filled mugs, stuffed animals, items for children, dish towels, and a variety of festive Christmas and holiday items. The giftshop will have a tree filled with handmade ornaments such as tiny stockings, ice skates, snowflakes, and more. Proceeds from the gift shop are donated to COA's Meals on Wheels and Senior Express Transportation Department.

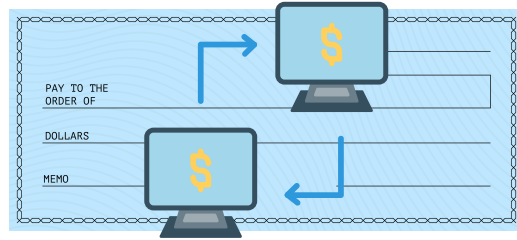
The COA Giftshop is located in our lobby. Purchase items with the front desk staff.

OUR JUNE memories



Social Security to Fully Transition to Electronic Payments

June 2, 2026



As of September 30, 2025, federal law and Executive Order 14247 require federal benefits to be paid electronically. To improve efficiency, reduce costs, and enhance security in federal payments, the Department of the Treasury is phasing out paper checks. Social Security plans to complete the full transition to electronic payments for all beneficiaries this year.

Making the Switch to Electronic Payments: What Beneficiaries Need to Know

If you're still receiving payments by paper check, we encourage you to switch to electronic payments as soon as possible. Paper checks are 16 times more likely to be lost, stolen, altered, or returned undeliverable than electronic payments. Switching now ensures you receive your Social Security or Supplemental Security Income quickly and securely.

Follow these simple steps to make the switch:

- [Create or sign in](#) to your personal my Social Security account.
- Add your bank account information to receive your payment as a direct deposit.
- You can also ask your financial institution to send your direct deposit information to Social Security electronically.

No bank account? You can still receive electronic payments deposited on a prepaid debit card by enrolling in the Direct Express® program. Learn more at [GoDirect.gov](https://www.godirect.gov) or call 1-800-967-6857.

Why Electronic Payments? Electronic payments offer:

- **Speed and Efficiency:** Electronic funds transfers (EFTs) are processed faster, ensuring you receive your payments on time every month.
- **Cost Savings:** The Department of the Treasury reports that the average cost to print a check has increased to \$3.07 per check, which is approximately 20 times more expensive than automated payments. This shift could save the federal government millions annually.
- **Enhanced Security:** Electronic payments provide a safer, more secure way to receive benefits, significantly reducing the risk of loss, theft, or fraud.

We are committed to making this transition as seamless as possible for all beneficiaries including seniors, individuals with disabilities, and those without traditional banking access.

We also recognize that some beneficiaries may not be able to make this transition. If you need an exception because of challenges, such as mental health concerns or you live in a remote location without access to financial institutions, you can request a waiver through the U.S. Treasury.

Help us spread the word by sharing this information.

Source: Social Security Administration



New COA Trip Card!

AUGUST - NOVEMBER 2026



Live Well. Age Well.

COUNCIL ON AGING

711 Marshall Street, Suite 100

Leavenworth, KS 66048

Main: 913.684.0777 Fax: 913.684.0779

Transportation: 913.684.0778

Website: www.leavenworthcounty.gov/COA



LEISURE AND LEARNING

Tracy Petersen

Activities Specialist

913.684.0763

tpetersen@leavenworthcounty.gov

Eligibility: Open to Leavenworth County residents, age 50 and better, unless otherwise specified.

Registration Required: Trips, when noted, are filled on a lottery system with a signup for a random drawing one month prior to trip. Participants may sign up for the drawing with one additional participant only.

Payment: Unless otherwise specified, fees are due at the time of registration or 5 business days following a lottery drawing.

Cancellation Policy: A function that requires a program fee paid in advance must be cancelled more than 3 business days prior to the function to receive a refund, unless otherwise specified.

Transportation: If you need transportation to and from any function, please call the transportation desk at 913.684.0778 or 913.684.0808 to schedule a ride. Please refer to the transportation policy for scheduling times and rider information. There is a fee for transportation.

AUG 13

8:30 am



KC CHIEFS STADIUM TOUR & LUNCH

Kickstart Chiefs football season with a 90-minute guided tour of Arrowhead to include the field, press areas, Hall of Honor, locker room, broadcast area, Community America Club Level, and Ford Founder's Club. Lunch at *The Mason Jar*. Disclaimer: Must be able to walk the duration of the tour.

Lottery drawing: Sign up by July 13 for the drawing on July 14. Max of 22.

Cost: \$50 covers transportation and tour. Lunch cost is extra.

AUG 20

8:30 am

MYSTERY ? BREAKFAST

North, south, east, or west, COA Mystery Breakfast is the best!

Lottery drawing: Sign up by July 15 for the drawing on July 16. Max of 21.

Cost: \$7 for transportation plus the cost of breakfast.

AUG 27

8:45 am



TAP INS AT THE GREENHOUSE-MINI GOLF

Choose from the 19 hole Desert Dunes course in the greenhouse or the Prairie Pines outdoor course, play yard games, and enjoy lunch at the E9 Grille.

Lottery drawing: Sign up by Aug 3 for the drawing on August 4. Max of 22.

Cost: \$31 for golfing and transportation plus cost of meal.

SEPT 10

9:00 am

HEIM'S LAKE-ENJOY THE GREAT OUTDOORS

An annual favorite, join us for fishing, outdoor games, a picnic lunch, and this year we have added pontoon boat rides!

Lottery drawing: Sign up by Aug. 17 for drawing on Aug. 18. Max of 22 people.

Cost: \$17 for transportation, picnic lunch, fishing bait, and boat ride.

SEPT 16

10:15 am



NEW THEATER: THE HALLELUJAH GIRLS

Hallelujah Girls follows a circle of friends who turn an abandoned church into a day spa and rediscover their strength and the joy that comes with laughter. Filled with razor sharp humor, and heart, this feel-good comedy is about second chances, bold choices, and refusing to fade quietly into the background.

Lottery drawing: Sign up by Aug 13 for the drawing on Aug 14. 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.

SEPT 21

SEPT 24

8:30 am



SHORT STACK BREAKFAST

We will take 12 people to breakfast in the van on each of two days. Indicate your preference at sign up for September 21, September 24, or either day.

Lottery drawing: Sign up by 8/31 for the drawing on 9/1. Max of 12 each day.

Cost: \$7 for transportation plus cost of meal.

OCT 8

8:30 am

MYSTERY ? BREAKFAST

Hop on the breakfast bus for good food and great company!

Lottery drawing: Sign up by 9/21 for the drawing on 9/22. Max of 21.

Cost: \$7 for transportation plus the cost of your meal.

OCT 15

10:45 am

ROAMING VETERAN'S WALL EXHIBIT & LUNCH

Lunch at Pullman's Place at 11:00 followed by a visit to The American Veterans Traveling Tribute Vietnam Wall and Cost of Freedom Tribute near the LV VA.

Lottery drawing: Sign up by 9/28 for the drawing on 9/29. Max of 21.

Cost: \$5 for transportation plus the cost of your meal.

OCT 22

9:15 am

HISTORICAL ATCHISON HOMES TOUR & LUNCH

Visit the historical and allegedly haunted Ravenhearse Manor & McInteer Villa.

Lottery drawing: Sign up by 10/5 for the drawing on 10/6. Max of 21.

Cost: \$37 for both home tours and transportation. Cost of your meal is extra.

NOV 12

9:00 am



SHOPPING FOR THE HOLIDAYS

Patrons will have the opportunity to shop on their own prior to the holidays. We will visit Massachusetts Street in Lawrence, KS.

Lottery drawing: Sign up by 10/19 for the drawing on 10/20. Max of 32.

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

NOV 23

9:00 am

BERLIN WALL/HOLIDAY REFLECTIONS & LUNCH

This is a double header trip at Union Station! Explore the museum exhibit to experience the rise and fall of the Berlin Wall and the human stories caught in the middle of the Cold War. Lunch at Harvey's. Then visit *Holiday Reflections*, an indoor winter wonderland perfect for photo opportunities.

Lottery drawing: Sign up by 11/2 for the drawing on 11/3

Cost: \$38 plus the cost of your meal

Make A Donation

SUPPORT US TODAY!



FOLLOW US ON
FACEBOOK

CLICK HERE TO BE DIRECTED TO OUR PAGE.

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 - 913.684.0777

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))

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.*

For current service status and to schedule your trip, call 913.684.0778.

COUNCIL ON AGING DIRECTORY

Executive Director:

Connie Harmon 913.684.0784

Human Services Department:

Community-Based Services Coordinator,

Jessica Pontbriant 913.684.0733

Social Work & Support Services Coordinator,

Kat McIntyre, MSW 913.364.5206

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Toni Howard 913.684.0889

Nutrition Coordinator:

Georgia Moore 913.684.0776

Pet Services Coordinator:

Cara Campbell 913.364.5754

Transportation Department Supervisor:

David Tuttle 913.758.6720